

# MATERNAL MENTAL HEALTH FRAMEWORK

## VISION

All expectant and new moms in Colorado are resilient and thriving, with their mental health and wellness needs prioritized and met during pregnancy and early parenting.

## HOW WE WORK

Engage • Improve  
Collaborate • Align  
Create Equity

**GOAL**  
Comprehensive, inclusive, and responsive continuum of care

**GOAL**  
Universal screening and appropriate referral

**GOAL**  
Supportive community

**GOAL**  
Maximized prevention

## STRATEGIES

**POLICY AND FINANCING**

**WORKFORCE**

**PROGRAMS AND SERVICES**

**COMMUNICATION**

**MEASUREMENT AND ASSESSMENT**

**VALUE**  
We honor and engage the expectant and new mom's experience and needs.

**VALUE**  
We partner 'with' rather than 'doing for' women and families.

**VALUE**  
We build on the strengths and acknowledge the needs of parents and children together.

**VALUE**  
We recognize the impact of larger social, environmental and economic factors.

**VALUE**  
We integrate social, emotional, and physical health.



# MATERNAL MENTAL HEALTH GUIDING FRAMEWORK

**A FRAMEWORK FOR ALL COLORADANS TO SUPPORT EFFECTIVE COLLABORATION, IMPACTFUL ACTION, AND ACCELERATED PROGRESS TOWARD IMPROVED MATERNAL MENTAL HEALTH.**

## WHY MATERNAL MENTAL HEALTH IS IMPORTANT

Supporting and prioritizing the mental health of expectant and new moms is vital to the well-being of women, children and families. Depression and anxiety represent the most common complications in pregnancy and postpartum.

## VISION STATEMENT

All expectant and new moms in Colorado are resilient and thriving, with their mental health and wellness needs prioritized and met during pregnancy and early parenting.

## CORE VALUES

We are guided by five core values...

- We partner 'with' rather than 'doing for' women and families.
- We honor and engage the expectant and new mom's experience and needs.
- We build on the strengths and acknowledge the needs of parents and children together.
- We integrate social, emotional and physical health.
- We recognize the impact of larger social, environmental and economic factors.

## GOAL: SUPPORTIVE COMMUNITY

Coloradans value the importance of maternal mental health, promoting a culture in which expectant and new moms are more likely and able to seek support.

## GOAL: MAXIMIZED PREVENTION

Communities, providers, employers, insurers, families and other key stakeholders implement emergent prevention strategies and supportive policies for all expectant and new moms.

## GOAL: UNIVERSAL SCREENING AND APPROPRIATE REFERRAL

As a routine component of care, service providers appropriately screen all expectant and new moms for maternal mental health concerns and help them navigate and access care.

## GOAL: COMPREHENSIVE, INCLUSIVE, AND RESPONSIVE CONTINUUM OF CARE

Communities, providers, employers, insurers, families and other key stakeholders establish an effective, coordinated and culturally responsive continuum of care accessible to all Coloradans. This continuum of care is aligned with the needs of expectant and new moms and their families and reduces disparities.

## STATEMENT ON EQUITY

*The Maternal Mental Health Guiding 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 wellbeing of some expectant and new moms in Colorado more than others. Achieving systemic equity ensures that all new and expectant moms have the economic, social and political power and resources needed to support their wellbeing and to make healthy decisions for themselves, their families and their communities.*

## HOW WE DO OUR WORK

### Engage

We engage a broad community and diverse stakeholders.

### Improve

We assess progress, confront challenges, reduce disparities and celebrate success.

### Collaborate

We build a strong network to leverage opportunities and resources.

### Align

We make sure our work in each area of maternal mental health supports this Framework.

### Create Equity

We actively work to build inclusive and effective systems.

## CROSS-CUTTING STRATEGIES

### Policy and Financing

Policy and Financing refers to systems-level direction and funding included in law, regulation, and administrative policy. It also includes operational decision-making, training, adoption of best practice, modifying health plan benefits and reimbursement requirements, and human resource management to support maternal mental health for all.

### Workforce

Workforce strategies encompass two distinct audiences. We must build the confidence, capability and skills to address maternal mental health needs across a variety of sectors. We must also make sure those workforce members affected by maternal mental health, directly and indirectly, receive the support they need.

### Programs and Services

Programs and Services represent the work of designing, delivering and expanding effective efforts to support the prevention, identification, assessment and care for maternal mental health. Efforts support a person-centered approach, inclusive of input and feedback from those receiving services.

### Communication

Communication involves both internal communication among those working in this space to ensure opportunities for collaboration, alignment, and education, as well as external communication to and with communities and leaders about the importance and opportunity to promote maternal mental health.

### Measurement and Assessment

Assessment is an ongoing process aimed at understanding and improving. It involves making expectations explicit and public; setting appropriate criteria and high standards; systematically gathering, analyzing, and interpreting evidence to determine how well performance matches those expectations and standards; and using the resulting information to document, explain, and improve. This requires identifying common indicators to be measured on an ongoing basis, and being aware of addressing inherent biases in the way we collect, measure and interpret data.