



Ohio Legislative Children's Caucus

*Learning, connecting, and problem-solving
together. Our children are counting on us.*

**Improving Maternal & Infant Birth Outcomes through
Perinatal Mental Health**

Opening Remarks: Rep. Latyna Humphrey



*Ohio Legislative
Children's Caucus
Co-Chair*



OHIO PERINATAL MENTAL HEALTH TASK FORCE

Improving Maternal and Infant Health Outcomes
through Perinatal Mental Health



Perinatal:

The period of time starting at conception through about the first year postpartum



What is perinatal mental health?

Perinatal mental health conditions are significant complications of pregnancy and the postpartum period. These conditions include depression, anxiety disorders, bipolar disorder, and postpartum psychosis



Are perinatal mental health conditions common?

Yes! Perinatal mood and anxiety disorders are the most common complications that occur in pregnancy and postpartum



75% OF PERINATAL MENTAL
HEALTH CONDITIONS
DO NOT RECEIVE
TREATMENT

MENTAL HEALTH
CONDITIONS ARE THE
LEADING
CAUSE OF PREGNANCY-
RELATED DEATH

\$14.2
BILLION: THE
ESTIMATED COST OF
UNTREATED
MATERNAL MENTAL
HEALTH CONDITIONS

40% OF BLACK
WOMEN EXPERIENCE
MATERNAL MENTAL
HEALTH CONDITIONS,
NEARLY TWICE THE RATE
OF ALL WOMEN



How do perinatal mental health complications impact babies, children, and families?

Depression during pregnancy increases the risk of preterm birth and low birth weight in newborns, both of which are primary contributors to infant mortality. Untreated maternal mental health complications can also adversely impact childhood development.



ADDRESSING PERINATAL MENTAL HEALTH

- MH status can influence the uterine environment
- A strong maternal-infant bond lays the foundation for secure attachment
- Mothers/birthing persons receiving MH treatment are more likely to engage in cognitively stimulating activities
- Infants and children interacting with an emotionally regulated primary caregiver, are more likely to adopt healthy emotional coping strategies
- Positive maternal MH status increases verbal interactions
- Recovery from PMH conditions is shown to help prevent the development of MH issues in children

What
can
the
State of Ohio
do?

Support the adoption of the Perinatal Mental Health Policy Agenda's priorities:

- Encourage partnership and collaboration across stakeholders from multiple sectors
- Pass HCR16: a resolution supporting perinatal mental health
- Raise awareness and reduce stigma about perinatal mental health
- Promote education for perinatal providers and support workers
- Utilize data and reporting for evidence-informed policy-making and targeted interventions

THANK YOU



**OHIO PERINATAL
MENTAL HEALTH
TASK FORCE**

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Join us!





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Mike DeWine, *Governor*
LeeAnne Cornyn, *Director*



**Department of
Mental Health &
Addiction Services**

MATERNAL WELLNESS OVERVIEW

The Ohio Department of Mental Health and Addiction services has launched an initiative to support Maternal Wellness for at-risk mothers. The strategic priority is education, prevention, and intervention to increase the overall health of mothers and their babies, while improving their quality of living.

The OhioMHAS Maternal Wellness Initiative falls under two content areas:

- Fetal Alcohol Spectrum Disorders (FASD)
- Maternal Depression



**Department of
Mental Health &
Addiction Services**

FASD PROJECTS

FASD Initiatives

Awareness/Education Projects:

- **Urban Minority Alcoholism and Drug Abuse Outreach Programs (UMADAOP)**
 - Allen, Cuyahoga, Franklin, Lorain, Mahoning, Montgomery, Richland, and Summit, counties
- **Ohio Children's Alliance (OCA)**
 - FASD annual forum
 - FASD on-demand trainings
- **Prevention Action Alliance (PPA)**
 - Marketing and distribution of resources (FASD Toolkit)

FASD PROJECTS (CONT.)

Awareness/Education Projects Continued:

- **Multiethnic Advocates for Cultural Competence (MACC)**
- Providing training to different sectors on cultural competence relating to FASD
 - First responders/law enforcement
 - Teachers, educators and counselors
 - Foster/adoptive families
 - Child medical and behavioral health communities



FASD PROJECTS (CONT.)

Intervention Projects:

PACT Program Description:

- The Neurocognitive Habilitation Program (Wells, 2012) is one of the four evidence-based treatments for individuals with FASD.
- Twelve-week curriculum, each session is 75 minutes.
- Parent and child sessions (ages to 11 years 11 months).
- Manualized treatment.
- It includes psychoeducation for clients and caregivers, cause-effect reasoning, memory training, executive functioning training, and teaching self- and emotional-regulation skills, which tend to be significant impairments in children and youth with FASD.



FASD PROJECTS (CONT.)

Intervention Project (cont.):

Ohio Childrens Alliance (OCA)

- Piloting of the McCarthy-Ergun Fetal Alcohol Spectrum Disorder Screener to foster care agencies.
- Parents & Children Together (PACT): an EBP developed by Ira Chasnoff, M.D.; FASD Training and Consultation regarding the program.

Wellness Project:

NAMI of Franklin County

- FASD Family Support Group: For families with loved ones who may be exhibiting behaviors consistent with FASD.



MATERNAL DEPRESSION PROJECTS

Intervention Project:

Ohio Association of Community Health Centers (OACHC)

- Maternal Depression Screening and Data Collection
 - Screenings will take place in 10 FQHC's areas identified by OEI as having high IM rates.
 - 100 providers will receive three-hour training in Perinatal Mental Health and a screening protocol that considers the cultural contexts and lived experiences of black moms and birthing persons.

Data points will be collected on:

- Number of moms screened
- Race/Ethnicity
- Age
- Was a referral provided?
- Did mom attend the first session?



MATERNAL DEPRESSION PROJECTS (CONT.)

Awareness and Education Project:

Mental Health America of Ohio (MHA of Ohio)

- Foundations for Perinatal Mental Health Screening with Black Birthing Persons Training (5)

Community-based Process Project:

- Ohio Perinatal Mental Health Task Force (OPMH Task Force)

Strategic Areas:

- Data and research
- Public awareness
- Screening and identification,
- Treatment and support,
- Policy and regulation



MATERNAL DEPRESSION PROJECTS (CONT.)

Other Maternal Wellness Projects: MHA of Ohio

- Perinatal mental health: environmental scan to identify and describe existing services/datasets that inform and provide insights into the status of perinatal mental health in Ohio.

Wellness Project:

- Maternal Depression Peer Support Expansion: Perinatal Outreach & Encouragement for Moms (POEM) is a Perinatal Mental Health Education Program
- DCY: Cuyahoga, Franklin, Lorain, Montgomery, Summit counties
- OhioMHAS: Plans to expand to Hamilton and Butler counties

CONTACT INFORMATION

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Questions & Answers

*Moderated by Adriana Gordon,
Legislative Aide for Rep. Humphrey*

*For legislators, staff, and agency
representatives, please feel free to
unmute yourselves to ask questions
or share feedback.*

*For all other participants, please
use the chat or Q&A feature, and
we will do our best to answer in
the time allotted.*



*Thank you for joining
today's webinar!*

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