

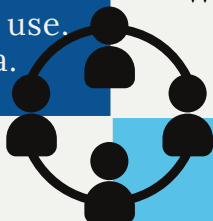
# PERINATAL BEHAVIORAL HEALTH INITIATIVE



## BACKGROUND INFO

The Perinatal Behavioral Health Initiative (PBHI) connects hospitals, social service and behavioral health organizations to align the region around moms' most pressing behavioral health issues.

PBHI coordinates the Perinatal Resource Network, consisting of health, mental (or behavioral) health and social service providers that offer behavioral health screenings, referrals and support services for pregnant women and new moms. This network takes a holistic case management approach that connects moms to behavioral health support. They also address factors that contribute to toxic stress, like inadequate housing, jobs, transportation, substance use, intimate partner violence and trauma.



## WHO WE ARE

Convener: Generate Health

### Funded Partners:

- Affinia Health Care
- Bethany Christian Services
- Family Cares Health Center
- FamilyForward
- Great Circle
- LifeWise STL
- Lutheran Family Children Services
- Nurses for Newborns
- Project DEAMHI
- Queen of Peace Center
- The Women's Safe House
- Washington University - Perinatal Behavioral Health Services

(see [website](#) for full list of network partners)

## FY20 HIGHLIGHTS

### Focus Areas:

- Professional Development
- Perinatal Resource Network
- Sustainability/Advocacy
- Community Engagement

### Stakeholders' Highlights:

- Successful Referrals and sharing of resources
- Medicaid Expansion
- Advocacy Days

## COMMUNITY ENGAGEMENT

During [in person] meetings we provide stipends, transportation, and childcare for consumers. This ensures that lived experiences drive our collaborative work.

"COVID-19 and going virtual meant a shift that opened new opportunities to connect with women who are more isolated due to transportation and time barriers in an equitable way." - PBHI Partner

## PERINATAL RESOURCE NETWORK

- 987 people served
- 1346 total screenings
- 437 referred to case management
  - Top referrals: mental health, housing, substance use
- 69% consumers had a reduction in symptoms or improvement in daily functioning

"6 of our parenting mothers were [high school] seniors this year and successfully met all requirements for their high school graduation." - PBHI Partner

"Given our strength in psychiatric care, we offer this service to many of our partners. This is why we are especially grateful to be able to cover the cost of these appointments for patients who are under or uninsured through the initiative." - PBHI Partner

Added a major provider, Affinia, as a funded partner.

The number of unique persons served increased between March and July, from 491 to 987 (difference of 496).

Focus on outcomes shifted from individual depression scores to collective impact of community. This allows for a more holistic approach to family health.

## PARTNERSHIPS AND COLLABORATIONS



"Thanks to PBHI we have a great working relationship with Family Care Health Center. We have been able to quickly connect under resourced pregnant women with much needed prenatal care." -PBHI Partner

"Family Health Care Center continues to refer clients to us for coaching. Project DEAM-HI is going to conduct a training for our mentors." -PBHI Partner

## PROVIDER TRAININGS



### Trainings:

- Black Maternal Health in St. Louis
- Compassion Fatigue
- Trauma Informed Care
- Motivational Interviewing

"I definitely want to continue research on mindfulness and how I can incorporate it into my life and into my work with clients." -PBHI Partner

## POLICY AND ADVOCACY

The general body voted to approve the advocacy statement and to focus on: Medicaid Expansion, Paid Family Leave, and Dignity in Pregnancy and Childbirth.



- [SB 788 - "Postpartum Depression Care Act"](#)

- Medicaid expansion
- Worked on a toolkit and infographic and asked people to commit to having conversations with their networks