



CRPN

Cleveland Regional Perinatal Network

**Addressing Maternal Mental Health from a
Public Health Perspective:
Practical Tips and Community Resources**

October 30, 2019

Avril Albaugh, Project Director

MacKenzie Phillips, Program Coordinator



DISCLOSURES

No relevant financial disclosures or conflicts of interest.

LEARNING GOALS AND OBJECTIVES

1. Learn about the tools developed by the Cleveland Regional Perinatal Network (CRPN) to increase identification and referral for maternal depression.
2. Become familiar with the CRPN's network of community mental health services in Cuyahoga County.
3. Learn about the CRPN data tracking system.

BACKGROUND

- CRPN has been addressing Maternal-Child Health issues since 1975 across Region 5
- Effective 2005, the CRPN has been working within Cuyahoga County to address under-identification and treatment of depressed pregnant and postpartum women
- CRPN project incorporated into ODH/CFHS RFP (2011 – 2017) as a model of evidence -based practice and duplicated in other Ohio counties
- Supported entirely through grant funds
- University Hospitals Cleveland Medical Center – fiscal agent and provides in kind support, office space



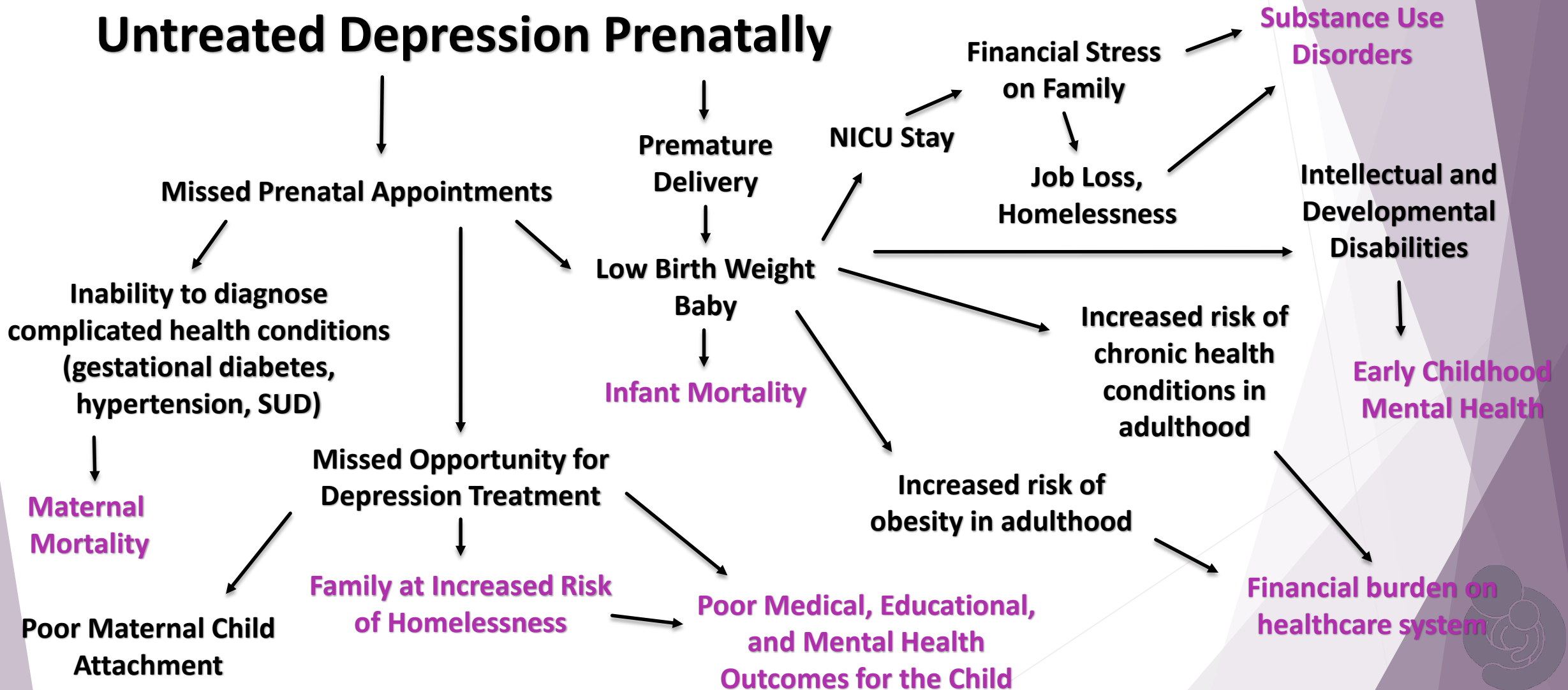
IDENTIFYING THE PROBLEM IN CUYAHOGA COUNTY- 2002

- **Reluctance** to screen
- **Inconsistent** screening
- **Knowledge** of resources
- **Lack** of perinatal mental health services
- **Poor** referral mechanism
- **Wait time** for appointment between 2-3 months
- **Follow up** non existent
- **Lack** of integration between systems
- **Stigma** unique to perinatal population

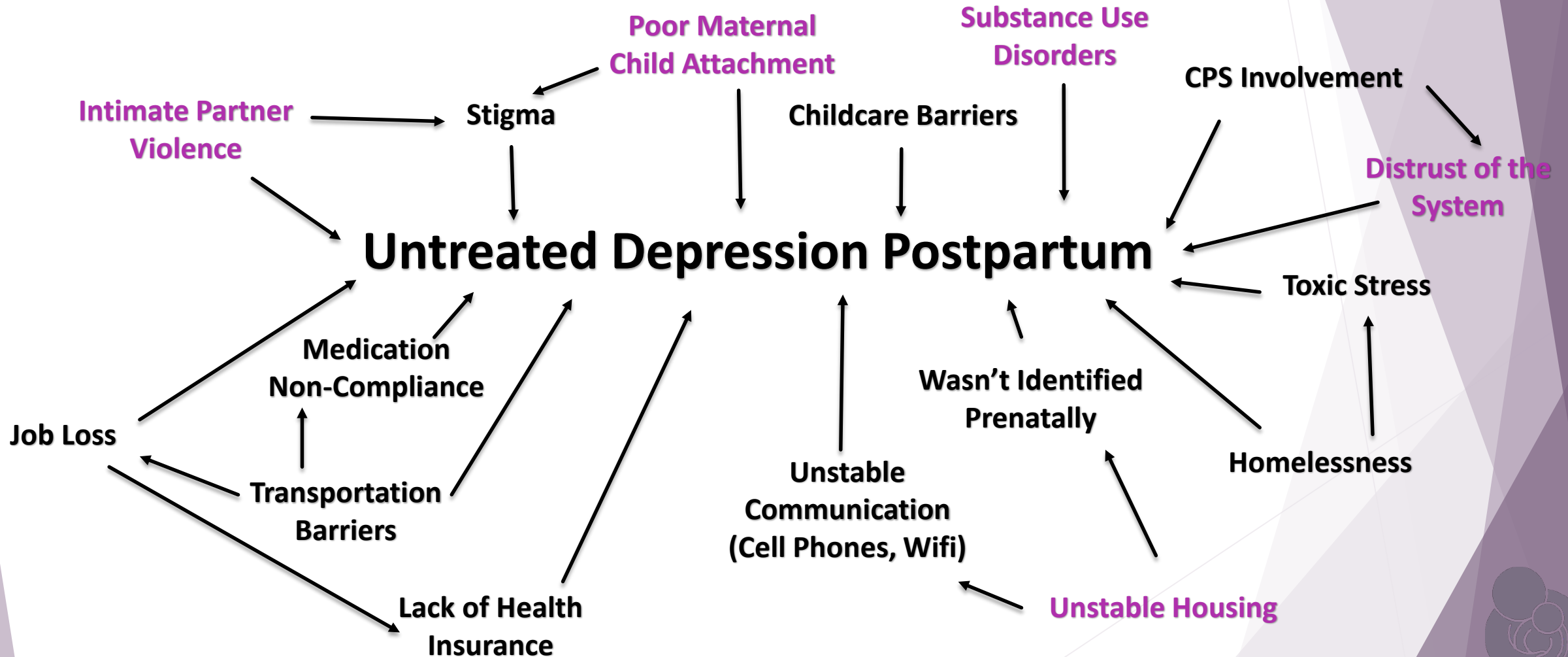


This is more than a Cuyahoga County issue.
This is a major public health challenge.

Untreated Depression Prenatally



This is more than a Cuyahoga County issue.
This is a major public health challenge.



ADDRESSING THE PROBLEM

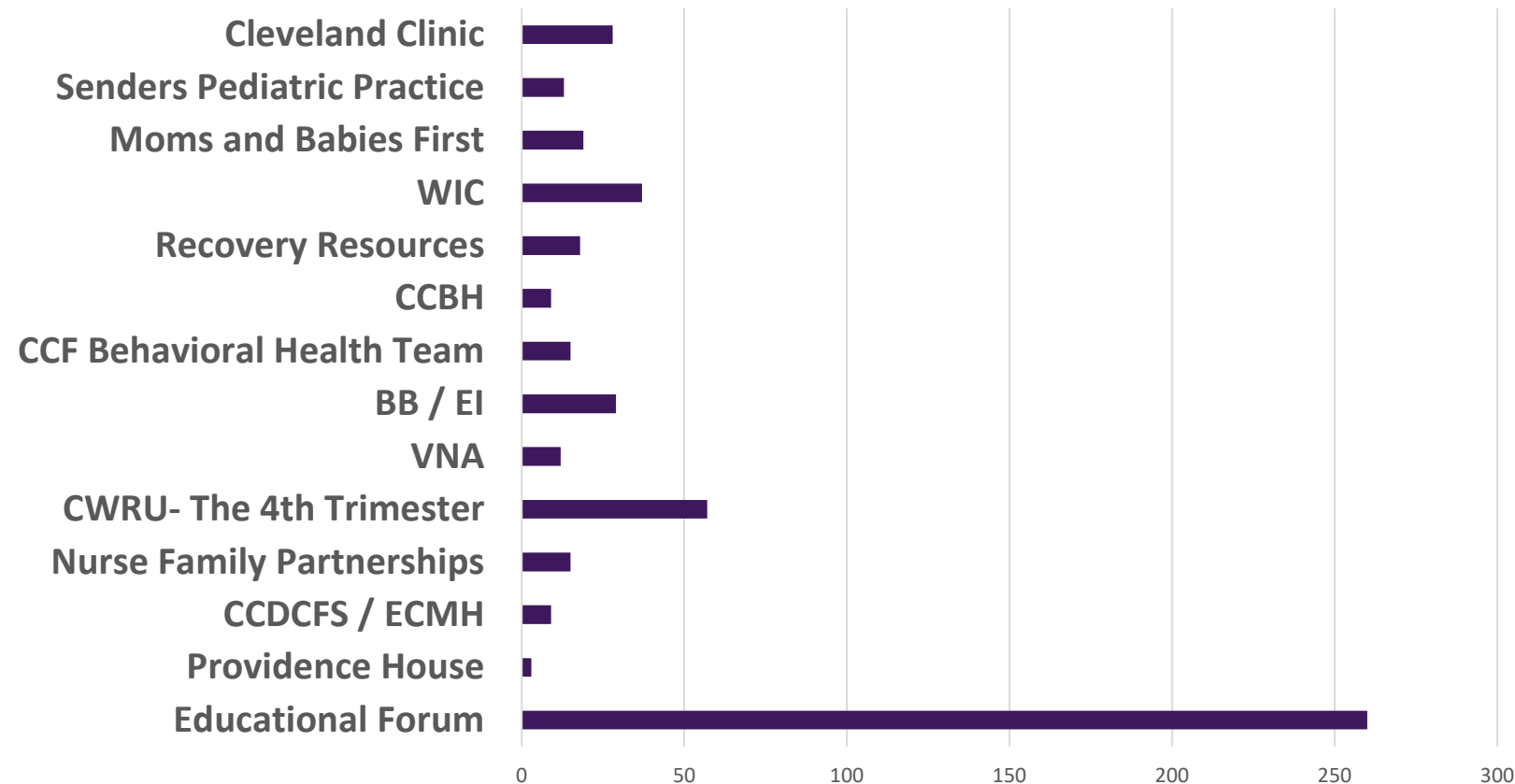
- **Provide** training and technical assistance
- **Convene** a dedicated coalition for collaboration and coordination (Cuyahoga County Perinatal Depression Task Force)
- **Develop** materials to raise awareness
- **Create** network of perinatal mental health agencies and review annually
- **Maintain** data tracking system
- **Provide** care coordination to referring providers
- **Serve** as conduit between community agencies and healthcare institutions



Addressing the Problem

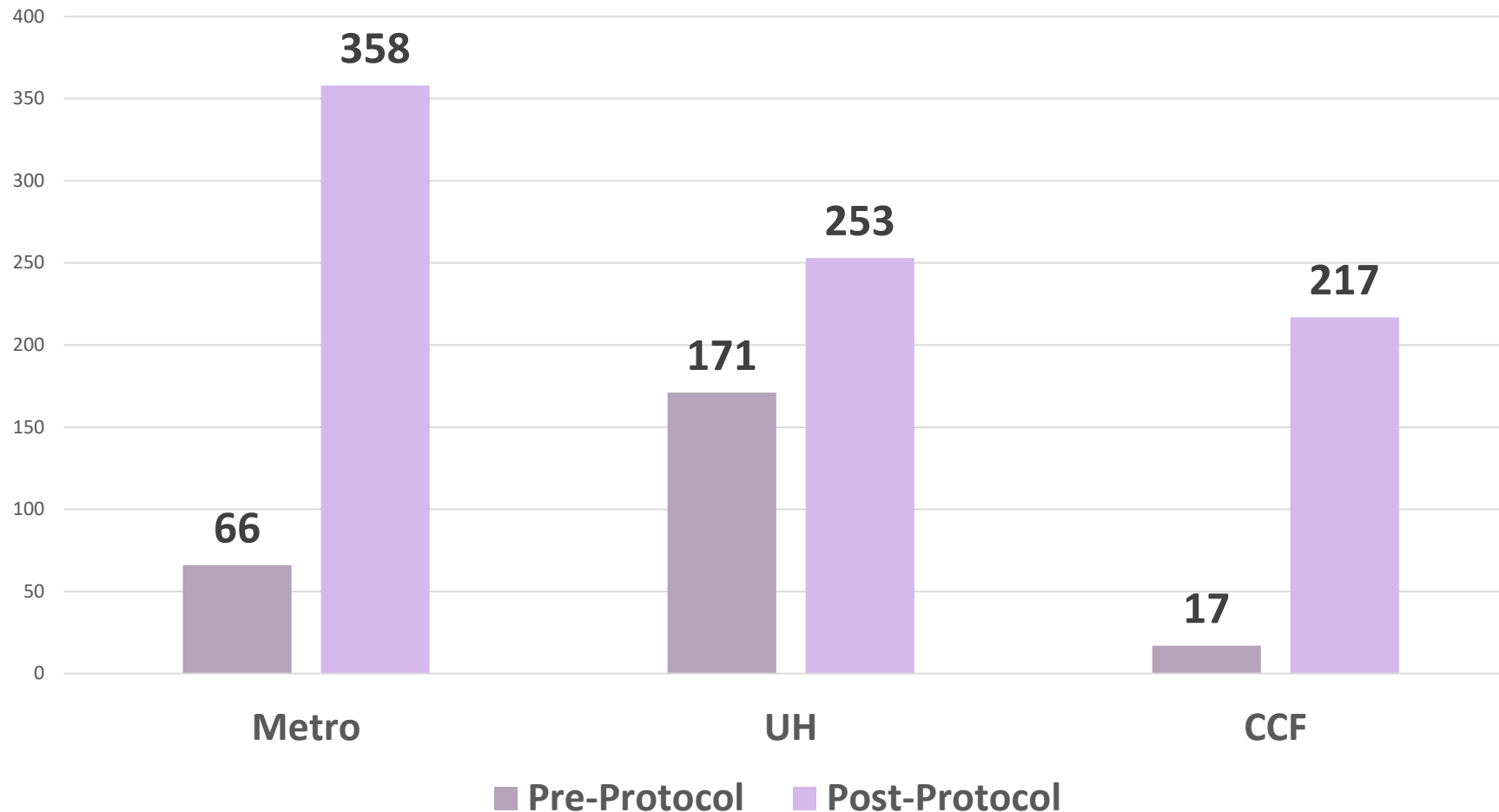
- u 1. Provide training and technical assistance
 - u Free on-site training to healthcare and community providers to identify and refer for maternal depression since 2005

2018 Trainings & Education N=382

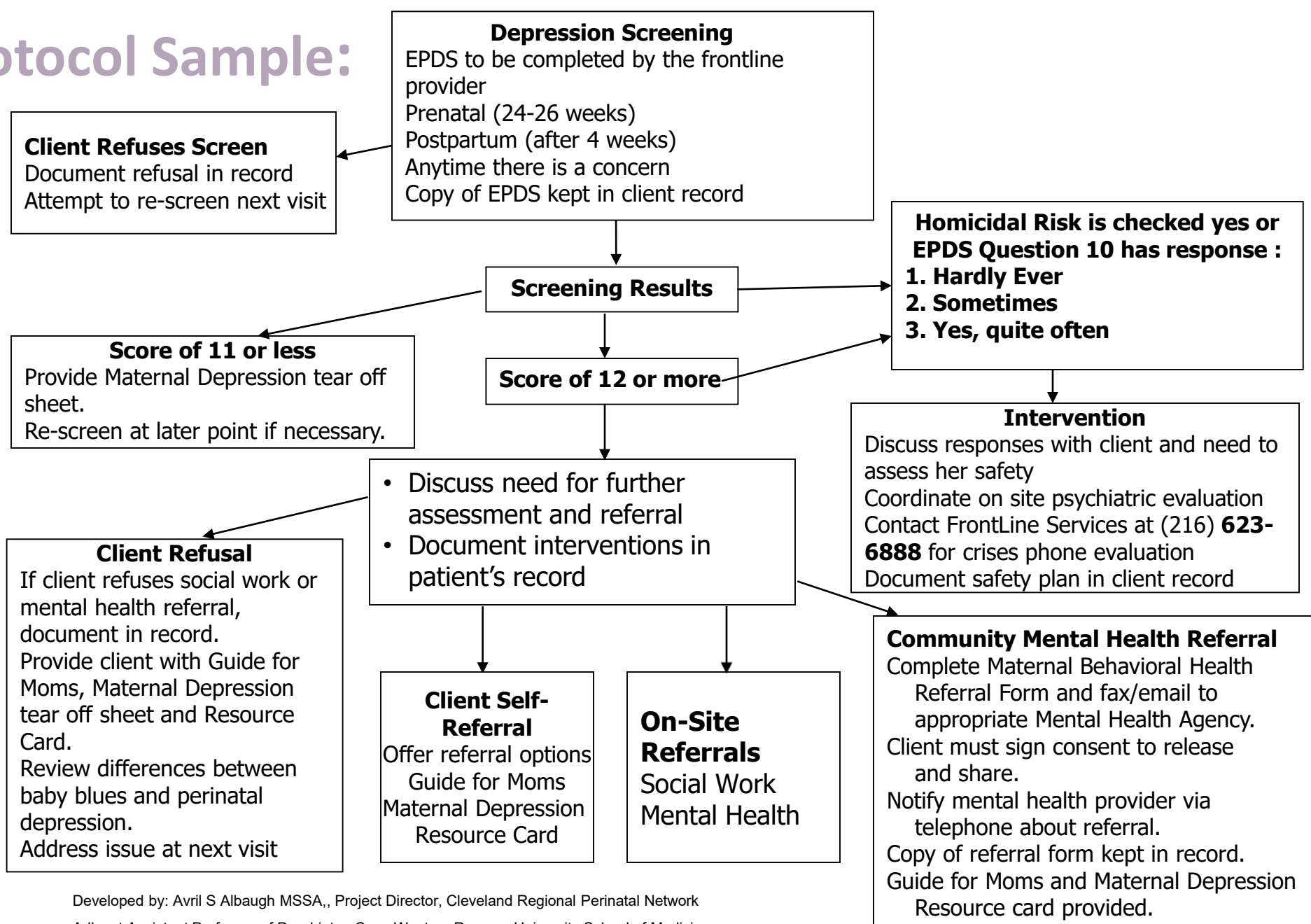


u Development of agency specific carepaths

Training the major hospital systems to implement universal screening and referral protocol resulted in massive uptick in identification of women experiencing possible perinatal depression.







CRPN Protocol Sample:

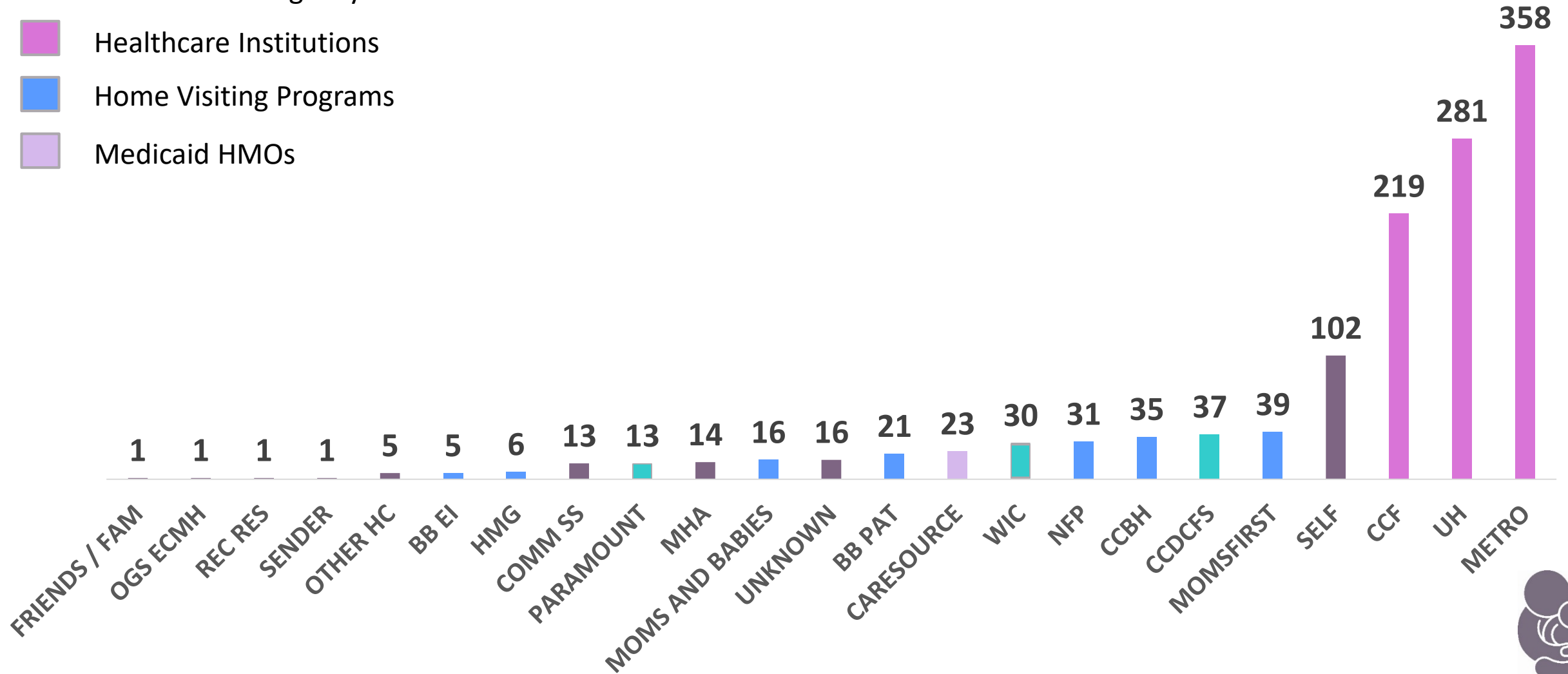


2018 Referral Sources

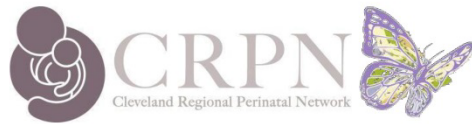
N=1,268

Trained Agencies with Protocol

-  Social Service Agency
-  Healthcare Institutions
-  Home Visiting Programs
-  Medicaid HMOs



u Referral system developed to enhance access to services



Maternal Behavioral Health Referral Form

****Please complete front of form and fax/email to provider selected on page 2 of the form****

For questions or more information about the Cleveland Regional Perinatal Network, call (216) 844-3391 or email CRPN Project Director at Avril.Albaugh@UHHospitals.org
2019 Version This form may be reproduced.

Date _____ Agency Referred to _____ Fax _____ (see reverse side)
Patient Name _____ DOB _____ SS# _____
Address _____ City _____ Zip _____
Phone _____ Alt Phone _____ Can we leave a message? ☐ Y ☐ N
Insurance Info. _____ Policy # (if available) _____
Marital Status _____ Currently Pregnant? ☐ Y ☐ N If yes, due date _____
If not currently pregnant, infant DOB: _____
Reason(s) for Referral: _____

Does client prefer in home or office based services?

In Home ☐

Office Based ☐

Edinburgh Score: _____ Suicidal Risk: Y ☐ N ☐ Homicidal Risk: Y ☐ N ☐
Current Medication List: Name Dosage Route Frequency

Referring Provider Phone (in case mental health agency needs add'l information): _____
Referring Provider Name _____ Ref. Agency _____
Ref. Provider Email _____
Referring Provider Fax _____ **(Feedback will only be provided via fax or email)**

I authorize the Referring Provider named above and the participants of the CRPN to mutually disclose my personal, demographic, social, physical and mental health assessment, insurance, and appointment information for the purpose of coordination of care, treatment and services. This authorization is valid for one year from the date it is signed unless an earlier date or event is written here: _____ I understand that I may revoke this authorization at any time by submitting a dated and signed written request to the Privacy Officer of the Referring Agency. I understand that the revocation will not apply to information that has already been released in response to this authorization. I also understand that information used or disclosed according to this authorization may be subject to redisclosure by the recipient and may no longer be protected by law. My failure to sign this authorization may result in my information not being released. My failure to sign this authorization will not limit my access to treatment or other services.

Patient/Legal Representative Signature _____ Date _____

Patient / Legal Representative Printed Name _____ Phone _____

Description of Authority for Legal Representative _____

Community Behavioral Mental Health Agencies in Cuyahoga County with specific programs for pregnant and postpartum women. 2019 Version
Please contact the agencies below for more specific information on services available.

Bellefaire, JCB

www.bellefairejcb.org

Healthy Moms, Happy Families: Office based services. Services covered by Medicaid and select commercial insurance providers. East side office location.

Phone Intake: 1-800-879-2522

Fax Intake: 216-932-8520

Email: intake@bellefairejcb.org

Signature Health Inc

www.signaturehealthinc.com

Women's Program: In home or office based services. Services available for uninsured as well as Medicaid and Medicare. West side and East side office locations.

Phone Intake: 216-831-6466 x 11232

Fax Intake: 216-766-6086

Email: bw-access@shinc.org

Far West Center

www.farwestcenter.com

Help for Mom Program: Office based services. Services available for uninsured as well as Medicaid, Medicare, and select commercial insurance plans. West side office location.

Phone Intake: 440-835-6212 x 230

Fax Intake: 440-835-6231

Email: intake@farwestcenter.com

OhioGuidestone

www.OhioGuidestone.org

Maternal Depression Program: In-home and office based services. Services covered by Medicaid and select commercial insurance plans. East and West side office locations.

Phone Intake: 440-260-8300

Fax Intake: 440-260-8575

Email: intakegroup@OhioGuidestone.org

Applewood Centers Inc.

www.applewoodcenters.org

Supportive Options and Resources for New Moms: In-home and office based services. Services covered by Medicaid and select commercial insurance providers. West side office location.

Phone Intake: 216-452-1153

Fax Intake: 216-521-6006

Email: intake@applewoodcenters.org

FrontLine Service Mobile Crisis

Phone: 216-623-6888

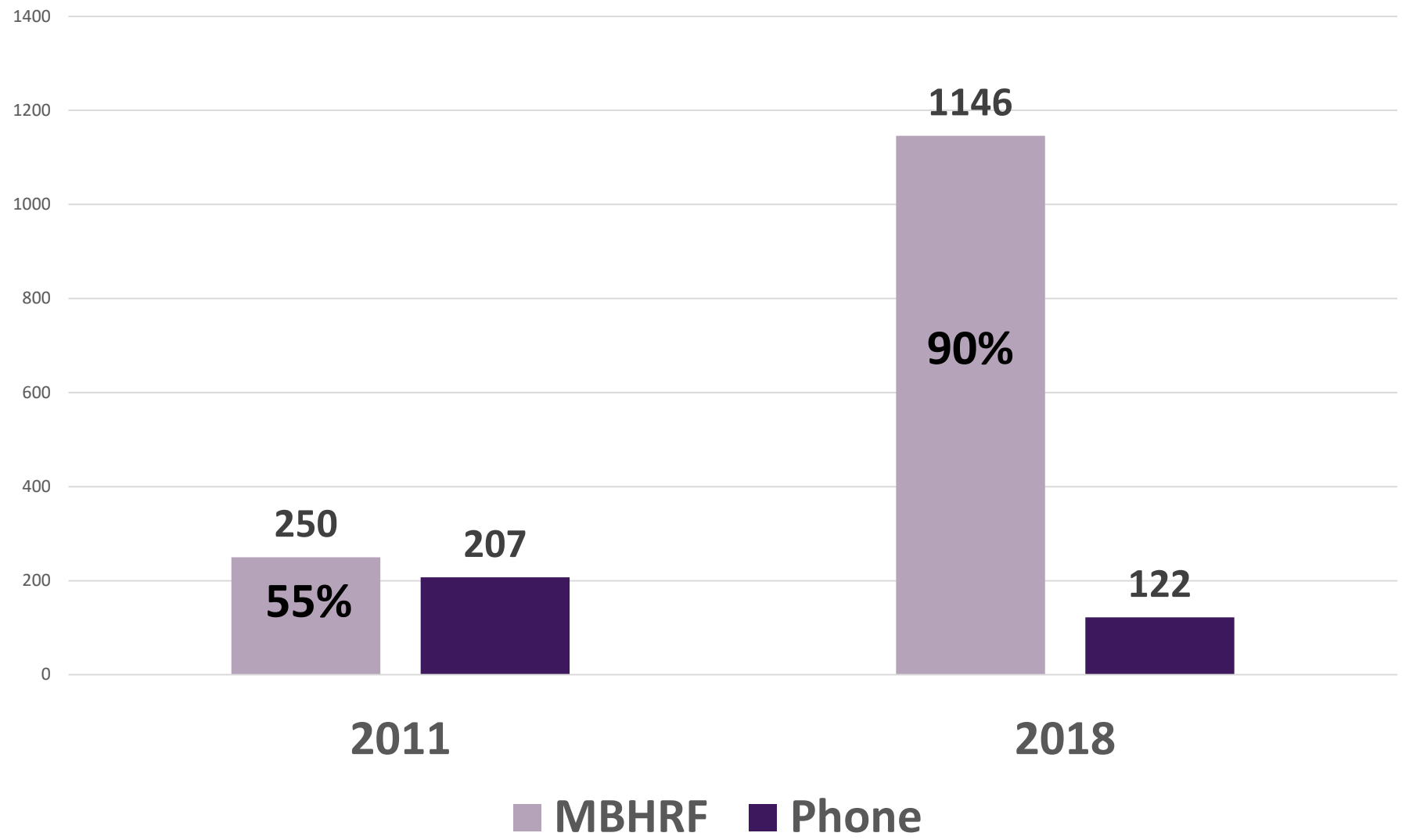
24 hour Hotline Crisis intervention and suicide hotline. Information, assessment and referral.

Note: List above is for Medicaid, Medicare, and Commercial Insurance. Commercial Insurance may require prior authorization from insurance carrier and referral to specific mental health providers. This does not represent a complete list of community mental health agencies.

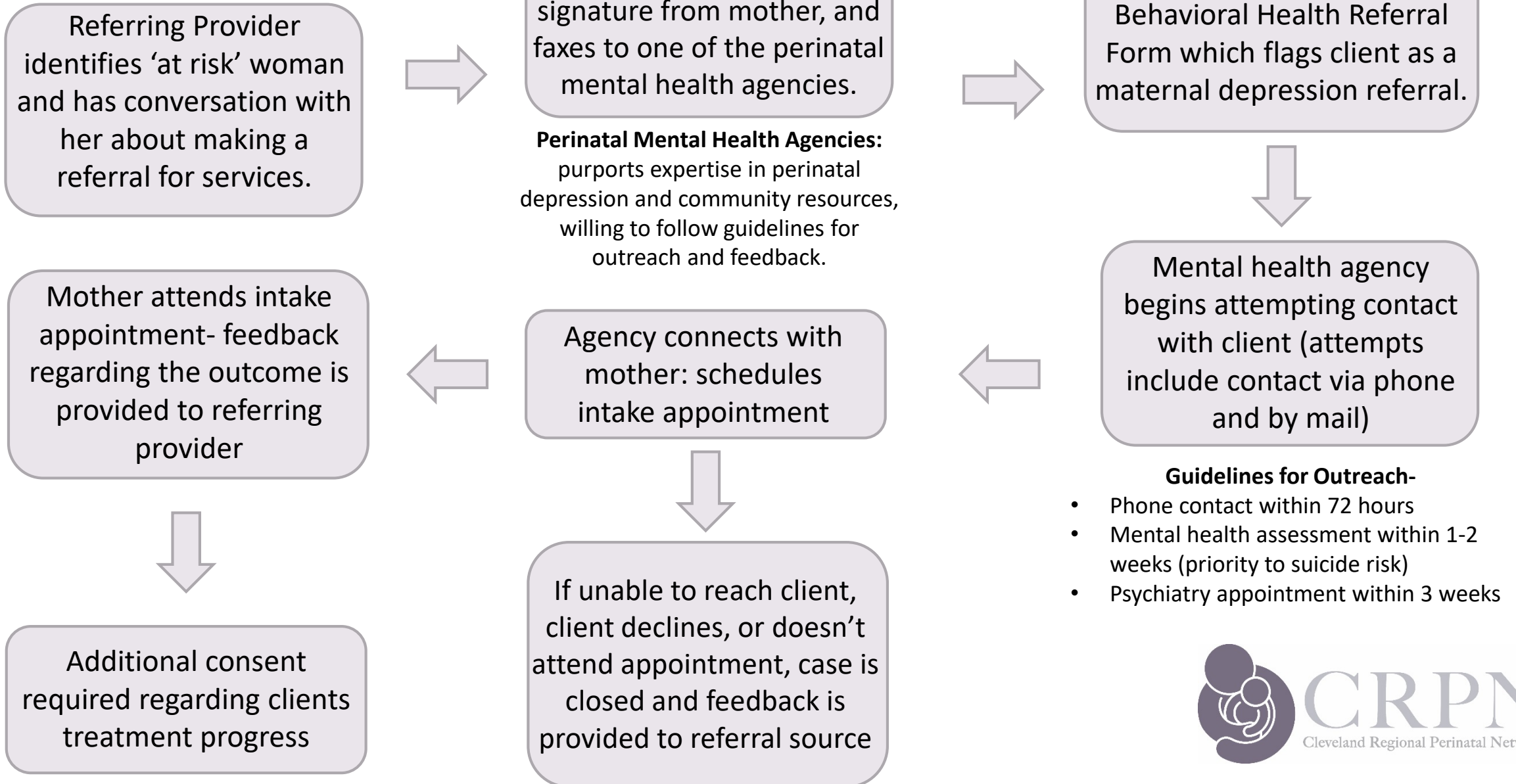
For more listings call First Call for Help at 211 or 216-436-2000.



u Streamlined approach to making referrals can be contributed to the development of the Maternal Behavioral Health Referral Form



Screening and Referral Flowchart



Addressing the Problem


- u 2. Convene a dedicated coalition for collaboration and coordination (Cuyahoga County Perinatal Depression Task Force)
 - Developed in 2005
 - Meets quarterly
 - Comprised of stakeholders from all major healthcare institutions, home visiting programs, HMOs, community mental health agencies, social service agencies, and local ADAMHS board.
 - Purpose: address gaps and barriers with identification and current referral and intake system
 - Goal of overcoming barriers as a collaborative group



Addressing the Problem

u 3. Develop materials to raise awareness

If it's more than the
“Baby Blues” there’s help.



Every new baby deserves a happy start.
Talk to your doctor or health care provider.



Lately I feel ...

angry
hopeless
stressed
irritable
sad
depressed
overwhelmed



Maternal Depression
Resource Card

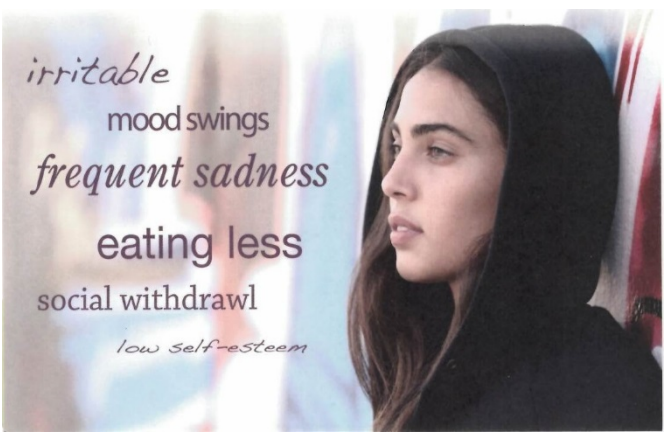


A Guide for Moms
Resources for mothers-to-be
and mothers of young children

*Because giving mom an
extra hand can help
her adjust better.*

Guide For
Moms

*irritable
mood swings
frequent sadness
eating less
social withdrawal
low self-esteem*



Child-Adolescent Resource Card

Maternal Depression
Poster

*Left untreated, Maternal Depression can affect a whole family.
Here's how.*

KNOW THE SYMPTOMS
Do you feel distant from your baby, your
baby's father, your family and friends?
Have you noticed a change in your mood
and your level of interest in things?
Are you having trouble sleeping, even when
your baby is asleep?
Are there changes in your appetite?
Are you having trouble emotionally out,
frustrated or angry?
Are you thinking about things?
Do you have disturbing thoughts that repeat over
and over?
Are you having trouble getting on and
over?

**KNOW THE BENEFITS OF
GETTING HELP NOW**
Depression during and after childbirth
can and should be treated.
Studies show that depressed moms
who get treatment have better
mother-child bonding. They are
more successful at breast feeding
than depressed moms who don't get
help and their baby's mental and
emotional development benefits as
well.

There are lots of options for treating
your depression including medication,
talk therapy, support groups and more.
So talk to your doctor or other health
care provider.

CRPN
Cleveland Regional Perinatal Network

Maternal
Depression Tablet

**It's important for parents to spot the mental health needs
of children and teens early.**

Does your child...

- feel worried or angry often?
- use alcohol or drugs?
- spend less time with friends or family than they
did in the past?
- have trouble eating or sleeping?
- feel strong grief for a long time after a death or
loss?
- fight with friends or family?
- hurt others or destroy property?
- have thoughts of hurting themselves or other
people?
- feel as though his or her life is out of control?

There is help available.
Call one of the agencies below for more information.

Appelwood Centers 216-741-9241 x 1363
2318 W. 25th St., Cleveland
www.appelwoodcenters.org

ReliefCare, ACD 216-831-6466 x 232
22201 Fairmount Blvd., Shaker Heights OH
www.reliefcare.org

Connections 440-960-8300
21201 Chagrin Blvd., Broadwood OH
www.connections-cleveland.org

OhioGuidestone 440-960-8300
3660 Carnegie Ave., Cleveland OH
www.ohioguidestone.org

CRPN
Cleveland Regional Perinatal Network

Child-Adolescent Tablet



Addressing the Problem

- u 4. Create network of perinatal mental health agencies and review annually



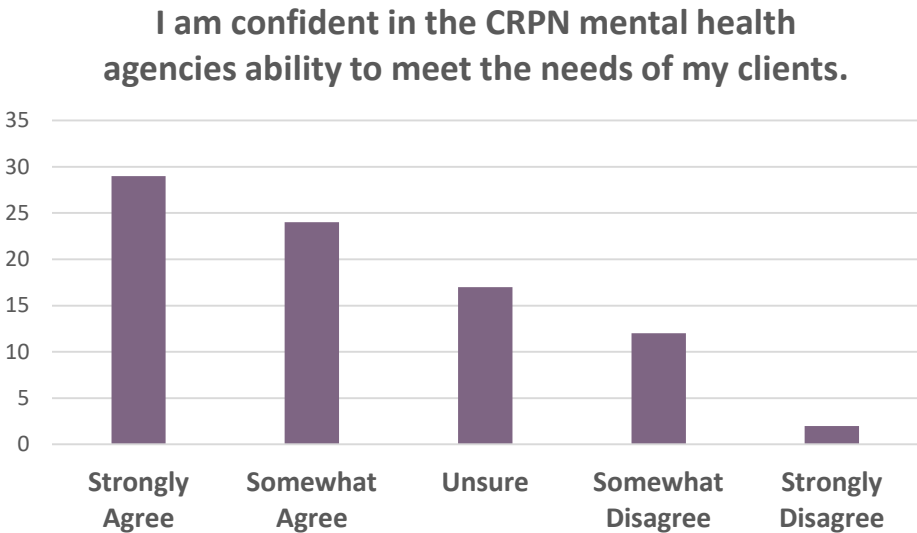
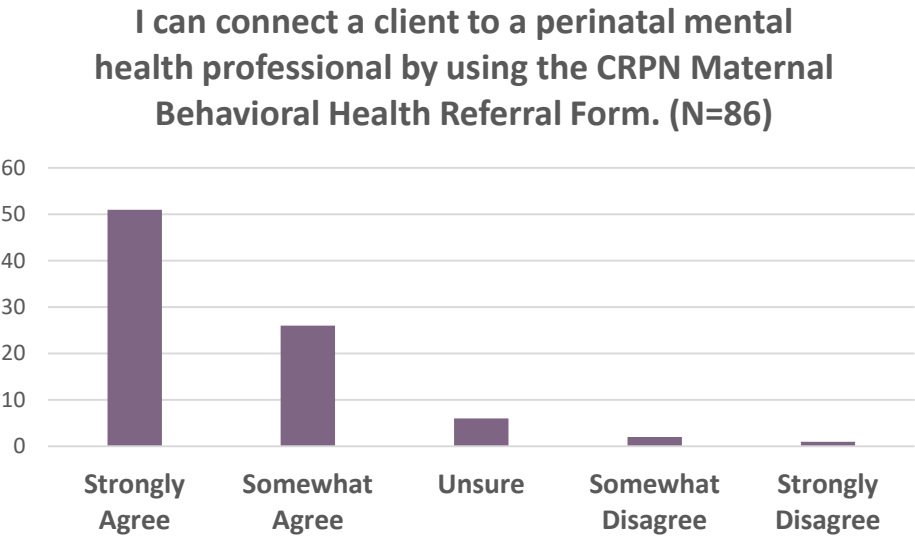
Signature[™]
HEALTH



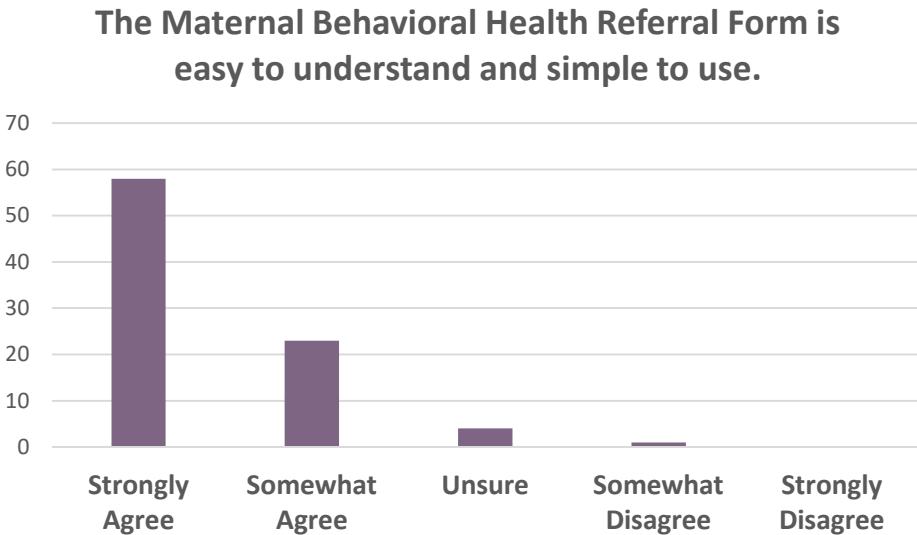
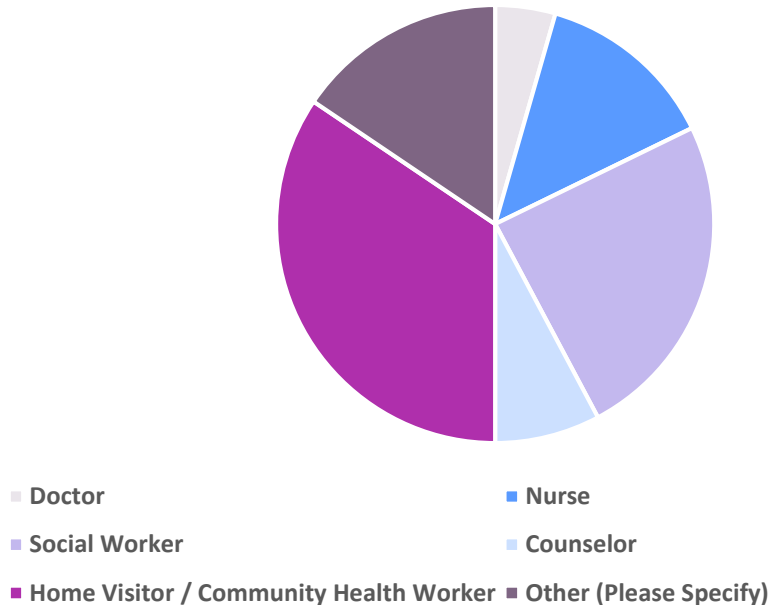
Bellefaire JCB
for excellence... for wellness... for children



u 2019 Annual survey administered to referring providers via Survey Monkey. Results reviewed at site visits.



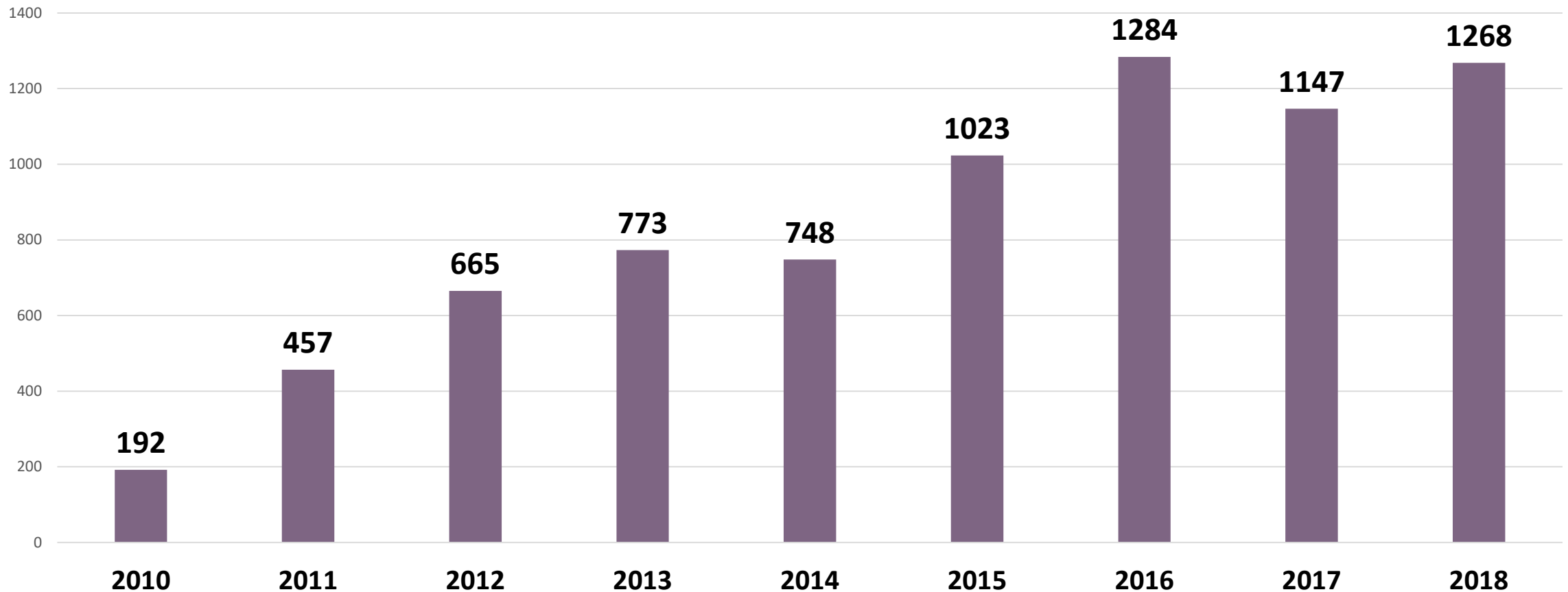
Please identify your discipline.



Addressing the Problem

- u 5. Maintain data tracking system

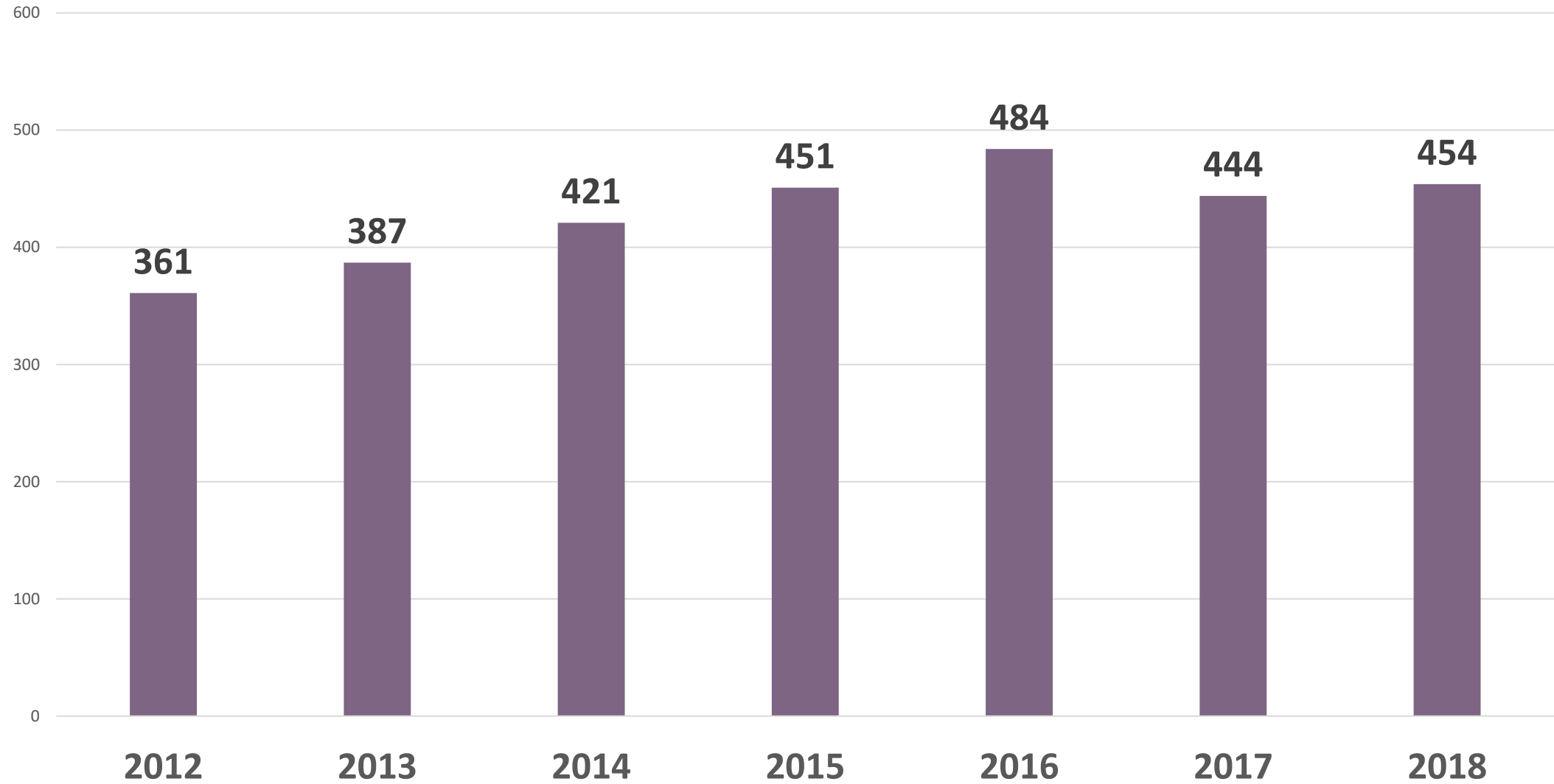
Total Referrals 2010-2018
N= 7,557



560% change 2010 - 2018

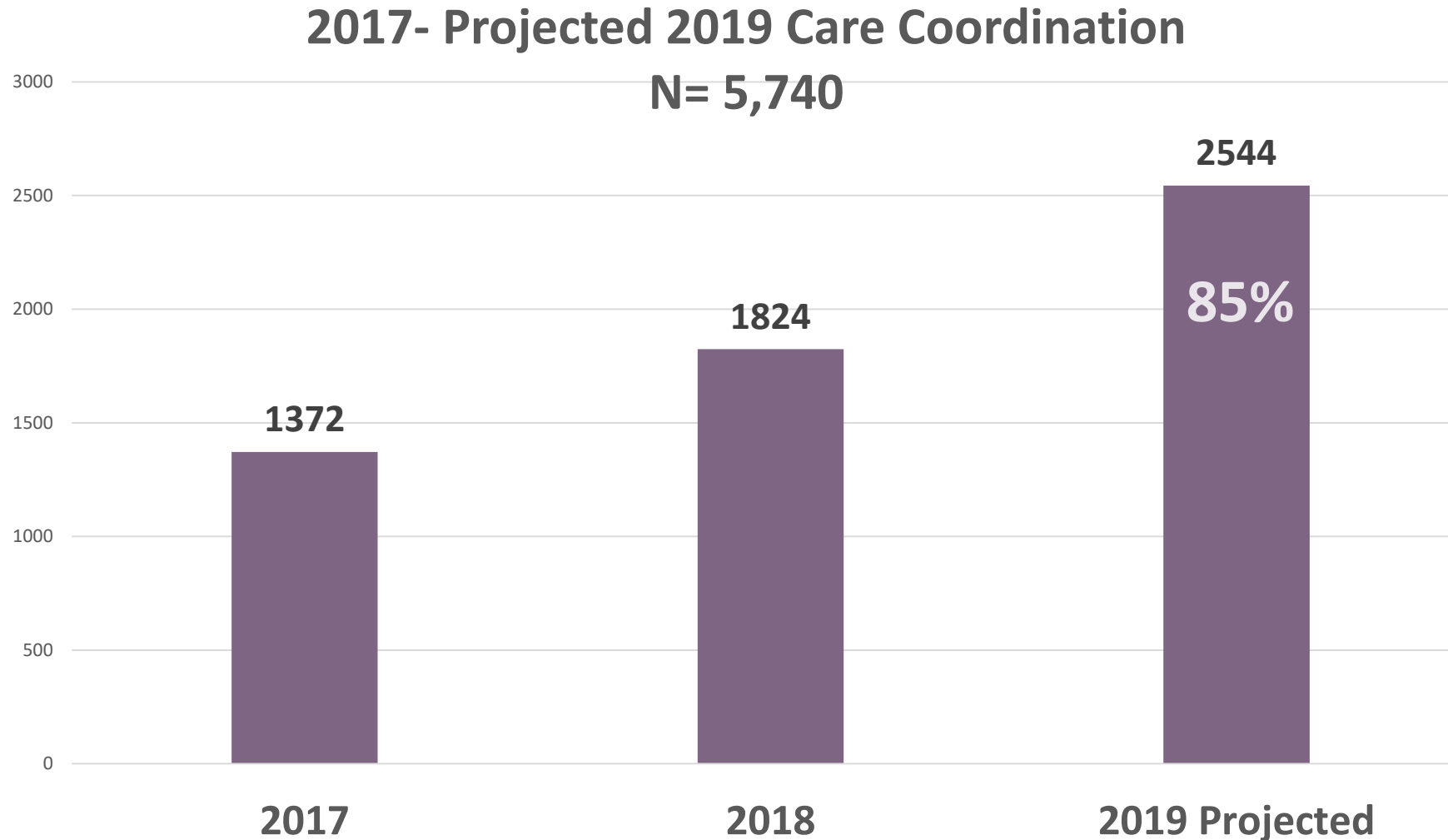
2012-2018 Total Intakes

N=3,002



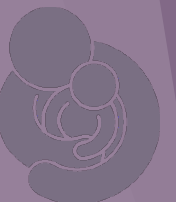
Addressing the Problem

- u 6. Provide care coordination to referring providers



Addressing the Problem

- u 7. Serve as conduit between community agencies and healthcare institutions
 - Statewide Pregnancy Associated Mortality Review committee
 - On the individual level, **maternal mental health** was an associated risk factor for approximately 1/3 of maternal deaths between 2008-2012 in the state of Ohio.
 - Cuyahoga County Fetal Infant Mortality Review committee
 - **Maternal history of mental health** problems was an associated risk factor for approximately 1/3 of prematurity related infant deaths in 2017.
 - Ohio Equity Institute for Equity in Birth Outcomes
 - Focus on training Community Health Workers and Home Visitors leading the downstream focus to screen and refer for **maternal depression**.
 - Participation on other committees including Cuyahoga County Suicide Prevention Coalition, Youth Risk Behavior Survey Advisory Committee, MomsFirst Advisory Council, First Year Cleveland Community Action Council, the Healthy Fathering Collaborative, and the ADAMHS Board Early Childhood Mental Health Providers Committee.

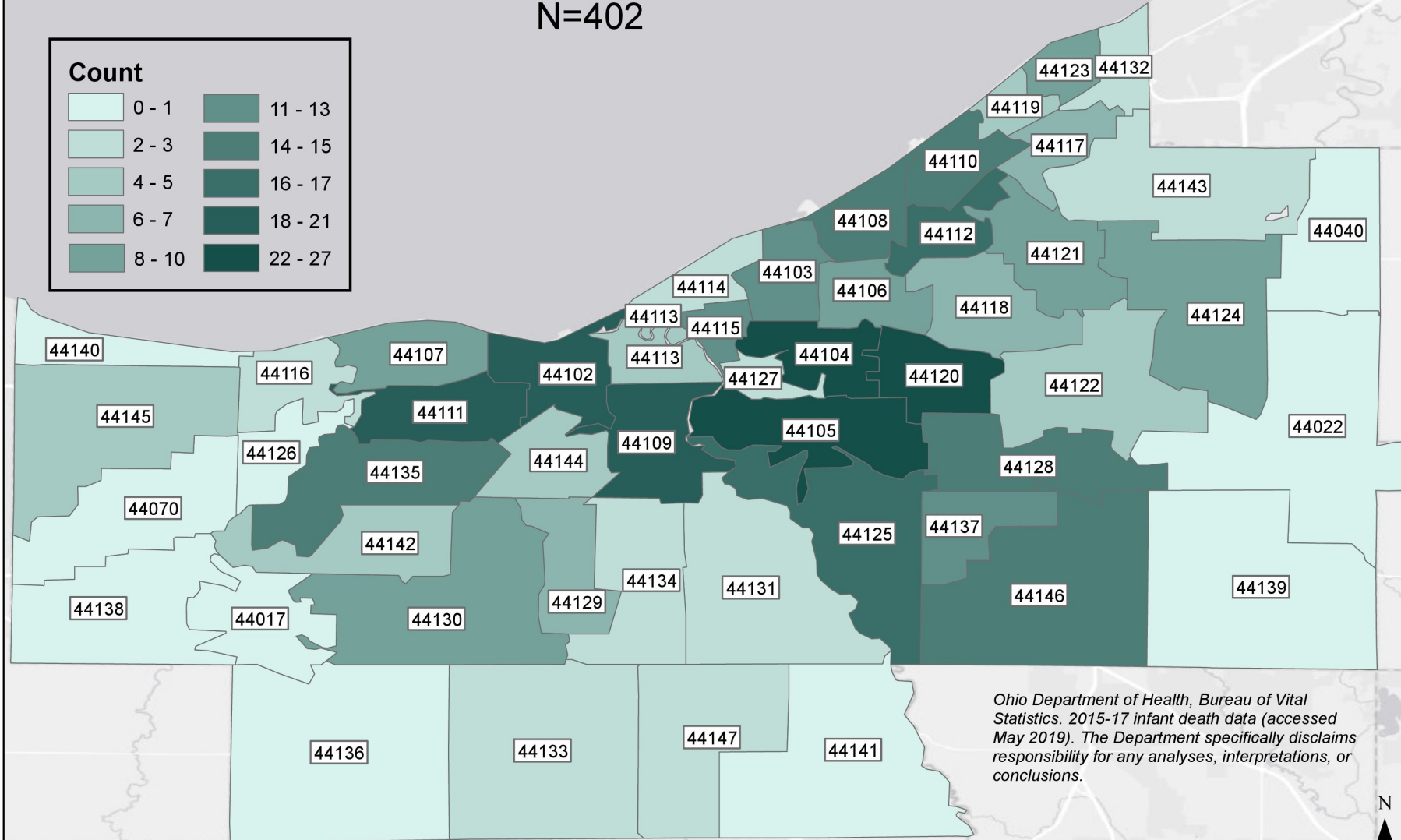
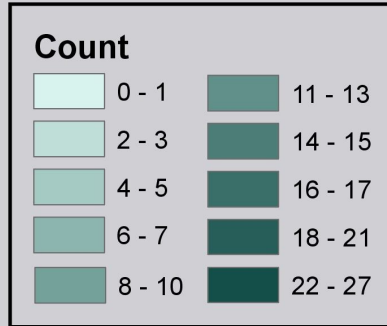


Infant Mortality by Zip Code

Cuyahoga County

2015 - 2017

N=402



Ohio Department of Health, Bureau of Vital Statistics. 2015-17 infant death data (accessed May 2019). The Department specifically disclaims responsibility for any analyses, interpretations, or conclusions.



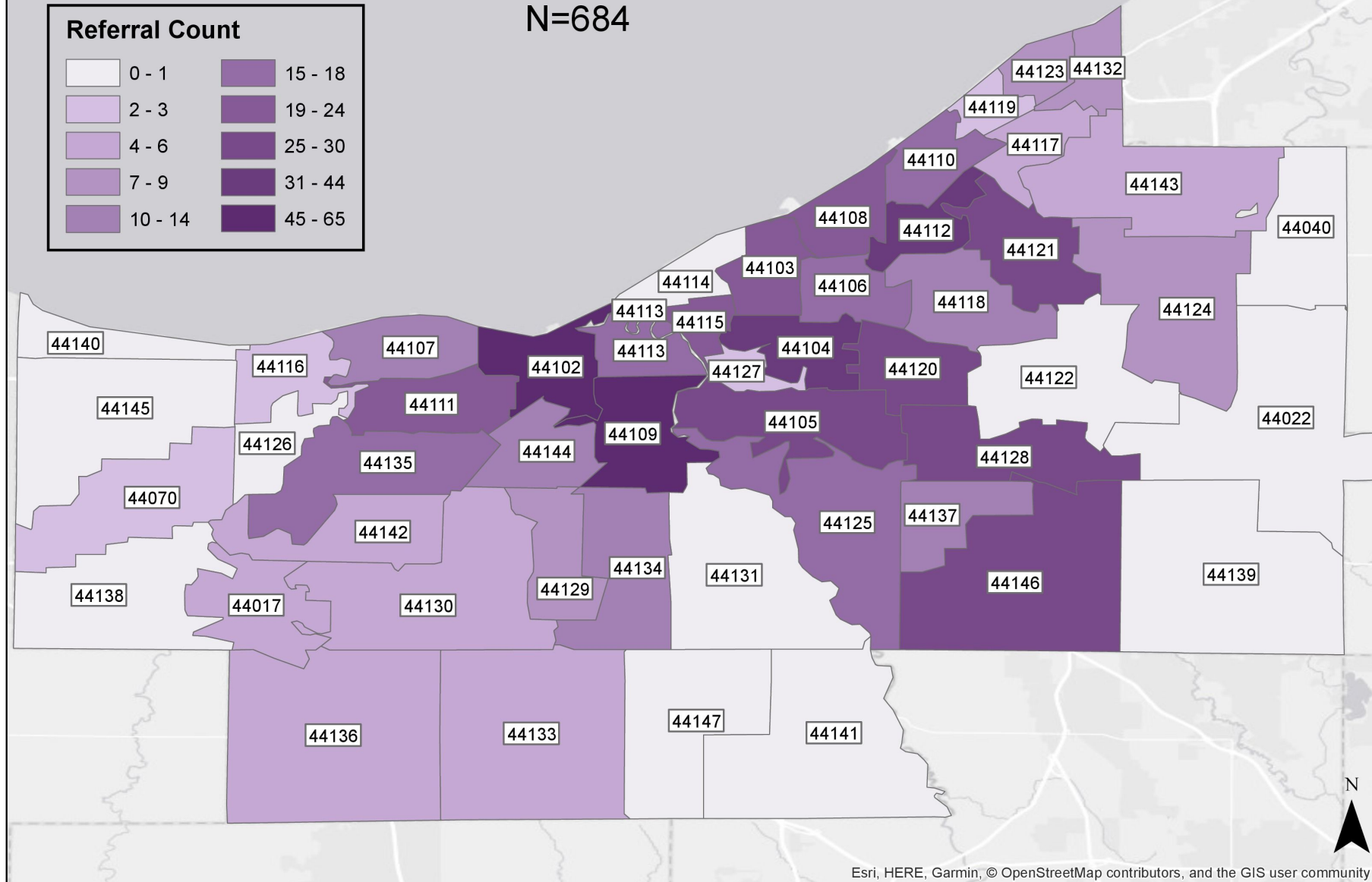
Maternal Depression Referrals by Residence Zip Code

Cuyahoga County
March - August 2019

N=684

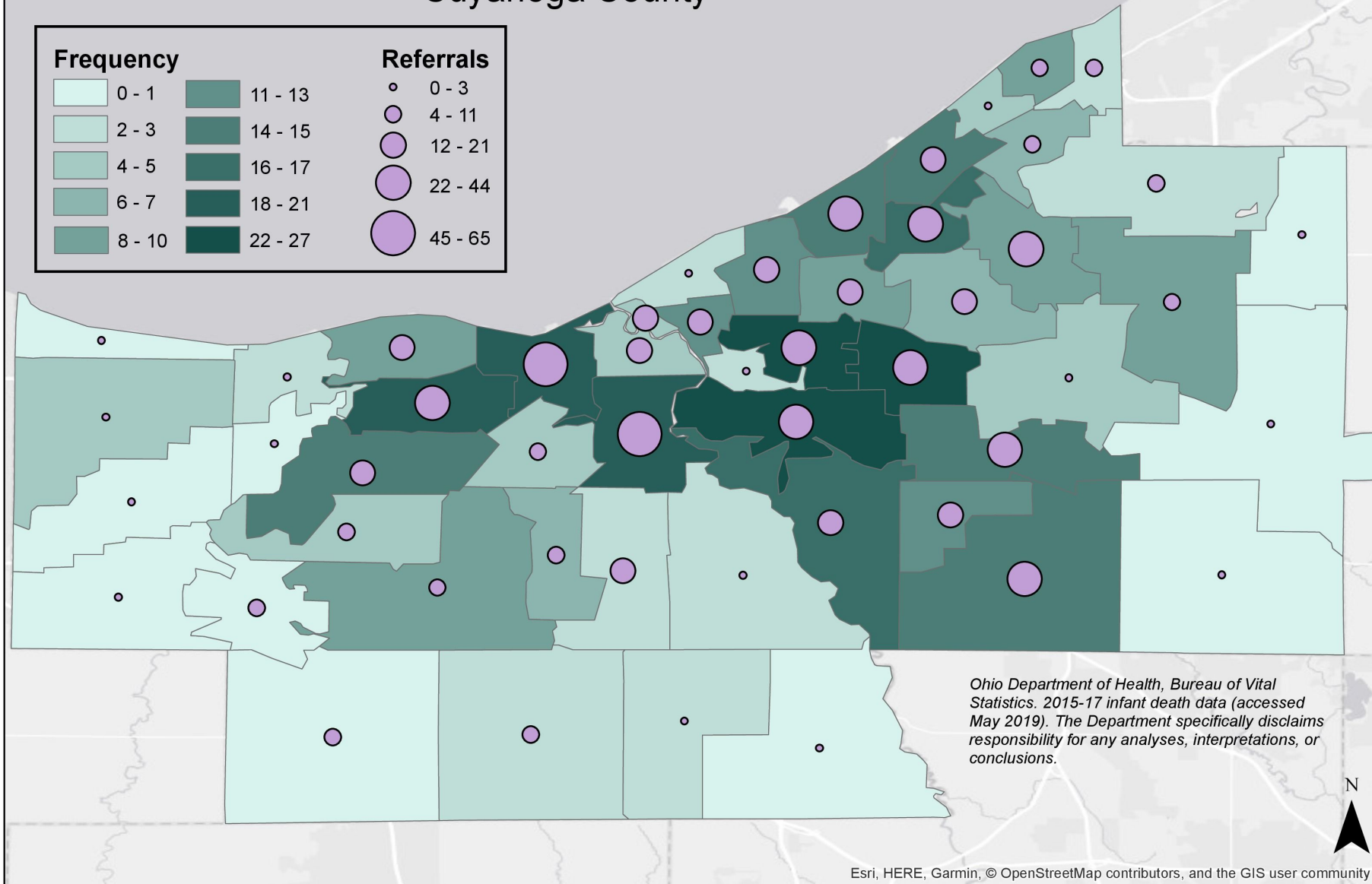
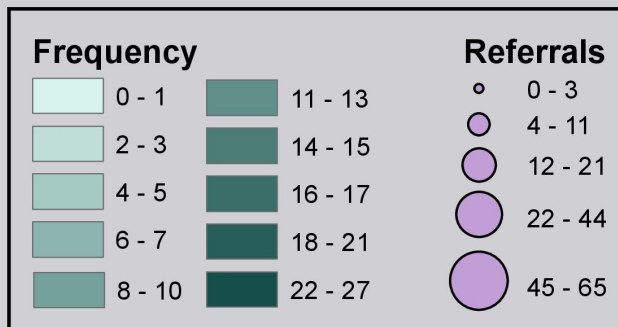
Referral Count

0 - 1	15 - 18
2 - 3	19 - 24
4 - 6	25 - 30
7 - 9	31 - 44
10 - 14	45 - 65



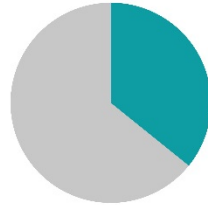
Relationship Between Frequency of Infant Mortality vs Frequency of Depression Referrals by Zip Code

Cuyahoga County





2018 NETWORK SUCCESS



454 REFERRALS OUT OF 1,268
RESULTED IN MENTAL HEALTH CARE

■ INTAKE (35.80%) ■ WITHDRAWN (64.20%)



TRAINING & EDUCATION WAS GIVEN TO



382

PROVIDERS ON IDENTIFYING,
SCREENING, AND REFERRING FOR
MATERNAL DEPRESSION

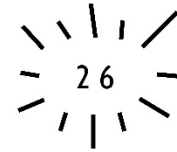
MOTHERS WERE
IDENTIFIED AT
RISK IN

35

DIFFERENT
ZIP CODES

68%

ORIGINATED FROM
METROHEALTH,
UNIVERSITY HOSPITALS,
OR CLEVELAND CLINIC
OF REFERRALS



AVERAGE AGE OF
MOTHER REFERRED
FOR SERVICES



HOME VISITING PROGRAMS
ACCOUNTED FOR

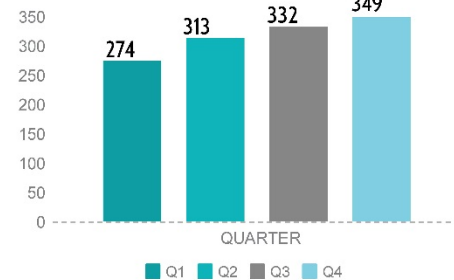
12%

OF REFERRALS



The CRPN provided care
coordination on 1,824 referrals in
2018- an increase of 33%
compared to 2017

2018 TOTAL REFERRALS N= 1,268



17,208



SCREENINGS WERE COMPLETED IN
CUYAHOGA COUNTY TO IDENTIFY
MOTHER'S AT RISK FOR DEPRESSION



Current & Future Initiatives

- u Focus efforts on addressing racial disparities in our system, particularly around treatment initiation rates, by gathering baseline data on race and ethnicity.
- u Utilize GIS mapping software to explore relationships between high risk maternal depression zip codes and infant mortality.
- u Develop higher level training (2.0) to focus on the interaction between the referring provider and client to improve intake rates.
- u Collaborative initiative with Ohio Department of Mental Health & Addiction Services to provide statewide maternal depression trainings SFY20-21 and develop regional infrastructure to establish a network of perinatal mental health providers.
- u CRPN Expansion
 - u Collaborate with perinatal mental health partner who provides Medication-Assisted Treatment (MAT) for opiate addicted perinatal population.
 - u Develop and pilot CRPN model to streamline referrals and provide care coordination for women in need of MAT program.



Questions?



Contact Information

Avril S Albaugh, MSSA

Project Director, Cleveland Regional Perinatal Network
University Hospitals Cleveland Medical Center
Adjunct Assistant Professor of Psychiatry
Case Western Reserve University School of Medicine
216 844-3391

Avril.Albaugh@uhhospitals.org

MacKenzie Phillips, MPH

Program Coordinator, Cleveland Regional Perinatal Network
University Hospitals Cleveland Medical Center
216 844-3392

MacKenzie.Phillips@uhhospitals.org

Cleveland Regional Perinatal Network

WO Walker Building
10524 Euclid Avenue, Suite 3000
Cleveland, Ohio, 44106
Website: www.crpn.net



Sources

<https://www.health.harvard.edu/womens-health/depression-during-pregnancy-and-after>

<https://www.nationalhomeless.org/factsheets/addiction.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4327901/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4151913/>

<https://www.addictioncenter.com/addiction/postpartum-depression-addiction/>

<https://www.marchofdimes.org/complications/low-birthweight.aspx>

Ohio Pregnancy Associated Mortality Review

Cuyahoga County Board of Health

