



UWNQC

Utah Women & Newborns Quality Collaborative

Maternal Mental Health Committee Progress 2019

The committee worked, in partnership with Postpartum Support International Utah's (PSI Utah) Chapter, with moms to share their stories about Maternal Mental Health to the Utah Legislature. Members of the committee also testified regarding importance of access to maternal mental health in rural Utah, importance in pediatric settings, and maternal mortality data. This resulted in the first-ever state investment in Maternal Mental Health services — funding through an appropriation to increase statewide screening and treatment for women experiencing mental health challenges during pregnancy and postpartum.

The Maternal Mental Health Committee finalized statewide recommendations on:

- Screening frequency
- Screening tool (Edinburgh Postnatal Depression Scale and screening for risk factors)
- Response and Triage algorithm

The committee has implemented these recommendations in four pilot sites, which include two Pediatric clinics, a Local Health Department, and an Obstetric Clinic. The pilot sites are undergoing training, received a toolkit and additional support, and will be tracking baseline and outcome measures. The pilot project will run for at least six months. The data from these sites will help to inform the plan for eventual statewide implementation. A gap analysis process has been developed and will also be implemented with the pilot sites

The committee has also supported the creation of a statewide referral network website, due to be completed in 2020. This network will serve as a resource for individuals and families seeking help, providers throughout the state seeking referral information, and government agencies screening for maternal mental health.

Additional maternal mental health news:

- The committee has placed a specific focus on reimbursement issues with maternal mental health. Conversations and partnerships have been established with Medicaid providers and local mental health authorities on maternal mental health and increasing statewide capacity.
- The University of Utah's Telementalhealth Maternal Mental Health Pilot project completed its two-year pilot, and findings have been reported to show use, efficacy, and recommendations.
- PSI Utah and Intermountain Healthcare co-hosted the largest-ever in-state maternal mental health conference in May. Plans for 2020's conference are in place.