



Postpartum Support International  
**Arizona Chapter**

# Perinatal Mental Health in Arizona: State of the State

Rural Women's Health Symposium  
Aug 2023



**PSI National**  
founded in  
1987

# 2 FOCUS AREAS

Help Seeker Resources



Provider Training &  
Certification



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



Postpartum Support International  
Arizona Chapter

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





## Today's Intentions

- ❖ Quick Perinatal Mood Disorder Overview
- ❖ State of the State: Arizona
- ❖ Resources You Can Use



## Quick Quiz

- A. How prevalent are perinatal mood disorders in the population (*e.g., 1 in “X” people will experience it*)?
  
- B. If report cards were given for Maternal Mental Healthcare, what grade (**A - F**) would you give Arizona?
  
- C. In your care area, what **ONE thing** is needed to adequately care for people experiencing perinatal mood challenges?

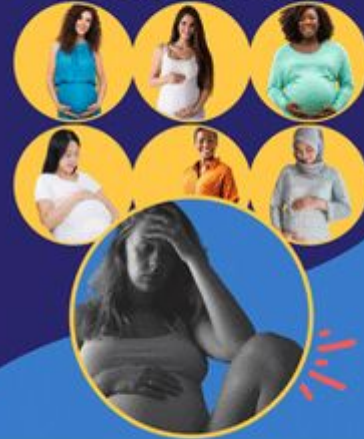
# How prevalent are Perinatal Mood Disorders?

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




# Prominent Risk Factors for Perinatal Mood Disorders


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



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



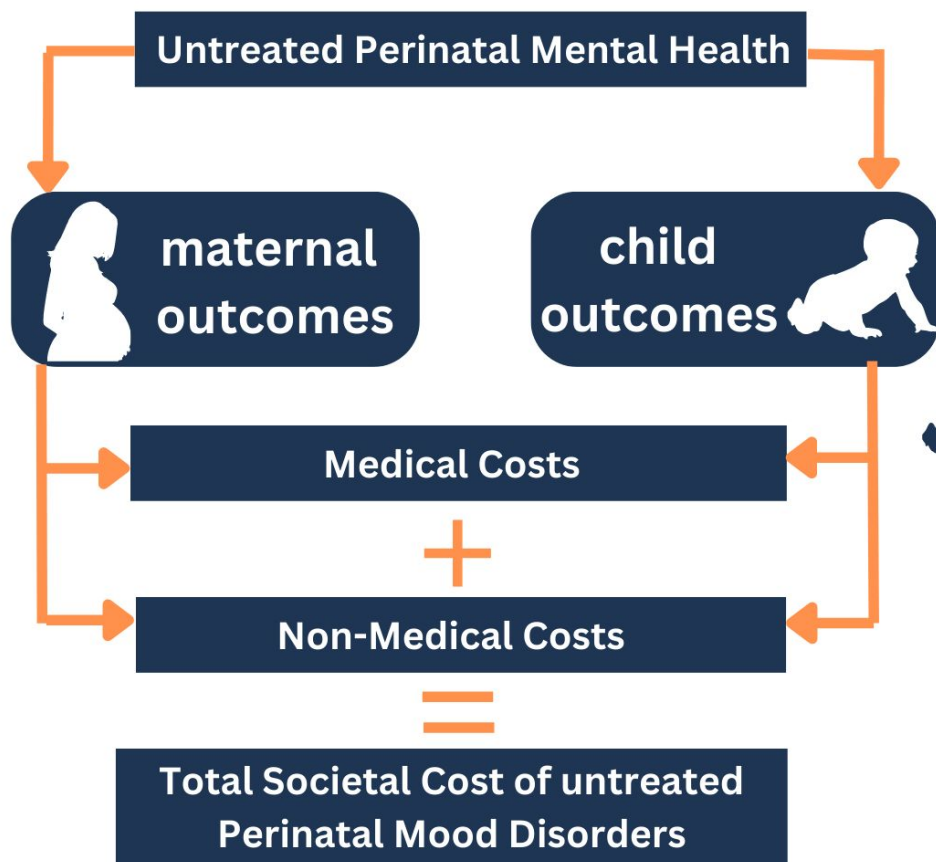
Rates of Depression are more than  
**Doubled in the Black Population**  
due to cumulative effects of stress called "weathering"



**Not Just Moms**  
Maternal mental health disorders impact the whole family



# 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**





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❖ State of the State: Arizona

❖ Resources You Can Use

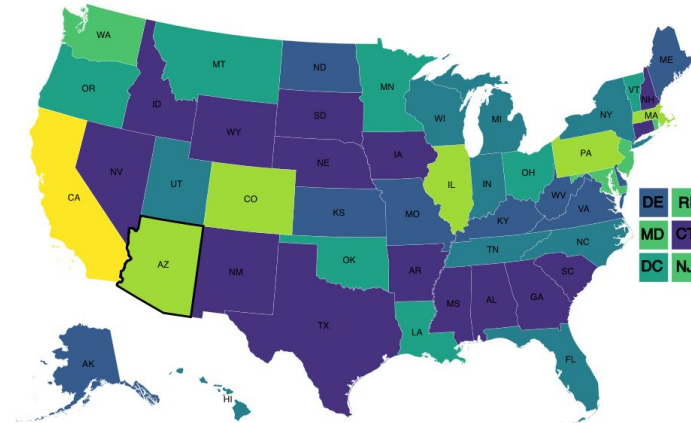
## 2023 U.S. Maternal Mental Health State Report Cards

The US is failing to adequately support Maternal Mental Health:

- National Grade of D
- Only one state managed to exceed C+ (CA: B-)
- 40 states and DC received D's and F's

Click the Map to See Your State's Grade

[Learn more about the measures here](#)



C

Arizona

Providers & Programs C

Screening & Screening Reimbursement D

Insurance Coverage & Treatment Payment D



AZ



## 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



**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 11

## AZ'S REPORT CARD

Award	Providers & Programs
⊗	PMH-C Provider to Patient Ratio
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⊗	Inpatient Perinatal Mental Health Treatment Program
⊗	Outpatient Intensive or Partial Hospitalization Programs
✓	Maternal Mental Health Task Force or Commission
✓	CBOs Providing Direct MMH Services

Our Collaborative  
Roadmap Exists

	
<h3>Maternal Mental Health Advisory Committee Report of Recommendations</h3>	
<b>Committee Recommendations</b>	7
<span style="color: green; font-size: 2em;">✓</span> <b>I. Create and Sustain a Perinatal Psychiatric Consultation Line</b>	8
<b>II. Increase the Diversity of the Perinatal Behavioral Health Workforce</b>	10
<b>III. Increase Cultural Competency Trainings for Health Care Professions</b>	12
<b>IV. Expand Maternal Peer Support Coverage</b>	14
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COLLEGE OF MEDICINE TUCSON

# Arizona Perinatal Psychiatry Access Line

# 1-888-290-1336

APAL.arizona.edu | team@apal.arizona.edu

Scan QR code to subscribe to our newsletter



FREE Consults | Monday - Friday, 12:30 - 4:30 p.m.

FREE Provider Training

FREE Toolkits & Resources for Providers, Moms and Families

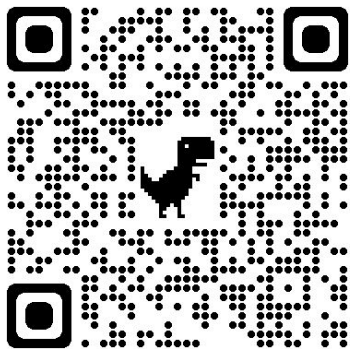


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**FREE**  
Resources for  
Help Seekers



## National Maternal Mental Health Hotline

**Not Feeling Like Yourself?**

Let's Talk About It.



For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)

ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES

## Support Groups



60+ online  
(free)

## Find Your Peer Mentor



Paired for 4 month  
(free)

## Connect with a Local Specialist



## Connect with a Specialized Coordinator



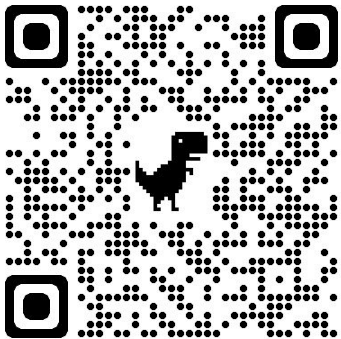
## Chat with an Expert



# AZ'S REPORT CARD

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 **FREE Resources for Providers**



## 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>

POSTPARTUM SUPPORT INTERNATIONAL | 800-944-4775 | POSTPARTUM.NET



*Save the Date*  
**2024**  
*Phoenix, AZ*  
**April 17 - 18** 2-DAY COMPONENTS OF CARE TRAINING  
**April 19** ADVANCED PSYCHOTHERAPY TRAINING

COHOSTED BY:  
 

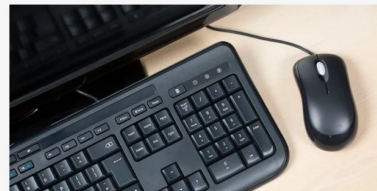
**SECOND EVER, BIPOC-ONLY TRAINING**

## Frontline Provider Training



Let us bring training to you

## On-Demand Webinars



FREE Educational Webinars

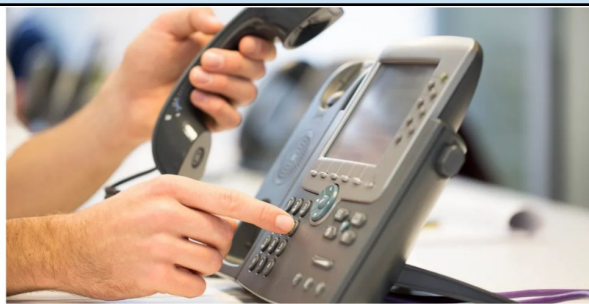
## FREE MMH 101

Complimentary Perinatal Mental Health 101 Webinar



POSTPARTUM SUPPC INTERNATIONAL

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](#)

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Roadmap Exists



	
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# 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

=



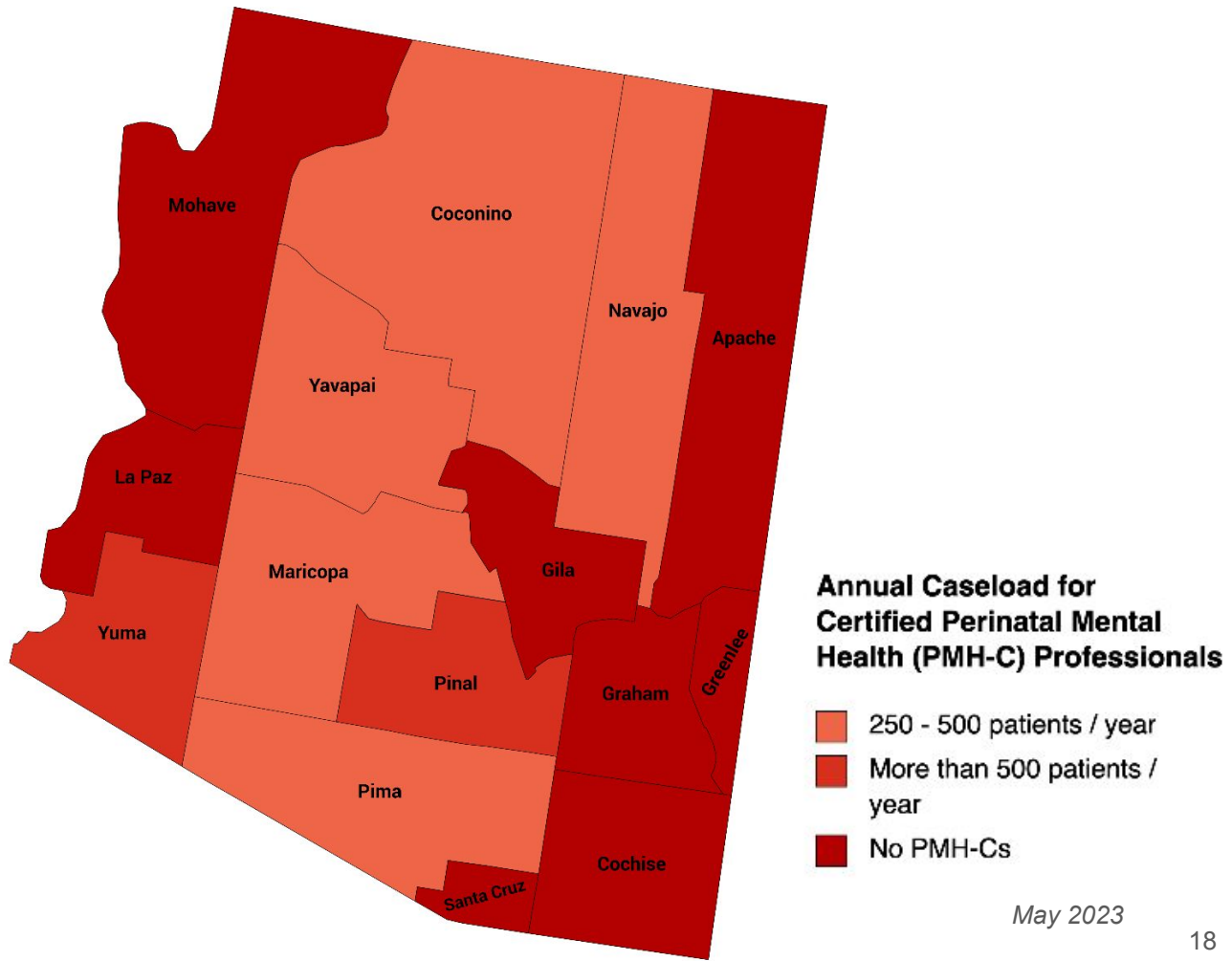
**Perinatal Mental Health (PMH-C)**

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

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

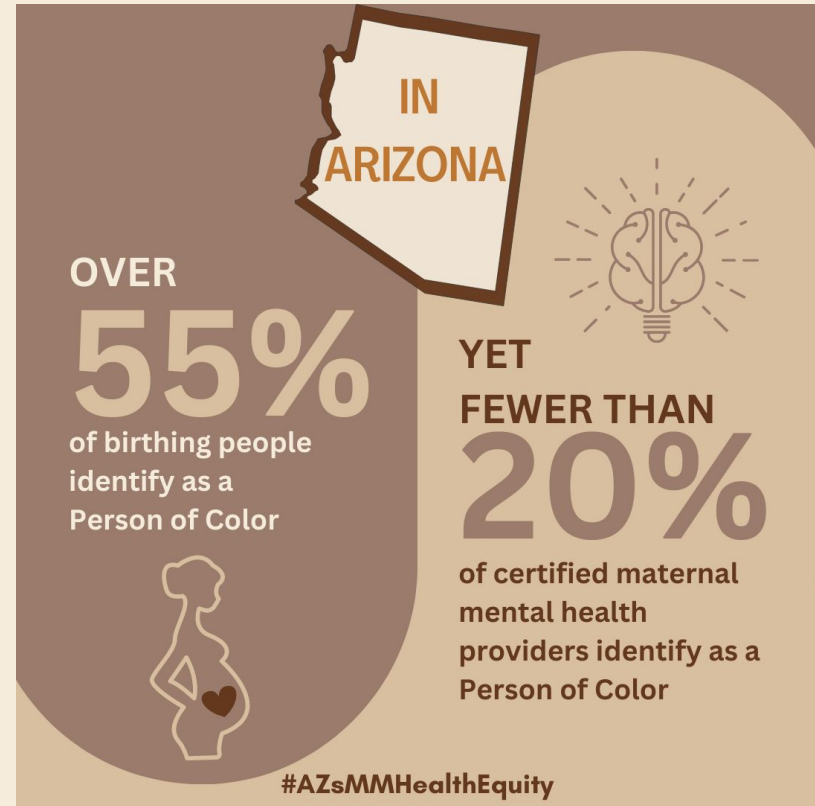
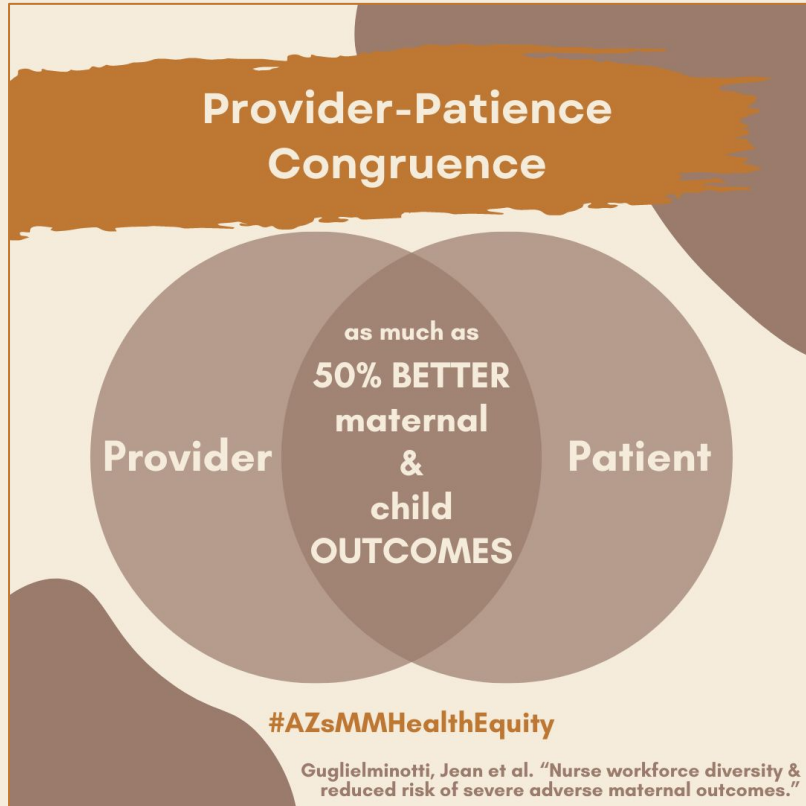
## Key Takeaways:

- 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!



May 2023

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



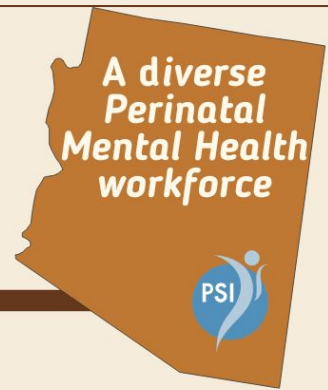
# Our Collaborative Roadmap Exists



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# 2023 | 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

**May 19**

ADVANCED PSYCHOTHERAPY TRAINING

FOR PEOPLE OF COLOR ONLY

COHOSTED BY:



AND SUPPORT FROM



ARIZONA DEPARTMENT OF HEALTH SERVICES

**New!**

## ARIZONA'S PERINATAL MENTAL HEALTH EQUITY & ACCESS GROUP



Meet our core team



Dewanna Roxana Nalelly Dalicia Diane

# 2024 | Steps to Improve Outcomes

A diverse Perinatal Mental Health workforce



Training Scholarships

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ARIZONA DEPARTMENT OF HEALTH SERVICES

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#AZsMMHealthEquity

Save the Date  
2024

Phoenix, AZ

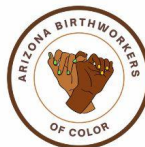
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SECOND EVER,  
BIPOC-ONLY  
TRAINING

Additional Scholarships!  
*(fingers crossed)*

Please consider applying!



## Community Based Solutions

In your care area, what is needed to adequately care for people experiencing perinatal mood challenges?



Continue the convo @ our  
Exhibitor Booth  
&  
Grab resources for your  
practice!



Postpartum Support International  
**Arizona Chapter**

**THANK YOU!**





## 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	<a href="#">Components of Care 2-Day Training</a> online: live [\$425*, 14.5 CEU]	<a href="#">Advanced Psychotherapy</a> 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-		<a href="#">PSI / 2020 Mom MMH Online Certify Course</a> online: live or recorded [\$480*, 16 CEU]	<a href="#">Advanced Psychotherapy</a> virtual or in-person [\$250*, 6 CEUs]  (or approved alternative)		
MENTAL / BEHAVIORAL HEALTH PROVIDERS	Therapists Psychologists Social Workers LMFTs LACs LPCs		-OR-	(or approved alternative; 14 hrs)		
PRESCRIBERS	Physicians Nurse Practitioners Physician Assistants Psychiatrists					

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