



Postpartum Support International
Arizona Chapter

Perinatal Mental Health: AZ's WIN - WIN Collaborative Effort

AHCCCS Quarterly Meeting | May 2023

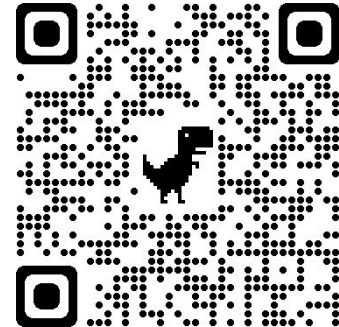


healing
starts
with help

*PSI Helpline 800-944-4773
postpartum.net*

May is Maternal Mental Health Awareness Month

Get the social media kit now!





Postpartum Support International
Arizona Chapter

Elizabeth Wood, MEM
PSI-AZ Chapter
Chairperson
psi.arizona1@gmail.com



Women's Health Innovations
of Arizona

Michelle Lacy, MA, LPC, PMH-C
Executive Director
Women's Health Innovations
(Largest PMH-C provider in AZ)
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POLICY CENTER
FOR Maternal Mental Health™


Joy Burkhard, MBA
Founder and Director
Policy Center for Mental Health
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Overview for Today

- What are Perinatal Mood Disorders?
- Perinatal Mental Health is a Sub-specialty
- How is this a WIN-WIN?
 - Medical Costs of untreated perinatal mood disorders
 - State of the State: Arizona
- Our Collaborative Roadmap
- Call to Action

What are Perinatal Mood Disorders?

Up to **1 in 5** of those who are pregnant and in the postpartum period will suffer from a maternal mental health disorder like postpartum depression



Less than **15%** receive treatment



1 in 4 will experience depression during pregnancy




Up to **56%** of those living in poverty experience postpartum depression




Not Just Moms
Maternal mental health disorders impact the whole family




More Than **600,000** will suffer from a maternal mental health disorder in the U.S. every year



Almost **HALF** of adolescent girls struggle with their mental health. This will increase the number suffering postpartum depression in the future



Rates of Depression are more than **Doubled in the Black Population** due to cumulative effects of stress called "weathering"



Perinatal Mental Health as a Sub-specialty

OB-GYN vs MFM



OB-GYN

Additional training

**Maternal Fetal
Medicine (MFM)**

Sub-specialist for high-risk pregnancies, including problems in both the mother & the baby

Therapist vs PMH-C



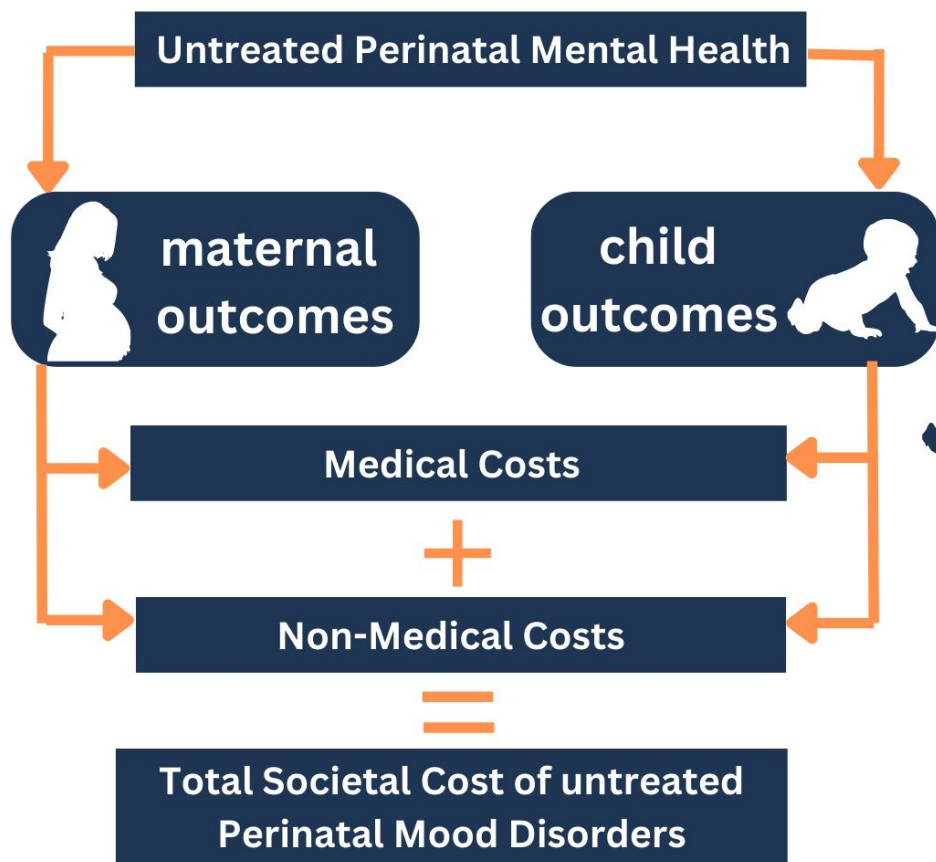
Mental Health
Therapist

Additional training

**Perinatal Mental
Health (PMH-C)**

Sub-specialist for perinatal people, including problems affecting both the mother & the baby

Multigenerational Societal Costs of Untreated Perinatal Mood Disorders



- Increased risk of **worse maternal health**,
- Increased likelihood of **suicide**,
- Higher **work absenteeism**,
- Lower **labor force** participation



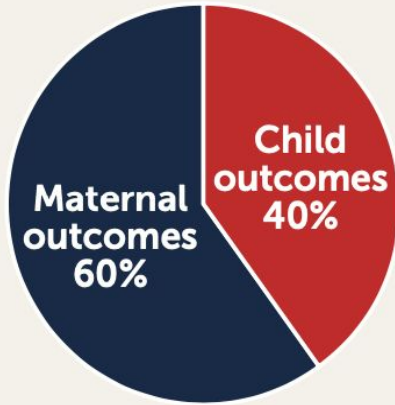
- Increased risk of **low birth weight** or **pre-term birth**,
- Increased risk of **SIDS**,
- Increased risk of **behavior and developmental disorders**,
- Increased likelihood of **worse child health**,
- Lower likelihood of being **breastfed**

“Untreated Perinatal Mood Disorders are among the most costly conditions during pregnancy and postpartum.”

“Societal Costs of Untreated Perinatal Mood and Anxiety Disorders in the United States”

April 2019

2017 societal costs of PMADs



Average cost per mother-child pair:
\$32,000

Per mother cost:
\$19,520

Per child cost:
\$12,480



\$4.7 billion
in productivity losses



\$3.3 billion
in preterm births



\$2.9 billion
in maternal health expenditures



\$1.6 billion
in child behavioral and developmental disorder costs

Untreated Perinatal Mental Health Conditions



cost ~5x's more

**than the other common
perinatal complications**

gestational diabetes
up to \$3,300 per mother

postpartum hemorrhage
up to \$3,300 per mother

Untreated Perinatal Mood Disorders

\$17,100 per mother-child pair over a six-year time frame.



Almost 1/2

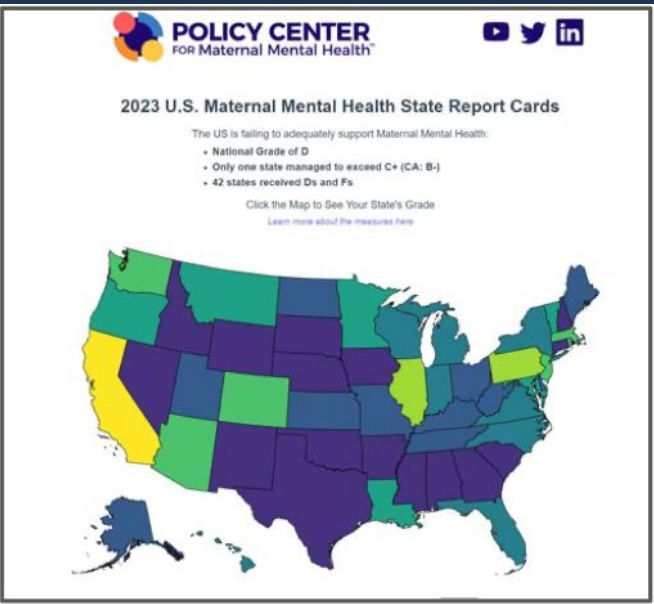
**of pregnancy
associated deaths
were related to
mental health
conditions or
substance use
disorder**

98% **were deemed
preventable**

**2016-2018 Deaths in Arizona of Women 15-49 Years
Old with a Pregnancy in the Previous 365 Days**

Source: "Maternal Mortality Related to Mental Health and
Substance Use in Arizona" presentation. Maternal Mental Health

Task Force Meeting, April 20, 2022 10



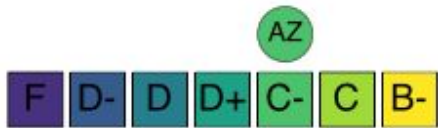
Arizona

Estimated Annual Birthrate 75,552

Provider Shortage Gap 302

Provider Ratio 1.07

Average Caseload 933



AZ'S REPORT CARD

Providers & Programs

Award

❌	PMH-C Provider to Patient Ratio
✅	Maternal Mental Health Prescriber to Patient Ratio
❌	Inpatient Perinatal Mental Health Treatment Program
❌	Outpatient Intensive or Partial Hospitalization Programs
✅	Maternal Mental Health Task Force or Commission
✅	CBOs Providing Direct MMH Services

Award

Screening & Screening Reimbursement

❌	Requires OB-GYNs to screen for MMH disorders
✅	Reimburses OB screening: pregnancy and postpartum
❌	Requires MCO's to collect HEDIS prenatal measures
❌	Requires MCO's to collect HEDIS postpartum measures
❌	Private Insurance Prenatal Screening Billing
❌	Private Insurance Postpartum Screening Billing

Award

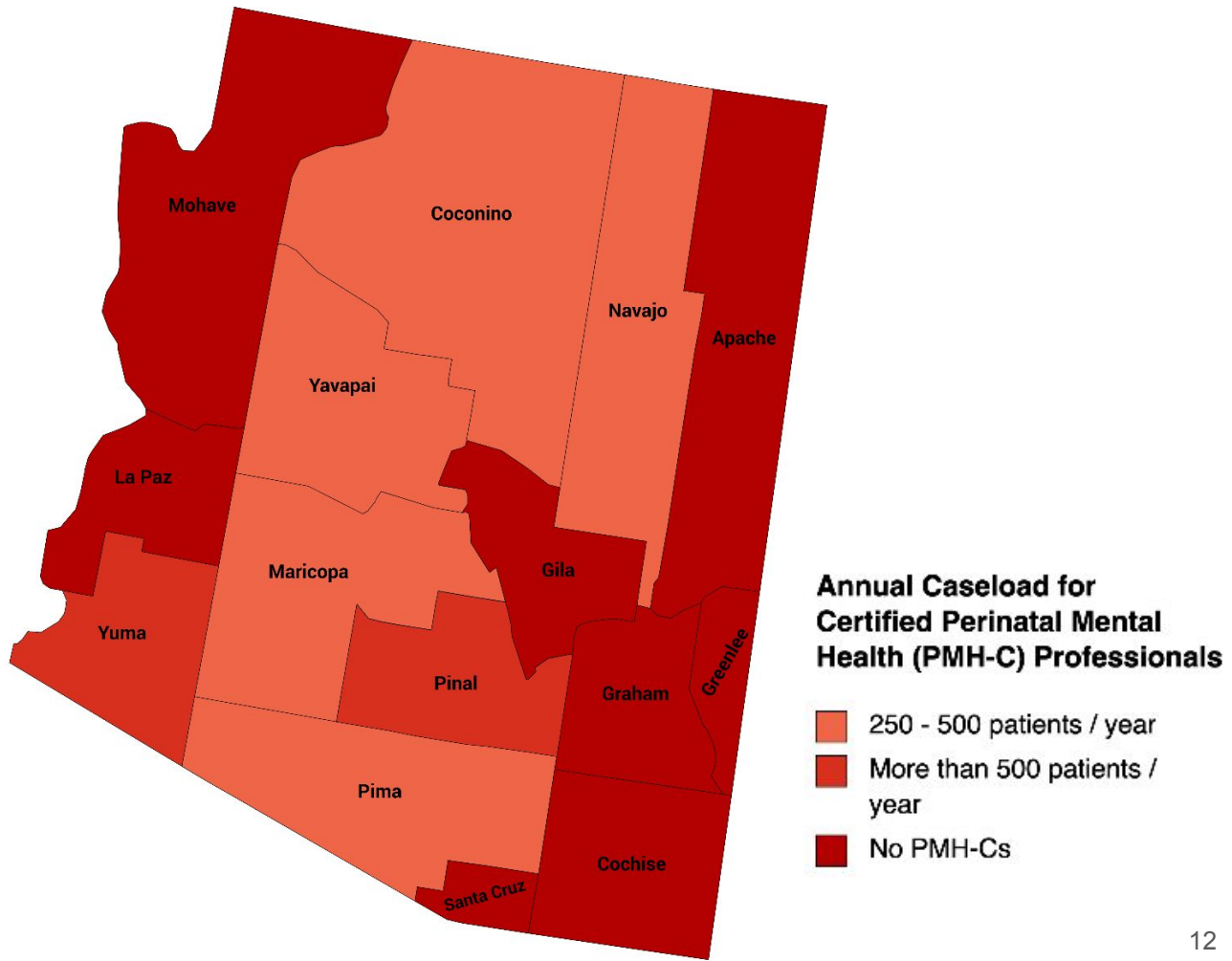
Insurance Coverage & Treatment Payment

✅	Medicaid Expansion
✅	Postpartum Medicaid Extension
❌	Requires health plans to develop a MMH QMP
❌	Private Insurance Prenatal Treatment Billing
❌	Private Insurance Postpartum Treatment Billing

Perinatal Mental Health Certified (PMH-C) Providers by County

Key Takeaways:

- 1) Currently, the **ENTIRE** state is a perinatal mental health desert.
- 2) Eight AZ counties still have **NO** Perinatal Mental Health certified (PMH-C) behavioral health / mental health providers!




Our Collaborative Roadmap Exists



Maternal Mental Health Advisory Committee Report of Recommendations

Committee Recommendations	7
I. Create and Sustain a Perinatal Psychiatric Consultation Line	8
II. Increase the Diversity of the Perinatal Behavioral Health Workforce	10
III. Increase Cultural Competency Trainings for Health Care Professions	12
IV. Expand Maternal Peer Support Coverage	14
V. Expand Home Visitor Coverage	16
VI. Expand Doula Coverage	19
VII. Expand Community Health Worker Coverage	21
VIII. Expand Traditional Healing Services Coverage	23
IX. Expand Lactation Support Coverage	25
X. Increase Postpartum Support International Certified Perinatal Providers	27

Our Collaborative Roadmap Exists

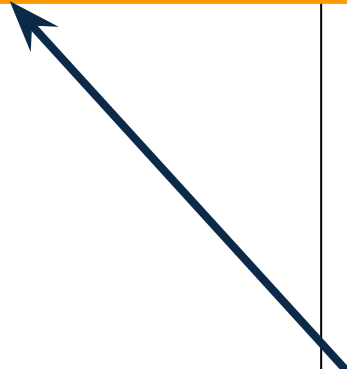


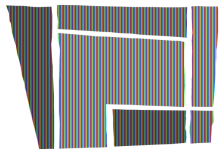
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Recommendations:

1. It is recommended that ADHS continue to provide scholarships and incentives for perinatal mental health certification to perinatal and pediatric health care providers, including nurse practitioners and other prescribing clinicians.

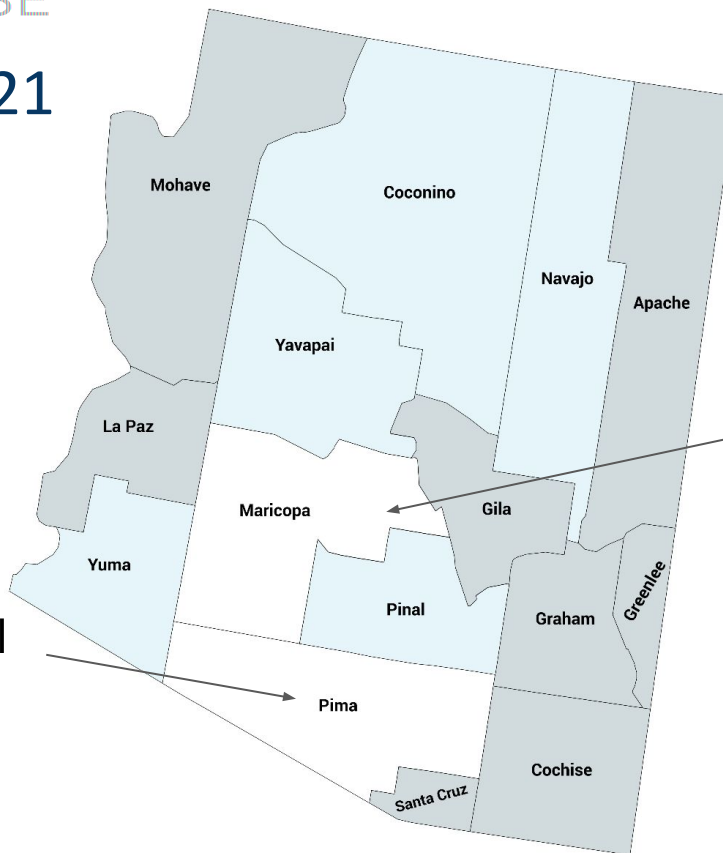




Funding Impact: 2021



Perinatal Mental Health Certified (PMH-C) Providers




Pima County **TRIPLED** their Mental / Behavioral PMH-Cs (2 to 6 PMH-cs)

Maricopa County **QUADRUPLED** their Mental / Behavioral Health PMH-Cs (12 to 49 PMH-Cs)

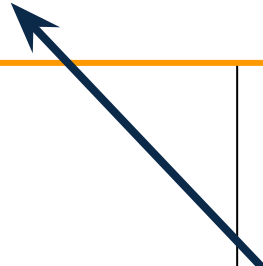
Now have **92 PMH-Cs**, prior to this AZ had 21 PMH-Cs.

Our Collaborative Roadmap Exists

	
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Report of Recommendations	
	7
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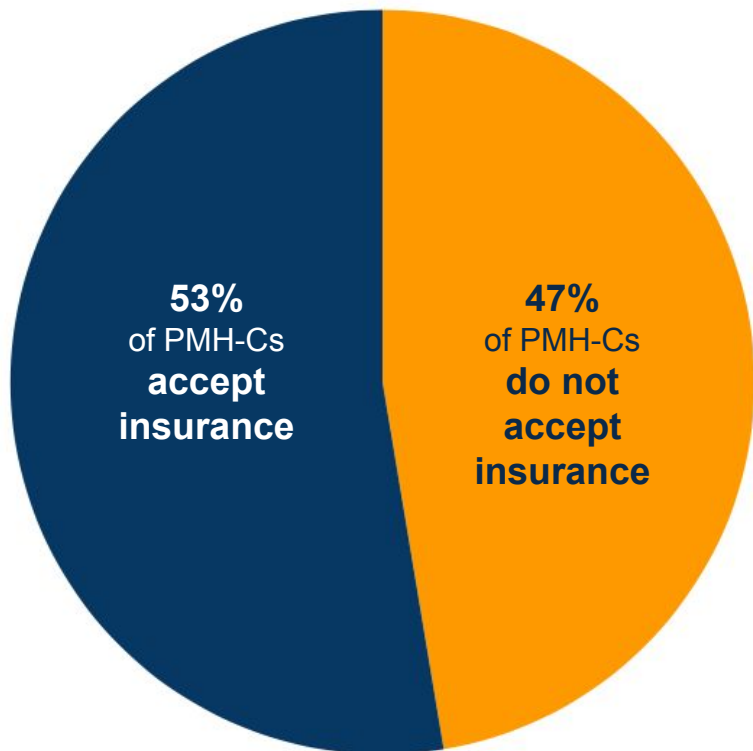
Recommendations:

1. It is recommended that ADHS continue to provide scholarships and incentives for perinatal mental health certification to perinatal and pediatric health care providers, including nurse practitioners and other prescribing clinicians.
2. It is recommended that AHCCCS and commercial insurers recognize perinatal mental health as a specialty for purposes of behavioral health provider capacity development and network requirements.



Barriers to Accessing Treatment for Perinatal Mood Disorders

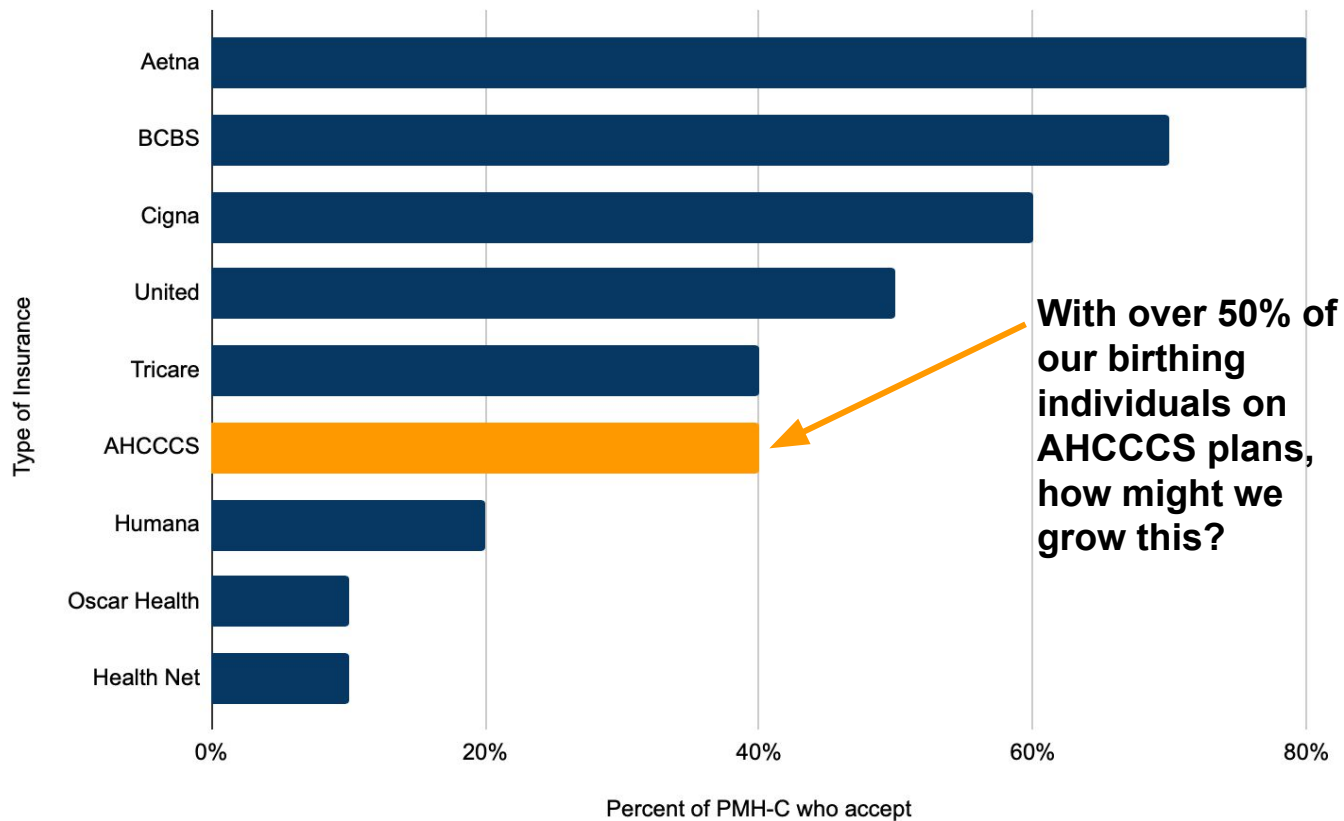
● Do not accept insurance ● Accept Some Insurance



67% of these providers operate as independently owned private practices

Typical Cash Pay Rate
\$100 - \$150 per hour

% of Certified Perinatal Mental Health (PMH-C) Accepting Each Type of Insurance



**Improved
Member
Outcomes**



**Health
Plan Cost
Savings**



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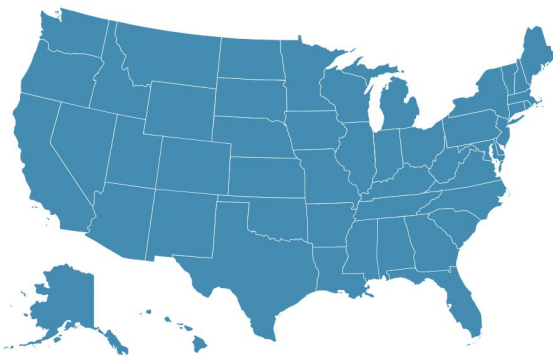


Postpartum Support International
Arizona Chapter

Supplemental Slides & Resources for Members / Health Plans



PSI National
founded in 1987



Chapters in every state
& internationally

2 FOCUS
AREAS

=> Help Seeker Resources
=> Provider Training &
Certification



You are not alone. You are not to blame. With help, you will be well.

Resources Available
for your **members** through
Postpartum Support International (PSI)



Postpartum Support International
Arizona Chapter



National Maternal Mental Health Hotline

You're not alone.



National Maternal Mental Health Hotline
HRSA

For Support, Understanding, and Resources,
CALL OR TEXT 1-833-9-HELP4MOMS
1-833-943-5746

Free - Confidential - Available 24/7

Support Groups



Find Your Peer Mentor



Connect with a Local Specialist



Connect with a Specialized Coordinator



Chat with an Expert



FREE
Resources
for Help-
seekers



For Providers

Phoenix, AZ



For People of Color Only

PSI

May 17-18
2-DAY PMD: COMPONENTS OF CARE TRAINING

May 19
ADVANCED PSYCHOTHERAPY TRAINING

Phoenix, AZ

Register now at linktr.ee/psipoctraining

POSTPARTUM SUPPORT INTERNATIONAL | 800-944-4773 | POSTPARTUM.NET

Virtual Certification Training



Tucson, AZ



PSI

Nov 15-16
2-DAY PMD: COMPONENTS OF CARE TRAINING

Nov 17
ADVANCED PSYCHOTHERAPY TRAINING

Tucson, Arizona

Register now at <https://bit.ly/PSITraining>

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Frontline Provider Training



Let us bring training to you

On-Demand Webinars



FREE Educational Webinars

FREE MMH 101

Complimentary Perinatal Mental Health 101 Webinar



Maternal Mental Health 101

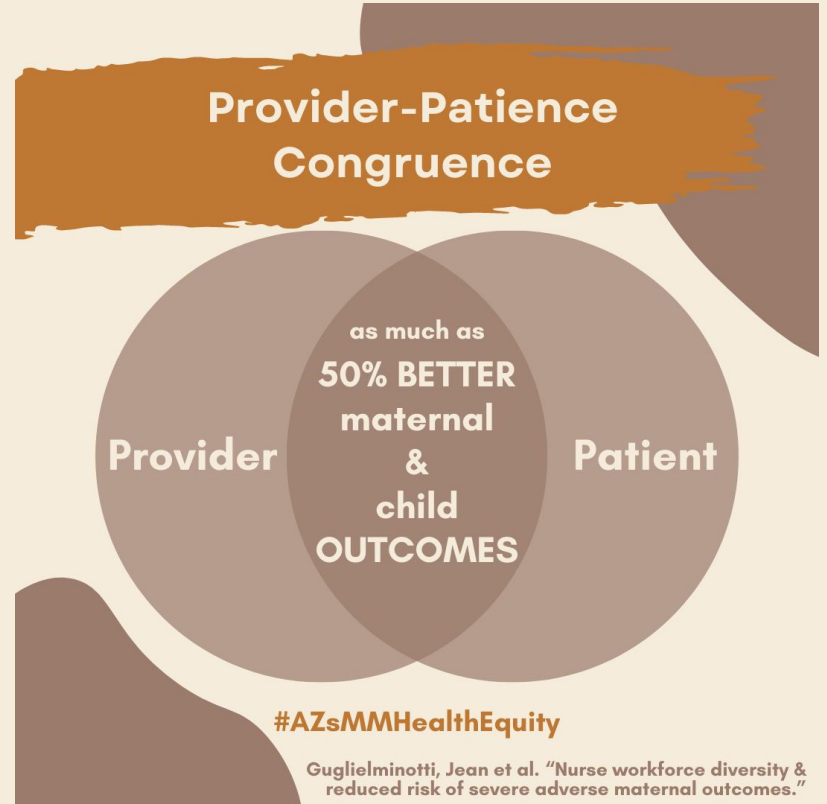
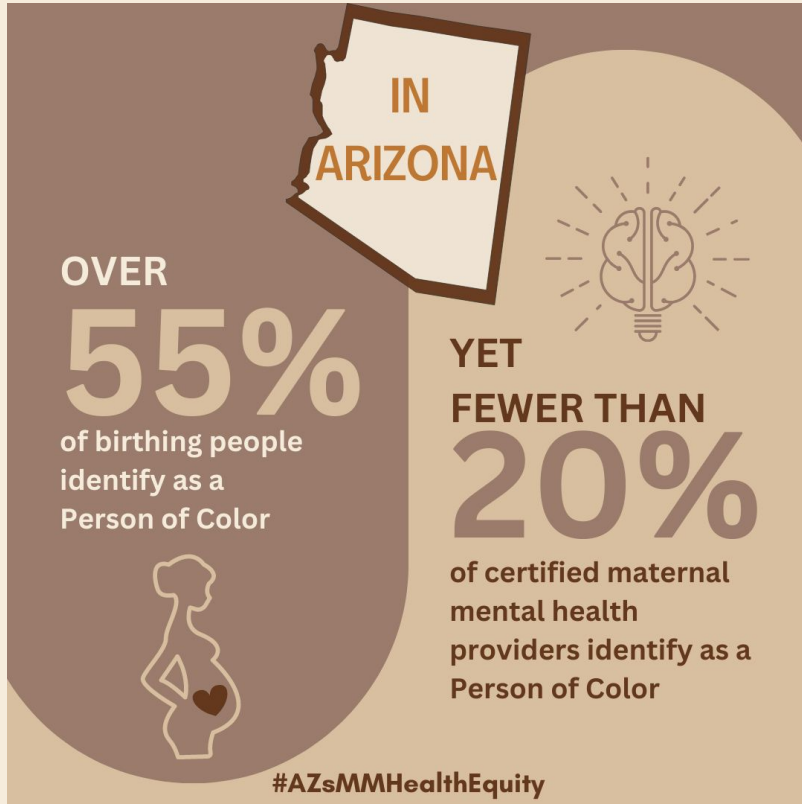


PSI Perinatal Psychiatric Consult Line

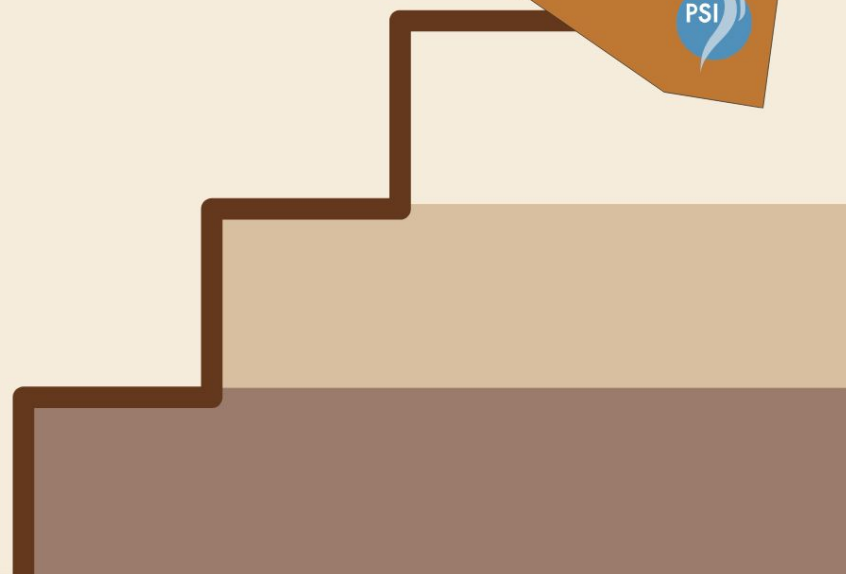
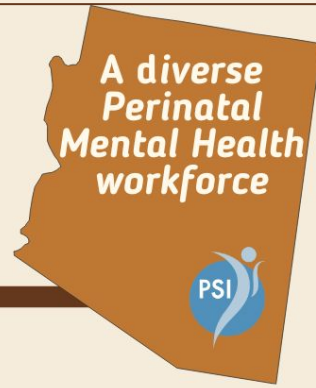
Medical professionals: Get a free consult about mental health care related to childbearing and pre-conception planning.

[LEARN MORE](#)

State of the State: PMH-C Provider-Patience Incongruence



Next Steps to Improve Outcomes



**PSI-AZ
Equity &
Access Group**

*in
collaboration
with*



#AZsMMHealthEquity



ARIZONA'S PERINATAL MENTAL HEALTH EQUITY & ACCESS GROUP



Meet our core team



Dewanna Roxana Nalelly Dalicia Diane

Since February 2023

*Last Saturday of the month
9 am*

56 people on the last meeting invite!

Next Steps to Improve Outcomes



Training Scholarships

with support from



First Ever POC ONLY Perinatal Mental Health Training

cohosted with



PSI-AZ Equity & Access Group

in collaboration with



#AZsMMHealthEquity

LIMITED NUMBER OF

Scholarships Available

Phoenix, AZ

May 17 - 18

2-DAY COMPONENTS OF CARE TRAINING

FOR PEOPLE OF COLOR ONLY

May 19

ADVANCED PSYCHOTHERAPY TRAINING

COHOSTED BY:

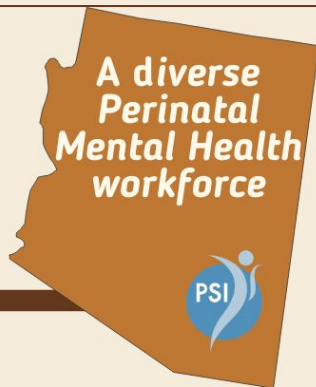


AND SUPPORT FROM



ARIZONA DEPARTMENT OF HEALTH SERVICES

Next Steps to Improve Outcomes



Training Scholarships

with support from



First Ever POC ONLY Perinatal Mental Health Training

cohosted with



PSI-AZ Equity & Access Group

in collaboration with



#AZsMMHealthEquity

Virtual Certification Training



Tucson, AZ



2-Day Components of Care

- August 9-10, 2023
- November 8-9, 2023

Advanced Psychotherapy & Advanced Psychopharmacology

- August 11
- November 10

Proudly cohosting with
Tucson Postpartum Depression Coalition

REGISTER NOW: 2-Day Components of Care

REGISTER NOW: Advanced Psychotherapy

132 scholarships awarded!

78% were for BIPOC training attendees

Additional scholarship funds remain!

Please step up and help remove this barrier!

A diverse Perinatal Mental Health workforce

DONATE NOW

PSI-AZ is a 501c3 nonprofit organization.
Tax ID is 77-0196208



Travel Expenses

Training Scholarships

with support from



First Ever POC ONLY Perinatal Mental Health Training

cohosted with



PSI-AZ Equity & Access Group

in collaboration with



#AZsMMHealthEquity

MATERNAL MENTAL HEALTH

equity fundraiser

April 16 to May 16



\$10,000



48% funded \$4760 donated 15 days to go 18 donors



PSI Perinatal Mental Health Certification (PMH-C) Tracks

Tracks	TARGET AUDIENCE	STEP 1 (both in any order)		STEP 2	STEP 3	Renewal
		Experience	Initial Training			
AFFILIATED PROFESSIONALS	Acupuncturists Chiropractors Doulas Massage Therapists Lactation Consultants Nurses Medical Assistants Peer Supports Physical Therapists	2 years of practice	<u>Components of Care 2-Day Training</u> online: live [\$425*, 14.5 CEU]	<u>Advanced Psychotherapy</u> virtual or in-person [\$250*, 6 CEUs] (or approved alternative)	Certification Exam \$500	Report continuing education hours: 6 hrs per year -or- 12 hrs every two years
	-OR-		<u>PSI / 2020 Mom MMH Online Certify Course</u> online: live or recorded [\$480*, 16 CEU]	<u>Advanced Psychotherapy</u> virtual or in-person [\$250*, 6 CEUs] (or approved alternative)		
	-OR-		(or approved alternative; 14 hrs)	<u>Advanced Psychopharmacology</u> virtual ONLY [\$250*, 6.25 CEUs]		
MENTAL / BEHAVIORAL HEALTH PROVIDERS	Therapists Psychologists Social Workers LMFTs LACs LPCs					
PRESCRIBERS	Physicians Nurse Practitioners Physician Assistants Psychiatrists					

*reduced fees are available for students and scholarships are also available through state chapters.

Maternal Health Provider Access Model State Legislation Framework



Mental Health Provider Access

Perinatal Mental Health Certified (PMH-C) Providers

Unlike provider network adequacy of medical providers, where both licensure and speciality are monitored, network adequacy of mental health providers has been limited to licensure (such as LCSW, PhD, etc.). This has meant that licensed providers who specialize in treatment of maternal mental health conditions--Perinatal Mental Health Certified (PMH-C)* providers--have often been declined when applying to join an insurer/plan's panel because there have been sufficient numbers of LCSWs in the zip code radius, for example.

Insurers and health plans shall monitor network adequacy for PMH-Cs, not just licensure type.

Network Adequacy Standards

Typical network adequacy standards include both ratios of providers to insureds/members (the average number of women who give birth) and the geographic distance of providers relative to insurers/members.

Proposed Interim Network Adequacy Standard

Because there are currently limited numbers of each of these providers* in the state, it is recommended that a standard of 80% or more of such providers be included in the insurer's/plan's network until standard ratio and geo distance network adequacy standards are met.

Novel Approaches for Mental Health Availability

Given the deepening shortages of mental health professionals in the state and across the U.S., insurers and plans shall also be required to develop a plan regarding promotion, coverage and availability monitoring of usage of mental health provider-to-provider mental health psychiatry consultation and FDA approved [digital therapeutics](#).

AZ Perinatal Access Line (APAL)

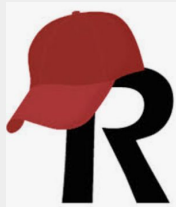
Real-Time Consultation, Education and Care Coordination



5 perinatal psychiatrists on faculty

Soft Launch in May 2023, Official Launch in June 2023

OB/Gyn,
Family Medicine,
Pediatrician,
Mental Health,
Midwife,
Lactation specialist





ALLIANCE FOR INNOVATION
ON MATERNAL HEALTH



Perinatal Mental Health Conditions



Perinatal Mental Health Conditions

Response — Every Event

Initiate an evidence-based, patient-centered response protocol that is tailored to condition severity, and is strength-based, culturally relevant*, and responsive to the patient's values and needs: *

- ▶ Activate an immediate suicide risk assessment and response protocol as indicated for patients with identified suicidal ideation, significant risk of harm to self/others or psychosis.

Establish care pathways that facilitate coordination and follow-up among multiple providers throughout the perinatal period for pregnant and postpartum people referred to mental health treatment.*

Reporting and Systems Learning — Every Unit

Incorporate mental health into multidisciplinary rounding to establish a non-judgmental culture of safety.

Convene inpatient and outpatient providers in an ongoing way to share successful strategies and identify opportunities for prevention and evaluation of undesired outcomes related to perinatal mental health.*

Identify and monitor data related to perinatal mental health care, with disaggregation by race and ethnicity at a minimum, to evaluate disparities in processes of care.*

Respectful, Equitable, and Supportive Care — Every Unit/Provider/Team Member

Include each pregnant and postpartum person and their identified support network as respected members of and contributors to the multidisciplinary care team. *

Engage in open, transparent, empathetic, and trauma-informed communication with pregnant and postpartum people and their identified support network to understand diagnoses, options, and treatment plans.