

The Perinatal Continuum of Care: A Toolkit for Action

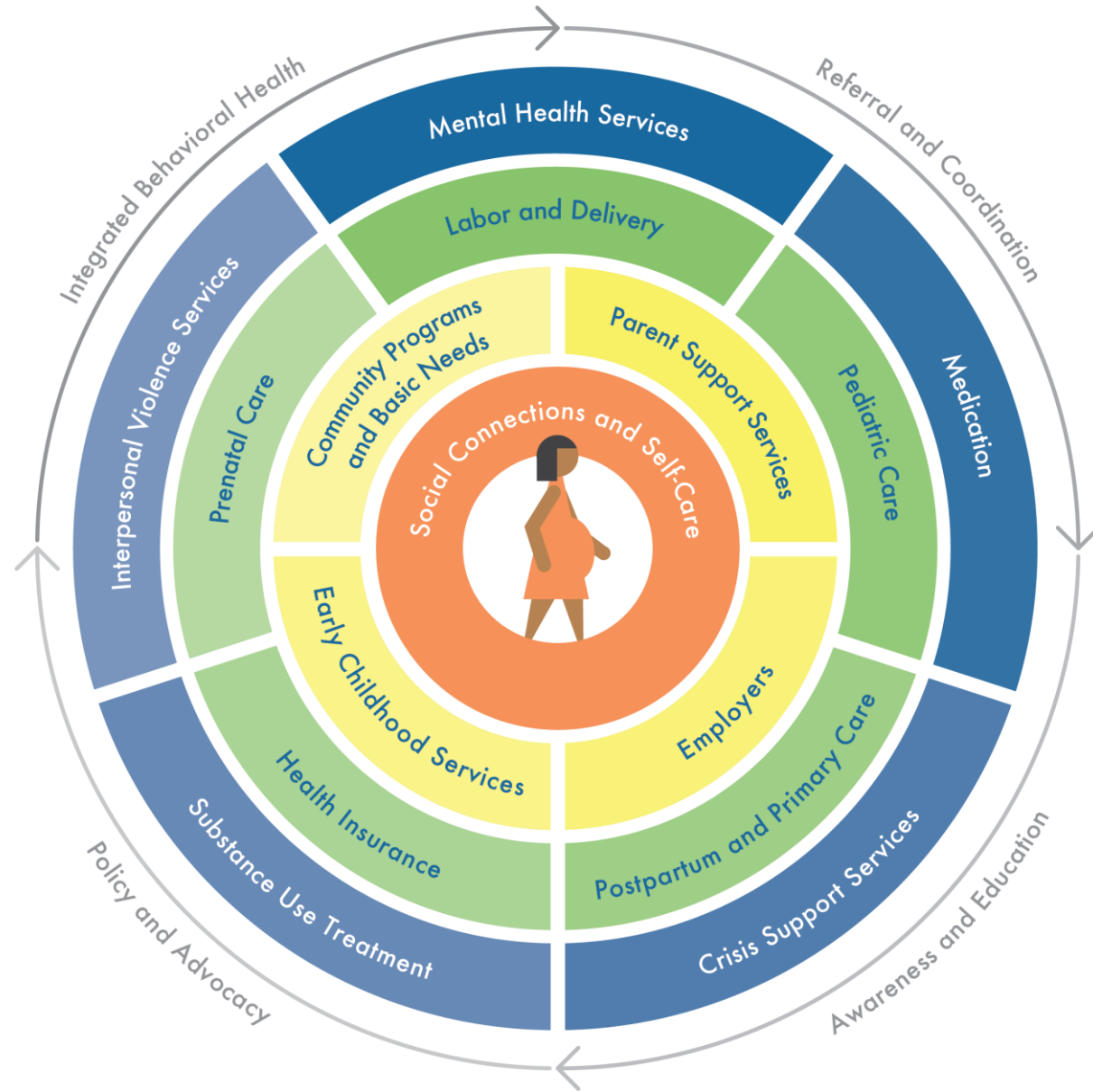


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About the Perinatal Continuum of Care



[Perinatal Continuum of Care : Resources for Providers : Resources : Colorado Maternal Mental Health Collaborative and Framework](#)

Perinatal Action Network (PAN) and the Maternal Mental Health Framework and Collaborative

The Perinatal Continuum of Care was developed by the Perinatal Mental Health Action Network (PAN), a regional collaboration between the Maternal and Child Health Programs at the Public Health Institute at Denver Health and Tri-County Health Department. Members of PAN represent health care systems, community mental health, local public health agencies, policy advocates, and people with lived experience. PAN is aligned with the [Colorado Maternal Mental Health Framework and Collaborative](#). PAN implements the Programs and Services strategy area and focuses on the goal to create a comprehensive, inclusive, and responsive continuum of care.



The Perinatal Continuum of Care

The Perinatal Continuum of Care (CoC) provides a framework for understanding the complex forces that shape perinatal mental health. We define the perinatal period as the time when a family is expecting or parenting a newborn through the first year of life. This time is a critical time of growth and development for infants and their families.

We know that parental mental health concerns are common. Providing support and addressing mental health concerns can ease the detrimental impact for the parent with the concern, and on child development and family well-being. Prioritizing the mental health of pregnant and postpartum people and their partners is essential to building strong families and communities.

DEFINITION

Perinatal Period

The time when a family is expecting or parenting a newborn through the first year of life.

The Perinatal Continuum of Care, cont.

The Perinatal Continuum of Care (Perinatal CoC) was developed to:

- **Illustrate the services** that families are likely to encounter and describe opportunities to promote or address perinatal mental health across these services
- **Encourage providers** from a variety of service areas to recognize and embrace their role in supporting perinatal mental health
- **Spotlight available resources** so that providers can help families connect with the support they need to be resilient and thriving
- **Provide a framework** for assessing strengths, gaps, and opportunities within communities to address perinatal mental health

The Perinatal CoC demonstrates that we all have a role to play in helping families find the support they need to thrive. Every service and support highlighted in the continuum of care represents a critical component of perinatal mental health and an opportunity to support families. Using the Perinatal CoC, we can leverage those opportunities through provider, organizational, and community system-level strategies.



The Perinatal Continuum of Care demonstrates that we all have a role to play in helping families find the support they need to thrive.



Using the Perinatal Continuum of Care Toolkit for Action



The Perinatal Continuum of Care can be useful for multiple audiences, across sectors. This toolkit provides strategies to help:



Providers identify and implement practices to support clients or patients with perinatal mental health. **Organizations** identify and implement organizational policies to support providers in practice change.



Communities, Systems, or Coalitions assess system-level strengths, gaps, and opportunities across service sectors and create system-level action plans to address perinatal mental health.

Using the Perinatal Continuum of Care for Action, cont.

Within this toolkit you will find:

- Data that highlights the need for action across sectors and in communities to support perinatal mental health
- Equity considerations
- Cross-cutting strategies that can be applied across sectors to create changes that support perinatal mental health within your practice, your organization and your community
- Opportunities to reflect on what strategies you already employ, those you want to improve upon, or those you want to begin using
- Action planning templates to help you move ideas into action, including reflections on equity considerations, potential barriers, and supports needed

Data: What We Know about Perinatal Mental Health



In Colorado, **depression** and **anxiety** continue to be the most common complications of pregnancy.

12% of birthing people report having a diagnosis of depression during pregnancy

29% of postpartum people had elevated anxiety symptoms at 3-4 months postpartum

32% of postpartum people had elevated anxiety symptoms at 12 months postpartum

Data from this report is collected by The Colorado Department of Public Health and Environment's Health eMoms program, an online, longitudinal data collection system (see Resource Hub for more information).



“Mental health is so important and should be taken seriously. My recovery process has been a long one, but seeking the help I needed gave me a head start. Depression and anxiety are terrible things to deal with, but you don’t have to do it alone.”

— Health eMoms Participant

Data: What We Know about Perinatal Mental Health, cont.

Addressing depression and anxiety in the perinatal period is imperative, but many people are not accessing the care they want or need:

38% of birthing people said that they needed or wanted mental health care or counseling services since their baby was born

40% of those birthing people who wanted or needed mental health services or counseling, who were not able to access care

18% of all postpartum people reported that healthcare workers did not discuss any resources for anxiety or depression





"It can be really hard to ask for help, especially postpartum...Having emotional/wellness/mental health options that are easily available would have been more appealing to me...if my doctor was aware of options like that, I would have been more likely to reach out for help."

*— Pregnancy Risk Assessment Monitoring System
(PRAMS) participant*

Equity Considerations



The Perinatal Mental Health Action Network (PAN), in alignment with Colorado's Maternal Mental Health Collaborative & Framework, acknowledges that systemic social, economic, and environmental factors drive health outcomes for individuals and communities, in which significant and adverse inequities exist. These negatively impact the health and well-being of some pregnant and postpartum people in Colorado more than others. The Collaborative is actively working to build an equitable mental health system that is flexible and responsive to the differing needs and desires of all families. Achieving systemic equity ensures that all pregnant and postpartum people have the economic, social, and political power and resources needed to support their well-being and to make healthy decisions for themselves, their families, and their communities.

We have built equity considerations into the action planning process of this toolkit.

Data: What We Know about Perinatal Mental Health, cont.

10% of birthing **people did not feel comfortable speaking to any health care worker** about their emotions:

- Black and Hispanic birthing people are **significantly more likely to be uncomfortable** talking to healthcare workers about their emotions as compared to white birthing people
- Individuals with Medicaid for insurance **were more likely to be uncomfortable talking to healthcare workers about their emotions** as compared to individuals with other types of insurance

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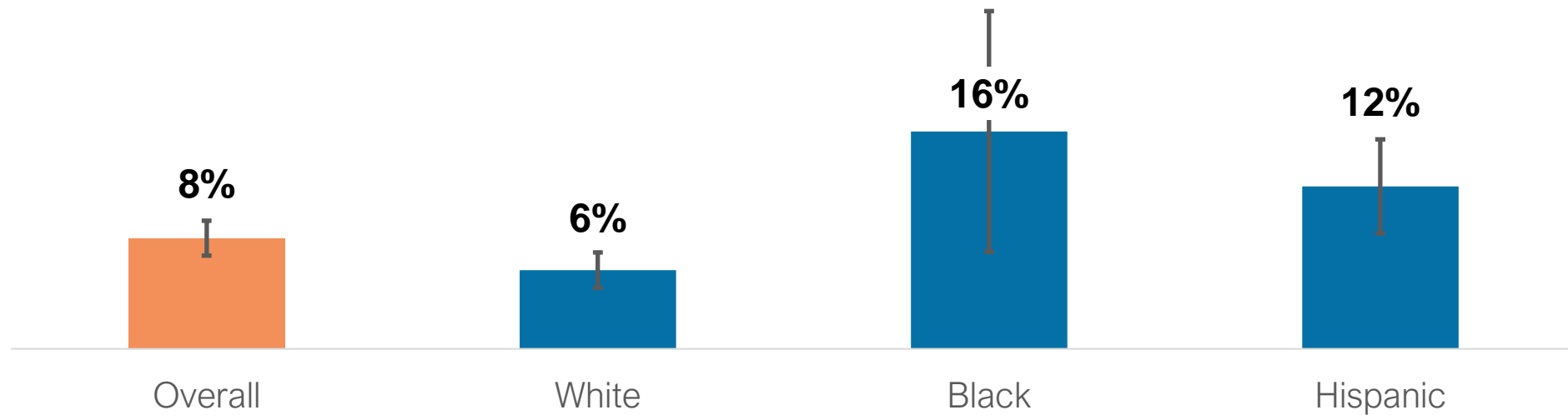
You are afraid to talk to your doctors, because you only hear about the extreme cases where the moms hurt their babies.”

— Colorado parent

Data: What We Know about Perinatal Mental Health, cont.

Disparities in comfort talking with a healthcare worker about emotional health

Percentage of pregnant and postpartum individuals who would not feel comfortable talking to any health care worker about their emotional health

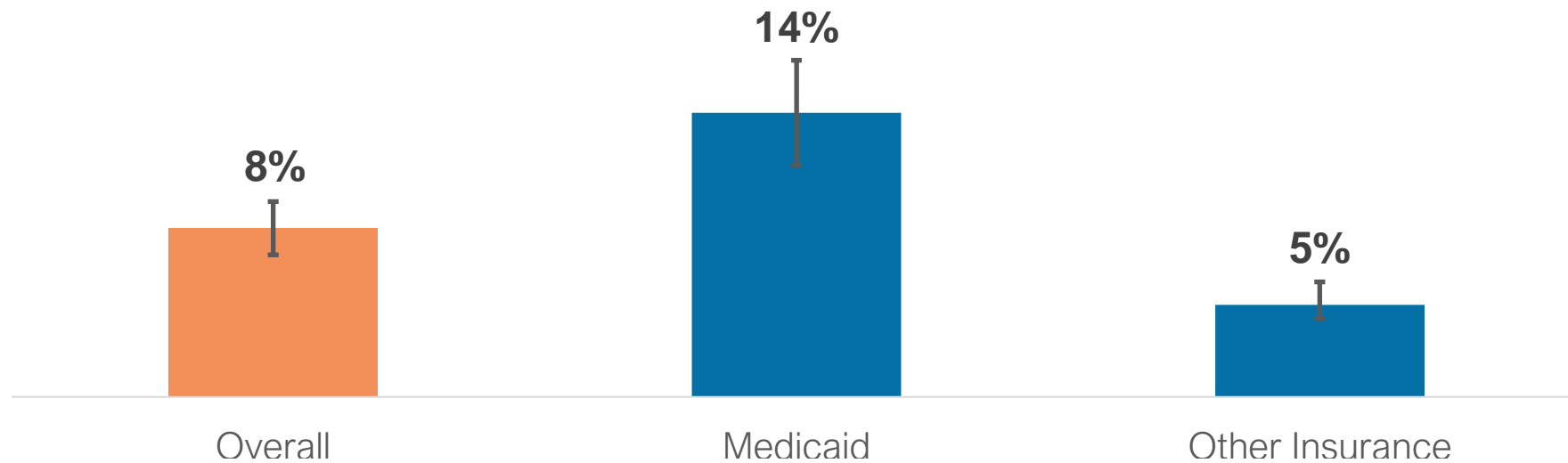


Colorado Department of Public Health and Environment. Health eMoms, Survey 1.1, 2018 & 2019 Birth Cohorts.

Data: What We Know about Perinatal Mental Health, cont.

Disparities in comfort talking with a healthcare worker about emotional health

Percentage of pregnant and postpartum individuals who would not feel comfortable talking to any health care worker about their emotional health



Colorado Department of Public Health and Environment. Health eMoms, Survey 1.1, 2018 & 2019 Birth Cohorts.

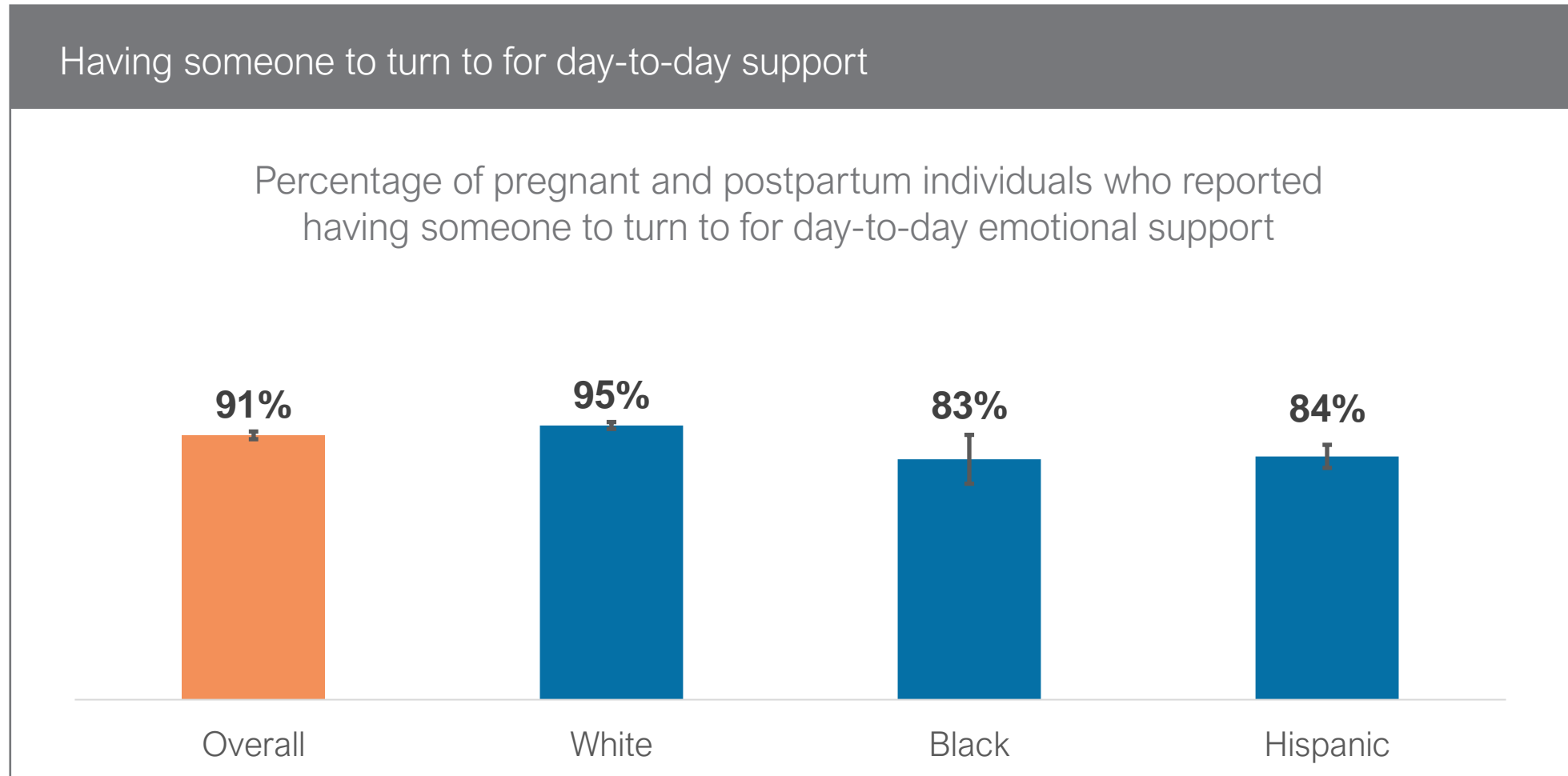
Data: What We Know about Perinatal Mental Health, cont.

Community-based and informal support are critical to preventing and also addressing mental health concerns, yet **not all Colorado parents have someone to turn to for support:**

- Black and Hispanic birthing individuals were **significantly less likely to report having someone to turn to for emotional support** as compared to white birthing individuals
- Similarly, birthing people with Medicaid for insurance were **significantly less likely to report having someone to turn to for emotional support** as compared to those with private insurance

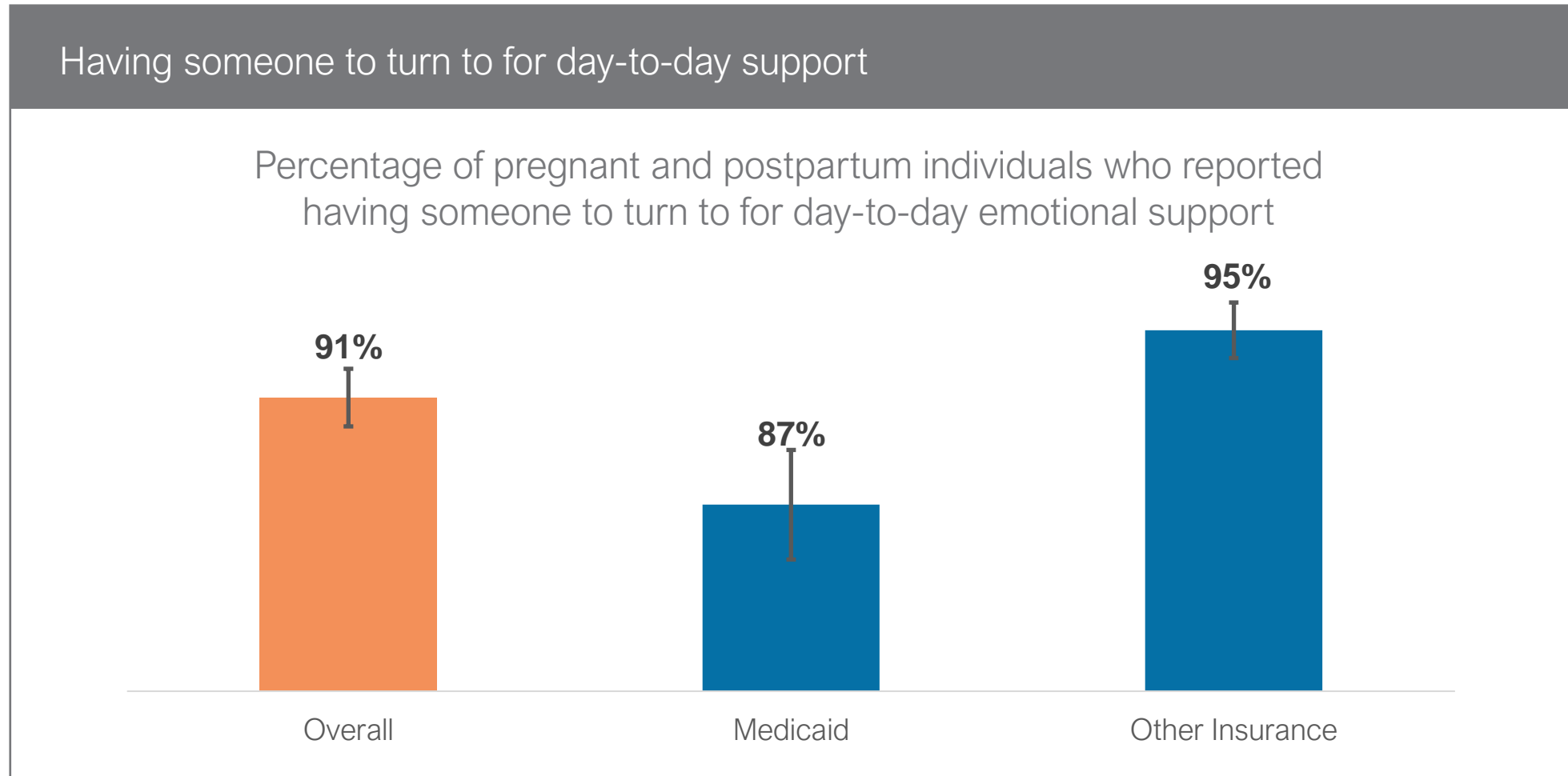


Data: What We Know about Perinatal Mental Health, cont.



Colorado Department of Public Health and Environment. Health eMoms, Survey 1.1, 2018 & 2019 Birth Cohorts.

Data: What We Know about Perinatal Mental Health, cont.



Colorado Department of Public Health and Environment. Health eMoms, Survey 1.1, 2018 & 2019 Birth Cohorts.



“Help needs to be offered to all mothers after having a baby. I’d even be ok with a doctor visit every month for the first year just to check in. It’s hard to recognize that you need help and then even harder to ask for it.”

— Health eMoms participant

Equity Considerations, cont.

Reflection Questions

What are your reactions to the data that highlight the experiences of historically marginalized populations when it comes to perinatal mental health?

Based on the data and your experience, how are people of particular racial groups differently affected by issues that impact perinatal mental health and well-being?

Regarding equity and inclusion, where are areas of strength within yourself and within your organization? Where are there opportunities to grow?

Individual Sectors: Applying Cross Cutting Strategies



Provider/Organization Aim: Build provider capacity within any sector to **understand** and **embrace** their role in supporting maternal mental health. By committing to support mental health in the perinatal period, we create pathways to family well-being across the life-span.

The Perinatal Continuum of Care describes **Cross Cutting Strategies** that can be applied by providers, organizations and communities to improve perinatal mental health:

- **Integrated Behavioral Health** is the systematic coordination of physical, behavioral, and psychosocial well-being. Integrating mental health approaches into other service sectors improves families' access to support and proves to be the most effective approach to health care across the lifespan. Even in settings that are not integrated, all providers can promote positive mental health by incorporating activities that support emotional well-being.



Individual Sectors: Applying Cross Cutting Strategies, cont.

- **Awareness and Education** can be employed across all sectors to reduce stigma related to perinatal and increase families' ability to recognize, prevent, and address perinatal mental health concerns.
- **Referral and Coordination** is the process of identifying family needs, being familiar with and aligning community resources, and coordinating with families and services to assure connection.
- **Policy and Advocacy** is the process of identifying problems and potential solutions and communicating them with decision makers in a position to act.

We will use these strategies to examine practices that providers and organizations across sectors can employ to support perinatal mental health.



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Integrated Behavioral Health** Strategy

- **Incorporate conversations about mental health and well-being**
 - Let families know that you care about their mental health and emotional well-being and ask families how they would like to incorporate this into their care
 - Ask families how mental health and emotional wellness is viewed in their family and community
- **Educate about practices that support mental health**
 - Talk with patients, clients, and families about self-care practices that support their well-being, such as eating well, exercising, and engaging in activities they enjoy

”

My PCP only offered prescription medicine for anxiety and depression ...that is like a bandaid. I wish there was more support around, healthy lifestyle and wellness and holistic practices.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Integrated Behavioral Health** Strategy, cont.

- **Encourage social connections**

- Ask families about their social connections and provide ideas for families to connect with others
- Create opportunities for social connection in your setting, such as group care models or family events

”

I wouldn't have made it through the first year without the support of my family and friends. Sometimes you just need someone to remind you that it's ok to not have all the answers and you're doing a great job.



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Integrated Behavioral Health** Strategy, cont.

- **Provide supportive care**

- Consider circumstances that may warrant additional referral, such as perinatal loss, NICU experience, or households experiencing challenging circumstances

”

My midwife has served as my health care provider and also therapist... through my child's first birthday. Such important and amazing postpartum support that I wish every mom had access to.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Integrated Behavioral Health** Strategy, cont.

- **Incorporate a mental health professional into your organization or program**
 - Many health care offices already have behavioral health professionals on their teams
 - Behavioral health professionals have also been incorporated into WIC, home visiting programs, and libraries
 - All child care providers have access to an Early Childhood Mental Health Consultant through [Office of Early Childhood's Early Childhood Mental Health Consultation Program](#)

”

I had the amazing opportunity to have free access to a postpartum counselor through ...my ob-gyn practice. I wouldn't have reached out for help on my own but the fact that they contacted me, I found myself coming up with topics that felt so good to discuss...I wish this service was provided to all women in their postpartum stage.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Awareness and Education** Strategy

- **Raise awareness about mental health concerns**
 - Display print materials in your office or include a fact sheet about perinatal mental health in educational materials you provide to families
 - Use social media to raise awareness

”

Mental health is so important and should be taken seriously. My recovery process has been a long one, but seeking the help I needed gave me a head start. Depression and anxiety are terrible things to deal with, but you don't have to do it alone. There is no shame in keeping yourself healthy!

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Awareness and Education** Strategy, cont.

- **Talk to all families about mental health**
 - Help families recognize that mental health concerns are common and treatable
 - Offer support and refer families to resources

”

Postpartum is very difficult... there should be more prep for postpartum from doctors, hospital classes, etc., because...it can be hard to decipher [depression] from the normal swell of emotions after pregnancy/birth.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Awareness and Education** Strategy, cont.

- **Educate families about resources in their community**
 - Resource hubs for parents, such as [Parents Thrive Colorado](#), are a good place to start
 - Host family events that feature community resources that support parents and families

”

I really wish that I had been better informed about resources for postpartum depression or anxiety. I couldn't recognize the symptoms in myself and it affected my relationship with my spouse and my confidence in my mothering abilities.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Referral and Coordination** Strategy

- **Assess needs**

- Ask families about their concerns
- Use recommended screening tools assess mental health and psychosocial needs

”

A social worker called me to talk through how things were going around 5 or 6 weeks postpartum. It was so helpful to have someone check on me...She also pointed out that it sounded like I was overwhelmed and encouraged me to seek help with things... I heeded her advice.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Referral and Coordination** Strategy, cont.

- **Get to know the resources in your community**
 - Explore the resources in the [Perinatal Continuum of Care](#) and websites like [Parents Thrive Colorado](#) as a place to start
 - Invite service organizations to speak about their services at a staff meeting
 - Ask families about services they find helpful — this is a great way to get to know the trusted resources in your community
 - Get to know Perinatal and Infant/Early Childhood mental health providers in your community. Utilize [Postpartum Support International - Colorado Chapter](#) and the Department of Early Childhood [Early Childhood Mental Health Consultation Program](#) as places to start to find providers

”

It is difficult to find a therapist for what I need, that takes my insurance, and has availability. I struggle with anxiety, and not being able to easily find all that information made finding care even more overwhelming, which made my anxiety worse, so I haven't gotten professional care.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Referral and Coordination** Strategy, cont.

- **Refer families to appropriate services**

- Ensure families understand the reason for the referral
- Tell families as much as possible about the agency you are referring to and what the process will look like for them
- Utilize the [Maternal Mental Health Referral Guide](#) for additional referral guidance

”

I still believe more attention should be paid to the mother (particularly her mental health)...Therapy should be recommended more readily If the mother communicates the need or reports anxiety, even if she does not technically meet the criteria for postpartum depression.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Referral and Coordination** Strategy, cont.

- **Assure connection**

- Check in with families to see if they connected with the service and learn about their experience
- If available, work with case managers or navigators in your organization for referral and follow up

”

It would be great to have more information on how to meet other new moms, like who hosts mommy groups or if there is a mommy support group that meets every week. It's difficult to find other moms to talk with.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Policy and Advocacy** Strategy

- **Identify barriers to practice**

- Think about practices you have the desire and skill to implement, but are not doing so because of barriers within or outside of your organization
- Gather evidence that illustrates the barrier and how it is affecting service delivery and/or families

”

I loved connecting with my therapist online. We'd do our visits via Zoom and it was more helpful than anything else especially for anxiety. My insurance doesn't cover therapy... I could only afford a few sessions. I really wish I had access to affordable therapy. I desperately need it.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Practices that support **Policy and Advocacy** Strategy, cont.

- **Identify potential solutions to barriers**
 - Often the best solutions are developed by those experiencing the barrier
- **Communicate barriers and potential solutions to decision makers**
 - Persistence is key to moving from identification to implementation of solutions

”

I think the care and support I received was as beneficial as it could be. I think moms need to be given Medicaid for longer than the first 60 days of a child's life as the mom's health and well-being both physically and mentally is just as important to the baby's well-being as their own health.

— Health eMoms participant



Individual Sectors: Applying Cross Cutting Strategies, cont.

Provider/Organization Action Plan: The following activity allows you to think about how perinatal mental health is being addressed within your own work with families or within your organization. In this activity you will:

- Identify which strategies you are implementing well and those you could improve
- Think about the role your organization plays in supporting you to implement the strategies
- Consider next steps for action

The Action Template encourages providers to think about immediate next steps they can take to move toward implementing a strategy area. Denver Public Health and Tri-County Health Department are available to provide ongoing assistance or connect you to other resources to help you move through the process of implementation.

[Provider & Organization Action Plan](#)



Individual Sectors: Applying Cross Cutting Strategies, cont.

Provider Self-Assessment: The Perinatal Continuum of Care challenges providers, organizations, and communities who interact with perinatal families to Show Support and Be an Advocate. The following self-assessment encourages you to reflect on the ways you are embracing the opportunity to support perinatal mental health within your role.

[Provider & Organization Self-Assessment](#)





Individual Sectors

Next Steps

We all have a role to play in supporting perinatal mental health. The Perinatal Continuum of Care challenges providers, organizations, and communities to think of every touchpoint with a perinatal family as an opportunity to promote mental health and well-being during the perinatal period. Health eMoms data demonstrate the need to increase opportunities for families to connect with health care providers, mental health supports, and informal social supports, with a focus on families of color.

The cross-cutting strategies provide a way to think about interventions that will support perinatal mental health within and across service sectors. The self-assessment and action planning components of this toolkit have inspired new ideas and next steps to move forward on the journey to embrace the role you play in supporting perinatal mental health.



Individual Sectors

We are committed to learning from you about how applying the Perinatal Continuum of Care Framework has impacted your practice, the families you serve, and the community. We look forward to following up with you in the next 4-6 weeks to see how you have put your plans into action.

The Public Health Institute at Denver Health, Tri-County Health Department, and Perinatal Action Network (PAN) members, and other partners are available to support your implementation of the action steps you have identified. Contact us:

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Communities, Coalitions and Systems: Applying Cross Cutting Strategies



Community Systems Aim: Build community capacity to use the tool to assess strengths and opportunities, and implement plans to improve their overall perinatal system of care. By working with communities to build a sustainable integrated and coordinated system of care, we create pathways to family well-being.

Communities, systems or coalitions can use the Perinatal Continuum of Care to assess how they are doing within and across sectors in supporting perinatal mental health.





Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community Assessment: The following activity allows your community to think about how perinatal mental health is being addressed in your community. This assessment helps you identify:

- Which sectors are involved in your community work related to perinatal mental health?
- How do providers within each sector address perinatal mental health within their practice?
- What is in place to promote coordination across sectors?

Community Assessment by Sector





Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Using the Cross-Cutting Strategies, community coalitions can identify where and how the strategies are being utilized to promote perinatal mental health for and with families in their community.

Cross Cutting Strategies:

- **Integrated Behavioral Health** is the systematic coordination of physical, behavioral, and psychosocial well-being. Integrating mental health approaches into other service sectors improves families' access to support and proves to be the most effective approach to health care across the lifespan. Even in settings that are not integrated, all providers can promote positive mental health by incorporating activities that support emotional well-being.
- **Awareness and Education** can be employed across all sectors to reduce stigma related to perinatal and increase families' ability to recognize, prevent, and address perinatal mental health concerns.

Continued on next page.



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

- **Referral and Coordination** is the process of identifying family needs, being familiar with and aligning community resources, and coordinating with families and services to assure connection.
- **Policy and Advocacy** is the process of identifying problems and potential solutions and communicating them with decision makers in a position to act.

We will use these strategies to examine practices that communities, coalitions, or systems can employ to support perinatal mental health.





Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community activities that support **Integrated Behavioral Health** Strategy

- **Integrate Behavioral Health Specialists into non-behavioral health settings**
 - Identify where behavioral health professionals are being integrate
 - Identify opportunities for behavioral health integration or co-location of mental health specialists
- **Support non-behavioral health providers in integrating practices that support emotional wellness**
 - Healthy eating, active living strategies
 - Stress reduction techniques
 - Social connections and concrete supports



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community activities that support **Awareness and Education** Strategy

- **Conduct a community campaign that supports families.**

Examples include:

- Raise awareness about perinatal mental health concerns
- Normalize parent help-seeking behavior
- Promote healthy behaviors among families

- **Build capacity among providers across sectors to educate families about perinatal mental health and wellness.**

”

My midwife has served as my health care provider and also therapist...through my child's first birthday. Such important and amazing postpartum support that I wish every mom had access to.

— Health eMoms participant



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community activities that support **Referral and Coordination Strategy**

- **Identify providers and organizations that are asking families about behavioral health and psychosocial needs**
- **Get to know the resources in your community across the Perinatal Continuum of Care**
 - Resource hubs like [Parents Thrive Colorado](#) are a good place to start
 - Get to know Postpartum Support International Coordinators that serve your community and refer to them for the most up to date information about providers and other services

”

I really wish that I had been better informed about resources for postpartum depression or anxiety. I couldn't recognize the symptoms in myself and it affected my relationship with my spouse and my confidence in my mothering abilities.

— Health eMoms participant



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community activities that support **Referral and Coordination** Strategy, cont.

- **Identify resources that are missing or difficult to access in your community**
 - Often families are the best source of information about gaps in the community
- **Create mechanisms for cross-agency coordination and referral**
 - Create opportunities for service agencies in your community to get together to build relationships and promote coordination

”

I still believe more attention should be paid to the mother (particularly her mental health)... Therapy should be recommended more readily If the mother communicates the need or reports anxiety, even if she does not technically meet the criteria for postpartum depression.

— Health eMoms participant



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community activities that support **Policy and Advocacy** Strategy

- **Talk to families about the barriers they face** to wellness and identify barriers that could be eliminated by changes in policy at the organizational, local, or state level
- **Train families as advocates** or connect families with existing advocacy training programs such as [Colorado Maternal Mental Health Collaborative and Framework and 2020 Mom](#)

”

I think the care and support I received was as beneficial as it could be. I think moms need to be given Medicaid for longer than the first 60 days of a child's life as the mom's health and well-being both physically and mentally is just as important to the baby's well-being as their own health.

— Health eMoms participant



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community activities that support **Policy and Advocacy** Strategy, cont.

- **Identify resources that are missing or difficult to access in your community**
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— Health eMoms participant



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community Action Plan: The following activity allows you to think about how perinatal mental health is being addressed within your community. In this activity you will:

- Identify which strategies your community is implementing well and those you could improve
- Think about the role your community coalition can play in supporting your community to implement the strategies
- Consider next steps for action

The Action Template encourages communities to think about immediate next steps they can take to move toward implementing one or more cross-cutting strategies. Denver Public Health and Tri-County Health Department are available to provide ongoing assistance or connect you to other resources to help you move through the process of implementation.

[Community Action Plan](#)



Communities, Coalitions and Systems: Applying Cross Cutting Strategies, cont.

Community Assessment: The Perinatal Continuum of Care challenges providers, organizations, and communities who interact with perinatal families to Show Support and Be an Advocate. The following self-assessment encourages you to reflect on the ways your community is embracing opportunities to support perinatal mental health.

[Community Assessment](#)





Communities, Coalitions and Systems

Next Steps

We all have a role to play in supporting perinatal mental health. The Perinatal Continuum of Care challenges providers, organizations, and communities to think of every touchpoint with a perinatal family as an opportunity to promote mental health and well-being during the perinatal period. Health eMoms data demonstrate the need to increase opportunities for families to connect with health care providers, mental health supports, and informal social supports, with a focus on families of color.

The cross-cutting strategies provide a way to think about interventions that will support perinatal mental health within and across service sectors. The self-assessment and action planning components of this toolkit have inspired new ideas and next steps to move forward on the journey to embrace the role you play in supporting perinatal mental health.



Communities, Coalitions and Systems:

We are committed to learning from you about how applying the Perinatal Continuum of Care Framework has impacted your practice, the families you serve, and the community. We look forward to following up with you in the next 4-6 weeks to see how you have put your plans into action.

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Jessie Reeder

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RESOURCE HUB

Resource Hub

Health Equity and Cultural Competence

[Enhancing Cultural Competence | Community Tool Box \(ku.edu\)](#)

This toolkit aids in assessing and enhancing cultural competence in your organization or community effort.

[A Toolkit to Advance Racial Health Equity in Primary Care Improvement \(chcf.org\)](#)

This toolkit is designed to help those who provide, pay for, or support primary care translate their commitment to racial health equity into reality.

Data

[Health eMoms survey data | Department of Public Health & Environment \(colorado.gov\)](#)

The Colorado Department of Public Health and Environment's Health eMoms program is an online, longitudinal data collection system that draws a monthly sample of postpartum people from live birth certificates and recruits participants by mail to join an online survey platform. Enrolled participants receive a total of six online surveys by email and text message from shortly after they give birth up until their child's third birthday. These data help us understand the needs and experiences of postpartum people in order to develop and improve programs and policies that address these needs. At publication of this Toolkit in Fall 2021, data are available from the first four surveys (-24 months postpartum) for the 2018 birth cohort and the first two surveys (-12 months postpartum) for the 2019 birth cohort.

Resource Hub, cont.

Data, cont.

[Pregnancy Risk Assessment Monitoring System](#)

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a surveillance system designed to identify and monitor behaviors and experiences of women before, during and after pregnancy. Information is collected by surveying a sample of women who have recently given birth. The link above is specific to Colorado data gathered through PRAMS.

[Postpartum Behavioral Health Report.pdf — Google Drive](#)

This report uses Health eMoms and the Pregnancy Risk Assessment Monitoring System (PRAMS) data to describe postpartum behavioral health and access to services in Colorado.

Integrated Behavioral Health — Screening and Response

[ACOG Maternal Mental Health Depression and Anxiety Patient Safety Bundle](#)

This tool was created through the Council on Patient Safety in Women's Health Care, and covers readiness, recognition and prevention, response, and reporting/systems learning. Alongside recommendations for providers under each category, the tool offers additional resources and relevant links.

[Perinatal Mental Health | ACOG](#)

The American College of Obstetricians and Gynecologist's Perinatal Mental Health Program includes modules on conditions, screening, treatment, and educational resources.

[Colorado Children's Health Care Action Program \(CCHAP\) Perinatal Screening in Pediatric Primary Care](#)

This four module Training and Resource Toolkit provides guidance to pediatric providers to implement a standardized and effective screening for Perinatal Mood and Anxiety Disorders so that pediatricians can support parents and caregivers to be their best selves and ensure the healthy development of their patients. The course is free but enrollment/registration is required. Please note that CCHAP is transitioning its programs to the Colorado Chapter of the American Academy of Pediatrics in July 2022, so the location of this training may change.

Resource Hub, cont.

Integrated Behavioral Health — Patient Education and Self-Care

[Pregnancy Related Depression and Anxiety Symptoms Guidance and Lifestyle Tool](#)

The Pregnancy-related Depression and Anxiety Symptoms Guidance is designed for anyone who works with people in the perinatal period. This guideline assists providers with the assessment and management of pregnancy-related depression and anxiety. The lifestyle tool can be used to help patients create a plan for decreasing symptoms by increasing healthy behaviors.

[Perinatal Wellness and Self-Care Resources](#)

Parents Thrive Colorado has compiled tools, videos, blogs, and other resources to promote wellness and self-care in the perinatal period.

Integrated Behavioral Health — Medication Considerations

[Postpartum Support International Perinatal Psychiatric Consult Line](#)

The consultation line is available for medical professionals who have questions about supporting the mental health of pregnant and postpartum patients and pre-conception planning. The Psychiatric Consult Line is staffed by reproductive psychiatrists who are members of PSI and specialists in the treatment of perinatal mental health disorders. The service is free and available by appointment.

[MotherToBaby](#)

MotherToBaby offers confidential and no-cost information about medications and other exposures during pregnancy and breastfeeding by phone (866-626-6847), text (855-999-3525), email and chat. MotherToBaby offers resources for both birthing people and healthcare professionals in English and Spanish.

[MGH Center for Women's Mental Health Breastfeeding & Psychiatric Medications](#)

This informational page discusses safety regarding taking medication while breastfeeding, and offers general principles, guidelines, and recommendations. The page covers antidepressants, anti-anxiety agents, mood stabilizers, and antipsychotic agents.

Resource Hub, cont.

Integrated Behavioral Health — Child Care

[Early Childhood Mental Health Consultation | Colorado Department of Early Childhood](#)

This program provides free early childhood mental health consultation to childcare providers, parents, and other caregivers to support them in fostering the social-emotional development and mental health of the children in their care. The webpage contains information about the consultation program as well as other resources related to early childhood mental health.

Awareness and Education

[Pregnancy-related depression and anxiety public awareness campaign | Department of Public Health & Environment \(colorado.gov\)](#)

This public awareness campaign provides organizations with access to posters, fact sheets, flyers, and social-media materials designed to raise awareness and reduce stigma related to perinatal mental health. Campaign materials are available in English and Spanish. The English campaign materials were updated in 2021 and new materials can be found [here](#).

Resource Hub, cont.

Referral and Coordination

[Maternal Mental Health Referral Guidance Tool](#)

This tool was developed by the Maternal and Child Health Program at the Public Health Institute at Denver Health to provide guidance to health providers on the maternal mental health screening and referral process, including patient education on the outcome of a screen, key questions to consider when making a referral, and recommended referral practices to assure that the provider stays updated about the patient's care. The 3-page tool includes a patient-facing "prescription pad" (seen first in this link) to help patients remember referral recommendations.

[Parents Thrive Colorado](#)

This family-friendly website provides peer stories and community resources that support the mental health and well-being of Coloradans who are expecting or parenting young children.

[PSI Colorado Chapter](#)

Postpartum Support International promotes awareness, prevention, and treatment of mental health issues. The PSI Colorado Chapter page includes information about symptoms, finding the right help, and provides contact information for Colorado-based coordinators who help connect families to local resources.

Resource Hub, cont.

Policy and Advocacy

[Colorado Maternal Mental Health Collaborative and Framework](#)

This Collaborative is a centralized source for Coloradans to collaborate and accelerate progress toward improving the mental health and wellness of all pregnant and postpartum people in Colorado. The CMMHC website has specific pages dedicated to [Policy and Financing](#) and [Taking Action](#)

[2020 Mom](#)

The mission of 2020 Mom is to close gaps in maternal mental health care. They work to frame maternal mental health challenges and solutions for stakeholders and thought leaders. 20/20 Mom created opportunities for advocacy at many levels and they invite anyone who is passionate about this work to [Join the Movement](#).

[Family Leadership Training Institute of Colorado](#)

The Family Leadership Training Institute of Colorado (FLTI) is a nonpartisan, multi-sector, and community-driven collaborative focused on cultivating healthier, more inclusive communities and systems in which all Coloradans thrive. While not specific to Perinatal Mental Health, FLTI participants are supported to develop a project based on their area of passion, and perinatal mental health could be a project topic.