



# Maternal and Child Health Tele-Behavioral Health Care Programs Technical Assistance Innovation Center

## Quarterly Recipient Meeting (Webinar)

**Vision: Healthy Communities, Healthy People**

**Wednesday, May 1, 2024, 3:00–4:00 p.m. ET**



# Housekeeping Items

- **Lines Muted:** All participant lines will be muted upon entry into the meeting. You also have the ability to unmute at any time. However, we ask that you make sure you are muted if not speaking.
- **Questions & Answers:** We want to hear from you! Please share via the chat.
- **Technical Issues:** If you experience any technical issues during this webinar, please message us through the chat feature or email [MCH-TA-Innovation-Center@jbsinternational.com](mailto:MCH-TA-Innovation-Center@jbsinternational.com).
- **Feedback Form:** During the webinar, you will find a QR code and a link in the chat to the feedback form. We value your feedback and kindly ask you to take a moment to complete the form. Your input is highly appreciated, and we encourage you to share your thoughts.
- **Recording and Presentation Slides:** The webinar is being recorded. The recording and presentation slides will be available on the Maternal and Child Health Bureau (MCHB) Technical Assistance (TA) Provider Shared Calendar, <https://mchb.jbsinternational.com/> in the coming weeks.



# Agenda

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1. Welcome & Housekeeping
2. HRSA Announcements & Updates
3. MCHB TA Innovation Center Update
4. U.S. Department of Education, Office of Safe and Supportive Schools Presentation
5. Postpartum Support International Presentation
6. Interactive Conversation & Question and Answer Segment





# Health Resources and Services Administration (HRSA) Announcements and Updates

**Pediatric Mental Health Care Access (PMHCA)**

**& Screening and Treatment for Maternal Mental Health and Substance Use  
Disorders (MMHSUD)**

**Diane Tanman, MPH (HRSA)**

**Madhavi Reddy, MSPH (HRSA)**

**Vision: Healthy Communities, Healthy People**



# PMHCA & MMHSUD ANNOUNCEMENTS

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## FY24 Non-Competing Progress Report

### **PMHCA:**

Instructions available in electronic handbook (EHB)—May 18, 2024

Due date in EHB—Monday, June 17, 2024

### **MMHSUD:**

Instructions available in EHB—May 6, 2014

Due date in EHB—Monday, June 17, 2014





# MCHB TA Innovation Center Updates

**Elizabeth Carr, MA, LPC, ACS (JBS International, Inc.)**

**Vision: Healthy Communities, Healthy People**



# Upcoming TA – All Awardees

## 2024 All-awardee Annual Meeting

June 4–5, 2024  
Rockville, MD

## Next Quarterly Meeting

August 7, 2024

# Upcoming TA – All Awardees

**Peer-to-peer Sharing  
Session: Culturally Relevant  
Services**

July 17, 2024

**Training and Capacity  
Webinar: Diversity, Equity,  
Inclusion, and Accessibility**

July 31, 2024





# Ongoing TA – All Awardees

**School-Based  
Health Alliance  
Office Hours  
(monthly)**

**Local Evaluation  
Office Hours  
(monthly)**

**Individual TA  
Sessions  
(as requested)**

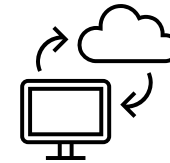
# MCHB TA Provider Shared Calendar

- Offers a centralized access point for PMHCA and Screening and Treatment for Maternal Depression and Related Behavioral Disorders (MDRBD) awardees to easily look at planned TA activities
- Facilitates convenient access to event follow-ups, including comprehensive PowerPoint slides, Zoom recordings, and concise summaries of previous TA engagements
- Highlights information about various events from the HRSA MCHB team, MCHB TA Innovation Center, American Academy of Pediatrics, School-Based Health Alliance, and Emergency Medical Services for Children Innovation and Improvement Center
- <https://mchb.jbsinternational.com/>



# NEW and UPCOMING – TA Portal

- TA Portal will include:
  - Portal to house TA resources
  - Peer-to-peer discussion/connection
  - Events calendar
- TA Portal is expected to be operational in June 2024





# **Mental Health Service Professional (MHSP) Demonstration Grant Program**

ALN 84.184X



U.S. Department of Education  
Office of Safe and Supportive Schools

# Overview of FY 2022 MHSP Program

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Project Period: Up to 60 months.

Appropriation for FY 2022: \$143,000,000

Number of Awards: 160 awards

Range of Awards: \$400,000 to \$1,200,000 per year

# Program Overview



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The purpose of the MHSP Grant Program is to provide competitive grants to support and demonstrate innovative partnerships to train school-based mental health services providers for employment in schools and local education agencies (LEAs).

# Program Overview



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Absolute Priority for the FY 2022 MHSP grant program:

Expand Capacity of High-need LEAs.

Projects that propose to expand the capacity of high-need LEAs in partnership with eligible integrating the healthcare enterprise (IHEs) to train school-based mental health services providers, with the goal of expanding the number of these professionals available to address the shortages of school-based mental health services providers in high-need schools.

# Eligible Entities

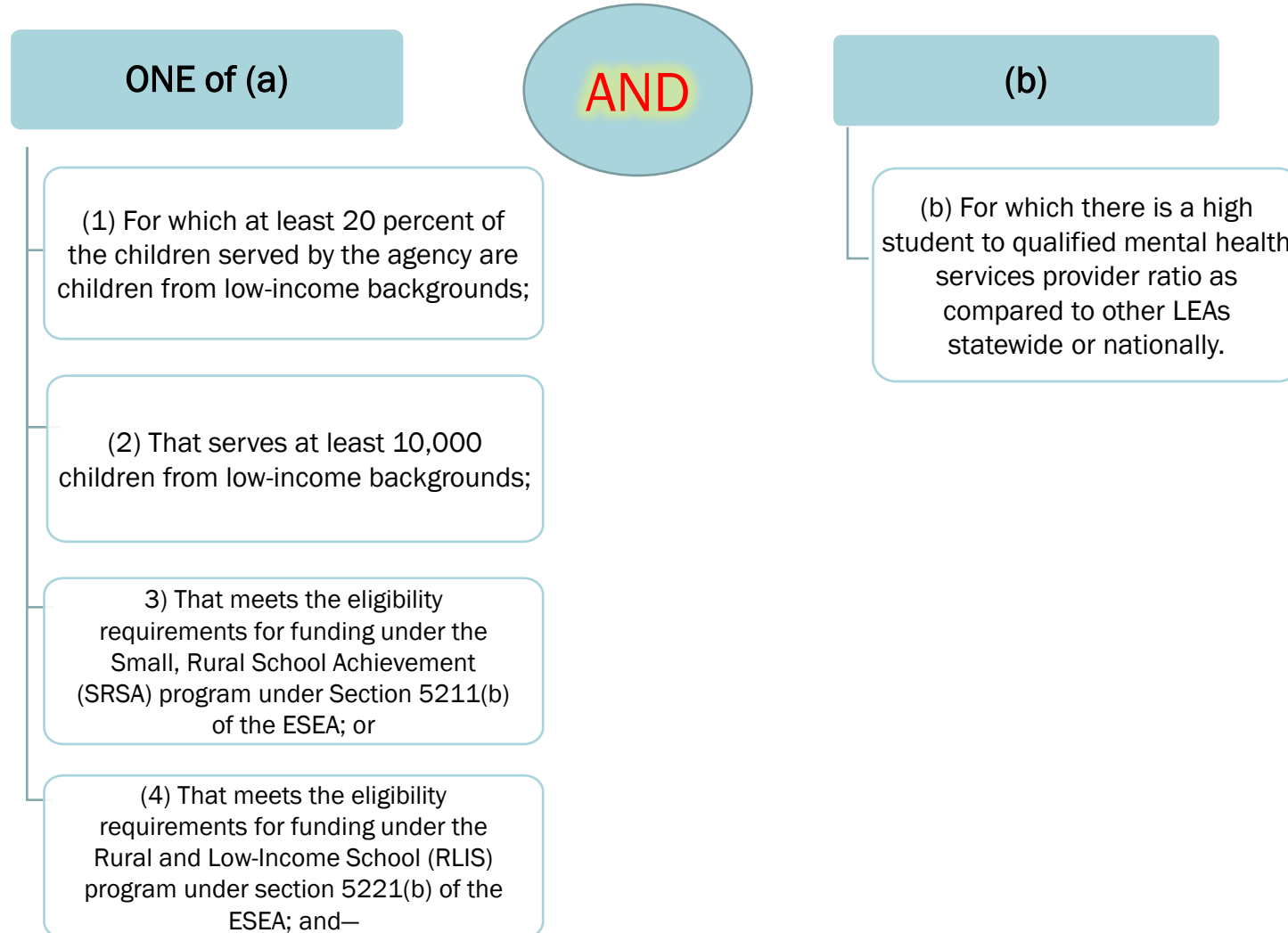
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High-need LEAs, significant event analysis (SEAs) on behalf of one or more high-need LEAs, and IHEs.





# Definition of a High-Needs LEA



# Program Results (2022)



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## To date:

- 66 grantees planned to recruit school psychologists (40%)
- 74 grantees planned to recruit school counselors(45%)
- 50 grantees planned to recruit school social workers (30%)
- 24 grantees planned to recruit other school-based mental health provider types (15%)

Grantees have provided increased training for school-based mental health services providers, as well as support personnel.

## Program Results (2019)

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The 2019 cohort of MHSP grantees have served over **585,000 students** across **1,227 schools** through grant-supported programs and the placement of **1,152 graduate interns**.

A program evaluation of the 2019 MHSP cohort is currently underway. This rigorous evaluation is being conducted by the National Center of Safe Supportive Schools (NCSSLE) and the Office of Policy, Planning and Development (ED).



# Resources



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## [National Center on Safe Supportive Learning Environments \(NCSSLE\)](#)

The National Center on Safe Supportive Learning Environments is funded by the U.S. Department of Education, Office of Elementary and Secondary School's [Office of Safe and Supportive Schools](#). The Center offers information and technical assistance to states, districts, schools, institutions of higher education, and communities focused on improving school climate and conditions for learning.

## [METRICS](#)

METRICS supports federally funded grantees who are dedicated to addressing the national shortage of school-based mental health practitioners. These grantees received funding from the U.S. Department of Education for either a School Based Mental Health Services (SBMH) or a Mental Health Service Professional (MHSP) project to recruit, train, and retain a strong mental health workforce in our K–12 schools across the country. METRICS disseminates best-practice resources, provides individual grant assistance, and helps grantees ensure that they are meeting their targets, so that these grantees can continually improve as they grow the next generation of school-based mental health practitioners.

# Resources



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## [Trauma-Sensitive Schools Training Package](#)

Offers school and district administrators and staff a framework and roadmap for adopting a trauma-sensitive approach school- or districtwide. The interactive training package includes a variety of resources for educating school staff about trauma and trauma-sensitive practices and for providing school leaders with a step-by-step process for implementing a universal, trauma-informed approach using package materials.

## [Quick Reference Guide: Strategies to Sustain and Expand School Mental Health Services at the Local/Community Level](#)

Offers examples from a variety of districts on how they sustained and expanded school-based mental health services on the following strategic approaches: collaboration and partnerships, technology, policy change, capacity building, and systemic change and integration.

# Resources



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[Family Engagement and Educator Preparation Innovation: New Directions for Coursework in Family and Community Engagement](#)

[Current Challenges for the National Mental Health Workforce](#)

[School Mental Health Team Alignment Tool](#)

[Mental Health Module Series](#)

Provides an interactive series of self-paced learning modules on developing and implementing a comprehensive school mental health program that includes best practices, engaging staff, families, and youth, partnering with community mental health, and data collection and program evaluation. The mental health modules can be used by school and community staff and mental health providers.

# FY 2024 MHSP Plans



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**Application Deadline Date:** May 30, 2024

**Project Period:** Up to 60 months.

**Approximate Appropriation for FY 2024:** \$19,000,000

**Estimated Number of Awards:** 23–33 awards

**Estimated Range of Awards:** \$400,000 to \$1,000,000 per-year

[FY 2024 Notice Inviting Applications](#)

# Thank you



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Nicole White

(202) 453-6729

[nicole.white@ed.gov](mailto:nicole.white@ed.gov)

[Mental Health Service Professional Demonstration Grant Program – Office of Elementary and Secondary Education](#)





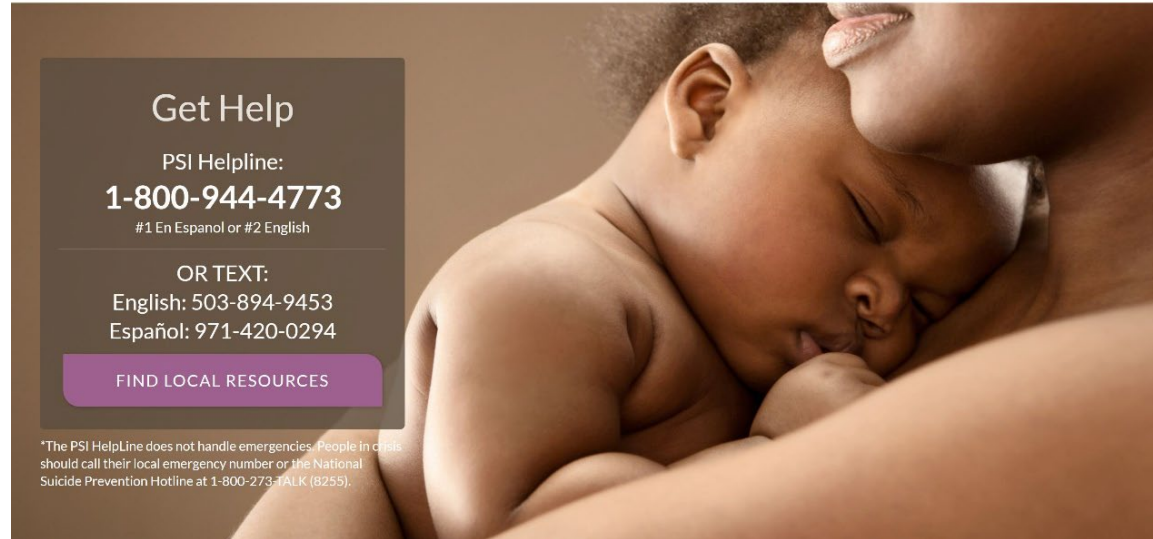
POSTPARTUM SUPPORT  
INTERNATIONAL

**Support | Resources | Training  
Connection**

**[www.postpartum.net](http://www.postpartum.net)**

**Helpline 1-800-944-4773**

**Psychiatric Consult Line 1-877-499-4773**



**Get Help**

PSI Helpline:  
**1-800-944-4773**  
#1 En Español or #2 English

OR TEXT:  
English: 503-894-9453  
Español: 971-420-0294

[FIND LOCAL RESOURCES](#)

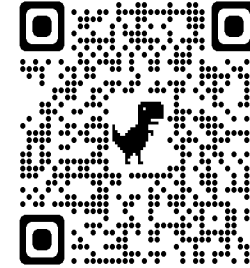
\*The PSI Helpline does not handle emergencies. People in crisis should call their local emergency number or the National Suicide Prevention Hotline at 1-800-273-TALK (8255).

- ▶ Provider Trainings and Resources
- ▶ English & Spanish Support to Families
  - Connect with local support volunteers and resources
  - Online Support Groups
  - Peer Mentors
  - Online PMH Provider Directory
  - “Chat with an Expert” Phone Forums For Moms and Dads



# Professional Resources

# Perinatal Mental Health Alliance for People of Color (PMHA-POC)

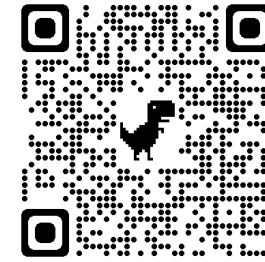


**Vision:** To provide a safe space for clients, families, and professionals of color around perinatal mental health (PMH). Every person of color will be heard and supported around perinatal emotional wellness.

[www.postpartum.net/professionals/perinatal-mental-health-alliance-for-people-of-color/](http://www.postpartum.net/professionals/perinatal-mental-health-alliance-for-people-of-color/)



# PSI Trainings



- **Perinatal MH Certificate Trainings (zoom or live) – English and Spanish**
- **Online MMH Certificate Webinar: 4-month course**
- **Perinatal MH Alliance Webinars**
- **Advanced PMH Psychotherapy and Advanced Psychopharmacology**
- **Perinatal Grief and Loss**
- **Medical Provider On-Demand Training**
- **Peer/Social Support Webinar Series**
- **PSI On-Demand Webinars:**  
Culturally and Trauma-Informed Approaches | Psychosis Roundtable | PSI Advisory Council Series | Teletherapy



**2024** POSTPARTUM SUPPORT  
INTERNATIONAL  
**CONFERENCE**



*Registration is Open!*

[PSI.SOCIETYCONFERENCE.COM/V2/](https://PSI.SOCIETYCONFERENCE.COM/V2/)

**PRE-CONFERENCE**  
JULY 24-25, 2024

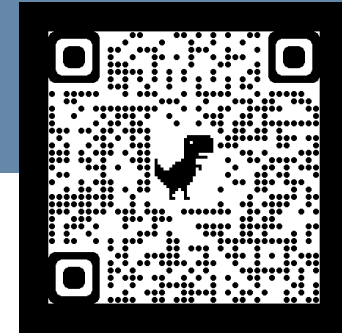
**CONFERENCE**  
JULY 26-28, 2024

**GRAND HYATT WASHINGTON**  
WASHINGTON, DC

POSTPARTUM SUPPORT INTERNATIONAL  
800-944-4773 | POSTPARTUM.NET

# PSI Provider Directory

psidirectory.com



**PSI  
PERINATAL  
PROVIDER  
DIRECTORY**

**START YOUR FREE LISTING TODAY!**

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773

Share with Families  
+  
List Your Practice

PMH providers  
approved by PSI

Integrated with PSI  
Support Network

Psychotherapists  
Psychiatry  
Physicians  
Support Groups  
PMH-Certifications



# Psychiatric Consultation Line



**PSI Psychiatric Consult Line:  
877-499-4773**

**Perinatal Psychiatric Consult Service**

Medical prescribers can call our free consultation line. Within 24 hours of calling you will be connected with an expert perinatal psychiatrist who can provide advice on diagnosis, treatment and medication management for preconception, pregnant and postpartum women.



**Provided for medical professionals/prescribers**



**First national perinatal psychiatric consultation line**



**No cost to the caller**



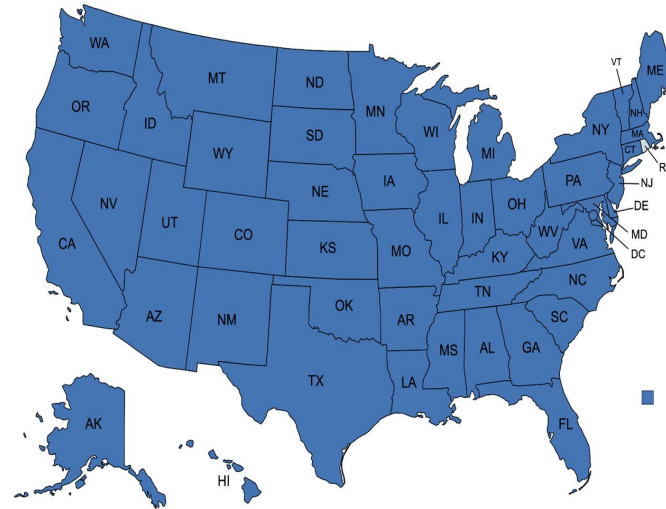
**Providers call to make appointment with one of our perinatal psychiatric experts**



# PSI State Chapters

PSI Chapters further the mission of PSI on a statewide level

- PSI Chapters work to **raise awareness, create resources, and advocate for change.**
- Each state is unique with its own systems, barriers to care, and opportunities.
- By providing structure and support for the Chapters program, PSI empowers advocates to create change in their state.
- Options for involvement include serving on Chapter board of directors, outreach committees, partnerships, and events.
- **Find your State Chapter**  
[www.postpartum.net/join-us/chapters/](http://www.postpartum.net/join-us/chapters/)



Created with mapchart.net

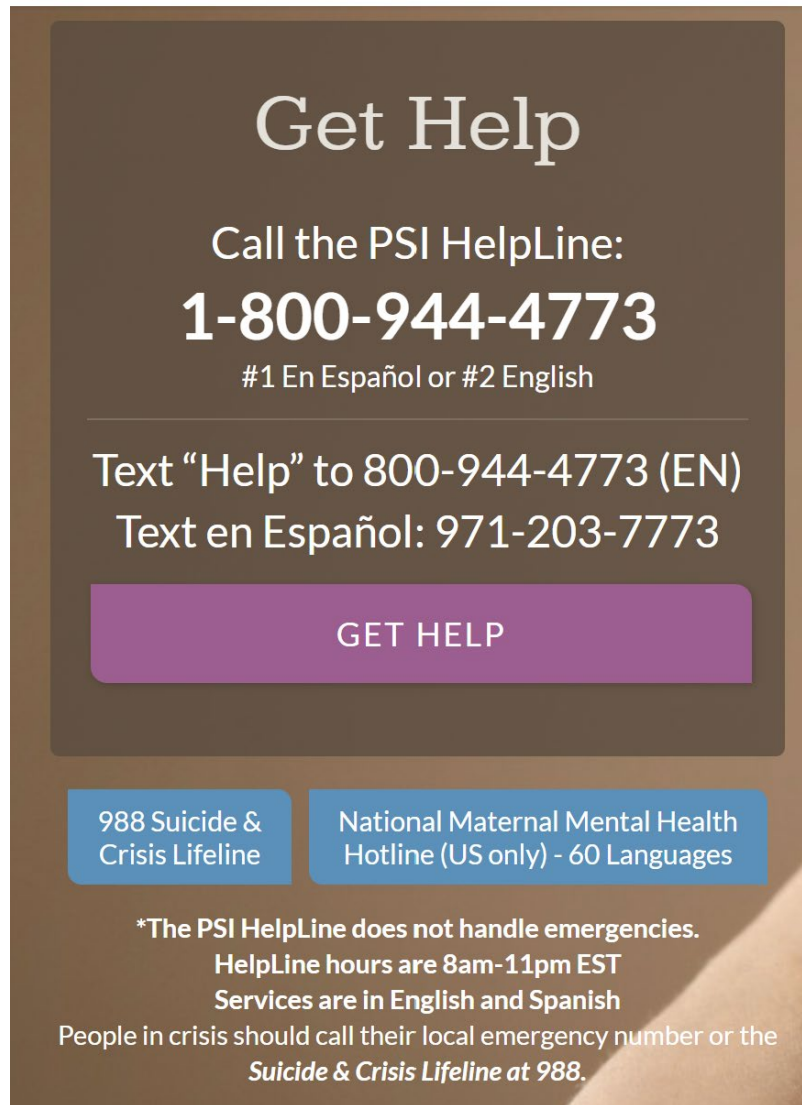
# Chapter Initiatives

While each chapter has its own localized preferences and priorities, all are beneficial to their members and communities in a variety of ways. Examples of Chapter initiatives:

- Promote PMH awareness campaigns
- Provide PMH educational materials to healthcare providers and systems
- Bring PSI PMH trainings to providers in their areas
- Offer scholarship funds towards PSI trainings/events
- Serve as PMH content and thought leaders in crafting and promoting legislation in their states
- Advocating for healthcare providers to obtain required professional development hours in PMH
- Provide stakeholder voice and subject matter expertise on PMH task forces and councils
- Raise funds to support full-time staff and create local programming



# Support Resources

A promotional graphic for the PSI HelpLine. It features a dark brown background with white and purple text. At the top left is the PSI logo. The main heading is 'Get Help' in a large, white, serif font. Below it, the text reads 'Call the PSI HelpLine: 1-800-944-4773' in a bold, white, sans-serif font, followed by '#1 En Español or #2 English' in a smaller font. Below this, it says 'Text "Help" to 800-944-4773 (EN)' and 'Text en Español: 971-203-7773'. A purple button with the text 'GET HELP' is centered below the text. At the bottom, there are two blue buttons: '988 Suicide & Crisis Lifeline' and 'National Maternal Mental Health Hotline (US only) - 60 Languages'. A disclaimer at the bottom states: '\*The PSI HelpLine does not handle emergencies. HelpLine hours are 8am-11pm EST Services are in English and Spanish People in crisis should call their local emergency number or the Suicide & Crisis Lifeline at 988.'

**Get Help**

Call the PSI HelpLine:  
**1-800-944-4773**  
#1 En Español or #2 English

Text "Help" to 800-944-4773 (EN)  
Text en Español: 971-203-7773

**GET HELP**

988 Suicide & Crisis Lifeline      National Maternal Mental Health Hotline (US only) - 60 Languages

\*The PSI HelpLine does not handle emergencies.  
HelpLine hours are 8am-11pm EST  
Services are in English and Spanish  
People in crisis should call their local emergency number or the  
*Suicide & Crisis Lifeline at 988.*

# PSI HELPLINE

- Phone and text, English and Spanish
- Information, support, resources, and referrals
- Messages returned every day. Leave confidential message by phone or text any time; Helpline volunteer responds as soon as possible. (Average response 2–3 hours)
- The PSI HelpLine is not a crisis hotline and does not handle emergencies. People in crisis are routed to their Healthcare Provider, local emergency number, and **988**.
- Open to helpseekers, providers, family members, professionals

# Specialized Support Coordinators

- Adoptive Parents
- Insomnia
- LGBTQIA+ Parents
- Pre-eclampsia & Complications
- Pregnancy & Infant Loss
- Termination for Medical Reasons
- PTSD
- Single and Co-Parenting
- South Asian Parents (Desi)
- Special Needs Dx
- Teen/YA Parents
- Maternal Near Miss
- Military Parents
- Muslim Parents
- Neonatal Intensive Care Unit (NICU) Parents
- Parents of Multiples
- Perineal Tear
- Post Abortion
- Postpartum Psychosis
- Bed Rest
- Birth Mothers
- Breast-/Body-feeding
- Colic
- Dads
- Deaf & Hard of Hearing
- Fertility Challenges
- Grandparents
- Hindu Parents
- Hyperemesis Gravidarum



# PSI Peer Mentor Program



WE ARE ACCEPTING APPLICATIONS FOR OUR NEW

## PEER MENTOR PROGRAM

For more information, please email Amanda at [peermentor@postpartum.net](mailto:peermentor@postpartum.net).

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773

- ▶ Matching 1:1 peer support
- ▶ Facebook Groups for mentors and for mentees
- ▶ Moms, Dads, Parents
- ▶ [peermentor@postpartum.net](mailto:peermentor@postpartum.net)

# PSI ONLINE SUPPORT GROUPS SCHEDULE



## WEEKLY GROUPS:

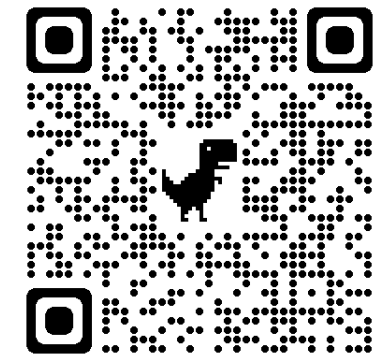
- |             |   |             |   |
|-------------|---|-------------|---|
| <b>MON:</b> | <ul style="list-style-type: none"><li>• Perinatal Mood Support for Moms</li><li>• Loss Support for Parents</li><li>• Postpartum Psychosis Support for Moms</li><li>• Desi Chaat (South Asian Moms)</li><li>• Pregnancy After Loss</li></ul> | <b>THU:</b> | <ul style="list-style-type: none"><li>• Perinatal Mood Support for Moms</li><li>• NICU Parents</li><li>• Fertility Challenges</li><li>• Termination for Medical Reasons</li></ul> |
| <b>TUE:</b> | <ul style="list-style-type: none"><li>• Perinatal Mood Support for Moms</li><li>• Perinatal Mood Support for Parents</li><li>• Apoyo Perinatal</li><li>• Black Moms Connect</li><li>• Pregnancy Mood Support</li></ul>                      | <b>FRI:</b> | <ul style="list-style-type: none"><li>• Perinatal Mood Support for Parents</li><li>• Pregnancy &amp; Infant Loss for Moms</li></ul>   |
| <b>WED:</b> | <ul style="list-style-type: none"><li>• Military Moms (Pregnancy &amp; Postpartum)</li><li>• Perinatal Mood Support for Moms</li><li>• Queer &amp; Trans Parents</li><li>• Pregnancy Mood Support</li></ul>                                 | <b>SUN:</b> | <ul style="list-style-type: none"><li>• Black Moms Connect</li><li>• Perinatal Mood Support for Moms</li></ul>  |

## MONTHLY GROUPS:

- |             |  |             |   |
|-------------|--|-------------|---|
| <b>1ST:</b> | <ul style="list-style-type: none"><li>• 1st Sunday - Support for Families Touched by PPP</li><li>• 1st Monday - Birth Moms</li></ul> | <b>3RD:</b> | <ul style="list-style-type: none"><li>• 3rd Wednesday - Mindfulness</li></ul> |
| <b>2ND:</b> | <ul style="list-style-type: none"><li>• 2nd Monday - Support for Families After Maternal Death</li></ul>                             |             |   |

## BI-MONTHLY GROUPS:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 1st &amp; 3rd Tuesday - Perinatal OCD Support for Moms</li><li>• 1st &amp; 3rd Friday - Dads Support</li><li>• 1st &amp; 3rd Sunday - Perinatal Mood Support for Parents</li></ul> | <ul style="list-style-type: none"><li>• 2nd &amp; 4th Wednesday - Special Needs &amp; Medically Fragile Parenting</li><li>• 2nd &amp; 4th Thursday - Pregnancy &amp; Infant Loss for Parents</li></ul> |
|--|--|



Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773



# GRUPOS DE APOYO EN *Español*

- Grupo de Apoyo "Perinatal"
- Grupo de Apoyo "Para el Posparto"
- Grupo de Apoyo "Para padres de Niños con necesidades especiales"
- Grupo de Apoyo "Retos en el embarazo"
- Grupo de Apoyo "Retos de Fertilidad"
- Grupo de Apoyo "Para mamás independientes"
- Grupo de Apoyo "Retos en la crianza"
- Grupo de Apoyo "Pérdida y Duelo perinatal"
- Grupo de Apoyo "Para Papás"
- Grupo de Apoyo "Perdida temprana de un hijo"
- Grupo privado de apoyo en Facebook



Ustedes no están solas. Ustedes no son las culpables. Con la ayuda apropiada, ustedes se sentirán bien.



POSTPARTUM SUPPORT INTERNATIONAL EN ESPAÑOL





# PSI Social Media

- **PSI Facebook Open Fan Page:**  
[www.facebook.com/PostpartumSupportInternational](http://www.facebook.com/PostpartumSupportInternational)
- **PSI Facebook Closed Group:** [www.facebook.com/groups/25960478598/](http://www.facebook.com/groups/25960478598/)
- **PSI Twitter:** @postpartumhelp; [www.twitter.com/PostpartumHelp](http://www.twitter.com/PostpartumHelp)
- **PSI Instagram:** @postpartumsupportinternational
- **PSI Vimeo:** <https://vimeo.com/postpartumsupport>
- **PSI YouTube Channel:**  
<https://www.youtube.com/user/postpartumvideo>
- **PSI LinkedIn:** [www.linkedin.com/company/postpartum-support-international](http://www.linkedin.com/company/postpartum-support-international)
- [I AM ONE Podcast - YouTube](#)

# PSI en Español

## [www.postpartum.net/en-espanol/](http://www.postpartum.net/en-espanol/)

Únase a PSI en nuestras nuevas cuentas de redes sociales en Español:

- [https://www.instagram.com/psi\\_alianzaenespanol/](https://www.instagram.com/psi_alianzaenespanol/)
- <https://www.facebook.com/psialianzaenespanol>

# Support For Fathers

- PSI Dad's Chat with an expert on first Mondays at 8:00 p.m. ET
  - [www.postpartumdads.org](http://www.postpartumdads.org)
  - [www.postpartum.net/get-help/resources-for-fathers](http://www.postpartum.net/get-help/resources-for-fathers)



# PSI Educational Fliers

[www.postpartum.net/resources/psi-brochure/](http://www.postpartum.net/resources/psi-brochure/)

## For Parents



**We Can Help with Perinatal Mental Health**

Having a baby is supposed to be an amazing experience—the best moment of your life. Everyone says, “You must be so happy!” But what if you’re not? What if you’re depressed, anxious, or overwhelmed? What if your partner or friends are worried about you, but you just don’t know how to talk about it? You’re not alone. Postpartum Support International can help you get better.

Many people face mental health challenges during the perinatal period—pregnancy, post-loss, and the 12 months postpartum. In fact, perinatal mental health (PMH) disorders are the most common complication of childbearing in the U.S.

Although most people are familiar with postpartum depression, there are several other forms of PMH disorders, including anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar disorder, and psychosis. They can affect parents of every culture, age, income, and race. Please see the back of this sheet for a complete list of PMH disorders.

Left untreated, PMH disorders can lead to premature or underweight births, impaired parent-child bonding, and learning and behavior problems later in childhood. They can even raise the risk of maternal mortality. The good news is that support and resources are available and can help prevent these complications.

**PSI Can Help**

Postpartum Support International (PSI) can connect you with the support and help you need. Whether it’s simply talking with others who have been where you are or finding a professional who can provide treatment, PSI is there for you. For 35 years, we’ve provided resources and programs to help give new families the strongest and healthiest start possible. (Turn this sheet over to learn more about our programs.)

**Ask Yourself**

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can’t get out of your mind?
- Do you feel as if you are “out of control” or “going crazy”?
- Do you feel like you never should have become a parent?
- Are you worried that you might hurt your baby or yourself?

Any of these symptoms, and many more, could mean that you have a perinatal mental health disorder.

The good news is that you can get treatments that will help you feel like yourself again. There is no reason to continue to suffer. Go to [postpartum.net](http://postpartum.net) for more information.

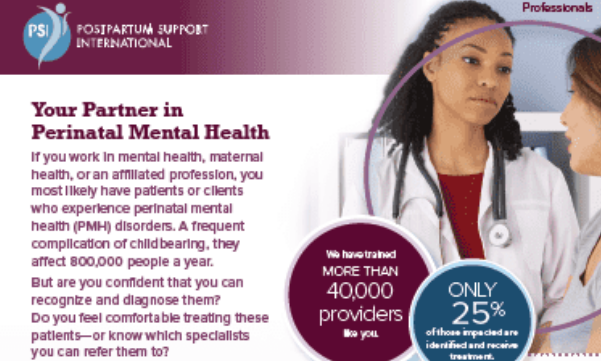
**1 in 5** women and 1 in 10 men experience depression or anxiety during the perinatal period.

**PMH disorders affect 800,000** people a year.

**1 in 5** women and 1 in 10 men experience depression or anxiety during the perinatal period.

[postpartum.net](http://postpartum.net)

## For Providers



**Your Partner in Perinatal Mental Health**

If you work in mental health, maternal health, or an affiliated profession, you most likely have patients or clients who experience perinatal mental health (PMH) disorders. A frequent complication of childbearing, they affect 800,000 people a year. But are you confident that you can recognize and diagnose them? Do you feel comfortable treating these patients—or know which specialists you can refer them to? Postpartum Support International (PSI) can help. We have a wide variety of resources and training programs designed to improve understanding and care.

**A Widespread Problem. A Proven Partner.**

Perinatal mental health (PMH) disorders can appear anytime during pregnancy, post-loss, and 12 months after postpartum. In the U.S., one in five mothers and one in ten fathers experience postpartum depression. PMH disorders affect people of every age, race, ethnicity, income, and culture.

PMH disorders include depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar mood disorders, and psychosis.

Left untreated, PMH disorders can lead to premature or underweight births, impaired parent-child bonding, and learning and behavior problems later in childhood. They can even raise the risk of maternal mortality. The good news is that support and resources are available and can prevent these complications.

**PSI and You**

PSI helps train and certify professionals who support families during pregnancy, pregnancy loss, and the postpartum period. From on-demand resources such as a psychiatric consult line, an online provider directory, and educational webinars and videos, to specialty trainings and the first-ever PMH certification, PSI is your partner in advancing knowledge and improving care.

Summaries of our key programs are on the back. More information is available at [postpartum.net](http://postpartum.net)

**We have trained MORE THAN 40,000 providers like you.**

**ONLY 25%** of those impacted are identified and receive treatment.

For 35 years, Postpartum Support International (PSI) has been a global leader in improving awareness and treatment of PMH disorders. We work in over 50 countries to connect experts and patients, boost scientific knowledge and emotional understanding, and to develop and deliver effective interventions.

[postpartum.net](http://postpartum.net)

## About PSI



**The Global Champion for Perinatal Mental Health**

Perinatal mental health (PMH) disorders are the most frequent complication of childbearing and the top underlying cause of pregnancy-related deaths in the United States. They can have a huge impact on individuals, families, and society as a whole—but too often are unrecognized, undiagnosed, and untreated, leaving hundreds of thousands of people each year to suffer in silence.

For 35 years, Postpartum Support International (PSI) has been leading the global effort to improve awareness and treatment of PMH disorders and connect people with the care they need. We work in over 50 countries to connect experts and patients, to boost scientific knowledge and emotional understanding, and to develop and deliver effective interventions.

**PMH Disorders: A Serious and Widespread Problem**

Perinatal mental health disorders can appear anytime during pregnancy and the first 12 months after child-birth—the perinatal period. They affect people of every age, race, ethnicity, income, and culture.

PMH disorders include perinatal depression, anxiety, obsessive compulsive disorder, post-traumatic stress disorder, bipolar mood disorders, and psychosis. Left untreated, they can lead to learning and behavioral problems in children, premature or underweight births, impaired parent-child bonding, and an increase in maternal mortality.

The good news is that support and resources are available and can help prevent these complications.

**Stark Statistics**

- ONLY 25% of those impacted are identified and receive treatment.
- PMH DISORDERS AFFECT 800,000 people a year.
- 1 in 5 women and 1 in 10 men experience depression or anxiety during the perinatal period.

**A Champion for Change**

PSI works to end the stigma and silence around PMH disorders by raising public awareness, advancing scientific expertise, and providing emotional and logistical support. In partnership with our dedicated global staff, volunteers, members, and affiliated organizations, we:

- connect individuals and families with a wealth of support services and resources;
- train health professionals to better recognize and treat PMH disorders; and
- advocate for policies and programs that advance perinatal mental health.

[postpartum.net](http://postpartum.net)

# Not Feeling Like Yourself?

Let's Talk About It.



**National  
Maternal  
Mental Health  
Hotline**



**HRSA**  
Health Resources & Services Administration



**For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)**

**ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES**

[www.postpartum.net](http://www.postpartum.net) 800-944-4773





**National  
Maternal  
Mental Health  
Hotline**

**HRSA**  
Health Resources & Services Administration



**1-833-852-6262 (1-833-TLC-MAMA)**

**24/7/365**

**National Maternal Mental Health Hotline  
(NMMHH)**

- Staffed by licensed mental health clinicians, healthcare, certified peer specialists, and childbirth professionals
- Open to helpseekers, providers, family members, professionals

**<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>**



# National Maternal Mental Health Hotline

- ▶ National MMH Hotline is a HRSA service; PSI is Contractor
- ▶ Funding passed by Congress in December 2020
- ▶ 24 hours a day, 7 days a week, 365 days a year
- ▶ Staffed by licensed mental health clinicians, healthcare, certified peer specialists and childbirth professionals
- ▶ Provides services to all perinatal individuals, including men and non-binary

*"Counselors shall provide immediate psychosocial support, evidence-based information, brief intervention, resources and referrals via telephone and text to pregnant or postpartum persons experiencing symptoms of perinatal mental health conditions and their support persons/loved ones"*

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>



## **NMMHH Warm Transfer to Other National Hotlines**

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Suicide Prevention Lifeline

Domestic Violence Hotline

National Disaster Distress  
Hotline





## Wendy Newhouse Davis, PhD, PMH-C

Postpartum Support International, President and CEO

[wdavis@postpartum.net](mailto:wdavis@postpartum.net)

503-277-3925

# Interactive Conversation and Q & A

- Have you collaborated with either of these agencies? If so, describe your collaboration efforts.
- If not, what are some ways you could collaborate to further the goals of your program?

# Webinar Feedback





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To learn more about our agency, visit

[www.HRSA.gov](http://www.HRSA.gov)



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**Thank you for joining us today!**

