

Quality Provider Program

Maternal Mental Health Screening Guide

Mental health conditions are the most common complication of pregnancy, with 1 in 5 women experiencing issues with depression, anxiety, or substance use in the perinatal period.¹

Of great concern, mental health conditions are the leading cause of maternal mortality in the first year postpartum. Death by suicide and overdose/poisoning related to substance use disorder account for 23% of pregnancy-related deaths.² Unfortunately, these preventable complications largely go unrecognized and untreated.

Make screening a priority in your practice brings to identify women who may benefit from mental health interventions.

The American College of Obstetricians and Gynecologists (ACOG) recommends depression screening **twice during pregnancy and once in the postpartum period** using a standardized and validated screening tool. These tools typically take **less than 5 minutes** for a patient to complete and help normalize mental health discussions with their provider.

Focus on follow-up care when screening is positive.

According to the American Psychiatric Association, “Upwards of 75% of pregnant persons affected by mental health symptoms remain untreated” and are often termed “therapeutic orphans.”³

As your partner in maternal mental health, the Women’s Health Quality Provider Program provides referral resources, educational opportunities, and workflow solutions to make follow-up care possible. Also consider referring patients with maternal mental health needs to the [Select Health Healthy Beginnings](#) program for assistance with care management.

REFERENCES:

1. Association of American Medical Colleges. Maternal Mental Health. AAMC website. 2024. <https://www.aamc.org/about-us/mission-areas/health-care/maternal-mental-health#:~:text=Mental%20health%20conditions%20are%20the,of%20these%20deaths%20are%20preventable>. Accessed May 15, 2024.
2. Centers for Disease Control and Prevention. *Press Release: Four in 5 pregnancy-related deaths in the U.S. are preventable*. CDC website: Newsroom. September 19, 2022. <https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths.html>. Accessed May 15, 2024.
3. American Psychiatric Association. *Perinatal Mental and Substance Use Disorders*. [psychiatry.org. https://www.psychiatry.org/getmedia/344c26e2-cdf5-47df-a5d7-a2d444fc1923/APA-CDC-Perinatal-Mental-and-Substance-Use-Disorders-Whitepaper.pdf](https://www.psychiatry.org/getmedia/344c26e2-cdf5-47df-a5d7-a2d444fc1923/APA-CDC-Perinatal-Mental-and-Substance-Use-Disorders-Whitepaper.pdf). Accessed April 24, 2024.

How to Use this Guide

The guide includes the following resources. Each one is also available as a stand-alone, downloadable file by clicking on the title:

- [A screening algorithm](#) for using the Edinburgh Postnatal Depression Scale (EPDS) in your practice. **Acronyms used in the algorithm include:**
 - EMR: Electronic medical record
 - EPDS: Edinburgh Postnatal Depression Scale
 - ED: Emergency Department
 - C-SSRS: Columbia Suicide Severity Rating Scale
 - PCP: Primary Care Provider
 - RN: Registered Nurse
 - OB/GYN: Obstetrics/Gynecology Provider
 - PPD - Postpartum Depression
 - CPT: Current Procedural Terminology
- [Depression Resources for Providers:](#) Organizations that support care management, referrals, best practices, and education
- [Depression Resources for Patients and Parents:](#) A downloadable, standalone resource to connect patients and families with local, national, and online support.

Find out how the **Quality Provider Program** can help your clinic implement maternal mental health screenings and follow-up care by contacting either:

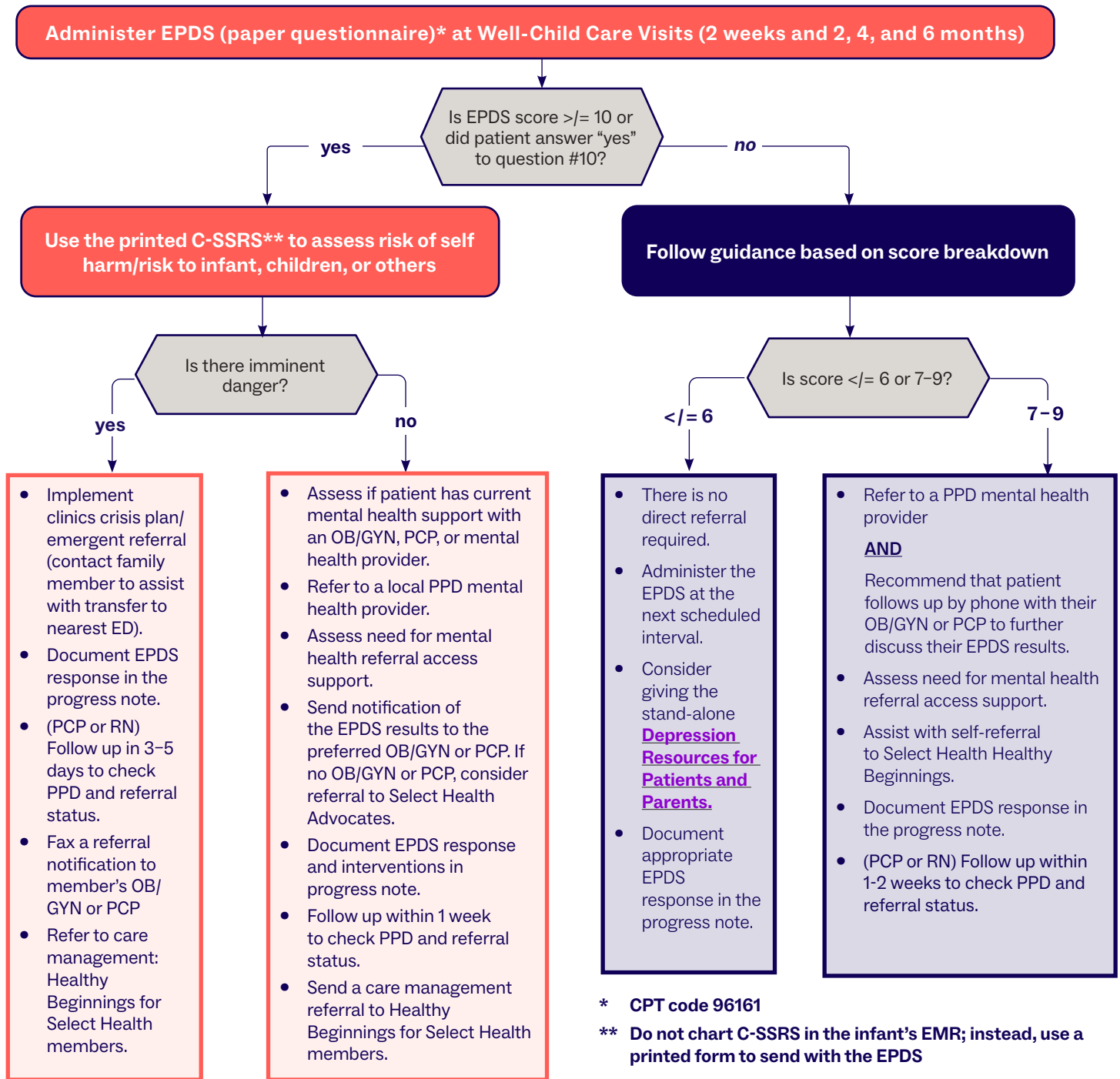
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Quality Provider Program

Maternal Mental Health Screening Guide

► ALGORITHM: SCREENING WITH EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)



NOTE: Access [Depression Resources for Providers](#) when EPDS scores are positive.

Depression Resources for Providers

Care Management Resources & Referral Networks

Suicide and Crisis Lifeline — Resource to call or text 988 for free and confidential support for those in distress as well as source for:

- Prevention and crisis resources for patients or their loved ones
- Best practices for professionals in the United States

Select Health Healthy Beginnings - Nurse care management support for members with high-risk pregnancies involving:

- Mental Health
- Substance Use Disorder
- Social Determinants of Health - Access to 211 Unite Us Platform (see below)
- Comorbidities

Intermountain Behavioral Health Navigation Hotline - Available 7 a.m. to 7 p.m. for helping navigate care options.

Postpartum Support International (PSI) - features a Perinatal Psychiatric Consult Line

211 Unite Us Platform - Helps government, healthcare, and community-based organizations support anyone who needs connections to care (scan the QR code at right to learn more or register to become a network partner).

National Maternal Mental Health Hotline - A 24/7 free, confidential support line for before, during, and after pregnancy featuring:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes (24/7)
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

Contacts

Phone/text: **9-8-8**

- Phone: **866-442-5052**
- Email: commhealthybeginnings@selecthealth.org
- Website: selecthealth.org/providers/resources/caremanagement

Phone: **883-442-2211**

- Phone: **877-499-4773**
- Website: <https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>
- Affiliate Clinic Contact: leticia.goodman@uniteus.com & erin.willis@uniteus.com
- Website: uniteus.com/solutions/

- Phone: **833-TLC-MAMA (1-833-852-6262)**
- Website: mchb.hrsa.gov/national-maternal-mental-health-hotline

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Maternal Mental Health Screening Guide, Continued

Depression Resources for Providers, Continued

Best Practice Resources

Maternal Mental Health Referral Network - Resources for helping moms and dads deal with depression, anxiety, infertility, miscarriage, and birth trauma (includes a directory of professionals and support groups trained in perinatal mental health).

ACOG Perinatal Mental Health Tool Kit™

Online resources including sections on:

- Summary of Perinatal Mental Health Conditions
- Patient Screening
- Assessment and Treatment of Perinatal Mental Health Conditions
- Educational Resources for Providers, Patients, and Families
- Guide for Integrating Mental Health Care into Obstetric Practice, featuring:
 - eModules (a 4-part series taking 2 hours to complete)
 - Guide for Integrating Perinatal Mental Health Care into Obstetric Practice
 - Perinatal Psychiatry Access Programs (national & state level)
- Provider-to-Provider Consultation
- Resource & Referral Resources for Provider & Patient
- Training Opportunities
- Technical Assistance (real-time implementation of perinatal mental health program)

Alliance for Innovation on Maternal Health (AIM), which offers patient safety bundles on:

- **Perinatal Mental Health Conditions**
- **Care for Pregnant and Postpartum People with Substance Use Disorder**

Policy Center for Maternal Mental Health (formerly 2020 Mom) is a nonprofit organization focused on closing gaps in maternal mental healthcare. Their online Maternal Mental Health (MMH) **Resource Hub** offers providers best practice guidance for:

- Screening
- Prevention and treatment
- Collaborative care
- Billing and coding
- Suicide Prevention
- And much more

Contacts

Website: maternalmentalhealth.utah.gov/

Website: acog.org/programs/perinatal-mental-health

Website: saferbirth.org/patient-safety-bundles/

Website: mchb.hrsa.gov/national-maternal-mental-health-hotline

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Maternal Mental Health Screening Guide, Continued

Depression Resources for Providers, Continued

Education & Support Resources

Postpartum Support International (PSI) offers these key resources:

- **2024 PSI Conference** — This conference provides an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mental health. The conference is scheduled **July 26–28, 2024**, in Washington DC.
- **Certification in Perinatal Mental Health**—This certification program creates a structure for professional education and evaluation and standardizes training and experience for perinatal mental health specialists. Curriculum requirements build on existing evidence-based perinatal mental health certificate trainings, adding an advanced-training component.
- **Perinatal Mental Health 101 — These 90-minute, complimentary webinars** are offered in **2024** on **June 13, September 19,** and **December 12**, with an all-Spanish webinar on **October 3**. Sessions cover various MMH disorders, the differences between them, risk factors, and treatment options. CEUs/CMEs are **not** available for these events.

Utah’s Maternal Mental Health Toolkit & Training Videos— Developed by the Utah Department of Health and Human Services, this downloadable provider toolkit offers essential information on identifying and treating perinatal mood and anxiety disorders. Toolkit videos address topics such as:

- Why you should care about maternal mental health (MMH)
- How to screen
- Interpreting scores
- Resources for patients and doctors
- MMH 101
- Speaking about MMH
- Comorbidities

Contacts

Website: postpartum.net/

Website: mihp.utah.gov/mmhtoolkit

Depression Resources for Patients and Parents

National Hotlines and Programs

Suicide and Crisis Lifeline — Resource to call or text 988 for free and confidential support for those in distress as well as source for:

- Prevention and crisis resources for patients or their loved ones
- Best practices for professionals in the United States

Select Health Healthy Beginnings - Nurse care management support for members with high-risk pregnancies involving:

- Maternity Care Management Program
- Support and education to optimize health during pregnancy
- Potential gift for completing prenatal and postnatal visits
- Assistance with breastfeeding, including information on how to obtain a free breast pump covered by the member's health plan
- Assistance with claims and benefit questions
- Community resources such as Women, Infants, and Children (WIC) and food and transportation programs, etc.
- Nurse care management support for high-risk pregnancies

Intermountain Behavioral Health Navigation Hotline - Available 7 a.m. to 7 p.m. to speak with a trained caregiver who can connect you with the right resources.

National Maternal Mental Health Hotline - A 24/7 free, confidential support line for before, during, and after pregnancy featuring:

- 24/7 free, confidential support before, during and after pregnancy
- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

Postpartum Support International (PSI)- Support lines and resources in English and Spanish, including resources for fathers. **Get help by:**

- Connecting with a PSI support volunteer to find information, encouragement and connection with local providers and support groups
- Chatting with an expert facilitated by licensed mental health professionals and open to anyone with questions or concerns
- Accessing closed Facebook groups

Contacts

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- Email: commhealthybeginnings@selecthealth.org
- Website: selecthealth.org/providers/resources/caremanagement

Phone: **883-442-2211**

- Phone: **833-TLC-MAMA (1-833-852-6262)**
- Website: mchb.hrsa.gov/national-maternal-mental-health-hotline

- PSI Help Line: **1-800-944-4773, option 1** (en Espanol) or **option 2** (in English)
- Text "Help" to **800-944-4773** (English) or **971-203-7773** (Spanish)
- Online Help: <https://www.postpartum.net/get-help/>



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Maternal Mental Health Screening Guide, Continued

Depression Resources for Patients and Parents, Continued

Local Utah Programs

Family Support Centers – Crisis and Respite Nursery Care

This program provides:

- 24-hour crisis/respice nursery, referral service
- Parenting education to strengthen Utah families
- Services to those in Box Elder, Cache, Weber, Salt Lake, Utah, Carbon, Duchesne, Sevier, Davis, & Grand County

Home Visiting Programs - These programs:

- Provide free home visits with a trained professional to meet pregnant women and young families who want parenting support, information about child development, or to learn more about community resources.
- Serve those in Richfield, Ogden, Salt Lake City, Blanding, Price, and Heber City

Serenity Recovery and Wellness - For those in Riverton or Provo, this postpartum depression treatment center offers:

- Teletherapy visits
- Needed assistance to pregnant women and new mothers
- Additional services such as individual therapy, support groups, parenting partner sessions, and postpartum intensive outpatient program

Reach Counseling - For those in South Jordan, this facility offers:

- Mental health support for pregnancy- or postpartum-related mood disorders, including teletherapy
- Additional services including outpatient counseling, couples counseling, family counseling, intensive outpatient services, yoga mindfulness for moms, and a free support group.

The Healing Group - For those in Midvale and American Fork, this group is a mental health clinic specializing in postpartum depression, anxiety, and other pregnancy and postpartum mood disorders.

Davis Behavioral Health - For those in Davis County, this group offers:

- Behavioral health services
- Postpartum therapy, a free support group, and a mindful motherhood class

Contacts

- Phone: 801-995-9110
- Website: <https://utahfamilysupport.org/>

Website: <https://familyhealth.utah.gov/oec/utah-home-visiting-program/>

- Phone:
 - Riverton: 801-984-0184
 - Provo: 801-984-0184
- Teletherapy visit: <https://www.serenityrw.com/>

- Phone: 801-446-3515
- Website: <https://reachcounselingutah.com/postpartum-depression/>

- Phone: 801-446-3515
- Website: <https://www.thehealinggroup.com/>
- Online Help: <https://www.postpartum.net/get-help/>

- Layton: 801-876-5402
- Visit <https://www.dbhutah.org/mental-health/motherhood/>



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Maternal Mental Health Screening Guide, Continued

Depression Resources for Patients and Parents, Continued

Welcome Baby with United Way - This free home visitation program promotes health, happy, and supportive beginnings for families. Available for those in Utah, Weber, Box Elder, Summit, Davis, and Salt Lake counties

Help Me Grow Utah with United Way - This program provides (in English or Spanish):

- Support for completing a postnatal depression screening over the phone
- A specialist who then discusses appropriate resources/support and completes a follow-up call

Contacts

- Websites:
 - Utah County: <https://welcomebabyuc.org/>
 - Weber, Box Elder, Summit, Davis, and Salt Lake Counties: <https://uwnu.org/what-we-do/education/welcome-baby.html>
- Phone: **801-691-5322**
- Website: <https://www.helpmegrowutah.org/>

Online Resources

- **Utah Office of Maternal and Child Health**— Downloadable Maternal Resource Guide
- **MotherToBaby: Pregnancy and Breastfeeding Exposures - Overview of environmental exposures, fact sheets, baby blogs, and podcasts**
- **The Emily Effect** - A safe place for mothers to share their stories, connect with others, and find resources for families and women suffering from perinatal mood disorders
- **Intermountain Healthcare Women and Newborn – Postpartum Care** - Access to healthcare services to help with Postpartum depression
- **SUNSHINE – Tools for Mental Wellness During and After Pregnancy** - Overview of:
 - **S** (Sleep)
 - **U** (Understand)
 - **N** (Nutrition)
 - **S** (Support)
 - **H** (Humor)
 - **I** (Information)
 - **N** (Nurture)
 - **E** (Exercise)

The site also features nutrition education (in English and Spanish) and information for fathers.

- **PSI Perinatal Mental Health Discussion Tool** - Specific tool addressing loss, available in English and Spanish as well as [support for fathers](#), including a Help Line for dads (**800-944-4773**), a free support group, and PSI coordinator support
- **The Healing Group's The Man Cave** – A free, monthly online meet-up for men to improve their ability to support their partner and new baby through understanding postpartum depression and anxiety.