

Connect women, children and families to behavioral health services

JOIN THE **PERINATAL BEHAVIORAL HEALTH INITIATIVE NETWORK**



Pregnant women with behavioral health concerns face an increased risk of obstetric complications and preterm labor.

Behavioral health concerns threaten pregnant women's lives and the lives of their babies, and impact the overall well-being of their family for years to come. However, when someone refers moms to support services and follows up to ensure they got the help they needed, their chances of success increase.



1 in 7 Women

1 in 7 women experience depression or anxiety during pregnancy or postpartum.¹



83% Attended Appointments

83% of women referred to support through the PBHI network attended their appointments, a very high retention rate.

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 is funded by the St. Louis Mental Health Board and convened by Generate Health.

PBHI coordinates the Perinatal Resource Network, consisting of providers and social service organizations that provide 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.

BENEFITS OF JOINING PBHI



Network of Service Providers

We connect you to organizations to refer to provide case management.



Professional Development

We provide training on motivational interviewing, trauma-informed care, perinatal mood and anxiety disorders, and more.



Advocacy

We advocate for policies that support the well-being of perinatal women and families.



Community Engagement

We engage people in the community with lived experience to create better solutions.

THE NEED FOR UNIVERSAL SCREENING

- Fewer than one out of four St. Louis providers screen pregnant and postpartum women for depression, even though the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommends standardized screenings.
- Providers follow different screening protocols, at different frequencies, which means some women aren't being screened enough.
- Providers don't know where to refer women for counseling services and don't have connections with these support organizations.
- Providers are not able to follow up to make sure patients actually received the support services they referred.

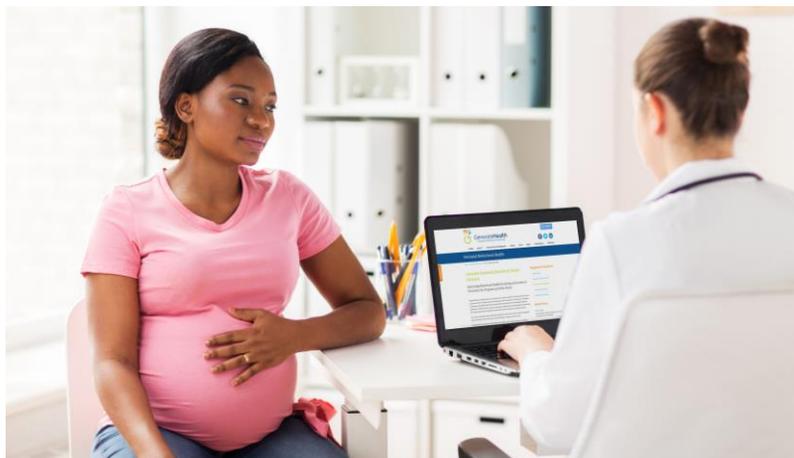
PBHI's Perinatal Resource Network is piloting a program to increase the frequency of behavioral health screenings for perinatal women. Seventy-nine percent of women with identified behavioral health concerns had improved outcomes after receiving support for behavioral health needs.

JOIN THE NETWORK

As a member of PBHI, you will join a network of organizations that are making an impact in women's behavioral health.

In addition, you will have access to professional development workshops and relationships that will help your organization provide better support to the women you serve.

See a full list of partners at:
generatehealthstl.org/programs/perinatal-behavioral-health.



“Thanks to PBHI, we are better equipped to meet the emotional wellness needs of the pregnant and postpartum women we serve. We have increased our capability to provide the best evidence-based services to perinatal women in St. Louis City.”

– Tara Tinnin, Washington University
Perinatal Behavioral Health Service



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LEARN MORE ABOUT PBHI

Visit generatehealthstl.org/programs/perinatal-behavioral-health

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