

Maternal Mental Health in Rural Communities

Jody West, LCSW-BACS

Provider to Provider Consultation Line



Provider to Provider Consultation Line



PPCL

PROVIDER TO PROVIDER CONSULTATION LINE
Pediatric and Perinatal Mental Health Support



Jody West, LCSW-BACS
PPCL Program Manager
Bureau of Family Health

Presentation Objectives

1. Participants will learn about the challenges for Louisiana's pregnant and postpartum population surrounding mental health.
2. Participants will learn about support services available to health care providers through the Provider-to-Provider Consultation Line (PPCL).

Perinatal and Pediatric Mental Health in Louisiana

- Ranked 50th for overall health of women and children
- Mental and behavioral health disparities differed significantly by comparing racial/ethnic groups
- 32% of children aged 3-17 had mental, emotional, developmental or behavioral disorder
- 2x the youth attempting suicide compared to nation
- In Louisiana, overdose is leading cause of pregnancy associated deaths
- Common: Mental health problems affect up to 20% of women in the perinatal period (35-40% among low income and minority patients)
- Under-identified: Studies suggest that less than 50% of women with perinatal mental health problems are identified by their frontline physician
- Untreated: 75% of patients experiencing perinatal mental health symptoms go untreated

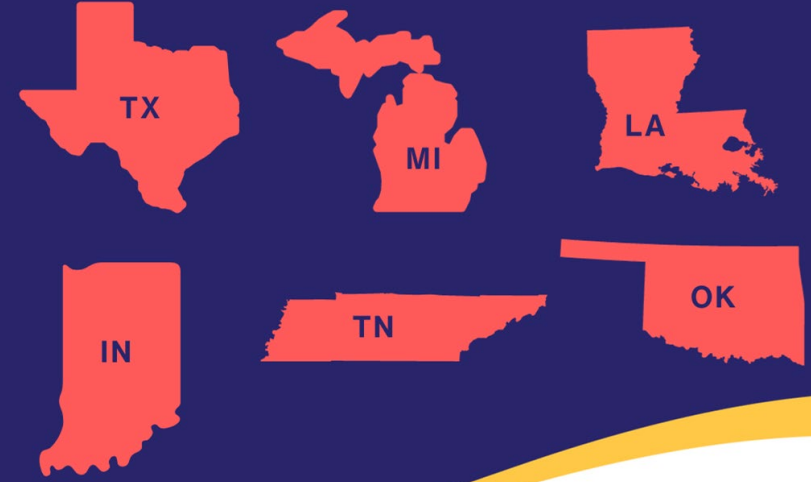
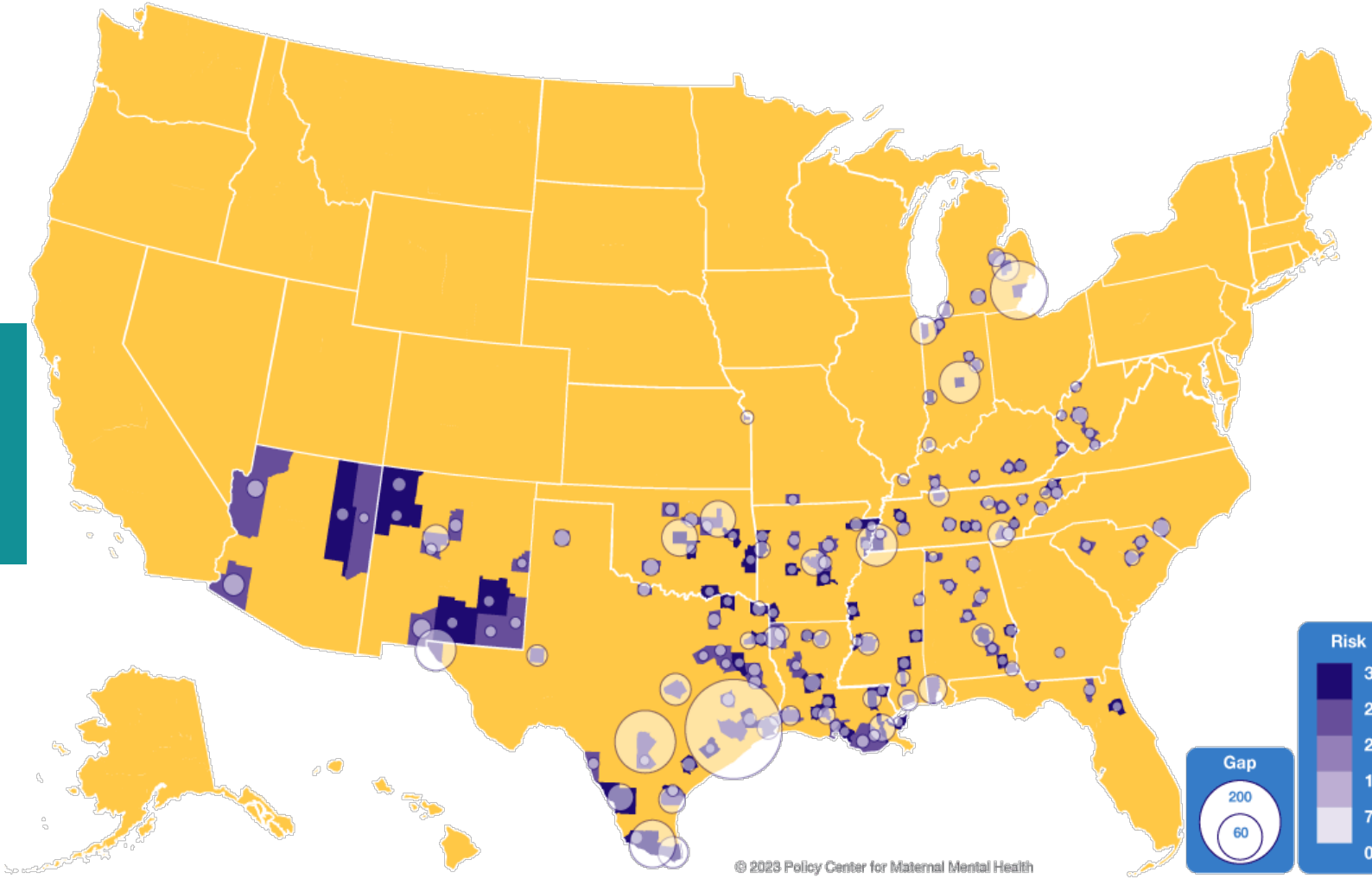
1. United Health Foundation, America's Health Rankings 2022; 2. Data Resource Center for Child and Adolescent Health; Youth Risk Behavior Survey, 2019 3. Louisiana PAMR 2017-19;

1 ACOG Committee Opinion 757 (2018).; 2 Goodman & Tyer-Viola (2010). Journal of Women's Health, 19(3): 477-490.;

3 Byatt (2015). Obstetrics & Gynecology, 126(5): 1048-1058.; 4 Byatt (2020). Promoting the Health of Mothers & Children; 5 Data Resource Center for Child and Adolescent Health; Youth Risk Behavior Survey, 2019 3. Louisiana PAMR 2017-19

THE U.S. IS FAILING MOMS

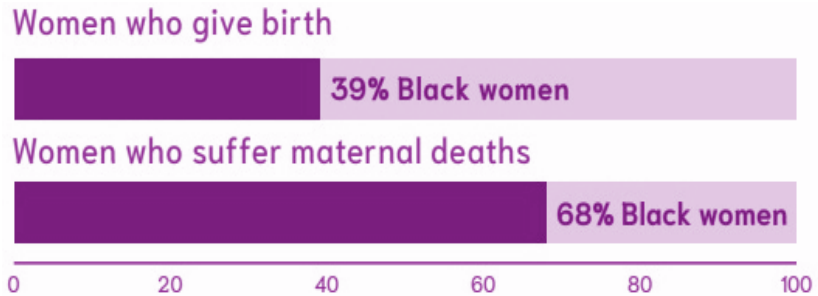
Top 6 States in the "Maternal Mental Health Dark Zone" with both high risk and and large resource gaps



| | |
|------------|----|
| Jefferson | 21 |
| Caddo | 14 |
| Calcasieu | 11 |
| Tangipahoa | 10 |



Consequences of Disparity

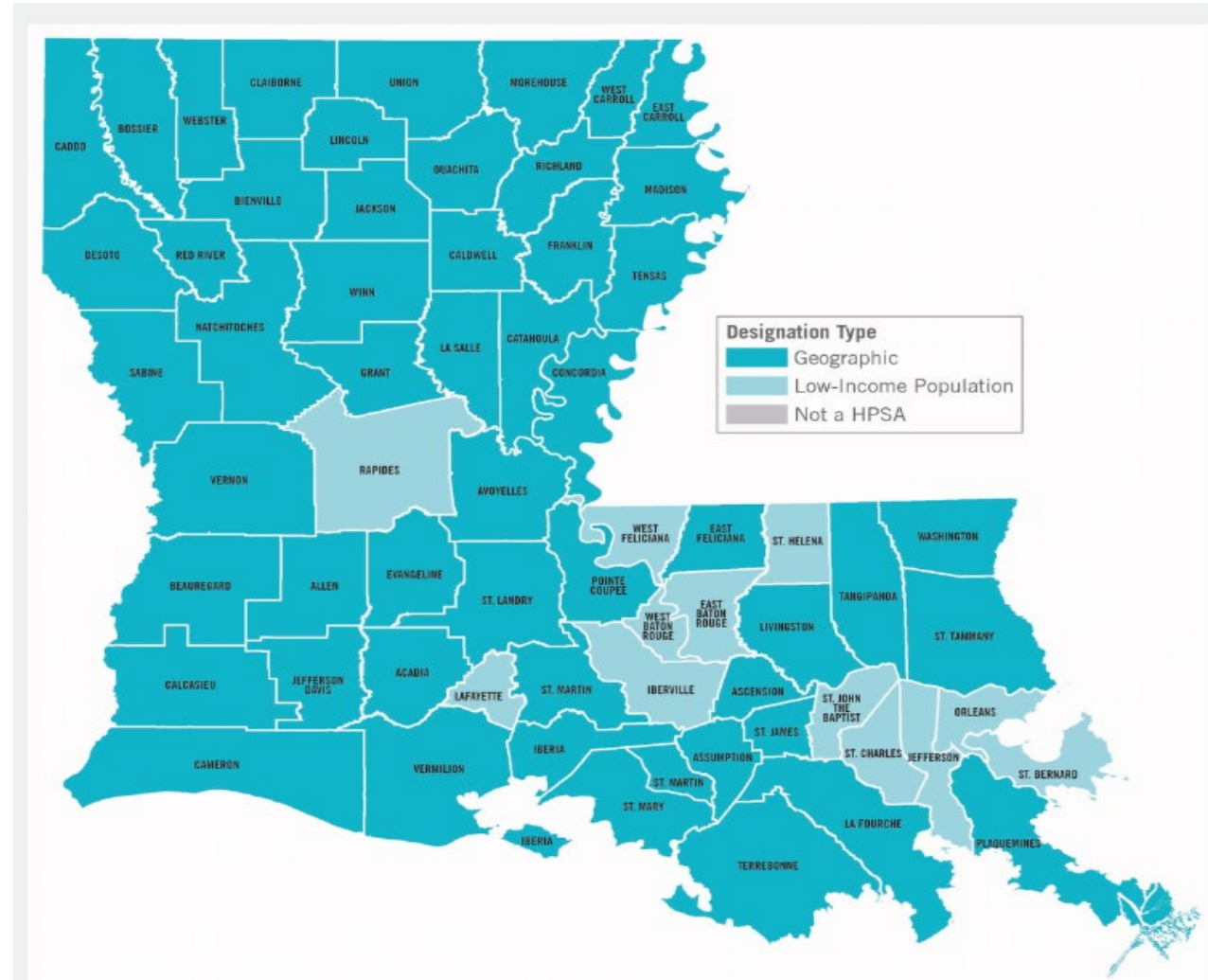


Black women account for 39% of the women who give birth but 68% of the women who suffer maternal deaths.

Black women are four times more likely than white women to experience a pregnancy-related death.

Louisiana ranks 40th in the country in infant deaths, and Black infants are twice as likely to die as white infants.

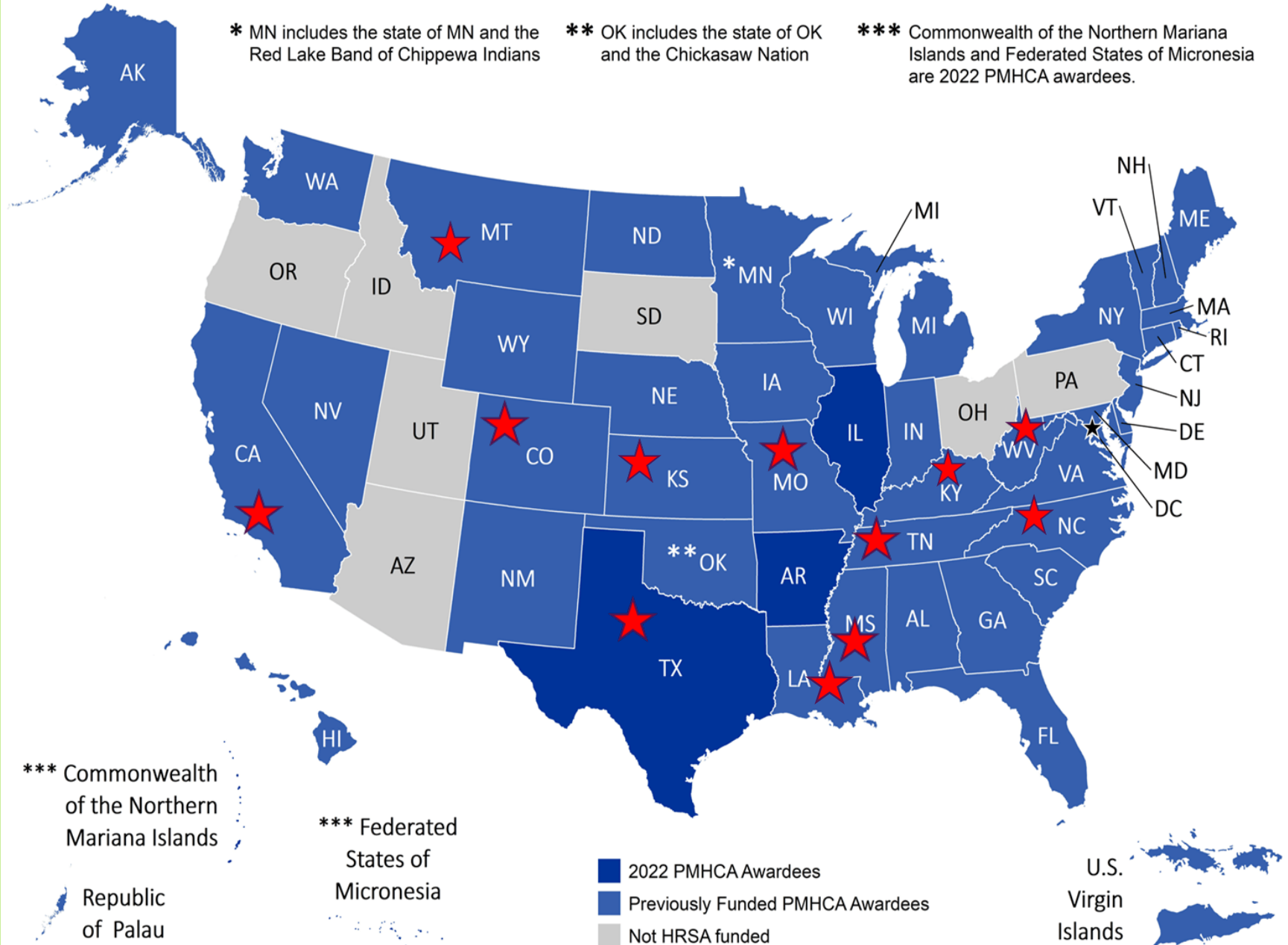
All of Louisiana is designated as a Mental Health Professional Shortage Area (MHPSA)



Source: <https://wellaheadla.com/healthcare-access/health-professional-shortage-areas/>

HRSA Funding

- Blue states have Pediatric Mental Health Care Access (PMHCA) funding.
- **Red stars** indicate Maternal Mental Health and Substance Use Disorder (MMHSUD) funding.

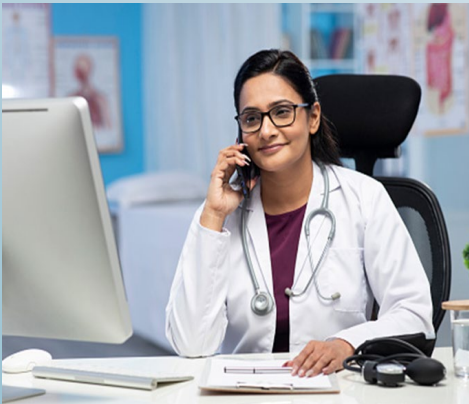




Supports frontline providers in identifying, diagnosing, treating, and referring patients with mental health concerns.



Consultation



Resource/ Referral Support



Education and Training



Why provide consultation and training to frontline healthcare providers?

- It's where the patients are
 - Women see a frontline healthcare clinician (OB, pediatrics, PCP) **20–25 times** during the perinatal period
 - Well and problem-focused visits for children and youth
 - Frontline healthcare clinicians are trusted experts; have relationships over time with patients and families
- Consultation leverages scarce psychiatric resources
 - With support, training, and resources, frontline healthcare clinicians can manage mild to moderate mental health concerns



- Statewide
- Any provider serving children/youth (birth-21) and pregnant and postpartum persons
- Operates Monday-Friday from 8am-4:30pm
- Providers register for the program (not required to access consultation)
- Resource and referral support
- Psychiatrists are available for consultation




Louisiana Provider to Provider **Consultation** Line (**PPCL**)

Pediatric & Perinatal Mental Health Support

The **Provider-to-Provider Consultation Line (PPCL)** is a no-cost telehealth consultation and education program that helps providers address the behavioral and mental health needs of pediatric patients (ages 0-21) and perinatal patients.

The program can help increase clinic capacity to screen, diagnose, treat, and refer patients to supportive services and connect providers to mental health consultants and psychiatrists.

Call now to speak with a mental health consultant or psychiatrist about your patients!

 (833) 721-2881

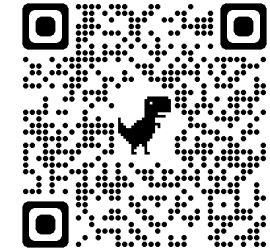
 ldh.la.gov/ppcl

How does consultation work?



A provider has a question. Registration is not required before calling, but it is strongly encouraged and only takes 1-2 minutes.

- Providers can register at ldh.la.gov/page/ppcl or complete registration during consult call



Scan to go to website



Providers can call PPCL at (833) 721-2881 during regular business hours (8am-4:30pm) and speak directly with a mental health consultant or go to the [website](#) and submit a consultation request.



Our **mental health consultants respond** to questions within the scope of their expertise and can connect providers to one of our child and adolescent or perinatal psychiatrists.

Mental Health Team

Our Licensed Mental Health Professionals have expertise in:

- Infant and Early Childhood Mental Health
- School-based Mental Health
- Primary Care
- Early Childhood Development
- Substance Use Disorders and Treatment
- Perinatal Mental Health

Our Psychiatrists



Daniel Waldman, MD
Child and Adolescent Psychiatry

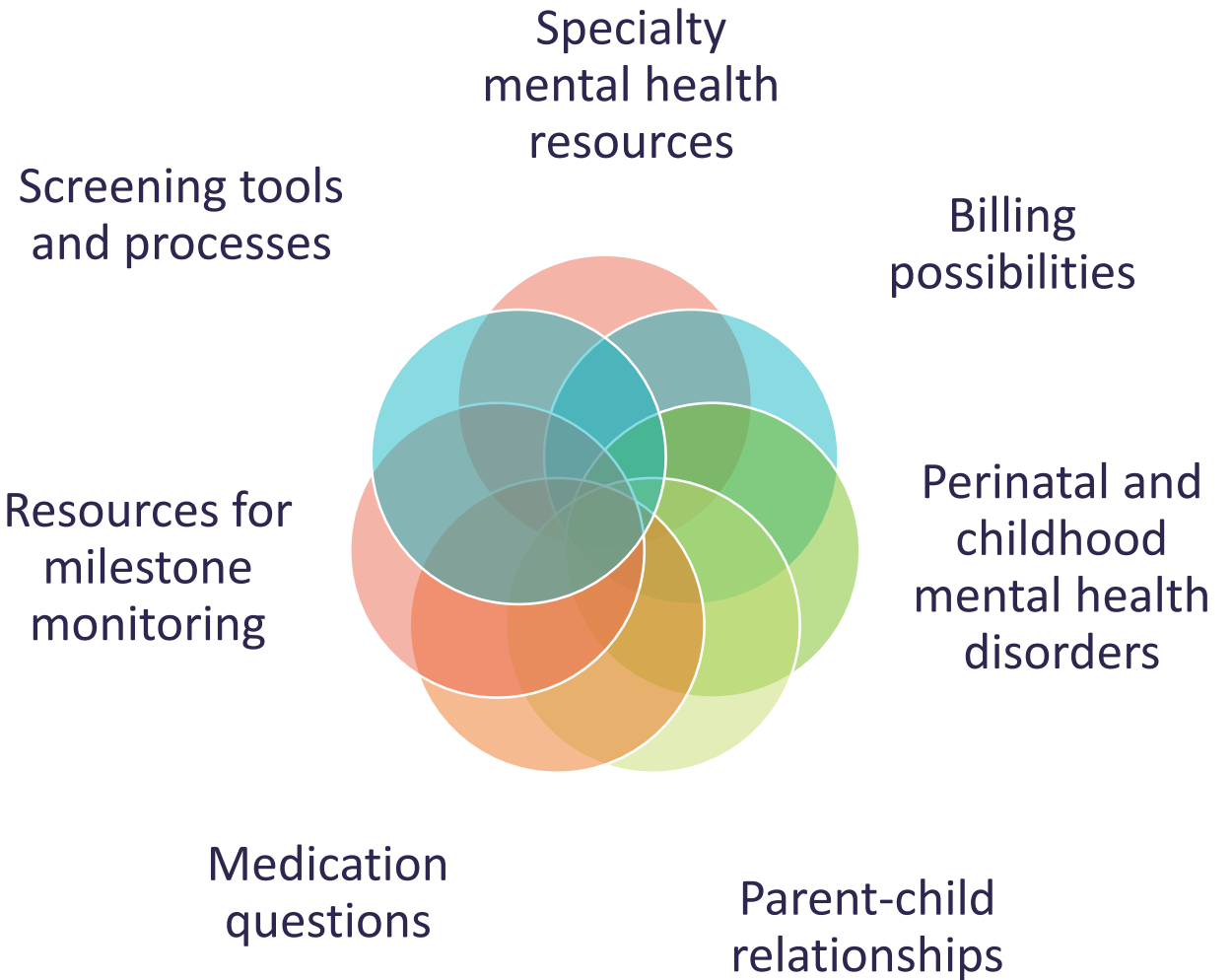


Julianna Finelli, MD
Assistant Professor of Psychiatry,
PPCL Perinatal Medical Advisor



Maegen Vincent, MD
Child and Adolescent Psychiatry

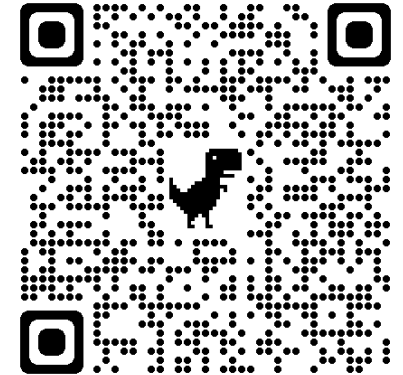
All questions
are welcome



Pediatric Mental Health TeleECHO Series

2024 TeleECHO Series Schedule

| | |
|--------------------|---|
| February 20, 2024 | Introduction to ECHO Kristine Olivier, MD |
| March 12, 2024 | Aggressive and Irritable Behavior in Children and Adolescents Katie Queen, MD |
| April 9, 2024 | Obsessive Compulsive Disorder in Pediatrics Daniel Waldman, MD |
| May 14, 2024 | Grief Responses in Children and Adolescents Jody West, LCSW-BACS |
| June 11, 2024 | Pediatric Bipolar Disorder Megan Maher, MD |
| July 9, 2024 | Mental Health, Adolescent, and Consent Laws in Louisiana Kristine Olivier, MD |
| August 13, 2024 | Mood Disorders and Risk Assessment with Adolescents Ashley Hutchins, APRN, PMHNPBC |
| September 10, 2024 | Sleep Hygiene in Pediatrics Lauren LaRose, MD |
| October 8, 2024 | TBA |
| November 12, 2024 | TBA |



Scan to go directly to registration form.

Can also register by going to <https://ldh.la.gov/page/ppcl> and clicking on TeleECHO button



TeleECHO
Tune in to this month!

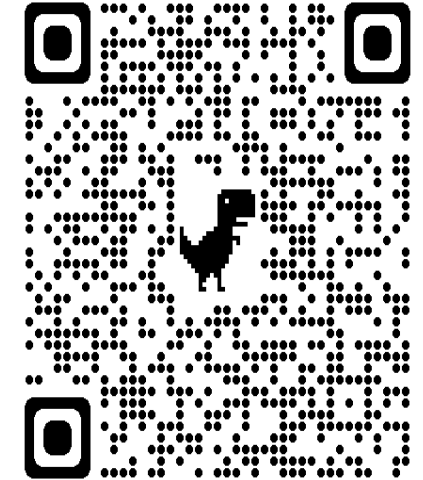
[Read More](#)



Perinatal Mental Health TeleECHO Series

2024 Perinatal TeleECHO Series Schedule

| | |
|--------------------|--|
| February 27, 2024 | Introduction to ECHO Kristine Olivier, MD |
| March 26, 2024 | Introduction to Perinatal Mental Health Julianna Finelli, MD |
| April 23, 2024 | Perinatal Anxiety: Presentation, Risk Factors and Tools to Treat Katie Hebert, LCSW-BACS, PMH-C |
| May 28, 2024 | Birth Trauma and PTSD Kara Brown, MD |
| June 25, 2024 | Benefits of Infant Massage on the Dyad Paula Zeanah, PhD, MSN, RN, FAAN |
| July 23, 2024 | Perinatal Mental Health in Black Women Courtney H. Malveaux, LPC-S, PMH-C |
| August 27, 2024 | Addressing Safety Concerns in the Perinatal Period Maegen Vincent, MD |
| September 24, 2024 | Engaging Doulas Jenny Thompson |
| October 22, 2024 | Substance Use During Pregnancy Mishka Terplan, MD, MPH |
| November 26, 2024 | TBA |



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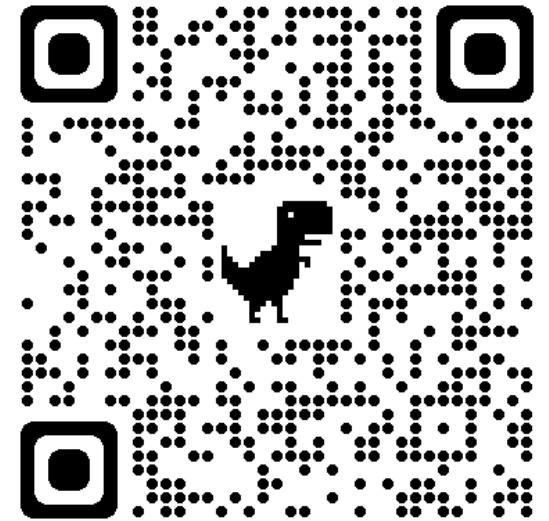
TeleECHO
Tune in to this month!

[Read More](#)



Quick Reminder: Register for PPCL

- Receive program updates
- Gain access to consultation from a team of mental health professionals
- Get access to an ECHO series on mental health issues for children and youth
- Get support in identifying mental health and other community resources for your patients



Contacting PPCL

- Website: <https://ldh.la.gov/page/ppcl>
- Phone Number: (833) 721-2881
- Email: ppcl@la.gov



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