

Maternal Infant Health Program PERINATAL DEPRESSION RESOURCES FOR CONSUMERS AND HEALTH CARE PROVIDERS

It is well documented that low-income women are at much higher risk than the general population for depression and anxiety disorders. It is also clear that maternal depression can have detrimental developmental consequences for young children. Because MIHP providers work with low-income Medicaid beneficiaries, they need current, accurate information about mental health services available from Medicaid Health Plans (MHPs), Community Mental Health Services Programs (CMHSPs), and other community agencies that serve this population.

MIHP providers are encouraged to meet with MHPs and CMHSPs in their respective service areas to develop relationships and document the referral process to be used by MIHP providers when referring MIHP beneficiaries to MHPs and CMHSPs for mental health assessment and services. This includes the process to be used to access CMHSP Medicaid home-based services for children birth to 3 years, which are provided by clinicians trained in infant mental health, as well as other infant mental health services that may be offered by the CMHSP. Providers should also be aware of any infant mental services that are available from other community agencies.

The Michigan Department of Community Health (MDCH) recognizes that although some communities do have specialized perinatal depression treatment programs and/or support groups, the reality is that it is still difficult for many MIHP beneficiaries with depression to access mental health therapy. MHPs provide up to 20 outpatient visits for beneficiaries with mild to moderate mental illness. However, many women are not enrolled in MHPs until fairly late in their pregnancies and their Medicaid coverage ends about 60 days postpartum. Also, in some areas of the state, it is difficult for MHPs to find mental health therapists who will accept Medicaid. CMHSPs provide services for Medicaid beneficiaries, but only if they have severe mental illness.

In 2006, MDCH appointed a workgroup of perinatal depression experts and other stakeholders to make recommendations as to how MIHP could best assist beneficiaries who are at risk for or experiencing perinatal depression. One of the activities of the workgroup was to compile a list of perinatal depression resources for consumers and health care providers in Michigan. This list is provided below. It is posted on the MIHP web site at www.michigan.gov/mihp and is updated at least annually (in July). If you have additions or edits to this list, please send an email to Deb Marciniak at dmarcini@mphi.org.

The list is broken down into two main sections: 1) resources for consumers and health care providers and 2) additional resources for health care providers.

Resources for consumers and health care providers are categorized under the following headings:

1. Perinatal Depression Resource Guides – Michigan
2. Perinatal Depression Initiatives – Michigan
3. Postpartum Depression Support Groups – Michigan
4. Consumer Helplines
5. Web Sites
6. Web Sites Especially for Dads and Couples
7. Online and Telephone Discussion Groups

Additional resources for health care providers are listed under the following headings:

1. Health Care Provider Consultation Lines
2. Pharmacological Intervention Guidelines – Perinatal Mood Disorders
3. Web-based Training
4. Training Opportunities and Trainers – Michigan
5. Curricula
6. Conferences
7. Online Articles on Maternal Depression and Child Development

NOTE: Perinatal depression encompasses major and minor depressive episodes that occur either during pregnancy or within the first 12 months following delivery. The term postpartum depression (PPD) generally is used to indicate onset within the first 12 months of delivery.

1. Perinatal Depression Resource Guides - Michigan

Mother’s Mind Matters Mental Health Referral Network – Kalamazoo County

www.mothersmindmatters.org

List includes contact information for therapists/counselors who treat depression and the insurances they accept.

Postpartum Support International (PSI) Michigan Resource Guide

<http://www.postpartum.net/Get-Help/Support-Resources-Map-Area-Coordinator/PSI-Locations-United-States/PSI-Michigan.aspx>

Guide includes contact information for PSI coordinators, as well as resource links.

2007 Guide to Postpartum Depression Resources in Southeastern Michigan and More – Center for the Childbearing Year

<http://center4cby.com/new/wp-content/uploads/2007-guide-to-postpartum-depression-resources.pdf>

Guide includes a county-by-county list of emergency resources, hospital clinics, private counselors specializing in postpartum depression, and support groups, as well as national organizations, websites, books, and educational media.

2. Perinatal Depression Initiatives – Michigan

Kent County Perinatal Mood Disorders Coalition

Coalition of community agencies working together to provide support for pregnant women and new mothers, including support groups, counseling referrals regardless of health insurance coverage, information about depression, and resource information. (616) 391-5000.

Phone: 269-337-4510

Fax: 269-337-6376

Mother’s Mind Matters – Kalamazoo County

www.mothersmindmatters.org

A project funded by the BlueCross-Blue Shield of Michigan Foundation to promote perinatal depression screening and increase treatment capacity by:

- developing a health care provider network specializing in perinatal mood disorders
- establishing the MSU/KCMS Psychiatry Women's Behavioral Health Clinic
- providing consultation for health care and mental health care providers who treat women with perinatal depression
- providing referrals
- establishing support groups

Mother's Mind Matters
MSU/KCMS Psychiatry
1722 Shaffer Road, Suite 3
Kalamazoo, MI 49048-1633
Phone: 269-337-4510
Fax: 269-337-6376

Spectrum Health Postpartum Emotional Support Program (PESP) – Grand Rapids
www.spectrum-health.org/postpartumdepression

- Weekly evening Postpartum Depression (PPD) Support Groups.
- PPD Informational Nurse Phone line at (616) 391-1771.
- Informational PPD Packets available for mailing to West Michigan women.
- PPD Referral Team – nearly 40 mental health care providers who have been specially trained to counsel women with PPD in the West Michigan/Grand Rapids area and who have agreed to accept referrals from the Spectrum PESP.
[Download](#) a complete listing of these providers.
- *Postpartum Emotional Support Program Development Toolkit for Postpartum Depression* – A step-by-step framework available for organizations and health care institutions that wish to implement PPD support programs.

For more information on all services contact Nancy Roberts, RN, Spectrum Health Postpartum Emotional Support Program Coordinator, (616) 391-1771 or (616) 391-5000.

Upper Peninsula Maternal Emotional Support Program

<http://www.upmesp.org/>

- Screening and referral teams at Marquette General Hospital.
- Support in the hospital and after family returns home.
- Information for new moms, their families, and health care providers.

Women's Perinatal Depression Team – University of Michigan Depression Center, Women's Mental Health Program

<http://www.psych.med.umich.edu/wmh/>

The University of Michigan's Women's Mental Health Program consists of interdisciplinary clinical research, outpatient clinical care, and multidisciplinary training / education and outreach focused on mental health in women. All of these activities are inter-related in our overall mission to improve understanding, interventions and outcomes for women and their families. The Women's Perinatal Depression specialty team in outpatient psychiatry includes psychiatrists, psychologists, psychiatric nurses and social workers who specialize in research and treatment of perinatal mood disorders, as well as parent-infant interactions.

To make a clinical appointment: 1-800-525-5188

Information about the Women's Mental Health Program: Heather Flynn, PhD, Director, and Lucy Allbaugh, Coordinator at (734) 615-3579
Rachel Upjohn Building

4250 Plymouth Rd.
Ann Arbor, MI 48109-5763

3. Postpartum Depression Support Groups – Michigan

Location	Sponsor	Contact
Ann Arbor	Postpartum Support Group of the Greater Ann Arbor Area	(734) 418-2683
Battle Creek	Battle Creek Health System	(269) 964-5868
Bay City	Bay Regional Medical Center	(989) 894-6980
Detroit Area <ul style="list-style-type: none"> • Rochester Hills • Clawson • St. Clair Shores • Beaumont – Royal Oak • Huron Valley Sinai – Commerce Township 	Tree of Hope Foundation	pmofitt@treeofhopefoundation.org (586) 777-0142
Grand Rapids	Spectrum Health Postpartum Emotional Support Program	(616) 391-1771
	Spectrum Health Healthier Communities	(616) 391-5000
	Metro Health Hospital MomsBloom	(616) 828-1021
Kalamazoo	Mother's Mind Matters	(269) 337-4510
Lansing	Ingham Regional Medical Center	(517) 367-5477
Marshall	Oaklawn Hospital	(269) 781-9119
Muskegon	Mercy Health Partners	(231) 726-3582

4. Consumer Helplines

Postpartum Support International (PSI) Postpartum Depression Helpline 1-800-944-4PPD (4773)

PSI is built on the foundation of providing support to families and offers free and anonymous PPD information and support via telephone. “There is someone in your area who can help you if you are feeling depressed, irritable, exhausted, unlike yourself, sad, angry, guilty, worried or inadequate. You are not alone. You are not to blame. With help you will be well.”

Local 9-1-1

Call center for emergency assistance for a woman who is having disturbing thoughts about harming herself or baby.

National Suicide Hotline

1-800-SUICIDE (784-2433)

Call center for emergency assistance for a woman who is having disturbing thoughts about harming herself or baby.

5. Web Sites

Depression During and After Pregnancy: A Resource for Women, Their Families and Friends (HRSA)

http://www.ask.hrsa.gov/detail_materials.cfm?ProdID=3924

Printable 22-page booklet to promote greater awareness of perinatal depression (April 2007).

Depression During and After Pregnancy Knowledge Path – Maternal and Child Health Library

http://www.mchlibrary.info/KnowledgePaths/kp_postpartum.html

Depression During and After Pregnancy – National Women’s Health Information Center

<http://www.womenshealth.gov/faq/depression-pregnancy.cfm>

Web site in Spanish: <http://www.womenshealth.gov/espanol/preguntas/postpartum.htm>

MedEdPPD.org

www.Mededppd.org

A professional education, peer-reviewed web site developed with the support of the National Institute of Mental Health (NIMH). The site has two objectives:

1. To further the education of primary care providers (pediatricians, family physicians, obstetricians, psychiatrists, nurses, physician's assistants, nurse practitioners, nurse midwives, social workers) who treat women who have or are at risk for postpartum depression (PPD).
2. To provide information for women with PPD and their friends and family members. The patient-oriented section of the site, Mothers and Others, contains such features as an easy-to-use online diagnostic test; information about the myths and realities of PPD; experiences of real women with PPD; and answers to frequently asked questions from experts in the field. The Provider Search Directory can help site visitors find a local healthcare professional trained in caring for women with PPD.

Site is in English and Spanish.

MedlinePlus: Postpartum Depression

<http://www.nlm.nih.gov/medlineplus/postpartumdepression.html>

Some materials are available in Spanish.

Perinatal Depression Information Network (PDIN)

<http://pdinforonetwork.org/>

PDIN is an electronic resource that collects and organizes information on perinatal depression at the state and local level, including programs, services, materials and contacts. The PDIN provides a growing knowledge base of initiatives in all states and territories creating an online community of resource partners—public and private—to share information, promote innovative and effective practices in the field, and enhance interdisciplinary collaboration. The PDIN creates a forum to bring together maternal, child, and mental health providers, leaders, and families to address perinatal depression and its significant threat to the well-being of mothers and their families.

Postpartum Support International (PSI)

<http://www.postpartum.net/>

PSI Coordinators throughout the world provide information and support to families experiencing prenatal or postpartum mood or anxiety disorders. Web site is in English, Spanish, Dutch, French, Italian, Portuguese, Japanese, Korean, and Chinese (simplified).

Postpartum Stress Center

<http://www.postpartumstress.com>

Web Sites – State Initiatives

Screening and Treatment for Perinatal Mental Health Disorders - Illinois Dept. of Human Services

<http://www.dhs.state.il.us/page.aspx?item=35251>

Indiana Perinatal Network

http://www.indianaperinatal.org/sections/perinatal_mood_disorders.php

Some materials are available in Spanish.

Healthy New Moms: Maryland’s Campaign to End Depression During & After Pregnancy

<http://www.healthynewmoms.org/>

Site is in English, Spanish and Korean.

Nebraska Perinatal Depression Project

<http://www.hhs.state.ne.us/MomsReachOut/resources.htm>

Site includes brochures in English and Spanish.

Perinatal Depression Resources – Perinatal Foundation, Wisconsin Association for Perinatal Care

<http://www.perinatalweb.org/content/view/59/157/#1>

Site includes a collection of culturally-specific first-person narratives on perinatal depression. Some materials are in Spanish.

6. Web Sites Especially for Dads and Couples

PostpartumDads: Helping Families Overcome Postpartum Depression

www.postpartumdads.org

Postpartum Couples

www.postpartumcouples.com

7. Online Communities and Telephone Discussion Groups

Chat with an Expert Phone Forums - Postpartum Support International (PSI)

<http://www.postpartum.net/Resources/PSI-Chat-with-an-Expert.aspx>

Free, weekly phone forums provide the opportunity for women and men to talk with an expert, ask questions, and get support.

The Postpartum Stress Center Online Community Message Boards

A collection of online discussion groups for women experiencing postpartum mood disorders and their family members.

<http://ppsc.proboards.com/index.cgi>

Postpartum Progress

<http://postpartumprogress.typepad.com/>

This is the most widely-read blog in the US on perinatal mood and anxiety disorders, including antepartum and postpartum depression, postpartum OCD, postpartum anxiety and postpartum psychosis.

Additional Resources for Health Care Providers

1. Health Care Provider Consultation Lines

Illinois Perinatal Mental Health Consultation Line

1-800-573-6121

UIC Perinatal Mental Health Project, Chicago

<http://www.psych.uic.edu/research/perinatalmentalhealth/consultation.htm>.

This service offers information to health care providers regarding the detection, diagnosis and treatment of psychiatric conditions during pregnancy and up to a year postpartum. The consultants field questions on: medications; alternatives to medication (e.g., dialectical behavioral therapy) to treat women with a variety of mental health disorders; issues related to the impact of perinatal depression on the mother-infant relationship; and requests for the Edinburgh Postnatal Depression Scale (EPDS) in several different languages. While the target audience is Illinois clinicians, especially Medicaid providers, consultants accept requests from all over the country. Consultation requests may be made via the consult line (which is not a hotline) or through the website, and are responded to usually within one business day.

This service does not consult directly to or about individual patients. While the provider seeking consultation may use this information in making treatment decisions about a particular patient or patients, this consultation is general information only, and should not be construed as direct advice about managing any particular patient's care. If the consultant replies to your question(s) in written form, please understand that the written consultation is intended for the provider ONLY and is NOT intended to be shared directly with a patient or patients. This is because the consultant has no direct knowledge of the patient, and therefore has not presented the information in a manner that is appropriate for the individual patient's cognitive or emotional processing or the context of the patient's life.

2. Pharmacological Intervention Guidelines – Perinatal Mood Disorders

Depression During Pregnancy: Treatment Recommendations

http://www.acog.org/from_home/publications/press_releases/nr08-21-09-1.cfm

This is a Joint Report (August 2009) from the American Psychiatric Association (APA) and the American College of Obstetrics and Gynecology (ACOG) to help medical care providers and pregnant women weigh the benefits of various treatment options.

Information for Clinicians on Antidepressants During Pregnancy and Breastfeeding – June, 2009

http://www.psych.uic.edu/research/perinatalmentalhealth/healthcare_provider.htm

This chart was developed by the University of Illinois at Chicago (UIC) Perinatal Mental Health Project as a summary of research on antidepressants in human pregnancy and breastfeeding. It is updated periodically.

Breast Feeding Pharmacology

<http://neonatal.ttuhscc.edu/lact/index.html>

This site is kept current by Thomas W. Hale, R.Ph, PhD, Texas Tech University, an experienced clinical pharmacologist who is considered a leading expert in the use of medications in breastfeeding women.

3. Web-Based Training

MedEdPPD.org

www.mededppd.org

A professional education, peer-reviewed Web site developed with the support of the National Institute of Mental Health (NIMH). The site has two objectives: first, to further the education of primary care providers (pediatricians, family physicians, obstetricians, psychiatrists, nurses, physician's assistants, nurse practitioners, nurse midwives, social workers) who treat women who have or are at risk for postpartum depression (PPD); and second, to provide information for women with PPD and their friends and family members.

Studies have shown that healthcare professionals want programs that are current, credible, focused, keep their attention, are easy to use, and are available at convenient times. They also want information that they can use in their practice, such as downloadable teaching tools or treatment protocols. With these considerations in mind,

MedEdPPD.org has been designed to provide professionals with the tools to successfully screen, diagnose, treat, refer, and engage women with PPD. These include:

- Educational modules for CME/CE credit
- Interactive case studies
- Classic papers and current literature in the field
- Provider tools including diagnostic instruments
- Educational video presentations and discussions
- Comprehensive slide library with downloadable slides
- Events calendar
- Resources including relevant associations, Web sites, books, journals, and other sources of further information
- Archived teleconferences on various PPD topics

Nebraska Perinatal Depression Web-Based Curriculum

Open to persons residing in other states at no cost, but need to register to access the curriculum. Appropriate for BA level nurses.

<http://www.neprovidereducation.org/Depression/login.php>

4. Training Opportunities and Trainers – Michigan

Supporting Mothers Postpartum

Patty Brennan, Center for the Childbearing Year

Ann Arbor, MI

6.5 Nursing and Social Work CEs approved

Trainer can bring this training to you.

<http://www.center4cby.com/>

patty@center4cby.com

This training is designed for birth doulas, nurses, social workers, and home visitors who provide services for new moms and their families in the early weeks postpartum. It addresses a variety of concerns that typically manifest during this period and identifies strategies for support. Emphasis is placed on identifying and supporting depressed mothers. Topics covered include:

- Signs and symptoms of postpartum mood disorders
- How the “myths of motherhood” create unrealistic expectations for new mothers
- Sensitive use of the Edinburgh Postpartum Depression Scale with clients
- Impact of the birth experience on postpartum recovery
- Normal physiologic recovery of the mother and comfort measures
- Care of the newborn and safety concerns
- Enhancing mother/baby attachment
- Emotional support for the whole family
- Concrete strategies for providing support to depressed moms
- How to create a postpartum care plan – mobilizing resources for families in need

Michigan Perinatal Depression Experts

The MIHP Perinatal Depression Workgroup (PDWG) identified a number of perinatal depression experts in Michigan who have indicated that they are able to provide training on topics related to perinatal depression. They are listed in the following grid, along with their contact information and training topics.

Trainer Name	Contact Info	Training Topics
Phyllis Florian, MA, LLP	MapleView Consultation Ctr. Paw Paw, MI (269) 657-6025	Perinatal Mood Disorders (PMD) Therapeutic Interventions Family Systems Issues Re: PMD PPD/PMD (dads, siblings, depression in families, etc.) Group Therapy Strategies Single Parent PMD Issues Related Topics
Heather A. Flynn, PhD	Department of Psychiatry University of Michigan Ann Arbor, MI (734) 936-8702	Motivational Interviewing for Health Behavior Change Interpersonal Psychotherapy for Depression
Cathy Kothari, MA	MSU/Kalamazoo Ctr. Medical Studies – Psychiatry Kalamazoo, MI (269) 337-4510	Onset & Nature of Postpartum Depression: Results from a Community-Based Study Postpartum Depression & Domestic Violence
Nancy Roberts, RN	Spectrum Health Grand Rapids, MI (616) 391-1771	Overview of Perinatal Mood Disorders Supporting the Breastfeeding Mother through PPD Resources for PPD Michigan Research Regarding PPD Supporting Families Affected by PPD The Effects of PPD on Children and Infants Screening Measures for PPD Treatment Options for PPD Development of a Community/Hospital-Based PPD Support Program Starting a PPD Support Group Others

Michigan Association for Infant Mental Health (MI-AIMH)

<http://www.mi-aimh.org/>

MI-AIMH maintains an Infant Mental Health Faculty Registry that identifies persons who can train on infant mental health topics, including pregnancy and early parenthood. MI-AIMH has provided trainings related to perinatal depression and its effect on the mother-infant relationship and infant development, and may be able to recommend speakers on these and associated topics upon request.

5. Curricula

Promoting Maternal Mental Health during Pregnancy Program (PMMH) NCAST-AVENUW Programs, University of Washington

<http://www.ncast.org/index.cfm?category=22>

PMMH addresses a woman's psychological and emotional health during pregnancy. Program materials include a book, an assessment guide, and a folder with 56 handouts/interventions that can be used with pregnant women in either a clinical setting or home visiting program. PPMH is designed to assist the pregnant woman in moving beyond the physical dimensions of pregnancy by addressing the emotional and psychological challenges new mothers face, including post-partum depression, unresolved grief or loss, and other mental health disruptions. It addresses the normal,

typical course of pregnancy, high-risk pregnancies, domestic violence, pregnant women with unresolved grief or loss, and those women experiencing depression or other mental health disruptions. It also covers issues critical to the development of the early mother-child relationship including:

- Bonding of parent to child
- Attachment of child to parent
- The importance of early brain development
- The role that emotionally available and attentive caregiving play in the child's emotional and cognitive development

Recognizing Perinatal Depression E-Learning CD

Indiana Perinatal Network

Designed to help home visitors, health care professionals and other care providers recognize perinatal depression (also known as Perinatal Mood Disorders or PMD) and provide support to the new and expectant mothers who experience it.

http://www.indianaperinatal.org/sections/perinatal_mood_disorders.php

6. Conferences

MedEdPPD Events Calendar

www.Mededppd.org

Postpartum Support International's Annual Conference

<http://www.postpartum.net/News-and-Events/Annual-Conference.aspx>

7. Online Articles on Maternal Depression and Child Development

Knitzer J., Theberge, S. & Johnson K. 2008. *Reducing Maternal Depression and Its Impact on Young Children: Toward a Responsive Early Childhood Policy Framework*. Depression is a significant risk factor affecting the well-being and school readiness of young children. Low-income mothers of young children experience particularly high levels of depression, often in combination with other risk factors. This policy brief provides an overview of why it is so important to address maternal depression as a central part of the effort to ensure that *all* young children enter school ready to succeed. http://www.nccp.org/publications/pub_791.html

Maternal Depression Can Undermine the Development of Young Children, Working Paper #8. Dec 2009. Center on the Developing Child at Harvard University. http://developingchild.harvard.edu/library/reports_and_working_papers/working_papers/wp8/

Onunaku N. 2005. [Improving maternal and infant mental health: Focus on maternal depression](#). Los Angeles, CA: [National Center for Infant and Early Childhood Health Policy](#). This report examines the impact of maternal depression on the social and emotional health of young children and recommends specific steps that early childhood programs and public health administrators can take to address the unmet mental health needs of mothers.