

Maternal Infant Health Program
PERINATAL MOOD DISORDERS
RESOURCES FOR CONSUMERS AND HEALTH CARE PROVIDERS

Introduction

It is well documented that low-income women are at much higher risk than the general population of women for perinatal mood disorders (PMD). PMD encompass major and minor episodes of depression and anxiety which occur during pregnancy and/or within the first 12 months following delivery. PMD are commonly known as postpartum depression (PPD).

Because MIHP providers serve low-income pregnant woman and infants, you need current, accurate information about mental health services available from Medicaid Health Plans, Community Mental Health Services Programs (CMHSPs), and other providers in the community who accept Medicaid. MIHP providers are encouraged to:

1. **Meet with each Medicaid Health Plan** with members residing in your service area in order to develop relationships and document the referral process to be used by MIHP providers when referring beneficiaries to the health plan for mental health assessment and treatment. Medicaid Health Plans provide up to 20 outpatient visits for beneficiaries with mild to moderate mental illness. However, many women are not enrolled in health plans until fairly late in their pregnancies and their Medicaid pregnancy coverage ends about 60 days postpartum (some may enroll in the Healthy Michigan Plan at that point). Also, in some areas of the state, it is challenging for health plans to find mental health clinicians who will accept Medicaid.
2. **Meet with the CMHSP** in your service area to develop relationships and document the referral process to be used by MIHP providers when referring beneficiaries to the CMHSP for mental health assessment and treatment. This includes the process to be used to access CMHSP Medicaid home-based services for children birth to 3 years, which are provided by clinicians trained in infant mental health, as well as other infant mental health services that may be offered by the CMHSP. Although the CMHSP only serves Medicaid beneficiaries with serious mental illness, a woman with a PMD may be able to access treatment through the CMHSP infant mental health program. Contact your MIHP consultant for a list of *CMH Contacts for Mental Health Services for Infants and their Families (including Infant Mental Health)*.
3. **Familiarize yourselves with other mental health services providers in the community**, especially those with expertise in PMD. These may include private agencies, private practitioners, infant mental services providers other than CMHSPs, etc.

In 2013, The Michigan Statewide Perinatal Mood Disorder Coalition was founded by a group of individuals who share a passion for working with and advocating for women who experience PMD. The Coalition and the Michigan Department of Health and Human Services joined forces to update the MIHP list of PMD resources. The list is intended to:

1. Help MIHP providers and others become aware of PMD services and supports available in our state. Note that although many communities have specialized PMD providers and/or support groups, many do not, or we are not yet aware of them.
2. Identify resources that can be used to access information about and training on PMD.

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This list is posted on the MIHP web site at www.michigan.gov/mihp and is updated periodically. If you have additions or edits to this list, please send an email to Deb Marciniak at dmarcini@mphi.org.

RESOURCES FOR CONSUMERS AND HEALTH CARE PROVIDERS

1. PMD Coalitions/Resource Centers

- **Michigan Statewide Perinatal Mood Disorders Coalition**

www.mipmdcoalition.org/

Nancy Roberts, Spectrum Health, 616 391-5000

Megan Auffrey-Zambiasi, Pine Rest, 616 847-5145

Mission is to maintain one voice to improve the emotional health and well-being of pregnant and postpartum women and their families through professional education, outreach, advocacy, and support services.

- **Kent County Perinatal Mood Disorders Coalition**

www.healthykent.org

Click on “Infant Health” at the top; then on “PMD Resource Manual.”

Nancy Roberts, Spectrum Health, 616 391-5000

Barb Hawkins-Palmer, Kent County Health Department, 616 632-7281

Coalition of community agencies working together to provide support for pregnant women and new mothers, including support groups, counseling referrals, information about PMD, and resource information.

- **Postpartum Support International (PSI) Michigan Resource Listing**

www.postpartum.net/locations/Michigan/

Web site includes contact information for Michigan PSI coordinators and PMD support groups, as well as links to other resources.

2. PMD Treatment and Support Programs

- **Mother and Baby Postpartum Depression Treatment Program – Grand Rapids**

www.pinerest.org/mother-baby-postpartum-depression-treatment

Pine Rest Christian Mental Health Services, Grand Rapids

800 678-5500 or 616 258-7509

The Pine Rest Mother and Baby Program provides a unique opportunity for women with perinatal mood disorders (PMD) to receive treatment in an environment which enhances mother/baby bonding. Our program includes the addition of a nursery, allowing mothers to bring their babies with them on a daily basis. This feature eliminates many barriers to women seeking treatment such as separation from the baby, as well as childcare and feeding issues.

Further, women will learn skills to help deal with stress, anxiety and intrusive thoughts that may occur when caring for their child. Groups and classes will focus on parent/infant attachment. Clinicians can help mothers learn skills to care for their child.

This short-term, intensive treatment program is for women experiencing significant symptoms of postpartum depression and other PMD that can't be adequately treated through traditional outpatient services. It's a very specialized partial hospitalization program intended to prevent inpatient hospitalization. Women and their babies attend from 8:30 am to 4:00 pm, Monday through Friday, returning home or to a temporary living situation at night. If inpatient overnight care is needed, the mother can be transferred to a mother-friendly general inpatient unit.

- **Women and Infants Mental Health Clinic, Department of Psychiatry, U of M Health System**
www.psych.med.umich.edu/patient-care/women-and-infants-mental-health-clinic/
Rachel Upjohn Bldg, East Medical Campus, Ann Arbor, MI 48109
734 764-0231

The Clinic is staffed by a [multidisciplinary, specialty team](#) within Ambulatory Psychiatry. This team provides a range of clinical services for women with mood and related disorders around the time of childbearing. The team provides both consultation and continuing care for women and their children. Services include assessments and resources for parents and infants to support strong relationships and improve child well-being through the [Parenting in Postpartum \(PIP\) Wellness Program](#).

- **Spectrum Health Postpartum Emotional Support Program (PESP) – West Michigan**
www.spectrumhealth.org/postpartumdepression
Nancy Roberts, RN, Spectrum Health Postpartum Emotional Support Program Coordinator,
(616) 391-1771 or (616) 391-5000.
 - Weekly evening Postpartum Depression (PPD) Support Groups.
 - PPD Informational Nurse Phone line at (616) 391-1771.
 - Informational PMD Packets available for mailing to Michigan families.
 - PPD Referral Team – nearly 50 mental health care providers who have been specially trained to counsel women with PMD in the West Michigan/Grand Rapids area and who have agreed to accept referrals from the Spectrum Health PESP. [Download](#) a complete listing of these providers at link provided above.
 - *Program Development Toolkit for Perinatal Mood Disorders* – A step-by-step framework available for organizations and health care institutions that wish to implement PMD support programs. See page 12 of this document for additional information about the *Toolkit*.
- **Tree of Hope**
www.treeofhopefoundation.org
info@treeofhopefoundation.org
(586) 372-6120

This foundation operates local postpartum support and anxiety support groups in Metro Detroit on a walk-in basis. The groups are held in different locations on different days of the week and are free of charge. Each group is led by a licensed facilitator.

3. PMD Providers Referral Listings (Therapists, Counselors and Support Groups in Michigan)

- **Michigan Statewide Perinatal Mood Disorder Coalition**

www.mipmdcoalition.org/get-help/

The coalition maintains an ever-expanding list of PMD treatment specialists and support groups at the URL above. This list is broken out by 10 regions (State of Michigan Prosperity regions). Many of the specialists listed have indicated which insurances they accept. Find your community on the map of Michigan to identify your region, click on “Get Help” at the top of the page, and click on your region.

If you know of other PMD providers who should be added to this list, contact Nancy Roberts, Spectrum Health, nancy.roberts@spectrumhealth.org.

- **Pine Rest Christian Mental Health Services**

www.pinerest.org

You can access a current list of PMD trained clinicians located at various Pine Rest clinic sites throughout West Michigan. Click on “Find a Clinician” at the top and select “Perinatal Mood Disorders” in the Specialty box.

4. Consumer Helplines

- **Postpartum Support International (PSI) Postpartum Depression Helpline**

1-800-944-4PPD (4773)

PSI is built on the foundation of providing support to families and offers free and anonymous PMD information and support via telephone. “There is someone in your area who can help you if you are feeling depressed, irritable, exhausted, unlike yourself, sad, angry, guilty, worried or inadequate. You are not alone. You are not to blame. With help you will be well.”

- **Pine Rest Pregnancy and Postpartum HOPEline**

1-844-666-4673 (1-844-MOM-HOPE)

Many pregnant moms and new parents feel sad, worried, anxious and overwhelmed. Our free and confidential HOPEline can connect you with help and resources. Calls returned within one business day.

- **Local 9-1-1**

Call center for emergency assistance for a woman who is having disturbing thoughts about harming herself or baby.

- **National Suicide Hotline**

1-800-SUICIDE (784-2433)

Call center for emergency assistance for a woman who is having thoughts about harming herself or baby.

- **Michigan 2-1-1**

A free, health and human services telephone referral system with a huge database including thousands of resources. Available 24 hours a day, 7 days a week, 365 days a year in 180 different languages.

5. Web Sites

- **Postpartum Support International**

www.postpartum.net/locations/Michigan/

Web site includes contact information for Michigan PSI coordinators and PMD support groups, as well as links to other resources.

- **Depression During and After Pregnancy: A Resource for Women, Their Families and Friends (HRSA)**

www.mchb.hrsa.gov/pregnancyandbeyond/depression/index.html

Printable 24-page booklet to promote greater awareness of perinatal depression (April 2007). Available in English and Spanish.

- **Depression During and After Pregnancy Knowledge Path – Maternal and Child Health Library**

www.mchlibrary.info/KnowledgePaths/kp_postpartum.html

- **Depression During and After Pregnancy – National Women’s Health Information Center**

www.womenshealth.gov/faq/depression-pregnancy.cfm

Scroll down to “Pregnancy” and click on “Depression During and After Pregnancy.”

- **MedlinePlus: Postpartum Depression**

www.nlm.nih.gov/medlineplus/postpartumdepression.html

Some materials are available in Spanish.

- **Postpartum Support International (PSI)**

www.postpartum.net/

PSI Coordinators throughout the world provide information and support to families experiencing prenatal or postpartum mood or anxiety disorders. Web site is in English, Spanish, Dutch, French, Italian, Portuguese, Japanese, Korean, and Chinese (simplified).

- **The Postpartum Stress Center**

www.postpartumstress.com

- **MotherWoman**
www.motherwoman.org
- **Screening and Treatment for Perinatal Mental Health Disorders - Illinois Dept. of Human Services**
www.dhs.state.il.us/page.aspx?
Type “perinatal depression” into search box.
- **Healthy New Moms: Maryland’s Campaign to End Depression During & After Pregnancy**
www.healthynewmoms.org/

Site is in English, Spanish and Korean.

- **Perinatal Depression Resources – Perinatal Foundation, WI Association for Perinatal Care**
www.perinatalweb.org

(Click here for [Voices of Experience: A collection of culturally-specific first-person narratives about perinatal depression.](#)) This free booklet is a collection of culturally-specific first-person narratives on perinatal depression with discussion questions. It is designed to bring out issues that may be universal to the experience of perinatal depression.

6. Web Sites for Dads, Couples, Family and Friends

- **PostpartumDads: Helping Families Overcome Postpartum Depression**
www.postpartumdads.org
- **Postpartum Support International Friends, Family and Fathers**
www.postpartum.net
Click on “Friends and Family” at top and then on “Resources for Fathers.”

Web site includes video on the father’s perspective.

7. Online Communities and Telephone Discussion Groups

- **Postpartum Progress**
www.postpartumprogress.com
- **Chat with an Expert Phone Forums - Postpartum Support International (PSI)**
www.postpartum.net/Resources/PSI-Chat-with-an-Expert.aspx

Free, weekly phone forums provide the opportunity for women and men to talk with an expert, ask questions, and get support.

- **The Postpartum Stress Center Online Community Message Boards**

www.ppsc.proboards.com/index.cgi

A collection of online discussion groups for women experiencing postpartum mood disorders and their family members.

- **PostpartumMen Online Forum**

www.postpartummen.com

PostpartumMen is a place for men with concerns about depression, anxiety or other problems with mood after the birth of a child. It promotes self-help, provides important information for fathers – including a self-assessment for postpartum depression – hosts an online forum for dads to talk to each other, offers resources, gathers new information about men’s experiences postpartum, and – most importantly – helps fathers to beat the baby blues.

8. Videos

- **Postpartum Depression (7:42)**

<https://www.youtube.com/watch?v=O-A7YvrjFL8>

This video was developed for the Mental Health Across the Lifespan Initiative. It provides patient testimony and information on the signs and symptoms of PPD and reinforces the importance of seeking help and treatment from a health professional.

- **[Post Partum Depression Educational Video -New Jersey – YouTube](#) (5.13)**

Women of different ages, races, and economic backgrounds, including the First Lady of New Jersey, describe their experiences with postpartum depression.

ADDITIONAL RESOURCES FOR HEALTH CARE PROVIDERS

1. PMD Pharmacological Intervention Guidelines

- **Depression During Pregnancy: Treatment Recommendations (ACOG)**

www.acog.org/About-ACOG/News-Room/News-Releases/2009/Depression-During-Pregnancy

This is a Joint Report (August 2009) from the American Psychiatric Association (APA) and the American College of Obstetrics and Gynecology (ACOG) to help medical care providers and pregnant women weigh the benefits of various treatment options.

- **LacMed – A Toxnet Database**

www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm

This National Institute of Health database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes info on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives are provided.

- **MotherToBaby – A Service of the Organization of Teratology Information Specialists**
www.mohtertobaby.org

This site is dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. The web site includes a toll-free phone number to talk directly to the experts behind the most up-to-date research.

- **Motherisk: Treating the Mother – Protecting the Unborn**
www.mohterrisk.org

Canadian site with information on drugs during pregnancy and lactation.

- **Wisconsin Association for Perinatal Care**
www.perinatalweb.org

Click on “For Healthcare Professionals”, then “Materials and Publications, then “Assessment and Intervention in the Home: Women and Infants Affected by Opioids.”

- **Ibreastfeeding: Hale Publishing**
www.lbreastfeeding.com

Hale Publishing specializes in providing breastfeeding books and materials, updates on medications and research through a monthly newsletter, and an annual conference highlighting cutting edge research on breastfeeding issues.

2. Depression Screening Recommendations and Best Practice Guidelines Issued by Professional Organizations

- **American College of Obstetricians and Gynecologists (ACOG)**
www.acog.org

In May 2015, ACOG issued updated recommendations on screening for perinatal depression. Insert “perinatal depression” in the Search Guidelines and Reports box.

ACOG has also developed a toolkit. Insert “Perinatal Depression Screening: Tools for Obstetrician-Gynecologists” in the Search box.

- **American Academy of Pediatrics**
www.aap.org

Insert “perinatal depression” in the Search box to get clinical report titled *Incorporating Recognition and Management of Perinatal and Postpartum Depression into Pediatric Care Practice*.

- **American Academy of Family Physicians**
www.aafp.org

Click on [Postpartum Depression Toolkit -- National Research ...](#) for tools to use in your workflow for the identification and care of postpartum depression in your practice: educational slides that explain screening and follow-up of postpartum depression; tools for screening, diagnosis, and selecting therapy; tools to facilitate nurse follow-up calls and patient self-care; and recommendations for monitoring the progression of depressive symptoms.

Click on www.aafp.org/afp/2010/1015/p926.pdf for article titled *Postpartum Major Depression (Am Fam Physician.2010;82(8):926-933.Copyright©2010 American Academy of Family Physicians)*.

- **Association of Women’s Health, Obstetric, and Neonatal Nurses**
www.awhonn.org

Click on “Position Statements” and scroll down to *Role of the Nurse in Postpartum Mood and Anxiety Disorders*.

- **Michigan Statewide Coalition Perinatal Mood Disorder Coalition**
www.mipmdcoalition.org/get-help/

3. E-Learning Opportunities

- **Implementing the Maternal Infant Health Program (MIHP) Depression Interventions**
www.michigan.gov/mihp

Click on “Providers”, then “Current Providers”, then “MIHP Provider Training,” then “Implementing the Depression Interventions.”

This webcast by Joni Detwiler, MIHP Public Health Consultant, covers: perinatal depression and its effects on mother and infant; the role of MIHP in addressing perinatal depression; in-depth explanation of the MIHP care coordination and education interventions; and accessing mental health treatment and support services in your community. Rebecca Wheeler, Infant Mental Health Consultant, demonstrates how to talk with women about perinatal mood disorders. Although the webcast was developed for MIHP staff, it is also relevant for any home visitor or other individual serving pregnant women and infants with Medicaid health insurance.

- **Depression, Mental Health Stress**
www.michigan.gov/mihp

Click on “Providers”, then “Current Providers”, then “MIHP Provider Training,” then “Implementing the Depression Interventions.”

In this webcast, Catherine Kothari, Asst. Professor, Western Michigan University, and Mary Ludtke, Mental Health Consultant, discuss maternal depression and stress, including prevalence, identification, treatment best practices, maximizing community resources, impact, and resources.

- **California Maternal Mental Health Collaborative**

www.camaternalmentalhealth.org

The Collaborative serves as a convening organization, holding forums on "Emerging Considerations" in Maternal Mental Health for various stakeholders in California and throughout the U.S. In 2013 the organization launched with its partner, Postpartum Support International, web-based training in maternal mental health to address the shortage of trained providers, and it's national campaign, called the 2020 Mom Project, which sets forth tactical steps that hospitals, insurers and providers can take to improve awareness and outcomes.

- **STEP-PPD**

www.step-ppd.com

Support and Training to enhance Primary Care for Postpartum Depression is a comprehensive training course designed to increase primary care providers' understanding of PPD and support them in caring for women with PPD.

- **Net CE – Continuing Education for Healthcare Professionals**

www.netce.com

Click on "Nurses," scroll down to "Psychiatric/Mental Health", and then click on "Course #96361- Postpartum Depression."

4. Face-to-Face Conferences and Trainings

- **Annual Perinatal Mood Disorders Conference**

Pine Rest Christian Mental Health Services

www.pinerest.org/pmd

This one-day conference is held every May in Grand Rapids.

- **Postpartum Support International (PSI) Annual Conference**

www.postpartum.net

This conference is convened in different locations around the world and was held in Michigan in 2015. The conference always includes a 2-day preconference PSI certificate training, which is a comprehensive overview of PMD provided by national experts.

- **Spectrum Health PMD Training**

nancy.roberts@spectrumhealth.org

This half-day training is offered several times a year for professionals and others in the community who come into contact with new mothers and families. Nursing and social work

contact hours are offered free of charge. Contact Nancy Roberts at Spectrum Health to receive email notifications of upcoming trainings.

5. Michigan PMD Experts Who May be Available to Present at Your Conferences, Trainings or Public Awareness Events

If you are interested in organizing PMD training for your agency, organization or community, you may contact the individuals or organizations listed below to request names and contact information for PMD trainers in Michigan:

- Nancy Roberts, Spectrum Health, at nancy.roberts@spectrumhealth.org
- Mary Ludtke, Michigan Department of Health and Human Services, at ludtkem@michigan.gov
- **Tree of Hope**
www.treeofhopefoundation.org
info@treeofhopefoundation.org
(586) 372-6120
- **Michigan Association for Infant Mental Health (MI-AIMH)**
<http://www.mi-aimh.org/>

MI-AIMH maintains an Infant Mental Health Faculty Registry that identifies persons who can train on infant mental health topics, including pregnancy and early parenthood. MI-AIMH has provided trainings related to perinatal depression and its effect on the mother-infant relationship and infant development, and may be able to recommend speakers on these and associated topics upon request.

6. Toolkits/CDs/DVDs

- **Program Development Toolkit for Perinatal Mood Disorders – Spectrum Health**
www.spectrumhealth.org/ppd-toolkit

This comprehensive toolkit, written by Nancy Roberts, RN, CCE, CBC and edited by an OB/GYN physician and an EdD nursing professor, can help you prepare staff, garner financial and resource support, and design your own program. This step-by-step approach will help you work through the following key steps:

1. Create a PPD advisory team
2. Train staff
3. Begin screening
4. Establish follow-up protocols
5. Develop a PPD referral team
6. Implement support groups and services
7. Launch a telephone support and information line
8. Create a program evaluation process

Program components include education, referral team, phone information line, support group, inpatient risk assessment, screening, evaluation, research and statistics. Resources consist of best practice models and reference materials such as books, video, and web site listings, plus:

1. Flash drive with all documents and 10 PowerPoint presentations
2. Four books on PPD disorders and support network development authored by nationally recognized PPD experts
3. DVD for professional education
4. Two DVDs for client education
5. Postpartum Support International sample materials
6. Spectrum Health sample materials

- **Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders**

www.postpartum.net/resources/

Postpartum Support International (PSI) DVD presents four women who have suffered and recovered from perinatal mood disorders. Sharing their experiences, they help assure and educate new mothers, their family and friends, and health care providers. Their poignant stories are complemented by up-to-date info from three experts in the field.

- **Recognizing Perinatal Depression E-Learning CD**

Indiana Perinatal Network

www.indianaperinatal.org/?page=PMD

Scroll down to IPN Resources, Click on "Recognizing Perinatal Depression E-Learning CD."

Designed to help home visitors, health care professionals and other care providers recognize perinatal depression (also known as Perinatal Mood Disorders) and provide support to the new and expectant mothers who experience it.

7. Curricula to Use with Pregnant Women

- **Promoting Maternal Mental Health during Pregnancy Program (PMMH)**

NCAST-AVENUW Programs, University of Washington

<http://www.ncast.org/index.cfm?category=22>

PMMH addresses a woman's psychological and emotional health during pregnancy. Program materials include a Theory and Practice book, an Interventions Book with CD, and an assessment guide, including reproducible handouts to use with women. The program can be used by public health nurses, home visitors, midwives and physicians in clinical setting or home visiting program. Training to use the curricula is not required, although it is highly recommended.