



# Introducing Perinatal Connections to the HMG-NTX System of Care

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# MHMR: Who We Are

# Rationale for Adding Perinatal Connections to the HMG-NTX System



## Maternal Mortality Crisis

Maternal mortality is rising in the U.S., and it's worse in Texas

Mortality rates are nearly double among non-Hispanic black mothers than white mothers



## Infant Mortality

Tarrant County has 2<sup>nd</sup> highest IMR among Texas counties with at least 10,000 births



## Mental Health & Well-being

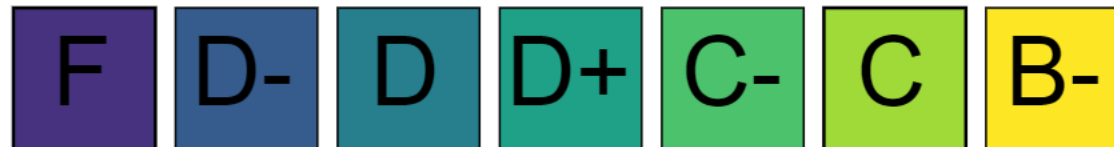
PPD prevalence is 14% higher in Texas than in U.S. overall

1 in 5 women experience maternal mental health conditions

# Texas Report Card for Maternal Mental Health



<b>F</b>	<i>Texas</i>
Providers & Programs	D
Screening & Screening Reimbursement	F
Insurance Coverage & Treatment Payment	F



# Inequities in Perinatal Mental Health

- Mothers of low SES **11 times more likely** to develop PPD
- Mothers of color experience PPD at nearly double the rate of white mothers
- Nearly 60 of Black and Latina mothers do not receive any support services for perinatal emotional complications



# Gaps in Care for Perinatal Blood Pressure Concerns

- ACOG recommends blood pressure checks 3-10 days postpartum for women with risk factors
- Only about 40% of eligible women get this BP check
- Untreated postpartum hypertension increases:
  - Short-term risk of stroke & postpartum hemorrhage
  - Long-term risk of cardiovascular disease



# Texas Maternal Mortality & Morbidity Review Committee Finding

*90% of pregnancy-related deaths  
are preventable!*

# Texas Maternal Mortality & Morbidity Review Committee Recommendations

- 7 of 11 recommendations are addressed by Perinatal Connections
- Facilitate continuity of care
- Increase community engagement to foster a culture of maternal health

# Texas Maternal Mortality & Morbidity Review Committee Recommendations

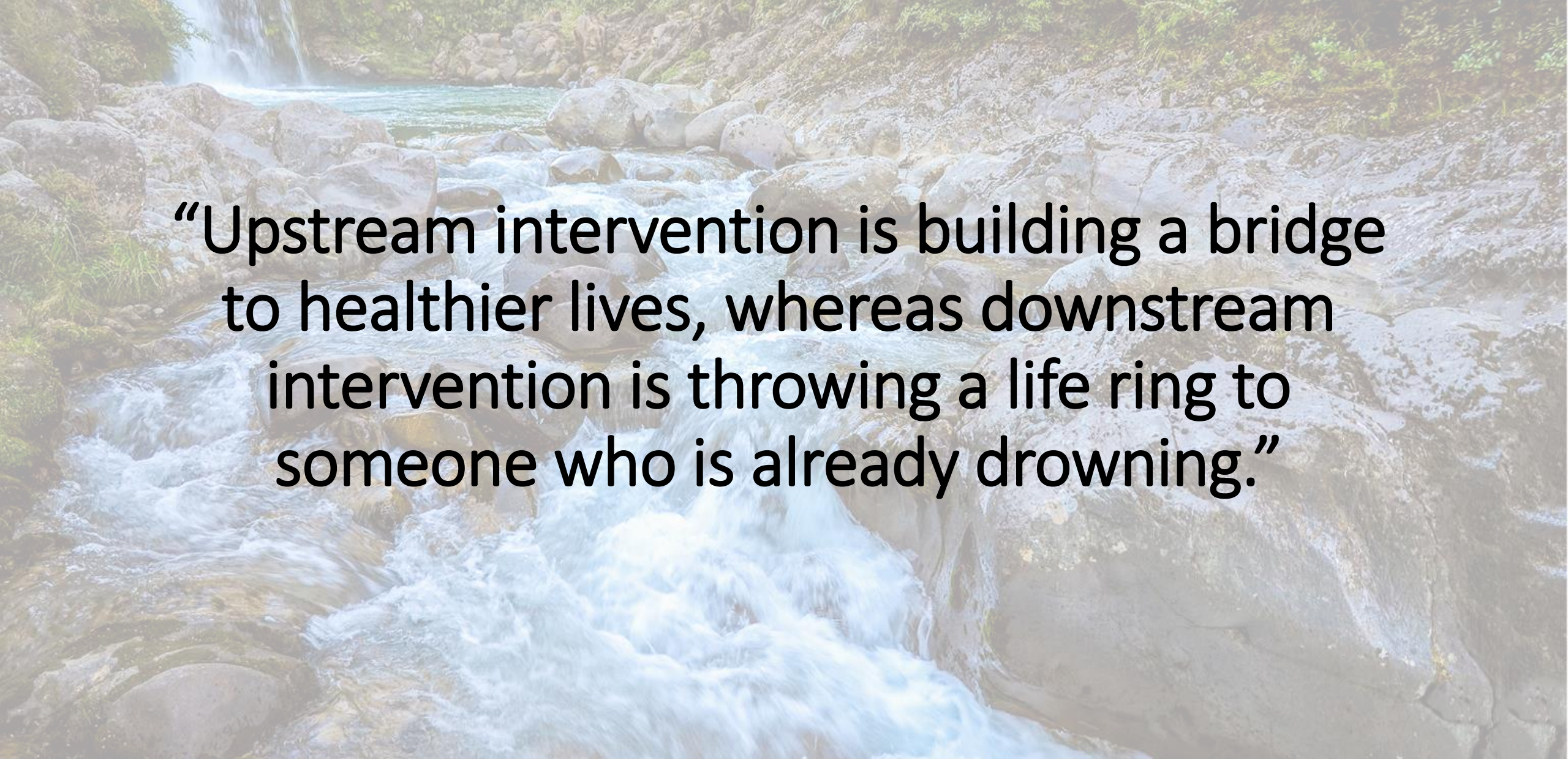
- Implement evidence-based protocols to prevent, identify, and manage obstetric and postpartum emergencies
- Improve education and care coordination for those with mental health & high-risk medical conditions

# Link Between Maternal & Infant Outcomes

- Women with perinatal PTSD have higher risk of preterm birth & poor fetal growth
- Untreated postpartum psychosis increases risk of infanticide
- Infants of women with untreated postpartum depression can have long-term impacts on their growth & development







**“Upstream intervention is building a bridge to healthier lives, whereas downstream intervention is throwing a life ring to someone who is already drowning.”**

# Perinatal Connections: Purpose, Structure, & Included Services

# Purpose



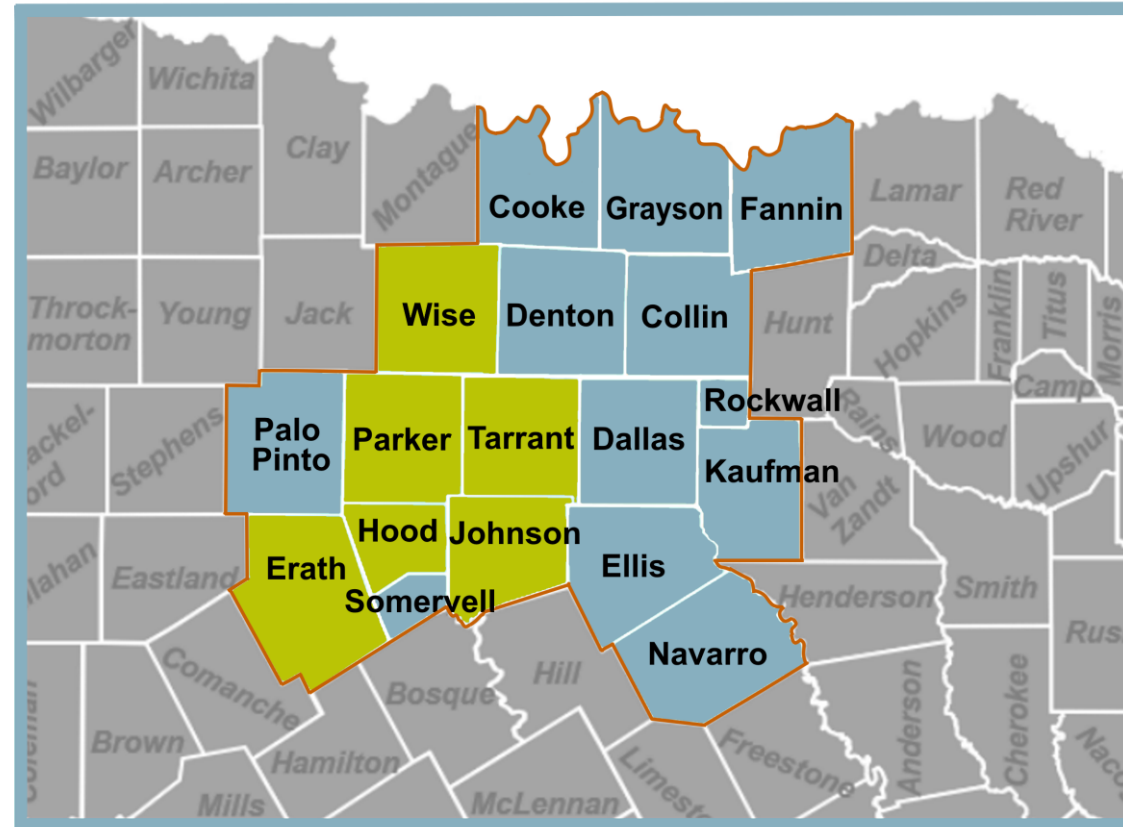
- Umbrella of perinatal health interventions to address causes of maternal mortality & morbidity
- Encompasses a continuum of services offered to clients according to their needs throughout pregnancy & up to 1 year postpartum

# Who Do We Serve?

- Currently pregnant or up to 1 year postpartum
- Reside in our catchment area
- Client demonstrates 1+ risk factor(s)



# Our Catchment Area



**Help Me Grow  
North Texas**  
(18 counties)

**Perinatal  
Connections**  
(6 counties)

# Integrating Perinatal Connections into HMG-NTX's System of Care

*EXISTING HMG STRUCTURE:*

CAP, internal programs

*NEW SERVICES:*

perinatal nursing & teaming

*NEW TOOLS:*

Mothers & Babies

## Family Support Coaching

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- In-home services to empower client to promote healthy pregnancies & strengthen family relationships
- Identifies SDOH needs & refers to resources
- Provides service coordination

## Mental Health Consultant

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- Deliver evidence-based interventions to manage stress and prevent postpartum depression
- Provide support & reflection to service providers on the care team

## Perinatal Registered Nurse

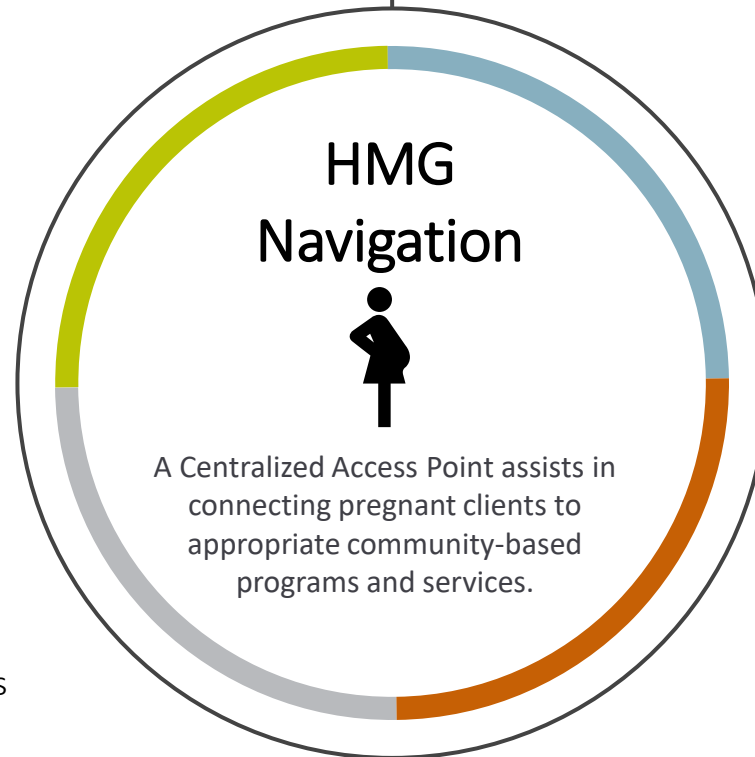
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- Touchpoints throughout pregnancy
- Screenings: perinatal mood and anxiety, domestic violence, & substance abuse
- Education: Self-monitored Blood Pressure training, lactation consults, Maternal Warning Signs, infant care, car seat safety, safe sleep, purple crying, health care promotion and prevention and much more

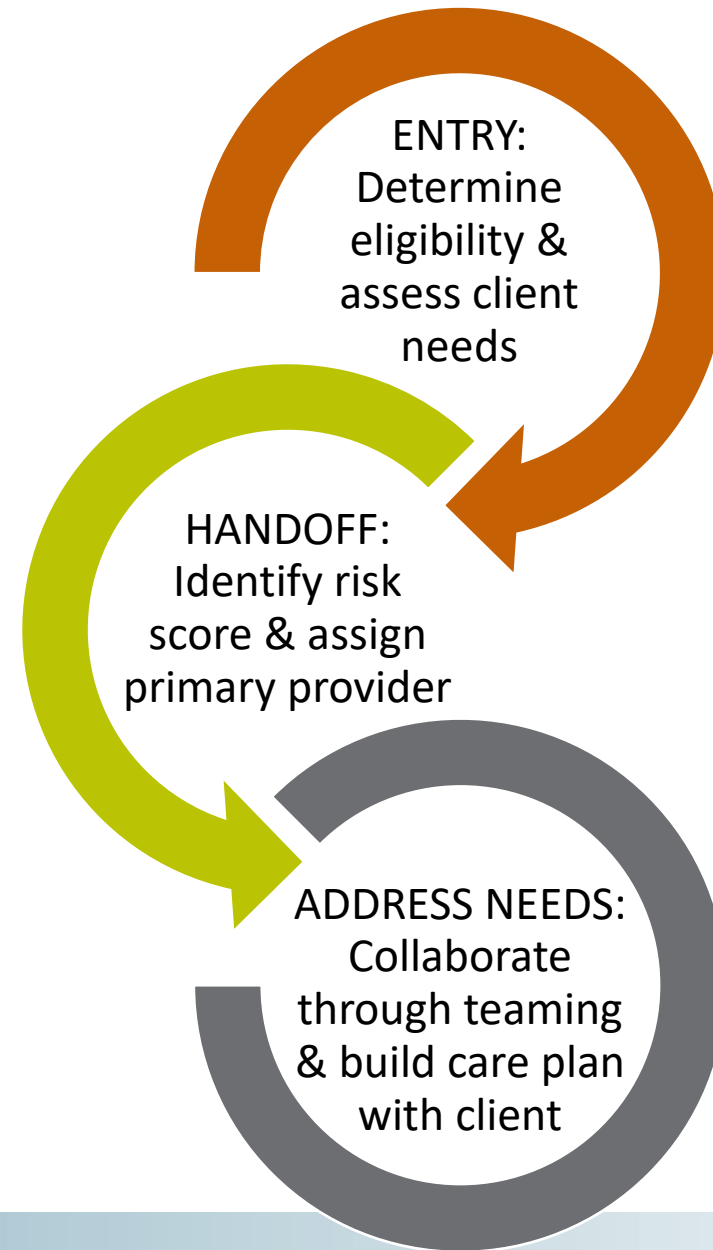
## Post Partum Nurse Home Visiting

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- Evidence based-model
- Visits by registered nurses 3 weeks post delivery

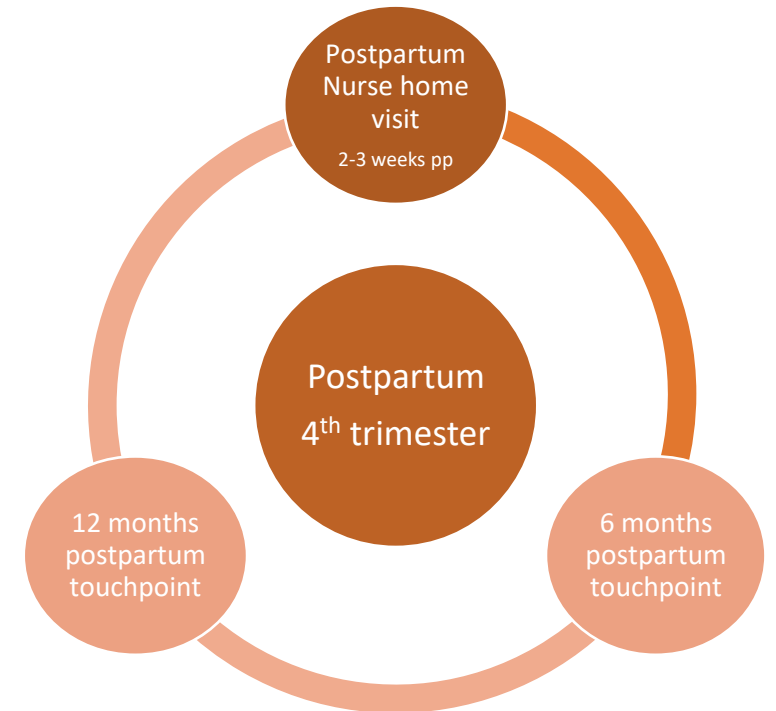
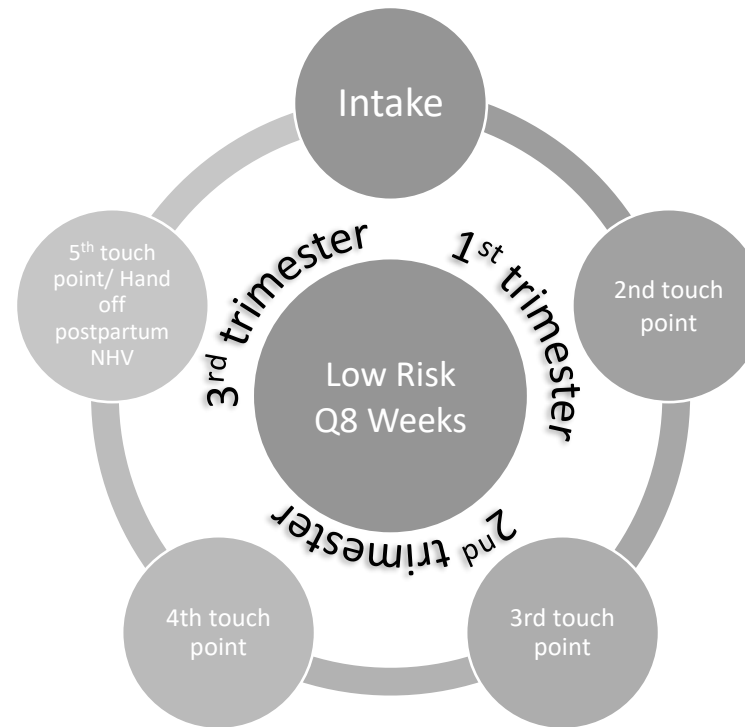
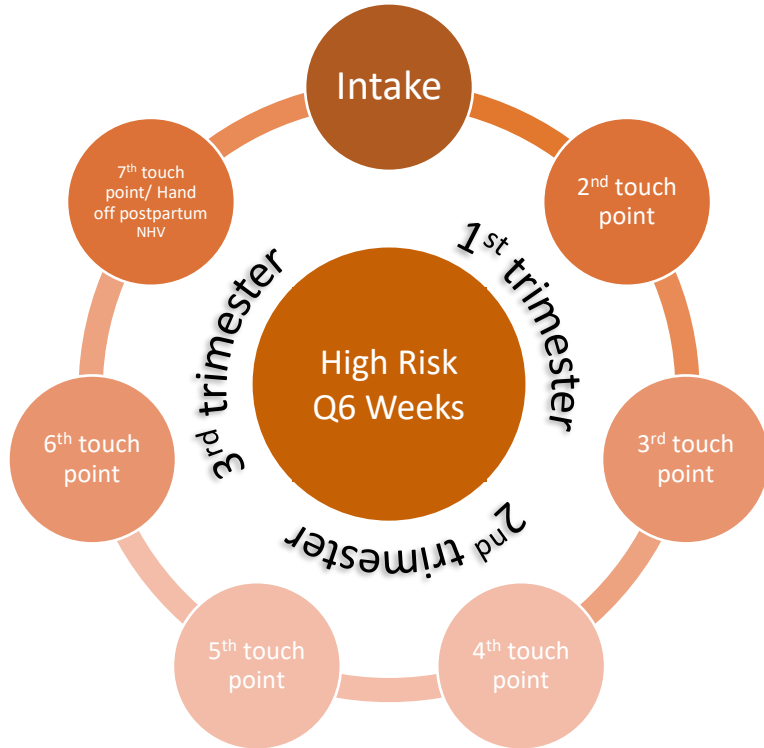


# The Process for our Perinatal Clients



# Prenatal Nurse Touchpoints

Assessments ↔ Screenings ↔ Education ↔ Support ↔ Connection to Resources



# Mothers and Babies Program

Improved Parent-Child Interactions

Increased Coping

Decreased Depressive Symptoms & Stress

**Fills a Gap**

Maternal programs often don't address stress

**Layered Approach**

Can be layered on top of other interventions

**Adaptability**

Can be replicated in various settings

# Family Connects Model

## Nurse Home Visit

Check on mom, baby & family at 3 weeks postpartum



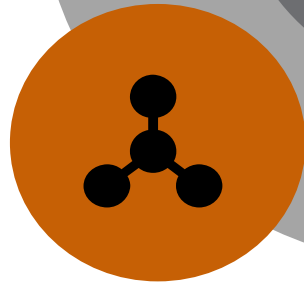
## Provider Outreach

Pediatrics & OBGYN



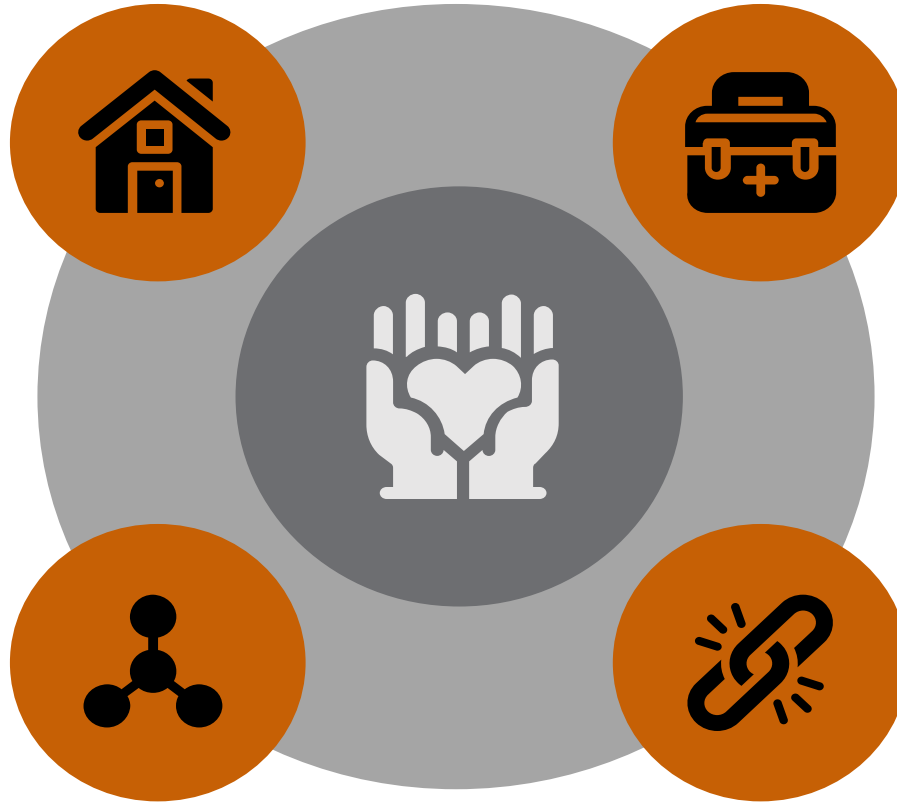
## Community Alignment

Align community resources with identified needs



## Warm Hand-offs

Referrals to resources



# Evidence for Family Connects



39%

Fewer CPS investigations



50%

Less infant emergency medical care



94%

Families needed 1+ links to education or resources



\$1 >>> \$3

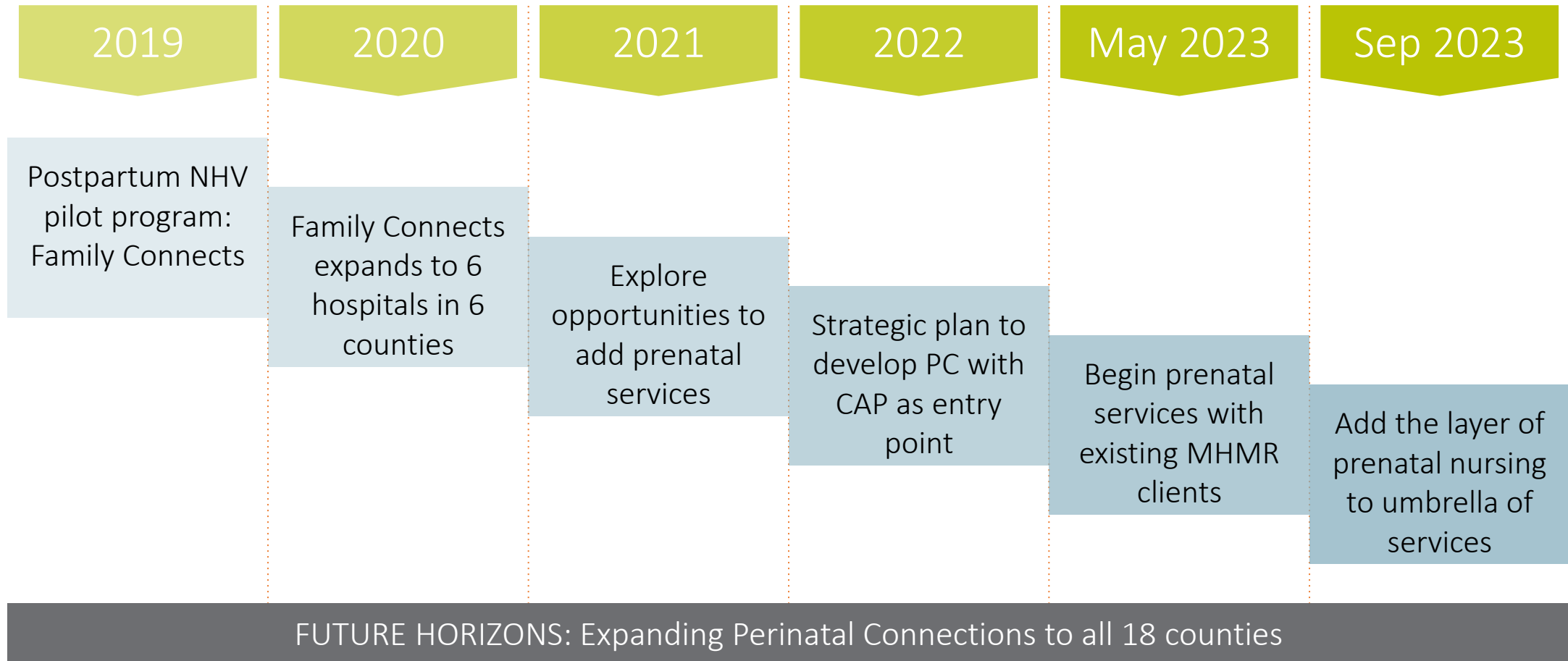
Every \$1 invested leads to \$3 health care savings



# Our Multidisciplinary Team



# Implementation Timeline



# Early Successes

# Effective Teaming & Referral

- 19 year old client with no family support, no support from father of baby, history of multiple traumatic events
- 2 recent surgeries: emergent c-section, gallbladder removal 2 weeks postpartum
- Newborn in NICU, high acuity diagnosis

# Effective Teaming & Referral

- Client received Family Connects visit
- Client scored 16 on Edinburg Postpartum Depression Scale, reported they “hardly ever” had thoughts of harming self
- Described history of self-harm and trauma

# Effective Teaming & Referral

- Referred to OBGYN for depression concerns
- Family Connects nurse teamed with Mental Health Consultant to ensure client receives support for history of trauma, current depression, current stressors
- Also referred for follow-up from surgeries

# Filling in the Gaps



# What gaps does Perinatal Connections fill?

- Addresses common causes of maternal mortality & morbidity
- Helps perinatal healthcare providers meet ACOG's new recommendations for postpartum blood pressure screening
- Provides loop closure & continuity of care
- Addressing unmet needs among pregnant clients in MHMR's substance use disorder program
- Ensure pregnant clients receive victim advocacy services

# Implementation Challenges: Clearing the Hurdles

- Building EMR forms to ensure smooth communication among internal service providers
- Integrating all service providers into the FindConnect system maintained by HMG-NTX
- Defining referral streams and internal workflows
- Building consensus among stakeholders

# Building Bridges Among Community Programming, Research, & Advocacy

# Our Collaborative Efforts

State steering committee

Community task force

Academic research project

# Conclusion

# How Can Your HMG System Expand to Address Perinatal Clients?



- Start simple, prioritize your community's needs
- Assess what internal services you have
- Identify resources / organizations providing perinatal services in your community
- Create a taskforce to collaborate with internal & external partners
- Create a referral stream with community providers

# Questions?



For more information on any of our services, visit:



[www.MHMRtarrant.org](http://www.MHMRtarrant.org)

[Facebook.com/MHMRtarrant](https://www.facebook.com/MHMRtarrant)



**ICARE** Call Center  
Toll-free call/text  
(800) 866-2465

The graphic features a smartphone with a green 'HELLO' message bubble and a speech bubble icon. To the left of the phone is a circular icon containing the number '24' and a smaller circle containing the number '7', representing 24/7 service.

Call us anytime for mental health crisis support or access to MHMR services.

# Please join us now to reflect and connect on this session in small groups!

1. Exit the session to the home page
2. Click “Community” on top header
3. Select Discussion Rooms from the drop down menu
4. Select the discussion happening right now with our session title

\*Each discussion room will include up to six people



**HELP ME GROW  
NATIONAL FORUM  
WEEK 2023**

