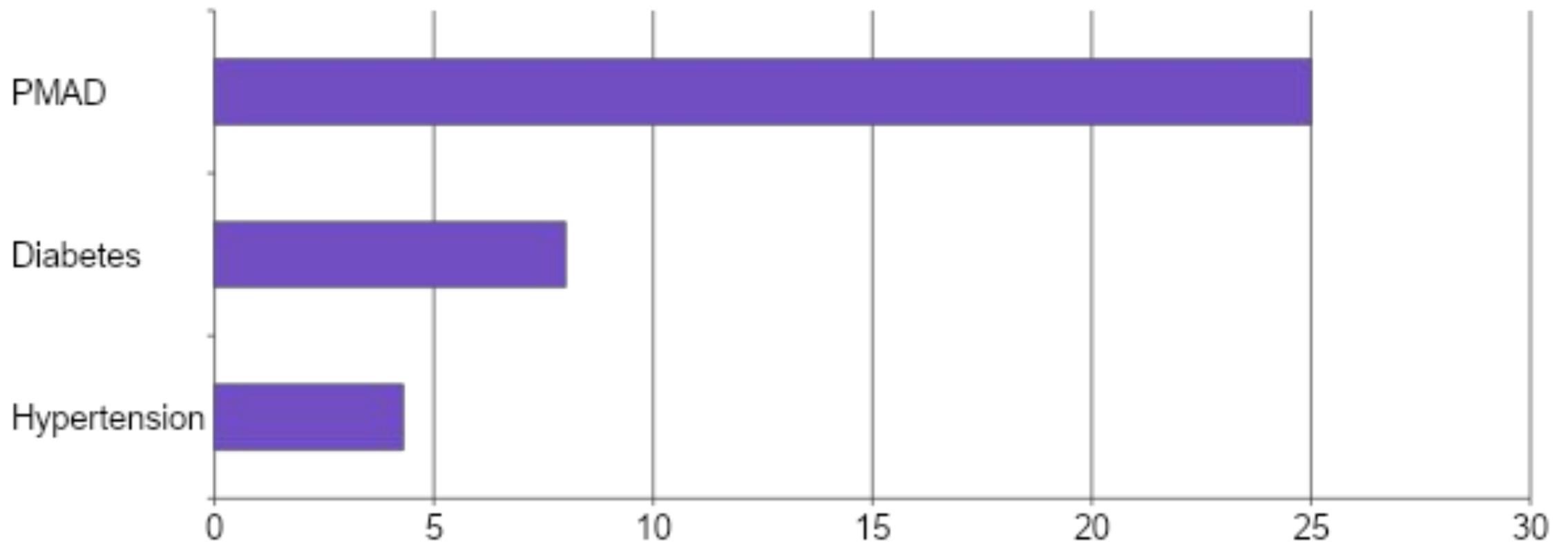


**Innovative
Models:
Optimizing
4th Trimester
Care Through
Collaborative
Practice**

Rebecca Feldman,
CNM, PMHNP

Perinatal Mood and Anxiety Disorders

- Very often (~50%) start in pregnancy
- Include depression, anxiety, PTSD, bipolar disorder, OCD
- **4th trimester care starts in the 1st trimester, or before!**



PREVALENCE



Screening Tools

- PHQ2
- PHQ9
- Edinburgh Postnatal Depression Scale

Models of Mental Health Care for the Perinatal Family



Perinatal Psychiatry

- Provides mental health care for pre-conception, pregnancy and thru at least the first year postpartum
- Therapy
- Specialized medication management

**Streamline
care from
the very
beginning**



Models of Care

- Coordinated care
- Co-located care
- Collaborative Care Model
- Integrated care

Models of Care: Collaborative Practice

- Specialized, preventative treatment
- Decreased effects of stigma
- Decreased need for childcare/transportation
- Ease of communication between providers

Models of Care: Collaborative Practice

- Greater patient satisfaction
- Improved patient outcomes
- Increased understanding of diagnosis and treatment
- Allows for warm handoff

Integrated Care

- Mental health clinicians are imbedded in the clinical obstetric setting
- Simplifies referral process
- Allows for greater trust and openness for clients
- Normalizes mental health concerns

What are the barriers?

- Lack of funding/cost of mental health care
- Lack of specialists
- Prioritizing other aspects of prenatal care
- Lack of understanding of scope of the problem
- Health care providers working in silos

Reducing barriers

- Utilize research to optimize health of the whole family
- Children will benefit from early, excellent mental health care for parents
- Utilize group therapy
- Coordinate with community resources
- Create therapy internships in OB settings
- Provide therapy in the languages of the community
- ENSURE CONFIDENTIALITY

Ways to Collaborate

- Integrate screening during and after pregnancy for PARENTS not just moms, in primary care and pediatrics
- Offer mental health care specific to fathers
- Groups in primary care, pediatric, OB and psychiatric settings

Group Therapy for Parents

Group can be integrated into almost any treatment setting.



Perinatal Groups

- Peer led vs. therapist led
- Open vs. Closed
- Pregnancy and/or postpartum



Effectiveness

- Group can be as or more effective than individual therapy for perinatal women
- Healing to see others who feel the same, and who have gotten better
- Normalizing
- Space to be honest
- YOU ARE NOT ALONE

Group Rules

- Crucial to establish confidentiality
- Some common themes reserved for individual therapy (birth trauma, explicit intrusive thoughts or images)
- Babies welcome
- Judgement free zone: infant feeding, sleep training, working or not, medication or not
- Each group will establish their own rules

Models of Payment

- Most insurance will reimburse for group therapy
- Donation based
- Free of charge
- Grant funded

Getting the Word Out

- Community resources for families
- Local midwives, OBs, lactation consultants, pediatricians
- Word of mouth
- Listserves

Specialized Groups

- Dad's/partners groups
- LGBTQ parents groups
- NICU parents groups
- Bereavement groups
- Infertility groups
- Perinatal DBT groups

Group Member Comments

- "All my feelings of failure and anxiety were brought out into the light, and it was such a great relief, to know that I was not alone. Now I come to group when a setback happens, or I need some validation. I also love being able to tell other moms that it will get better and that they are doing great."
- "In a time that felt particularly lonely, I've found engaging in a group to be more helpful than one-on-one therapy."
- "After completing intensive outpatient treatment, this group helped me to connect with other local moms, as they shared their struggles and joys in ways that were deeply relatable. This circle of women has given me so much in my recovery."

Group Member Comments

□ "I felt seen for the first time. I was able to explore my anxieties in a safe space with other moms who felt the same. I was not alone, and even better I had found a family related by PPD but supported by empathy and understanding."

□ "I wish I had known about this support group from the day I got home from the hospital! It has helped me develop confidence in myself as a mom, work through my anxieties, and feel a sense of community during this challenging time."

"I look forward to group every week as a chance to talk out my feelings and to hear others process theirs. Everyone is so supportive, honest, self-reflective, and caring. It has made me a more relaxed and happier mom."

Thank you!

- Rebecca.feldman@mentalhealthmidwife.org
- @mentalhealthmidwife
- Mentalhealthmidwife.org

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