

Maternal Mental Health Coalition

The Maternal Mental Health Coalition will address perinatal mood and anxiety disorders (PMADs) in a coordinated, comprehensive, community-wide manner. The goal is that **all** childbearing women in Harrisonburg will receive information about PMADs and have access to help.

Key steps are to:

1. **Create / expand treatment options**, including FREE support (telephone, email, and support groups), therapy (trained psychotherapists), and medication management (psychiatric care)
2. **Educate maternal-child healthcare providers** about PMADs so they can screen women for these illnesses

Specific project components include:

- **Identifying and convening stakeholders** in maternal-child and mental health (see chart below)
- **Educating these providers** about perinatal mood and anxiety disorders
- **Conducting a gap analysis** to compare how PMADs are currently being addressed vs. how they SHOULD be addressed
- **Preparing a Plan of Actions and Milestones** to ensure all childbearing women receive information about PMADs, are screened routinely for them, AND have access to help

Proposed Coalition Members	
Hospital administrators and staff <ul style="list-style-type: none"> • Women’s Services • NICU • Behavioral health 	Maternal-child healthcare providers <ul style="list-style-type: none"> • Obstetricians • Pediatricians • Family physicians • Hospitalists, private practice, Clinic
Birth Professionals <ul style="list-style-type: none"> • Doulas • Lactation consultants • Childbirth educators 	Community and Nonprofit Resources <ul style="list-style-type: none"> • March of Dimes • Healthy Families • Home visitors
Government Agencies <ul style="list-style-type: none"> • WIC • DHS 	Mental Health Resources and Providers <ul style="list-style-type: none"> • Community Service Board • Individual Providers • Psychiatrists • Psychotherapists

Proposed Coalition Curriculum		
The Coalition Curriculum is 9 hours of instruction which can be provided in either a full-day workshop or through monthly meetings (once a month for 1.5 hours for six months).		
Topic #1	Kick-off meeting <ul style="list-style-type: none"> • Discuss purpose of Coalition / goals • Introduce Coalition members • Ask for commitment (1 hr/month for 6 months) 	
Topic #2	Overview of Perinatal Mood and Anxiety Disorders <ul style="list-style-type: none"> • Spectrum of illnesses • Signs and Symptoms • Predictors and Risk Factors • Risks of Untreated PMADs 	
Topic #3	The Path to Wellness <ul style="list-style-type: none"> • Self-care • Social support • Talk therapy • Medication • Clinical trials / research • Wrap-around care 	
Topic #4	How to talk to perinatal women about PMADs <ul style="list-style-type: none"> • Education • Screening • Support 	
Topic #5	Create a Comprehensive Care Framework <ul style="list-style-type: none"> • Describe the desired goal • Document current state • Conduct gap analysis • Create Plan of Actions and Milestones 	
Topic #6	Wrap up, Next Steps	

Budget. Budget for The Coalition is \$5,000.

Cost	Item	Details
\$500	Course Materials	Binders, printing, nametags, etc for 25 participants
\$500	PMAD Materials	Information Cards, Fact Sheets, posters, DVDs, Information Packets
\$4,000	Staff time	PSVa Executive Director and/or Board member Preparation, presentation, travel expenses