



WELL Women Committee AGENDA

Tuesday, October 19, 2021 1 pm – 2 pm

Zoom Link: <https://zoom.us/j/93082904632?pwd=MVM0VWNZQU5Uc2dmQkxucWxEYUNvQT09>

Meeting ID: 930 8290 4632 Passcode: 915430

1. Welcome and Introductions: Tiffany Chalk

Brief introductions

2. Review of 9/21 Minutes. All minutes will be posted at the following link:

- [Meeting Information & Materials | Delaware Healthy Mother and Infant Consortium - Delaware Thrives \(dethrives.com\)](#)
- Motion to approve 9/21/21 Meeting Minutes

3. Maternal Mental Health:

- a. Anne DeCaire, PMHNP-BC, Christiana Care Center for Women's Emotional Wellness – There are really great information groups she has attended the past 3 years to build up her knowledge of maternal mental illness because there is no certification in reproductive psychology yet. She is sure it is coming but cannot currently take a test to say you know all about perinatal mental health. There is a certification, "Post-Partum Support International."

Attended the lecture: PSI, Mind the Gap & Maternal Health Learning & Innovation

- On Maternal Mental Health being the health of our babies, the next generation, with profound statistics, which showed, left unaddressed we're not going to have the outcomes we want.
- Maternal health disorders are the second leading cause of death among new mothers. Women of color have doubled the rate of post-partum depression rate.

- Currently, in USA, rate of maternal suicide is not even documented.
 - Dr. Hussaini – DE PRAMS does not specifically collect data on specific medications. There is a question regarding the taking of medications by pregnant women. “Before you got pregnant or during your pregnancy, were you taking any medications?”
 - Anne pulled brochures from DE Thrives and has suggestions to improve them. She notes, the moms and providers are both nervous regarding medications for different reasons. Moms simply stop taking their medications, causing issues with mental health. Providers do not feel educated enough to make decisions on medications.
 - Anne would like to have the conversations but would like to know where the group is on their opinions and understanding of maternal mental health. Are site visits a possibility? What is it that WWG thinks she can bring to the group, and what do our women need in DE? Because she works so deeply in the field of women’s mental health, she would like to know the groups feel on her work.
 - April – has seen the gap of knowledge of pregnant women on Psychotropic medications.
 - Anne asks: what do you think she can bring to this group, and what do our women need in DE? She works with the hardest cases for birth and infants, a lot of un-well births. Believes women need their mental health addressed.
 - April – psychotropic meds, taken off by MDs during pregnancy thinking the risk outweighs the benefit. There is a gap in how to effectively manage women who take chronic healthcare meds. The Title V focus group report specifically the men was the need to have a need to better understanding postpartum depression to help their partners. In terms of linking people to services that specialize in perinatal mood disorders there is limited availability of choices.
 - See MGH Center for Women’s Mental Health at https://womensmentalhealth.org/posts/essential-reads-maternal-suicide-in-the-united-states-the-latest-research-data-collection-efforts/?utm_medium=rss&utm_campaign=essential-reads-maternal-suicide-in-the-united-states-the-latest-research-data-collection-efforts
- b. Regina Kerr Alonzo, Interim CEO at Jewish Family Services – She is continuing the work of the former CEO of research on maternal mental health in DE. The provider component is very limited number of licensed therapist, certified by Postpartum International (PSI) and take insurance. The “take insurance” part left 6 therapists in the state. This caused movement to create a maternal mental health program. The program is named after Simia Slone, who was a woman’s rights activist and a civil

rights activist. The program consists of 2 parts, training and certification. They are sending therapists to get the training from PSI. Working with the hospitals and others to recruit therapists for this training. Highmark is funding their maternal mental health program which will allow them to hire a licensed clinical therapist; providing education and certification in maternal mental health if needed. They are requesting for education and outreach to under-resourced communities to help partners, families, parents and grandparent to know what to look for and help reduce the stigma around obtaining help for mental health. With greater participation, hoping to develop help groups and support groups for the women and their partners. They are committed to elevating this issue in the community.

- Lisa K. - Are there any perinatal mental health programs being explored for the southern part of the state? Office in Sussex. Primarily working remotely now which is giving new insight to the clients and their homelife. Goal is to have someone physically in the southern part of the state physically doing mental health.
- Anne D. – seeing more clients in Kent county and feels remote services are a plus for the program. Suggests better marketing may be a good way to promote the program(s). A good resource for finding a therapist - Postpartum International provider directory is available for a list of those therapist trained in PSI, certificate and the certifications.
- Anne D. - any chance they will include the program at the new CCHS facility being built in Rehoboth? She knows of nothing at this time.
- Lisa Klein – Outpatient facility off route 1 old Pier One facility.
- Anne D. – Christiana Care is trying to implement the integrated behavioral health model, where there is a medical health coupled with a mental health provider. Why not broaden this service to maternal mental health.
- Emily Hass Katzen – there is still a significant need for boots on the ground, working with educators embedded in women practices – there is a need in the southern part of the state. Also – when she got her MSW she specialized in and mental health, this is not done anymore.
- Leah Woodall: all current HWHBs providers are listed on DEthrives.com
- Leah W. – This topic should be elevated to see what should be the focus: stigma, provider, supply and demand, on data side: most important is Co-occurring disorders. DE health ratings data, newly available. On health side for pre-conception, we need to get a focus on managing mental health before a woman decides to have a child, and then a prenatal and postpartum as well. This data is driving our attention to elevate this topic.

4. Well Woman Initiative Update: April Lyons-Alls

a. *Why Health Matters Before Pregnancy* Infographic

- April L. – Presented a draft version of the infographic on why the preconception health/preconception care of women matters before pregnancy. The infographic from Delaware Well Woman Initiative captures the salient points that we’re trying to make with “Every Women Every Time Delaware.” (Adobe file attached “RLP Survey Information” and “WW Infographic Rev 10.6.21”)

b. Reproductive Life Plan Survey

Please Take the Survey. Identify Other Partner Agencies & Share the Link!
<https://www.surveymonkey.com/r/5G87VDX>

6. Announcements & Adjournment

- Meetings (for WW) are always the 3rd Tuesday of the month.
- BMH group are the 2nd Tuesday of the month.

The following is copied directly from the “Chat” board:

00:18:19 April Lyons-Alls (she/her): thank you to our outstanding Epi. Dr. Hussaini!!!!

00:18:34 Lisa Klein: Agree!!

00:21:06 Jalisa Anderson: How can we join?

00:21:54 The Birth Center Team 1: <https://www.postpartum.net/join-us/become-a-member/>

00:22:22 The Birth Center Team 1: Link to join 🖱️🖱️🖱️

00:22:45 Jalisa Anderson: Thank you Birth Center Team!

00:24:09 The Birth Center Team 1: Oops technically it’s not the birth center, it’s Dawn Moore (CNM/PMHNP (newly!)) but I joined under my wrong account 🗑️

00:24:42 The Birth Center Team 1: But I work there, so we can say I’m representing them!

00:25:07 Susan Noyes: Glad to see you joined us Dawn!

00:27:12 Anne Pedrick: The Delaware MMR tracks medicine that a Mom may have been taking when the suicide occurs.

00:28:29 Leah Woodall: Would love your feedback on round 2 feedback...DPH created that brochure in 2018.

00:28:46 khaleel.hussaini: That is correct. Cause of death contains manner of death and if it is a pregnant mother then "theoretically" pregnancy checkbox is checked.

00:34:35 The Birth Center Team 1: I will be an additional provider for using on perinatal mood disorders very soon 😊

00:34:58 801017155: anne.decaire@christianacare.org

00:34:59 The Birth Center Team 1: Focusing on* sorry my fingers are not cooperating with my brain

00:35:49 Tiffany Chalk: Thank you Susan!

00:39:34 April Lyons-Alls (she/her): congratulations!!

00:42:49 Lisa Klein: Are there any perinatal mental health programs being explored for the southern part of the state?

00:44:49 Leah Woodall: I'm finding that based on data surveillance, DPH has moved on having our providers Screening women for depression/anxiety....but we lack the supply for the demand and don't have data on referrals....

00:45:10 Lisa Klein: Thanks Regina

00:46:30 Lisa Klein: Anne - any chance they will include the program at the new CCHS facility being built Rt 1 in Rehoboth?

00:47:39 Susan Noyes: Thanks Anne and Regina for raising awareness and gaps related to this key issue!!

00:48:10 Regina Kerr Alonzo JFS: Regina Alonzo ralonzo@jfsdelaware.org

00:52:06 Ruth Lytle-Barnaby: we are also offering behavioral health integration at Planned Parenthood and soon to open our Seaford office that will also offer this.

00:52:40 Christy Wright, Delaware: Christiana is hiring a CHW for Kent/Sussex as well that will be working between the Milford and Rehoboth office locations.

00:53:13 April Lyons-Alls (she/her): we can reach out to Delaware State they have a MSW program

00:53:17 Leah Woodall: all current HWHBs providers are listed on DEthrives.com . La Red is our provider in Sussex county. The model includes integrated behavioral health and women's health.

00:54:12 Leah Woodall: Home visiting is another resource for women prenatally/postpartum.....

00:55:17 Leah Woodall: I think this is a topic we should continue to elevate

01:00:15 Pam.Berentsen: The Division of Public Health no longer has a Registered Dietitian in Kent and Sussex Counties. Our Healthy Families America program stopped accepting new clients 3+ years ago, since our program was not certified. Children and Families First is certified in HFA, but I do not know if they have a RDN on staff. We all know that a healthy mind and body work best when they are fed.

01:03:22 Ruth Lytle-Barnaby: are you gearing this to providers or patients

01:03:43 April Lyons-Alls (she/her): that's the plan

01:04:51 Leah Woodall: we would like to circulate to this group for feedback

01:04:57 Erin Ridout, DCADV: Sorry all - have to hop off for a 2pm. Thank you!

01:06:18 emily haas katzen: Thank you for all of the information shared today. I have a 2pm meeting as well. Take care everyone!

01:06:53 Leah Woodall: Yes audience of infographic is for providers....we think it would be a great component and tool to demonstrate the WHY, and focus on well woman

01:09:15 Lisa Klein: Do you want it to go to private OB practice?

01:09:56 Susan Noyes: It takes all of you from your various perspectives to provide input on our newly developed resources and take the survey. THANKS1

01:10:41 Jalisa Anderson: Could we have a link for the survey to share?

01:11:59 Susan Noyes: WE WANT THAT IN DELAWARE!!!!

01:12:46 Susan Noyes: Lisa, yes we want to do that also!! Please reach out to April

01:12:57 Regina Kerr Alonzo JFS: Thanks so much for all your time, everyone!

01:13:15 April Lyons-Alls (she/her):
Web Link: <https://www.surveymonkey.com/r/5G87VDX>