

Perinatal Depression Screening and Follow-up Work Flows

Sarah Homitsky, MD
Medical Director
Women's Behavioral Health



Allegheny
Health Network

Objectives

- **Provide brief introduction to perinatal mood and anxiety disorders (PMADs)**
- **Review implementation of Allegheny Health Network's integrated women's behavioral health program**
- **Provide highlights from our awareness campaign**
- **Discuss ongoing data collection and efforts to improve program quality and access to care**

Perinatal Mood and Anxiety Disorders (PMADs)



**#1 Complication of
Pregnancy**

Affecting 1/7 Women

**Postpartum depression affects up to 60%
of adolescent and low SES mothers**

Woody et al, 2017; Hymas & Girard, 2019

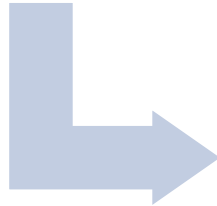
Impact of PMADs

- **Less prenatal care**
- **Preterm labor and delivery**
- **Low birth weight infants**
- **Child abuse & neglect**
- **Maternal substance use**
- **Poorer bonding and attachment**
- **Infant developmental delay**
- **Impaired language development**
- **ADHD and anxiety disorders**

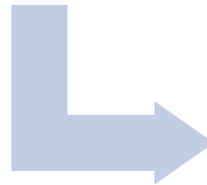
Grigoriadis et al., 2013; Dubbet et al., 2015; Reck et al., 2018; Kinsella et al., 2009; Glover, 2014; Verkuil et al., 2014; Goodman et al., 2016

Identification & Treatment Disparities

<50% of women
with Postpartum
Depression are
identified



<10% of women
identified with
PPD get treatment



Only 3-5% of
women are treated
to remission

Inconsistent Screening
Lack of Referral Resources

Lack of Childcare
Stigma
Lack of Time



Identification of Community Need

- **2015 Highmark Study**
 - Review of claims data for 11,000 women who delivered between 1/2013 and 8/2014
 - 21% had a diagnosis of postpartum depression
 - Less than half (43%) of those diagnosed received any treatment
 - 3% were hospitalized due to severity of mental health symptoms

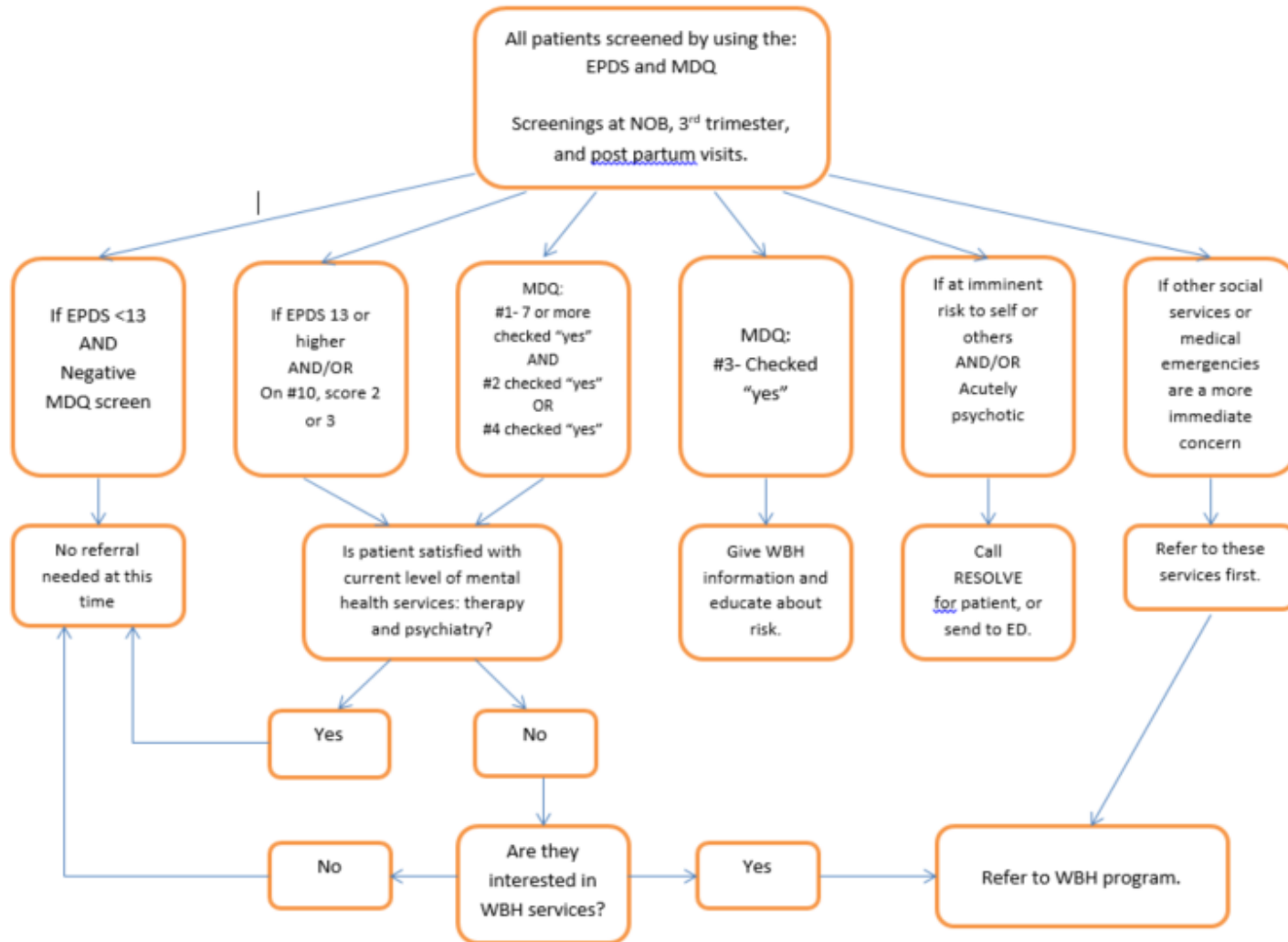
Universal Screening for PMADs

- **Screening instruments**
 - **Edinburgh Postnatal Depression Scale (EPDS)**
 - **Mood Disorder Questionnaire (MDQ)**
 - **Perinatal Anxiety Screening Scale (PASS)**
- **Timing of screening**
 - **1st Prenatal visit**
 - **3rd Trimester visit**
 - **Postpartum visit**

Streamlined Referral Process

- **Best Practice Advisory**
 - OBGYN needs to acknowledge positive screen prior to closing patient encounter
- **Women's Behavioral Health Referral Order**
 - Triage nurse reviews orders
 - Calls patients within 48 hours
 - Schedules patients for initial evaluation within 2 weeks

Development of Protocols



The Alexis Joy D'Achille Center for Perinatal Mental Health



- Mother-baby outpatient treatment
- Mother-baby intensive outpatient program
 - 3 days a week, 3 hours a day

- 7,300 square foot facility



#mywishformoms





A safe place to share

female friends saying "Omg your
[AR]" and "U CAN DO IT BABE" w
felt like, perhaps, she could not

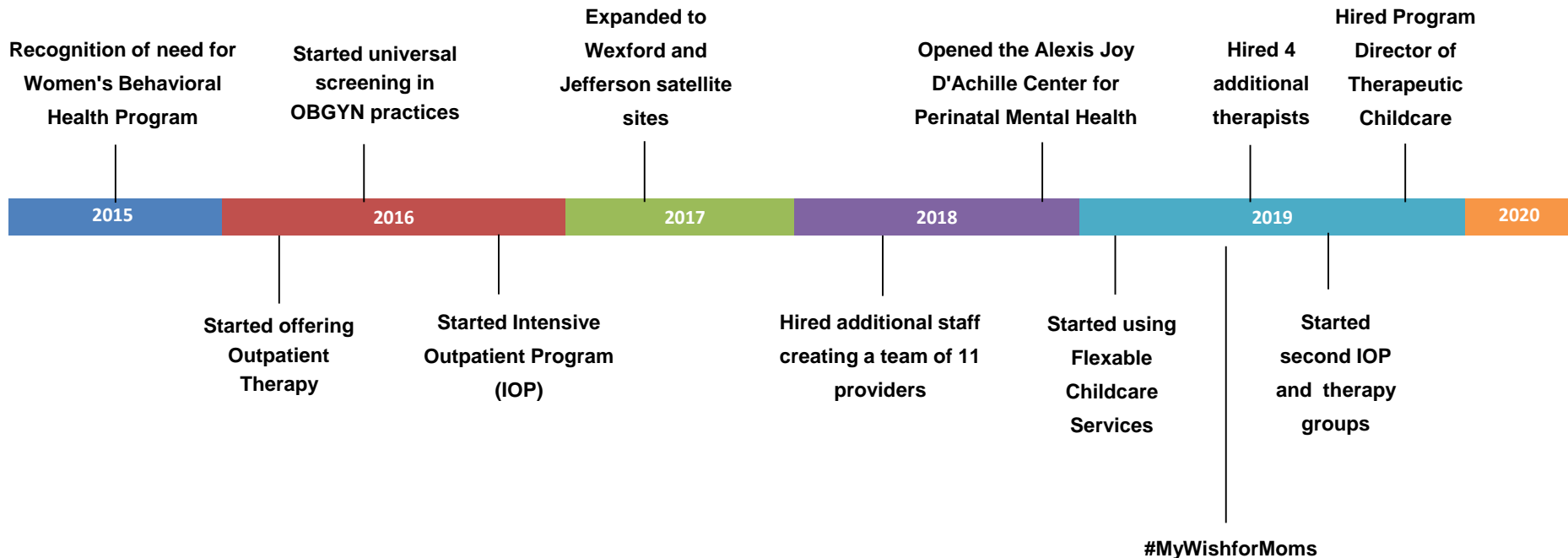
My wish for moms is for them
to know how extraordinary
they are. Although their
brains may be on fire from
lack of sleep or their bodies
hurt from the recovery of
giving birth, mothers are
exceptional creatures who
embody perseverance and
strength. Allow your strength
to crush your doubts.

@modernmombros

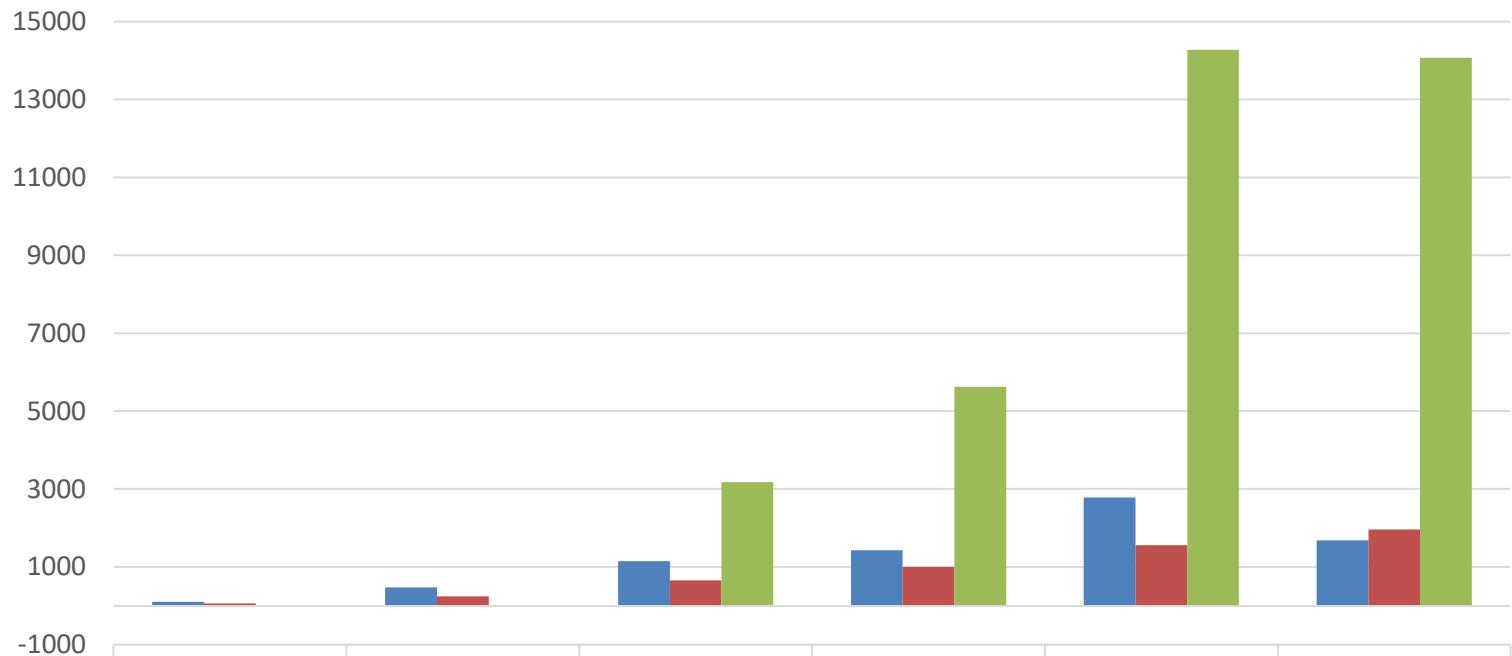


Cherish

Women's Behavioral Health Timeline



Growth of WBH Service Line



	Sept 2015	2016	2017	2018	2019	2020
# Referrals	106	471	1,149	1,430	2,785	1,680
# Unique Patients	61	240	655	999	1,560	1,964
# Scheduled Appointments	* 0	* 0	3,177	5,626	14,279	14,067

**Did not collect data at this time*

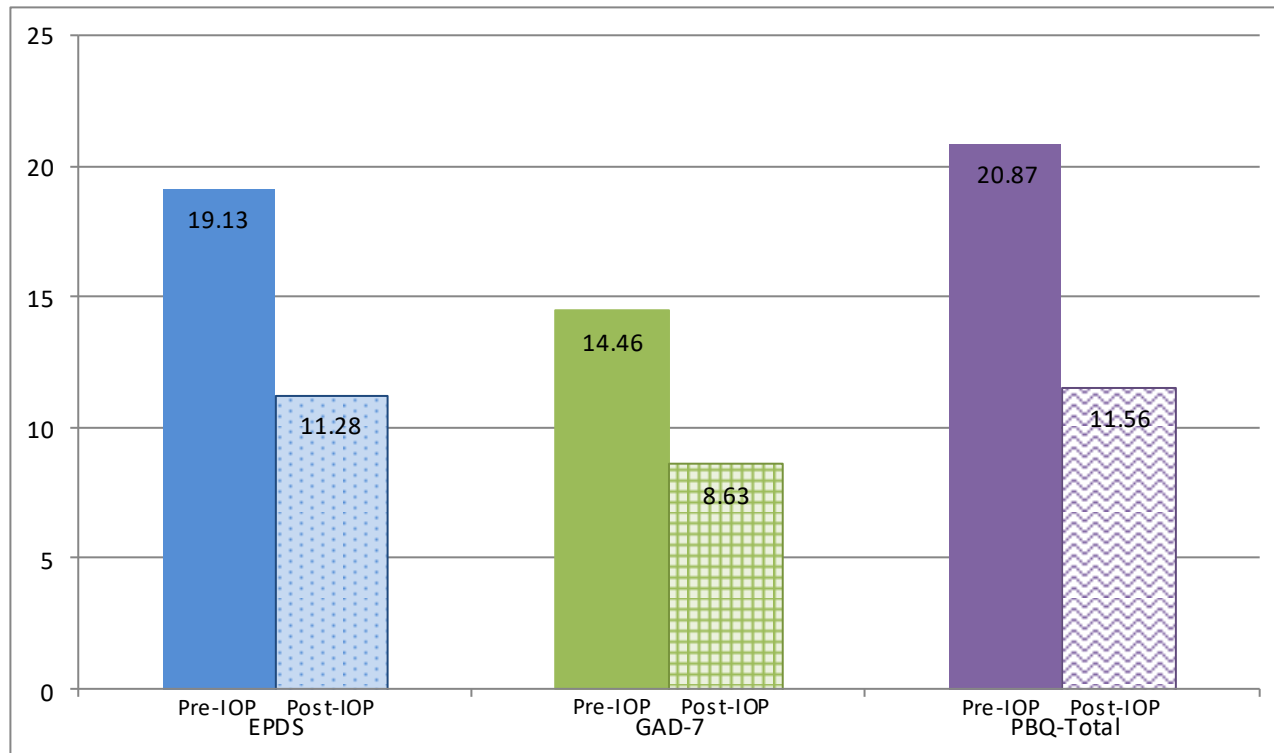
Growth of WBH Outpatient Service Line

Year	Referrals	Patients	Scheduled Sessions
2017	1149	655	3177
2018	1430	935	5504
2019	2633	1908	13917

Growth of WBH IOP

Year	Referrals	Appointments
2017	69	653
2018	90	722
2019	104	1170

WBH IOP Outcomes



Patient Satisfaction

- **83% felt the program improved their confidence as a mother**
- **100% found the group very or extremely helpful**
- **89% found the prescribed medication very or extremely helpful**

Helpful Tips

- **Negotiate higher rates of reimbursement**
 - Unique dyadic programming
- **Improve collaboration with OBGYN**
 - Outreach to OBGYN and pediatric offices
 - OBGYN Residency wellness
- **Multidisciplinary staff**
- **Partner with existing community programs**
- **Integrate within hospital**
 - Labor & Delivery, NICU
- **Telemedicine**

Improving Access to Care

- **Data review of 90 IOP patients**
 - 35% had other children in the home
 - 40% expressed lack of childcare as barrier to consistent treatment
 - Over a one month period, 50% of patients missed at least one treatment session secondary to issues with childcare

Improving Access to Care

- **Free onsite childcare at WBH**
 - Partnership with Flexible LLC starting in January 2019
 - Grant support from Jewish Women's Foundation, AJ Palumbo, and private donors
 - Able to provide childcare for
 - 452 Appointments, for 652 children in 2019
 - 178 Appointments, for 262 children in 2020 (stopped in 3/2020 due to COVID)

Stumbling Blocks

- **Can't bill for warm referrals and crisis calls**
 - Integrated LCSW into residency clinic
- **NICU Screening and billing concerns**
- **Funding for staff that do not provide billable services**
 - Triage
 - Case management

Thank you

- **Jewish Healthcare Foundation**
- **Highmark**
- **Alexis Joy D'Achille Foundation**
- **Jewish Women's Foundation**
- **AJ Palumbo**
- **Private Donors**
- **Liana Verzella**
- **Rebecca Weinberg**