



Postpartum Support International
Arizona Chapter

Perinatal Mental Health State of the State

Arizona

May 2023

Elizabeth Wood
Board Chairperson

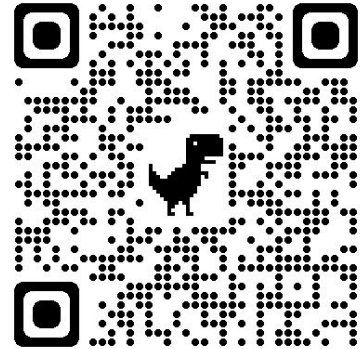


healing
starts
with help

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

Maternal Mental Health Awareness Month

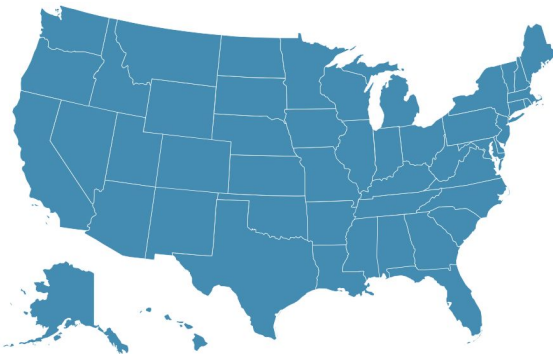
Get the social media kit now!





POSTPARTUM SUPPORT INTERNATIONAL

PSI National
founded in 1987



Chapters in every state
& internationally

2 FOCUS
AREAS

=> Resources for Help-
Seekers
=> Training & Certification
for Providers

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



National Maternal Mental Health Hotline

You're not alone.



National Maternal Mental Health Hotline
HRSRA

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

Virtual Certification Training

Tucson, 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




PSI

Nov 15-16
2-DAY PMD: COMPONENTS OF CARE TRAINING
Nov 17
ADVANCED PSYCHOTHERAPY TRAINING
Tucson, Arizona

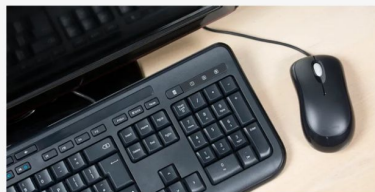
Register now at <https://bit.ly/PSITraining>

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

Frontline Provider Training

On-Demand Webinars

FREE MMH 101



Complimentary Perinatal Mental Health 101 Webinar



POSTPARTUM SUPPC INTERNATIONAL

Visionaries for the Future of Maternal Mental Health

Let us bring training to you

FREE Educational Webinars

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



Our Mission

To promote awareness, prevention and treatment of mental health issues related to childbearing *every county and tribal community* statewide.

Our Vision

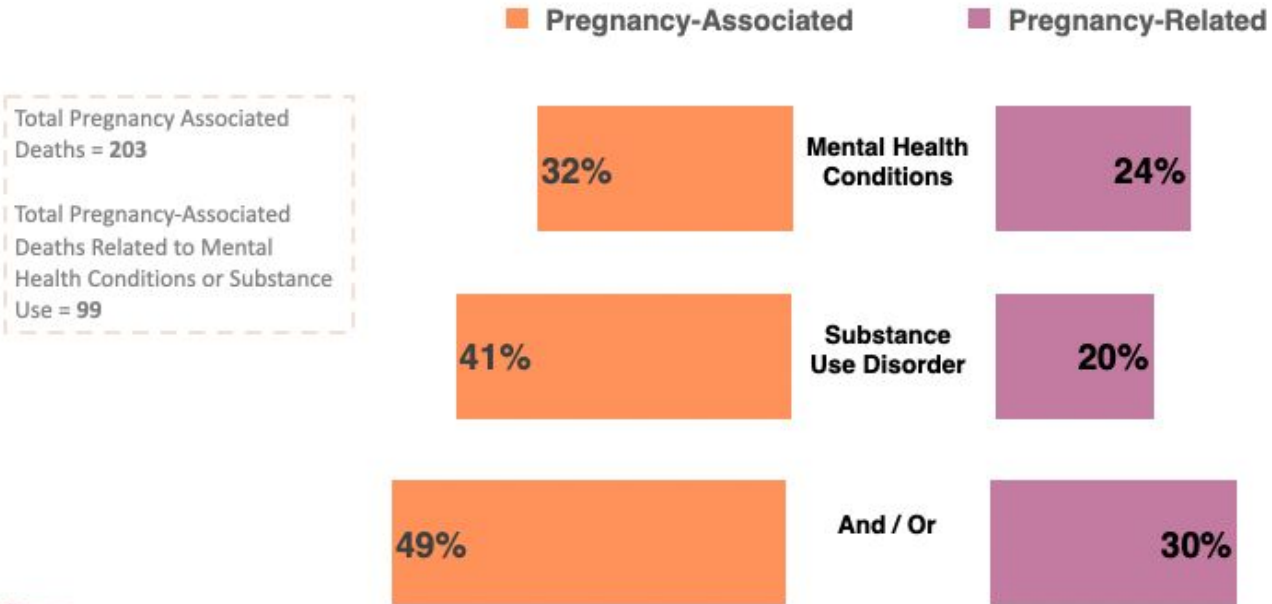
Every birthing person and family statewide will have access to culturally appropriate information, social support and informed professional care to address mental health issue related to childbearing.



Why Does This Matter?

Almost Half of All Pregnancy-Associated Deaths Were Related to Mental Health Conditions or Substance Use Disorder

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

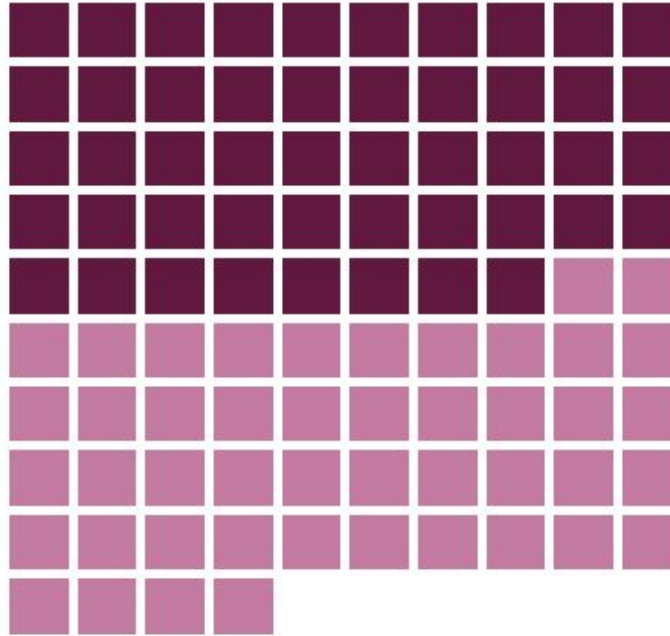


Why Does This Matter?

Almost All Pregnancy-Associated Deaths Related to Mental Health Conditions or Substance Use Disorder were Preventable

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

98%
were
preventable



Arizona DHS Impact

In August 2021, Arizona DHS made a **HUGE impact** when it funded PSI training & exams:

Components of Care


Psychotherapy

Psychopharmacology

&

PMH-C Certification exams

Perinatal Mental Health Certification Training Tracks

Tracks	TARGET AUDIENCE	STEP 1 (both in any order)		STEP 2	STEP 3
		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)	PMH-C  Certification Exam \$500
	Therapists Psychologists Social Workers LMFTs LACs LPCs		-OR- <u>PSI / 2020 Mom MMH Online Certificate Course</u> online: live or recorded [\$480*, 16 CEU]	<u>Advanced Psychotherapy</u> virtual or in-person [\$250*, 6 CEUs] (or approved alternative)	
	Physicians Nurse Practitioners Physician Assistants Psychiatrists		-OR- (or approved alternative; 14 hrs)	<u>Advanced Psychopharmacology</u> virtual ONLY [\$250*, 6.25 CEUs]	

AZ DHS Impact in 2021

Funding Impact: about 20x more!

Components of Care

429 attendees (AZ avg was ~25/yr)

Advanced Psychotherapy

221 attendees (AZ avg was ~11/yr)


Advanced Psychopharmacology

60 attendees (AZ avg was ~3/yr)

PMH-C Certification exams

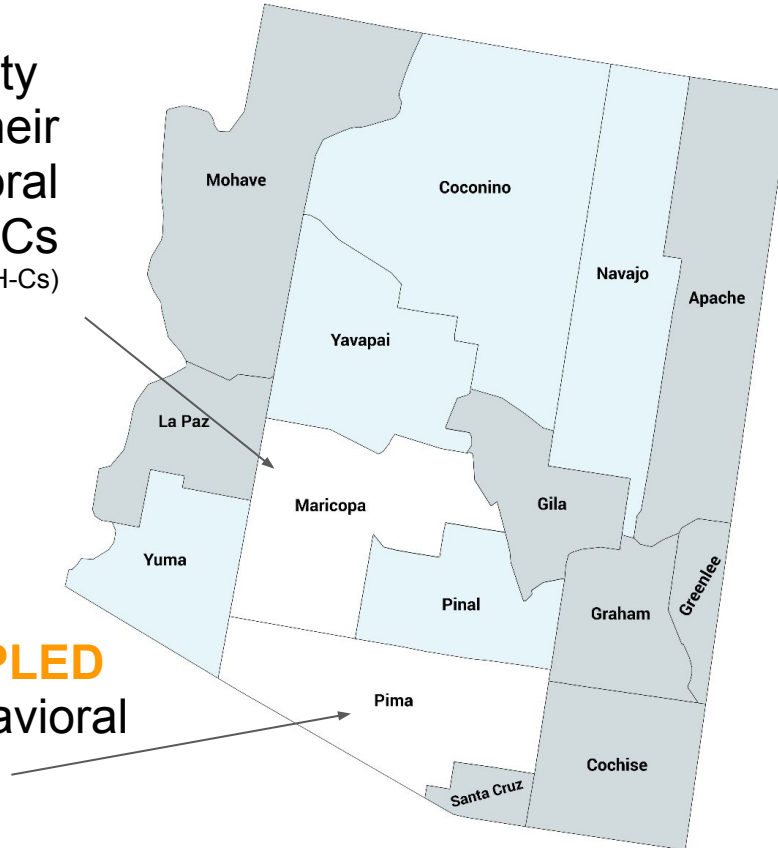
Now have **92 PMH-Cs**, prior to this AZ had **21 PMH-Cs**.

Perinatal Mental Health Certification Training Tracks

Tracks	TARGET AUDIENCE	STEP 1 (both in any order)		STEP 2	STEP 3	
		Experience	Initial Training			
AFFILIATED PROFESSIONALS	Acupuncturists Chiropractors Doulas Massage Therapists Lactation Consultants Nurses Medical Assistants Peer Supports Physical Therapists	2 years of practice	Components of Care 2-Day Training online: live [\$425*, 14.5 CEU]	Advanced Psychotherapy virtual or in-person [\$250*, 6 CEUs] (or approved alternative)	PMH-C  Certification Exam \$500	
			-OR-	PSI / 2020 Mom MMH Online Certificate Course online: live or recorded [\$480*, 16 CEU]		Advanced Psychotherapy virtual or in-person [\$250*, 6 CEUs] (or approved alternative)
			-OR-	(or approved alternative; 14 hrs)		Advanced Psychopharmacology virtual ONLY [\$250*, 6.25 CEUs]

HUGE Impact of 2021 AZ DHS Funding

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



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



Perinatal Mental Health Certified
(PMH-C) Providers

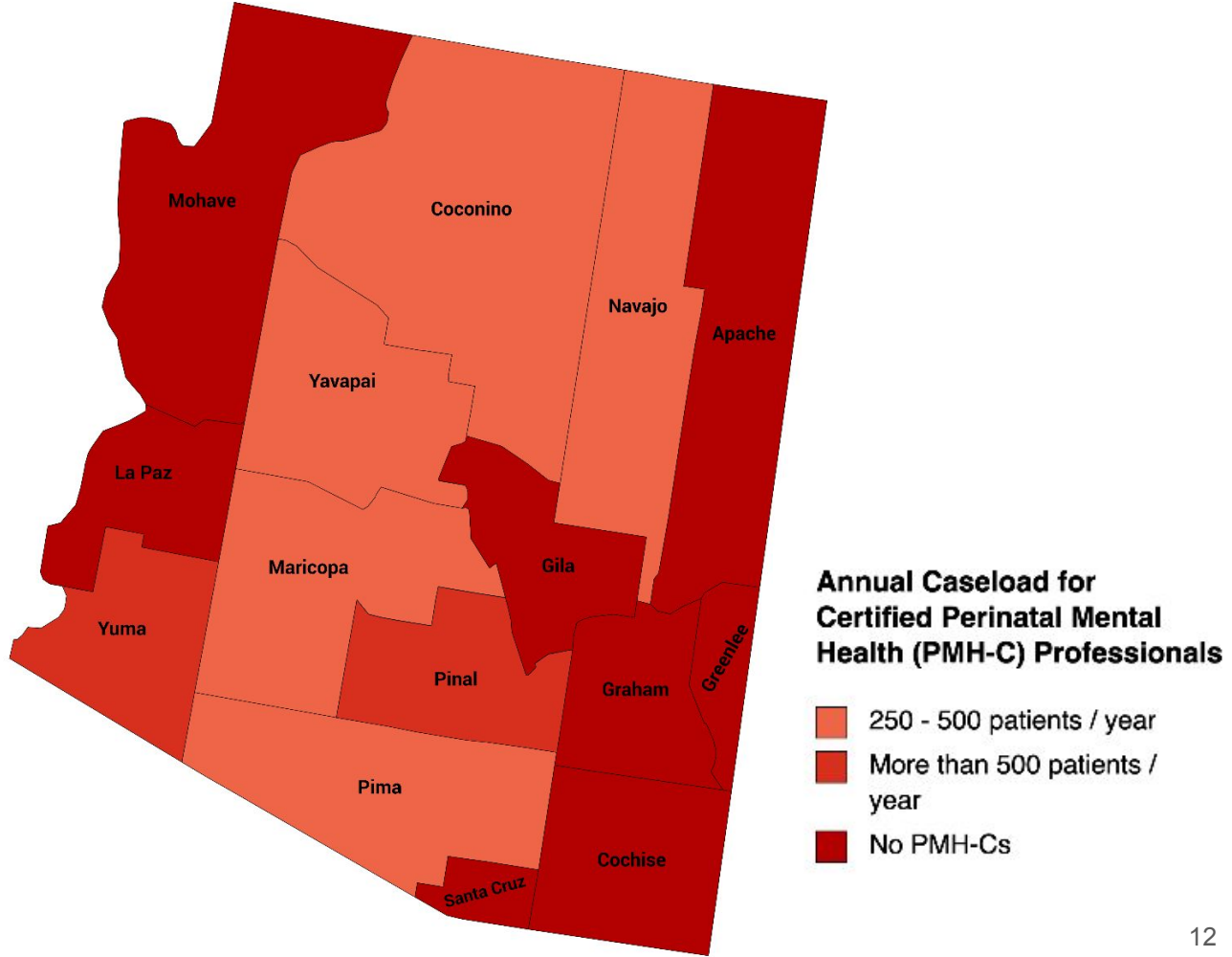
FIVE AZ counties
added their **FIRST**
PMH-C Provider

(Pinal, Yuma, Yavapai,
Coconino, Navajo)

State of the State:
Perinatal Mental Health
Certified 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!



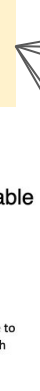
State of the State: PMH-Cs & SMM by County

EIGHT counties still have **NO** PHM-Cs

FIVE AZ counties just recently added their **FIRST** PHM-C

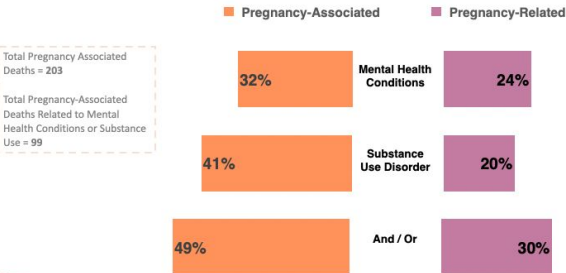
SMM = Severe Maternal Morbidity

County of Residence	SMM Rate
Apache	275.4
Graham	241.3
Navajo	228.5
Yuma	184.1
Coconino	177.7
La Paz	177.6
Cochise	154.5
Gila	144.1
Pima	139.3
Mohave	138.4
Pinal	108.8
Yavapai	108.8
Maricopa	106.2
Greenlee	100
Santa Cruz	56.7



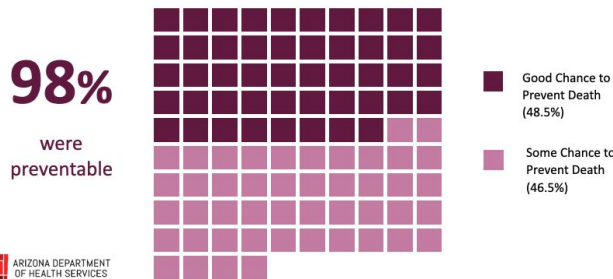
Almost Half of All Pregnancy-Associated Deaths Were Related to Mental Health Conditions or Substance Use Disorder

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



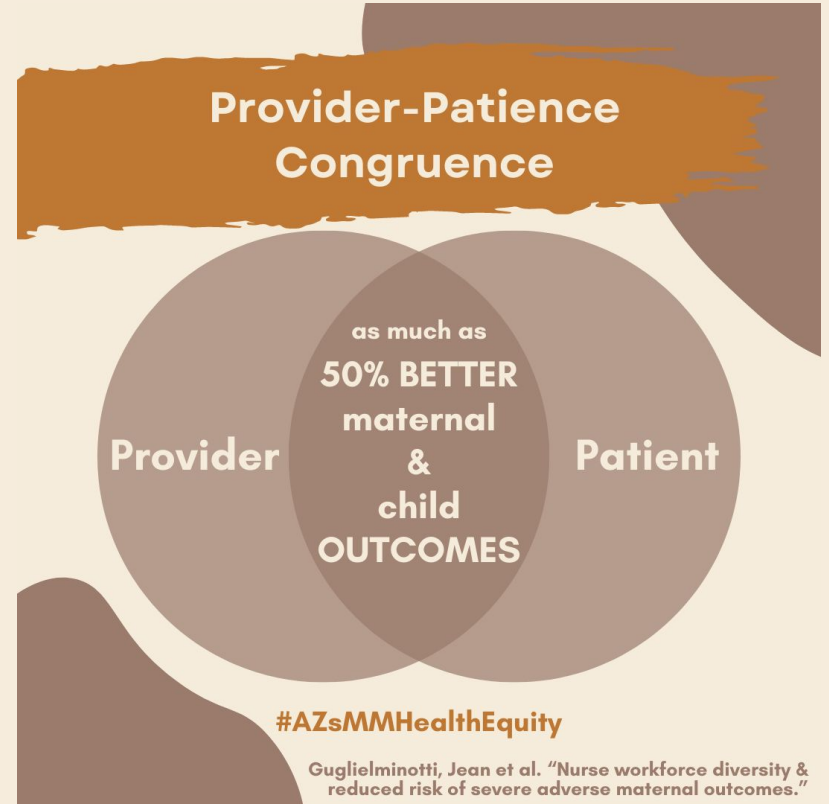
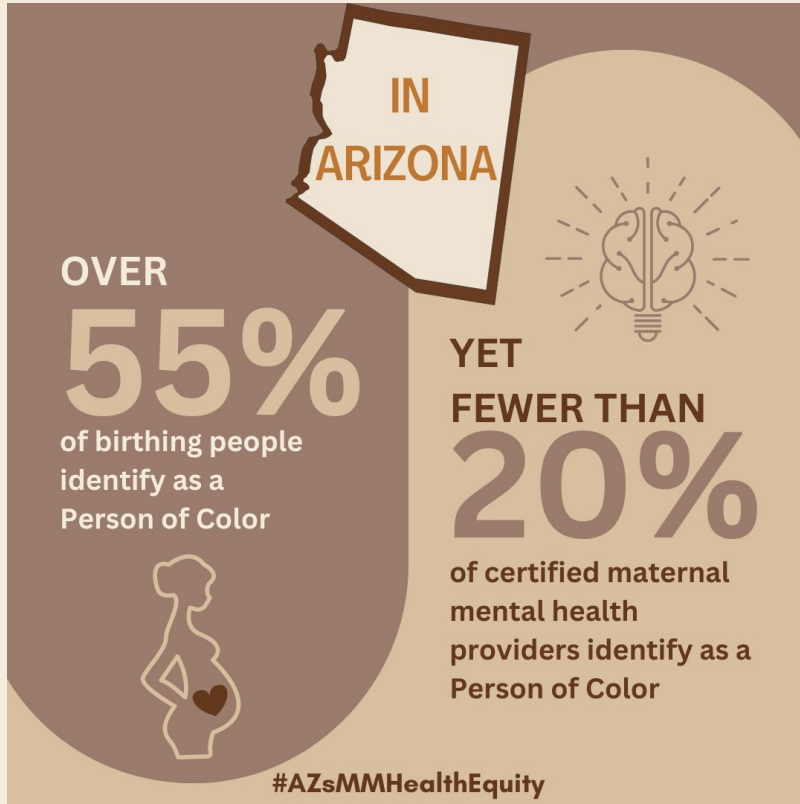
Almost All Pregnancy-Associated Deaths Related to Mental Health Conditions or Substance Use Disorder were Preventable

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




AZ DHS: "Maternal Mortalities and Severe Maternal Morbidity in Arizona" Report, Dec 2020

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



OUR MMRC & MATERNAL MENTAL HEALTH TASK FORCE RECOMMENDATIONS




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

YET BARRIERS EXIST

1. **Training / Exam Costs**
2. **Travel Expenses:** *in-person training (especially for rural communities)*
3. **Lack of Understanding:** *specialty training is essential to serve this population*



**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

Next Steps to Improve Outcomes

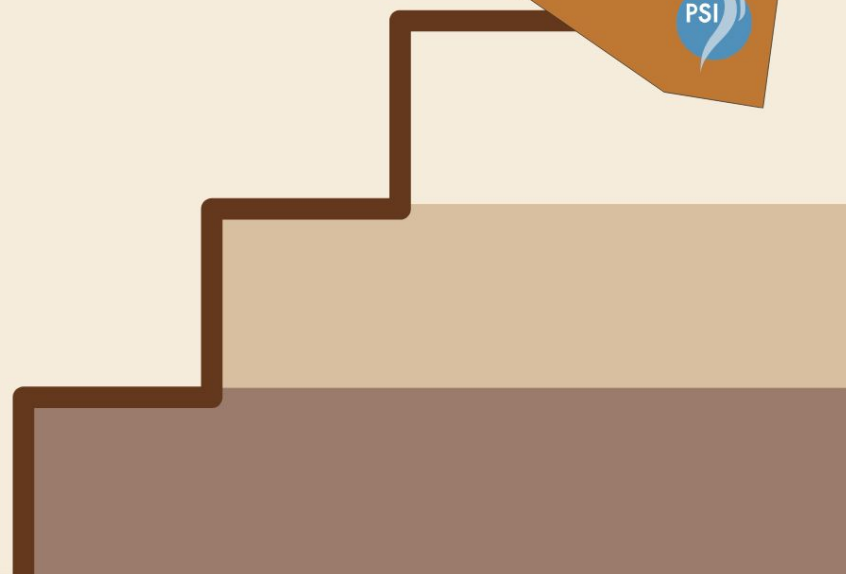
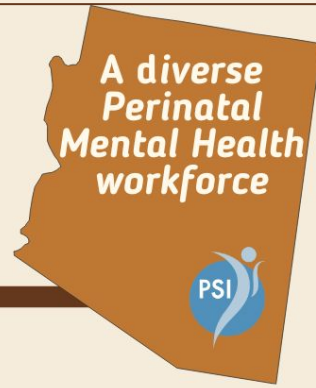
A diverse
Perinatal
Mental Health
workforce



#AZsMMHealthEquity



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



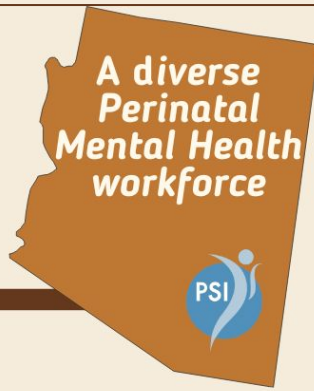
Dewanna Roxana Nalelly Dalicia Diane

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

May 19
ADVANCED PSYCHOTHERAPY TRAINING

FOR PEOPLE OF COLOR ONLY

COHOSTED BY:

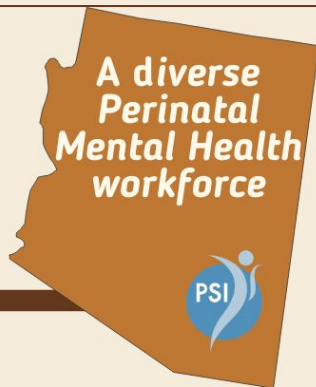


AND SUPPORT FROM



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

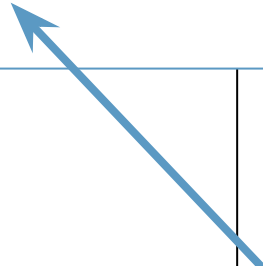



48% funded \$4760 donated 15 days to go 18 donors

OUR MMRC & MATERNAL MENTAL HEALTH TASK FORCE RECOMMENDATIONS


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.



	
Maternal Mental Health Advisory Committee	
Report of Recommendations	
Committee Recommendations	7
Psychiatric Consultation Line	8
Perinatal Behavioral Health Workforce	10
Requirements for Health Care Professions	12
Insurance Coverage	14
	16
	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 MMRC & MATERNAL MENTAL HEALTH TASK FORCE RECOMMENDATIONS



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



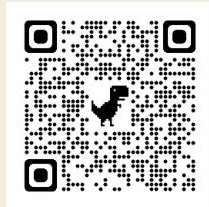
www.psiarizona.org

—
Follow @psi_arizona
on
Facebook | Instagram
Linkedin | TikTok

Please step up and help
remove this barrier!

DONATE NOW

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



A diverse
Perinatal
Mental Health
workforce



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