

# Utah Women & Newborns Quality Collaborative (UWNQC) 2025 annual report

## Year in Review: Impact & Dedication

Your commitment to connecting Utah families with UWNQC resources this year has been exceptional. Despite a challenging environment, your dedication has allowed us to break new ground and reach milestones we've never achieved before.

We successfully launched several "firsts" for the collaborative, including:

- Birth Bridges Initiative--Improving safety and communication for Out-of-Hospital birth transfers.
- Community Outreach--Expanding the presence of perinatal resources within urgent care clinics and faith-based communities.
- Increase awareness--Distributing over 100,000 perinatal mental health flyers across the state, along with other resources.

We prioritized connection in areas who need it the most:

- Partnered with Utah Navajo Health Systems to lead focus groups with mothers in San Juan County.
- Hosted the first in-person meeting in over a decade for rural independent hospital labor and delivery nurses.

## Educational impact:

- 21 Virtual Training Sessions conducted on Perinatal Mental Health, with a 95% satisfaction rating from participants.
- 1,600+ Attendees reached through live and recorded sessions.
- Represented UWNQC at various high-profile state conferences.

Our work impact shows in the lives saved and improved health outcomes. This year, a patient experiencing suicidal ideation at an urgent care clinic was connected to a mobile crisis outreach team through a clinician who had learned about UWNQC mental health resources—leading to stabilization and treatment. This demonstrates how your work directly impacts families in their most vulnerable moments. Thank you for your work and continue to let us know how we can help you with connecting families and providing outstanding care.

Angela Anderson CNM, DNP, FACNM, Intermountain Nurse-Midwives- Team Lead

Utah Women and Newborn Quality Collaborative (UWNQC) is a statewide, multi-stakeholder network dedicated to improving perinatal health in the state.

### Vision:

Save lives in Utah by improving perinatal health outcomes.

### Mission:

Improve maternal and neonatal outcomes through collaborative efforts centered around quality improvement methodology and data sharing.





# UWNQC

Utah Women & Newborns Quality Collaborative



## Utah Women and Newborn Safety Collaborative-Urgent Care Outreach

**Problem**  
Maternal mental health conditions are the most common complications of pregnancy and the first year following childbirth (AIM Perinatal Mental Health Conditions change package). In Utah, at least 44.8% of new mothers report experiencing symptoms of depression or anxiety in the three months before birth, during pregnancy or after birth (perinatal period). (Pregnancy Risk Assessment Monitoring System Perspectives 2018-2020). Accidental drug overdose and suicide are the first two leading causes of pregnancy-associated deaths in Utah. (Utah Department of Health and Human Services (2025). Maternal mortality in Utah, 2017-2020). Addressing perinatal mental health is a top priority in Utah.

**Solution**  
In collaboration with the Alliance for Innovation on Maternal Health (AIM) implementation of the Perinatal Mental Health Conditions Patient Safety Bundle, we wanted to meet the patient where they are to provide mental health resources. We have historically worked with hospitals (33 hospitals on this project) and have not collaborated with Urgent Care settings. Urgent Care clinics experienced a nearly double increase in patients from 2019-2024. We began outreach to Urgent Care clinics statewide to provide mental health resources to providers and their patients.

**Results**  
...with DHHS colleagues to...  
Perinatal Mental Health



## Committee to improve maternal mental health

The committee has established two workgroups: Preventing Maternal Suicide and Resources for Incarcerated Moms. Each are working on quality improvement projects to address mental health. Resources shared with the committee included the updated [Maternal Mental Health fact sheet](#), along with the [Maternal Mental Health](#) and [Mental Health summaries](#).

Jade Chavez & Hailee Hernandez produce a monthly list of perinatal mental health learning opportunities, articles and events which is shared via email. If you would like to be added to the list, send a note to Jade [jhchavez@utah.gov](mailto:jhchavez@utah.gov).

### Webpage

Meetings: Third Thursday of the month at 9:00 a.m.

Committee chair: Jamie Hales [jamie.hales@hsc.utah.edu](mailto:jamie.hales@hsc.utah.edu)

## Committee to improve maternal outcomes

The committee is focused on creating various resources for Utah families.

These include:

- [Refugee Resource Guide](#) that was translated into 5 languages (Spanish, Dari, Pashto, Kinyarwanda, Swahili). Online Refugee Wellness guides were also developed for key refugee organizations. Special thank you to Blessing Boateng for compiling this information, we appreciate your hard work.
- The results from the [San Juan County Maternal Focus Group](#) are published.
- There are ongoing community [Maternal Resource Guide](#) trainings. 744 professionals have been trained at 44 different trainings. Since it launched in August 2023, the Maternal Resource website has received over 107,000 unique page views.

We continue our work to improve maternal health outcomes with the Birth and Postpartum Trauma Project along with the AIM Perinatal Mental Health Conditions patient safety bundle. Committee presentations and partner dissemination of information focused on improving maternal health outcomes were conducted including information on the Intensive Care Coordination Program, Safe Haven, Intimate Partner Violence, Mental Health Resources/organizations including Paternal Mental Health, Social Connection, along with updates on Birth and Postpartum Trauma and AIM patient safety bundle projects.

### Webpage

Meetings: Second Friday of the month at 8:00 a.m.

Committee chair: Frank Powers [fpowers@chc-ut.org](mailto:fpowers@chc-ut.org)

## **Committee to implement AIM safety bundles**

The Alliance for Innovation on Maternal Health (AIM) Perinatal Mental Health patient safety bundle work included training over 350 Urgent Care staff and 185+ Utah Department of Health and Human Services (DHHS) employees. A Baby your Baby segment on perinatal mental health was created, along with various health system newsletters providing access to over 15,000 hospital and clinic employees. Other outpatient outreach included faith-based communities and creating a statewide interfaith map and directory. Thank you to participating hospitals and clinics for your hard work and dedication to implementing this AIM patient safety bundle. We are grateful to Dr. Lauren Gimbel for her leadership, along with members of the Steering Committee.

We are launching our fifth AIM Patient Safety Bundle on Cardiac Conditions in Obstetric Care May 6-7, 2026. Come join the fun, hope to see you at Kickoff training.

Webpage

Meetings: First Thursday of the month at 12:00 p.m.

Contact: Chierstin Luettinger [cluettinger@utah.gov](mailto:cluettinger@utah.gov)

## **Committee to develop out-of-hospital (OOH) birth resources**

The Birth Bridges initiative is a statewide effort to provide out of hospital birth resources, increase maternal serving providers trained in OOH births/transfers and strengthen connections with Utah hospital labor and delivery nurses, midwife and doula communities, along with EMS. The transfer best practices guidelines were updated, along with new online resources, Birth Bridges binders were hand-delivered to hospitals along with 25 birth centers and 85 midwives. Trainings included at the Utah Midwives Organization annual conference, the Utah Association of Women's Health and Neonatal Nurses (AWHONN) annual meeting, various hospitals, birth centers and the North Tooele fire house. To date, 430 providers and 70 EMS staff have been trained. Special thanks to Fara Bitter for leading these efforts, along with many midwife volunteers who compiled and delivered the binders. Suzanne Smith created much of the content and is dedicated and passionate about this topic, we are grateful. Webpage

Meetings: Second Monday of the month at 3:30 p.m.

Committee chair: Erin Clark Email: [erin.clark@imail.org](mailto:erin.clark@imail.org)

## **Committee to improve neonatal outcomes**

A safe sleep quality improvement project includes working on resources for providers and the community, increasing safe sleep practices among high-risk infants in Utah NICU's and conducting provider training. They launched a webpage where resources will continue to be added. Thank you to our partners and special thanks to Joslynn Hoburg, MD for all her help on safe sleep practices in the NICU, we sincerely appreciate her hard work.

Meetings: Second Monday of the month at 2:00 MST

Committee chair: Jessica Davidson [jessica.davidson@hsc.utah.edu](mailto:jessica.davidson@hsc.utah.edu)

## CDC Perinatal Collaborative Agreement

Key focus areas include social connection events with Community Based Organizations, Birth Trauma, the Maternal Resource Guide and providing resources for incarcerated women and families impacted by incarceration. Activities included partnering with community organizations Comunidad Materna, Utah Pacific Islander Health Coalition, and Project Success Coalition to organize Mama's Village. This was a community event for moms and women to gather, connect, and learn about local health resources in Utah. Mama's Village had 250 attendees, 35 organizations and 104 vaccines were given. 88% of new and expecting moms said they made a meaningful connection with someone at the event. 69% of new and expecting moms reporting that following the event they felt like it was easier to talk about their mental health.

A birth trauma peer mentoring program will be launched in 2026.

Contact: Sophie Silverstone [ssilverstone@utah.gov](mailto:ssilverstone@utah.gov)

## UWNQC highlights

**1** Training for Rural Independent Hospital Labor and Delivery Nurses

**1** Innovation conference presentation on Urgent Care Outreach

**2** New staff members--welcome Chierstin and Annie

**4** Presentations at statewide conferences

**5** Interns

**13** Native American moms participated in focus group

**35** Community organizations at Mama's Village event

**286** Faith leaders trained on perinatal mental health

**500+** Trained on Birth Bridges

**100,000+** Mental health one-pagers provided statewide

# UWNQC member spotlight



## Joslynn Hoburg, MD

Joslynn was born and raised in Omaha, Nebraska, attending medical school at Creighton University, then completing pediatric residency training at University of Nebraska Medical Center/ Children's Nebraska. Her current research is centered on neutrophil extracellular trap formation. She chose the University of Utah for neonatology training because of the supportive faculty with a variety of clinical interests, the wide variety of clinical exposure, and its proximity to outdoor activities. She is working with the Neonatal Committee on a quality improvement project on safe sleep practices in Utah NICU's. In her free time, she enjoys hiking with her husband, running, reading, and listening to podcasts.

## Thank you to our partners!



**We'd love to hear your ideas and suggestions.**

Send an email to [UWNQC@utah.gov](mailto:UWNQC@utah.gov) or call (801) 273-2865.