Maternal Mental Health in Rural Communities

Jody West, LCSW-BACS
Provider to Provider Consultation Line
Provider to Provider Consultation Line

Jody West, LCSW-BACS
PPCL Program Manager
Bureau of Family Health
Presentation Objectives

1. Participants will learn about the challenges for Louisiana’s pregnant and postpartum population surrounding mental health.

2. Participants will learn about support services available to health care providers through the Provider-to-Provider Consultation Line (PPCL).
Perinatal and Pediatric Mental Health in Louisiana

- Ranked 50th for overall health of women and children
- Mental and behavioral health disparities differed significantly by comparing racial/ethnic groups
- 32% of children aged 3-17 had mental, emotional, developmental or behavioral disorder
- 2x the youth attempting suicide compared to nation
- In Louisiana, overdose is leading cause of pregnancy associated deaths

- Common: Mental health problems affect up to 20% of women in the perinatal period (35-40% among low income and minority patients)
- Under-identified: Studies suggest that less than 50% of women with perinatal mental health problems are identified by their frontline physician
- Untreated: 75% of patients experiencing perinatal mental health symptoms go untreated


Consequences of Disparity

**Women who give birth**
- 39% Black women

**Women who suffer maternal deaths**
- 68% Black women

- Black women account for **39% of the women who give birth** but **68% of the women who suffer maternal deaths**.

- Black women are four times more likely than white women to experience a **pregnancy-related death**.

- Louisiana ranks **40th** in the country in infant deaths, and Black infants are twice as likely to die as white infants.
All of Louisiana is designated as a Mental Health Professional Shortage Area (MHPSA)

Source: https://wellaheadla.com/healthcare-access/health-professional-shortage-areas/
HRSA Funding

• Blue states have Pediatric Mental Health Care Access (PMHCA) funding.

• Red stars indicate Maternal Mental Health and Substance Use Disorder (MMHSUD) funding.

* MN includes the state of MN and the Red Lake Band of Chippewa Indians

** OK includes the state of OK and the Chickasaw Nation

*** Commonwealth of the Northern Mariana Islands and Federated States of Micronesia are 2022 PMHCA awardees.

*** Commonwealth of the Northern Mariana Islands

** * Federated States of Micronesia

Republic of Palau

2022 PMHCA Awardees

Previously Funded PMHCA Awardees

Not HRSA funded

U.S. Virgin Islands
Supports frontline providers in identifying, diagnosing, treating, and referring patients with mental health concerns.
Why provide consultation and training to frontline healthcare providers?

• It’s where the patients are
  • Women see a frontline healthcare clinician (OB, pediatrics, PCP) **20–25 times** during the perinatal period
  • Well and problem-focused visits for children and youth
  • Frontline healthcare clinicians are trusted experts; have relationships over time with patients and families
• Consultation leverages scarce psychiatric resources
  • With support, training, and resources, frontline healthcare clinicians can manage mild to moderate mental health concerns
Statewide
Any provider serving children/youth (birth-21) and pregnant and postpartum persons
Operates Monday-Friday from 8am-4:30pm
Providers register for the program (not required to access consultation)
Resource and referral support
Psychiatrists are available for consultation

Louisiana Provider to Provider Consultation Line (PPCL)

Pediatric & Perinatal Mental Health Support

The Provider-to-Provider Consultation Line (PPCL) is a no-cost telehealth consultation and education program that helps providers address the behavioral and mental health needs of pediatric patients (ages 0-21) and perinatal patients.

The program can help increase clinic capacity to screen, diagnose, treat, and refer patients to supportive services and connect providers to mental health consultants and psychiatrists.

Call now to speak with a mental health consultant or psychiatrist about your patients!
(833) 721-2881  ldh.la.gov/ppcl
How does consultation work?

A provider has a question. Registration is not required before calling, but it is strongly encouraged and only takes 1-2 minutes.

- Providers can register at ldh.la.gov/page/ppcl or complete registration during consult call.

Providers can call PPCL at (833) 721-2881 during regular business hours (8am-4:30pm) and speak directly with a mental health consultant or go to the website and submit a consultation request.

Our **mental health consultants respond** to questions within the scope of their expertise and can connect providers to one of our child and adolescent or perinatal psychiatrists.
Our Licensed Mental Health Professionals have expertise in:

- Infant and Early Childhood Mental Health
- School-based Mental Health
- Primary Care
- Early Childhood Development
- Substance Use Disorders and Treatment
- Perinatal Mental Health

Our Psychiatrists

Daniel Waldman, MD
Child and Adolescent Psychiatry

Julianna Finelli, MD
Assistant Professor of Psychiatry, PPCL Perinatal Medical Advisor

Maegen Vincent, MD
Child and Adolescent Psychiatry
All questions are welcome

Specialty mental health resources

Billing possibilities

Perinatal and childhood mental health disorders

Screening tools and processes

Resources for milestone monitoring

Medication questions

Parent-child relationships
# 2024 TeleECHO Series Schedule

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<td>Kristine Olivier, MD</td>
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<td>Aggressive and Irritable Behavior in Children and Adolescents</td>
<td>Katie Queen, MD</td>
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<td>Obsessive Compulsive Disorder in Pediatrics</td>
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Can also register by going to https://ldh.la.gov/page/ppcl and clicking on TeleECHO button.
## 2024 Perinatal TeleECHO Series Schedule

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<td>March 26, 2024</td>
<td>Introduction to Perinatal Mental Health</td>
<td>Julianna Finelli, MD</td>
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<td>Perinatal Anxiety: Presentation, Risk Factors and Tools to Treat</td>
<td>Katie Hebert, LCSW-BACS, PMH-C</td>
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<td>Addressing Safety Concerns in the Perinatal Period</td>
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<td>Engaging Doulas</td>
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<td>Substance Use During Pregnancy</td>
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Quick Reminder: Register for PPCL

- Receive program updates
- Gain access to consultation from a team of mental health professionals
- Get access to an ECHO series on mental health issues for children and youth
- Get support in identifying mental health and other community resources for your patients
Contacting PPCL

- Website: https://ldh.la.gov/page/ppcl
- Phone Number: (833) 721-2881
- Email: ppcl@la.gov