



## **Perinatal Mental Health Task Force**

Tuesday, March 28th, 2023  
Virtual Meeting

### **AGENDA**

- I. Welcome and Overview**
- II. Observations of Individuals with Lived Experiences (10 minutes)**
  - a. Invite members of the Task Force or the public to share their lived experiences with Task Force and raise awareness of the issues that the Task Force should consider and bring more mothers with lived experiences into their conversations.
- III. Perinatal Mental Health Primer, Part II Screenings and Programs (30 minutes)**
  - a. Aimee Danielson will lead a perinatal mental health "primer type" presentation to help level-set to ensure all members are operating on the same knowledge base.
- IV. Findings from Other States (30 minutes)**
  - a. DaShawn Groves will present findings from other states/groups' recommendations addressing perinatal mental health.
- V. Discussion of Proposed Subcommittees (20 minutes)**
  - a. DaShawn Groves will give an update on subcommittees and gather input on how best to proceed with moving forward.
- VI. Medicaid Renewals (10 minutes)**
  - a. Melisa Byrd will give an update on Medicaid renewals and the importance of getting the word out to update contact information.
- VII. Other Business (10 minutes)**
  - a. Meeting Schedule
  - b. Ward 8 Maternal Health Summit
  - c. Other
- VIII. Public Comment (10 minutes)**
- IX. Adjournment**

## Proposed Subcommittees

### 1. Navigation and Access

- a. What barriers do birthing persons, caregivers and families from diverse populations (including but not limited to Black birthing people, Hispanic birthing people, pregnant and postpartum people of color, perinatal immigrant populations, adolescents who are pregnant and parenting, LGBTQIA+) encounter accessing needed resources? What stressors/triggers need to be identified and addressed?
- b. What changes need to be made to overcome identified barriers? Can telehealth or other modalities be used or better utilized?
- c. What is the best standard of care for each of these populations?
- d. How can the District focus on being trustworthy? If the care within the system improves for the identified populations, then the trust would grow.
- e. What community-based, peer-based, or multi-generational supports can help birthing persons, caregivers and families?

### 2. Resources and Data

- a. What are the available resources, including programs, treatments, and services, addressing perinatal mental health needs in the District including hospital-based, community-based, peer-based, and multi-generational supports?
  - i. Please delineate grant/foundation-funded programs, treatments, and services from those that are fee-for-service or in-network with Medicaid and/or commercial insurance
  - ii. Are these resources over/under-utilized? If so, why?
  - iii. What gaps exist in addressing the full spectrum of perinatal mental health needs in the District?
- b. What needs assessment, research, and program evaluation must be in place to create a robust data collection system to monitor and evaluate progress on addressing perinatal mental and anxiety disorders?
- c. What organization or agency could oversee collection and dissemination of surveillance data?
- d. What quality metrics are needed to improve accountability and utilization of case management, care navigation, social work, peer support, and doula services to ensure continuity of care?

- e. What currently non-billable services (care coordination, home visiting, preventative interventions, integrated behavioral health care in obstetrics) could become reimbursable by Medicaid to support perinatal population?

### **3. Screening, Referral and Workforce Development**

- a. How does the District integrate screening and referral into a broad range of public health and early childhood programs? Which screening tools need to be implemented and into which programs?
- b. What education/training do providers need on perinatal mental health? Which providers should be targeted? What strategies would increase provider participation?
- c. What initiatives would promote the recruitment and retention of behavioral health supports?

### **4. Public Awareness and System Capacity Building?**

- a. How does the District raise awareness among the public and reduce stigma to encourage help-seeking behavior?
- b. What systems need to be created or connected to assist both birthing persons and providers?
- c. What program funding, reimbursement strategies, and policy development must be implemented for perinatal mental health initiatives?
- d. What systems, program funding, reimbursement strategies, and policy development has occurred in other states that we could use to model our recommendations?
- e. How does the District build on the existing network of partners to strengthen mental health in pregnancy and post-partum?
- f. What organization or agency in the District could oversee future Perinatal Mental Health Initiatives that include program funding, reimbursement strategies, and policy development?