



Perinatal Mental Health Task Force

Tuesday, April 25, 2023

4:00 – 6:00 PM

Webex: <https://dcnet.webex.com/dcnet/j.php?MTID=m92d887ec76670edcf64d92a47eccfe40>

Phone: 1-202-860-2110

AGENDA

- I. Welcome and Overview**
- II. Observations of Individuals with Lived Experiences** (10 minutes)
 - a. Any Task Force or Member of the Public may share their lived experience with Task Force and raise issues that Task Force should consider into their conversations.
- III. The District of Columbia's Perinatal Quality Collaborative** (20 minutes)
 - a. Yolette Gray from the DC Hospital Association will give an overview of the Perinatal Quality Collaborative's work and Task Force members will have time to ask follow-up questions. [District of Columbia Perinatal Quality Collaborative \(dcpqc.org\)](https://www.dcpqc.org)
- IV. DC Primary Care Association** (20 minutes)
 - a. Tricia Quinn and staff will provide an overview of their human-centered design approach and The D.C. Network for Expectant and Parenting Teens (DC NEXT!). Task Force members will have time to ask follow-up questions. [DC NEXT! \(Network for Expectant and Parenting Youth\) — DC Primary Care Association \(dcpca.org\)](https://www.dcpca.org)
- V. Subcommittees Updates and Discussion** (60 minutes)
 - a. Each subcommittee chair will report out and discuss next steps for future meetings.
 - i. Navigation and Access
 - ii. Resources and Data
 - iii. Screening, Referral and Workforce Development
 - iv. Public Awareness and Systems Capacity
- VI. Public Comment** (10 minutes)
- VII. Adjournment**

Proposed Subcommittees

1. Navigation and Access

- a. What barriers do mothers 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?
- c. What strategies can be used to build trust?

2. Peer and Community Support

- a. How does the District build a network of partners to strengthen mental health in pregnancy and post-partum?
- b. What community-based, peer-based, or multi-generational supports can be used to help mothers and their families?

3. Landscape Analysis

- a. What resources including programs, treatments, and services are available that address perinatal mental health in the District?
 - i. Are these resources over/under-utilized? If so, why?
 - ii. What gaps remain in addressing perinatal mental health?
- b. What needs assessment, research, and program evaluation needs to be in place to create a robust perinatal mental and anxiety disorder surveillance system?
- c. 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?

4. 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?

5. 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 mothers and providers?
- c. What program funding, reimbursement strategies, and policy development need to be implemented for perinatal mental health initiatives?