

# ***Birth Trauma: Understanding Maternal Mental Health Its Origins And The Urgent Need To Do More***

**December 11, 2024**



**POLICY CENTER**  
FOR Maternal Mental Health™  
*Formerly 2020 Mom*





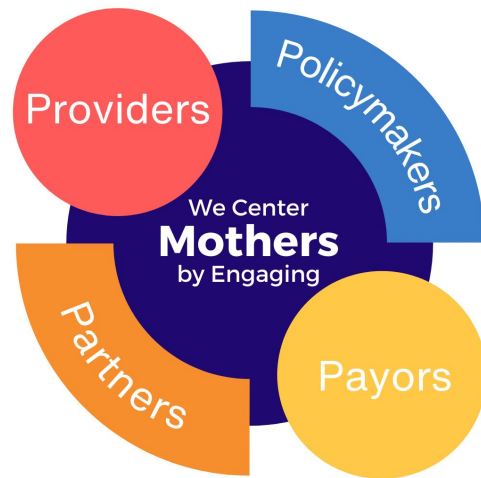
# *Welcome*

**Joy Burkhard, MBA**

Executive Director

Policy Center for Maternal Mental Health

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



# Opening Remarks



**Caroline Fisher-O'Neill**

Director of Alliance Development  
Government Affairs & Public Policy

**Otsuka America Pharmaceutical, Inc.**



# Speakers:



**Allison Parent**

A mother sharing her lived experience



**Sharon Dekel, PhD**

Associate Professor of Psychology,  
Harvard Medical School

Founding Director, Postpartum Traumatic  
Stress Disorders Research Program  
Massachusetts General Hospital

# A Mother's Story - Allison Parent



# Presentation by: Sharon Dekel, PhD



Associate Professor of Psychology,  
Harvard Medical School

Founding Director, Postpartum  
Traumatic Stress Disorders Research  
Program, Massachusetts General  
Hospital



# Policy & Practice Recommendations

Association of Women's Health, Obstetric and Neonatal Nurses



## ***Screen for Maternal Mental Health Disorders in Pregnancy***

A risk factor for CB-PTSD/P-PTSD is untreated maternal anxiety/depression and prior trauma such as sexual assault.

## ***Reduce Traumatic Birth***

Traumatic birth can arise from high levels of medical intervention, long and/or extremely painful labor or perceived lack of support.



# Policy Recommendations



## ***Integrate MH screening/tx into prenatal & postpartum care***

State Medicaid and Commercial Insurers should Implement HRSA & ACOG Guidelines:

- Unbundle OB reimbursement for MMH and postpartum through 12 mos
- Track Screening and Follow-up rates (HEDIS)
- Track HCAHPS patient reported satisfaction with hospital experience
- Implement Quality Improvement Interventions, to incentivize change

## ***Build up Mental Health Workforce, including Psychologists***

Congress, State Legislatures and HRSA

- Provide grants/scholarships to train additional psychologists to support MMH including assessment and tx of CB-PTSD






# Practice Recommendations: Hospitals



## Hospital Whole Mom™ Standards

The Whole Mom survey guides hospitals in implementing evidence-based and best practices for maternal mental health.

  
Closing Gaps in Maternal Mental Health  
PolicyCenterMmH.org

**Hospital Whole Mom™ Survey**

Date: \_\_\_\_\_

Name of hospital: \_\_\_\_\_

Name of individual completing survey: \_\_\_\_\_

Title of individual completing survey: \_\_\_\_\_

Email address and telephone number: \_\_\_\_\_

Please check 'YES', 'NO', or 'IN PROGRESS' for the following to let us know what your hospital currently offers. Programs/spices/processes must be in place and benefiting women/families as of the date noted above.

**Standard Key**  
Basic = white | Advanced = light blue

Training	YES	NO	IN PROGRESS
1. All nurses working in postpartum, L&D, the ER, NICU or any other department that may work with perinatal women, lactation consultants, and social workers have received a minimum of 8 hours of training from a recognized MMT training organization. (Offered through programs like The Policy Center for Maternal Mental Health (aka Policy Center) Perinatal Support International (PSI), PSI independently, or other local programs).			
2. All nurses working in postpartum, L&D, the ER, NICU or any other department that may work with perinatal women, lactation consultants and social workers have received a minimum of 6 hours of training from a recognized MMT training organization. (Offered through programs like The Policy Center/PSI independently, or other local programs).			
3. Psychiatrist trained in reproductive mental health disorders is available/on-call to provide treatment for severe cases.			
4. If a teaching hospital trains residents, students, or post-doctoral students in Maternal Mental Health.			
5. Clinicians working in the Emergency Department complete the Zero Suicide Preventing Suicide in Emergency Departments Training to understand core components of suicide risk assessment, which includes screening, risk interventions, and safety planning.			



# Labor & Delivery Practice Recommendations



## ***Hospital Administration***

- Examine Your Protocol for Medical Intervention and monitor Quality Improvement, Refer to New CMS Guidelines (Nov 2024)
- Provide patients w/ real-time ombudsman & retrospective Grievance Process
- Use Grievance and Quality Indicators like HCAHPS patient experience data to drive improvements

## ***L&D Nurses / Obs***

- Actively Listen and Explain (including the partner/doula), Check Your Bias



# Q&A



**Caroline Fisher-O'Neill**

Director of Alliance Development  
Government Affairs & Public  
Policy  
Otsuka America Pharmaceutical



**Sharon Dekel, PhD**

Associate Professor of Psychology,  
Harvard Medical School  
Founding Director, Postpartum  
Traumatic Stress Disorders  
Research Program, MGH



**Joy Burkhard, MBA**

Executive Director  
Policy Center for Maternal  
Mental Health

# Thank You

**We appreciate your feedback**

Please take a moment to complete the short survey in Zoom that will pop up at the end of the webinar

# Save the Date

2025

Maternal Mental Health

**FORUM**

*at the Intersection of  
Policy, Payment and Practice*

Tuesday-Wednesday  
March 18-19, 2025

***Register Now***



**POLICY CENTER**  
FOR Maternal Mental Health™

**\$95 EARLY BIRD RATE THROUGH JAN. 31**



**Learn More & Register:** <https://policycentermmh.org/2024-annual-forum/>

# Save the Date

Wednesday  
January 22, 2025

10:30am-12:00pm  
PT



## *Perinatal Substance Use Disorders 101*

**TRAINING**



POSTPARTUM SUPPORT  
INTERNATIONAL



**COLORADO**  
Department of Public  
Health & Environment



**POLICY CENTER**  
FOR Maternal Mental Health™

**Learn More & Register:**

<https://policycentermmh.org/event/perinatal-substance-use-disorders-101/>



# Now is the Time for MMH Systems Change



**Learn More: [PolicyCenterMMH.org](https://PolicyCenterMMH.org)**



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