



The Importance of Diving Deeper:

Perinatal Assessment in CoCM Practice

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March 1, 2023

Welcome

➤ Please sign in:

If your full name is not displayed on Zoom, please take a moment to rename yourself by clicking on the 3 dots in the upper right corner of your picture and selecting “rename” so we know who you are.

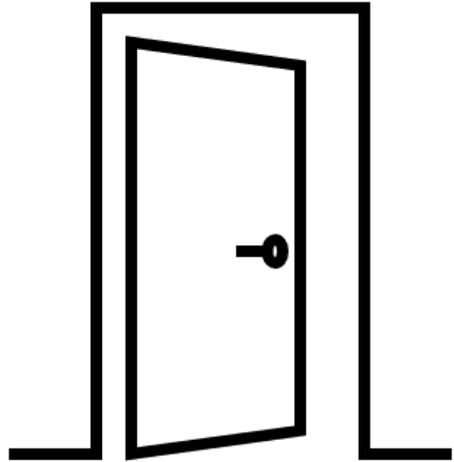
Please use the chat feature to sign in and **let us know who you are, what your role is, and where you are from.**

➤ We encourage participants to keep their video on if comfortable

➤ Please keep yourself muted to reduce distractions

➤ Please place questions in chat and we will ensure that they are answered

Housekeeping



Before we begin...

Schedule

8:00 - 8:05 AM	Introduction of the day
8:05 - 8:35 AM	The Importance of Diving Deeper
8:35 - 9:30 AM	The Importance of Trauma Informed Care
9:30 - 9:35 AM	BREAK
9:35 - 10:35 AM	Short Term Interventions
10:35- 11:05 AM	Care Coordination
11:05 - 12:00 PM	Coexisting MH Condition Considerations

Our presenters for the day



Sarah Fraley, LMSW
(she/her/hers)
Clinical Therapist
MINT Trainer



Karen M. Gall, LMSW, ACTRP, CTRS-E
(she/her/hers)
Training and Implementation Specialist
Collaborative Care Initiatives
Department of Psychiatry
Michigan Medicine



Rena Menke, PhD, LP, IMH-E®
(she/her/hers)
Clinical Assistant Professor
Infant Mental Health Mentor-Clinical
Perinatal Behavioral Health Consultant
Thrive with your Baby Clinic Consultant

Thank you to Blue Cross Blue Shield of Michigan

Blue Cross Blue Shield of Michigan has contracted with the Michigan Collaborative Care Implementation Support Team (MCISST) and Mi-CCSI to provide training and implementation on the evidence-based treatment model of Collaborative Care to primary care practices throughout the state of Michigan.

We would like to thank BCBSM for their attention, initiation and support of this important work.



Disclosure

The Michigan Center for Clinical Systems Improvement (Mi-CCSI), Michigan Institute for Care Management and Transformation (MICMT), and Michigan Collaborative Care Implementation Support Team (MCCIST) have been contracted by Blue Cross Blue Shield of Michigan for this project.

This presentation is being recorded.



Disclaimer

Each physician organization and/or practice is solely responsible for all billing practices and medical care and services delivered to its patients and all decisions related to such medical care and services. Neither MICMT, the Regents of the University of Michigan, or Mi-CCSI shall be responsible for any delivery of medical care or other services to any patient, or any decisions, acts or omissions of persons in connection with the delivery of medical care or other services to any patient.



Perinatal in Collaborative Care 2023 Disclosures

The nurse planner, content experts', faculty, and others in control of content have no relevant financial relationships with ineligible companies.

Successful completion of the course includes ***have audio and see the slides live; join the course by your individual computer***

Social Work participants:

must attend Day 1 of the training 8:00am – 9:30am: “Perinatal Collaborative Care: Symptomology, Screening & Assessment”
thereafter attendance at the entire session(s)
credit awarded as commensurate with participation

Nursing participants

attendance at the entire session(s)
credit awarded as commensurate with participation

Nursing:

Upon successful completion of this activity the participant may earn a maximum of 7.0 Nursing CE contact hour.

Michigan Institute for Care Management and Transformation is approved as a provider of nursing continuing professional development by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Work:

Upon successful completion of this activity, participant may earn a maximum of 7.0 Social Work CE contact hours.

Michigan Institute for Care Management and Transformation is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved provider Number: MICEC 110216.

Perinatal in Collaborative Care 2023

Instructions for Behavioral Health Care Managers and other Practice Staff:

Following the course completion on 3/1/2023

- You will receive an e-mail from the Michigan Institute for Care Management and Transformation
 - Please allow up to 24 hours to receive the e-mail. If you do not receive within 24 hours, please submit an inquiry via the [MICMT contact form](#).
- Please follow the link to complete the evaluation within (5) business days for each session you attend to earn credit.
- MICMT highly encourages you to **submit** an evaluation for the sessions you attend.

Learning Objectives – BHCM, BHCM Clinical supervisors

- Identify specific areas requiring assessment when working with the perinatal population
- Relate the importance of the perinatal patient's experiences and expectations
- Relate the importance of trauma informed care in Perinatal CoCM practice.
- Identify strategies for implementing trauma informed care within the CoCM model
- Discuss the basic theoretical background of CBT
- Identify short term interventions that may be used when working with the perinatal population
- Describe factors specific to identifying and referring perinatal patients to higher levels of care
- Participants will relate how to begin building a Perinatal specific resource list
- Identify specific conditions and experiences that may influence the perinatal population.
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Learning Outcome

- Participants will be able to translate key processes within their practice setting to integrate the Collaborative Care Model, for their perinatal patient visits.

And now for our feature presentation...

The Importance of Diving Deeper: Perinatal Assessment in CoCM Practice



Objectives

- Be able to identify specific areas requiring assessment when working with the perinatal population
- Appreciate the importance of the perinatal patient's experiences and expectations



Why dive deeper?

Morbidity and mortality rates are disproportionately higher in marginalized groups in ways that are not explained by other factors.

The emotional state of the mother impacts the wellbeing of the child both in utero and once born.

Understanding and respecting the full context of a mother's experience has a positive impact on the physical and mental wellbeing of both mother and child in the short and long term.

STEP 1: self-awareness

TRIGGER WARNING: For the next 2 minutes, we're going to ask you to consider (not share) various situations that may be triggering surrounding pregnancy and parenting. Please feel free to do whatever you need to feel safe, including not participating in this activity.

How do you feel/what do you believe about pregnant or parenting people who fall into these categories:

1. Single
2. Young
3. Identifying LGBTQIA+
4. Disabled
5. Affected by mental health issues
6. Poor
7. Homeless
8. History of Addiction

How do you feel about terminating a pregnancy?

How do you feel about adoption?

STEP 1: self-awareness (continued)

Our own beliefs can impact how we interact with and treat our patients.

It's important to be aware of, and responsibly manage, our biases and beliefs.

Effective engagement with our patients relies on respect and inclusion.

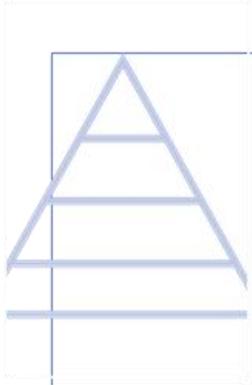
Assessing perinatal patients: medical history

- Gender orientation/preferences
- Pre-existing medical conditions
- Substance use
- Other reproductive health concerns
- Pregnancy history (gravida, para)
- Breastfeeding? Complications with breastfeeding?
- Sleep duration and quality
 - Target of one four-hour block; what is impacting sleep?
- Current medications AND those they've stopped suddenly due to pregnancy, trying to become pregnant, or breastfeeding

Assessing perinatal patients: mental health history

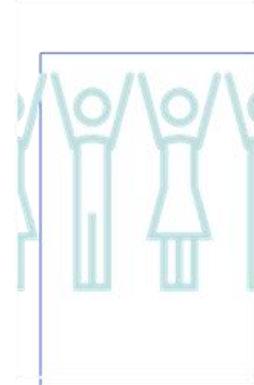
- Pre-existing mental health experiences
- Medications they are taking or have stopped
- History of ACEs and trauma
- Changes in emotional experience since becoming pregnant or delivering
- Feelings about getting pregnant, being pregnant, or being a parent
- Thoughts of harming self or baby

Assessing perinatal patients: social history



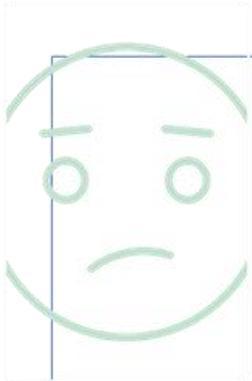
Concrete Needs

- housing/food instability
- access to care
- care confidence/concerns



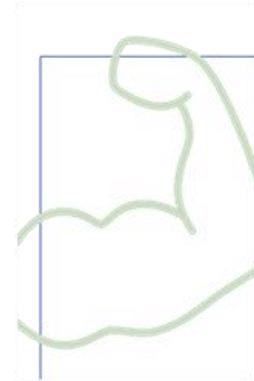
Cultural Needs

- Culture/Family/Individual beliefs around pregnancy/parenting



Stressors

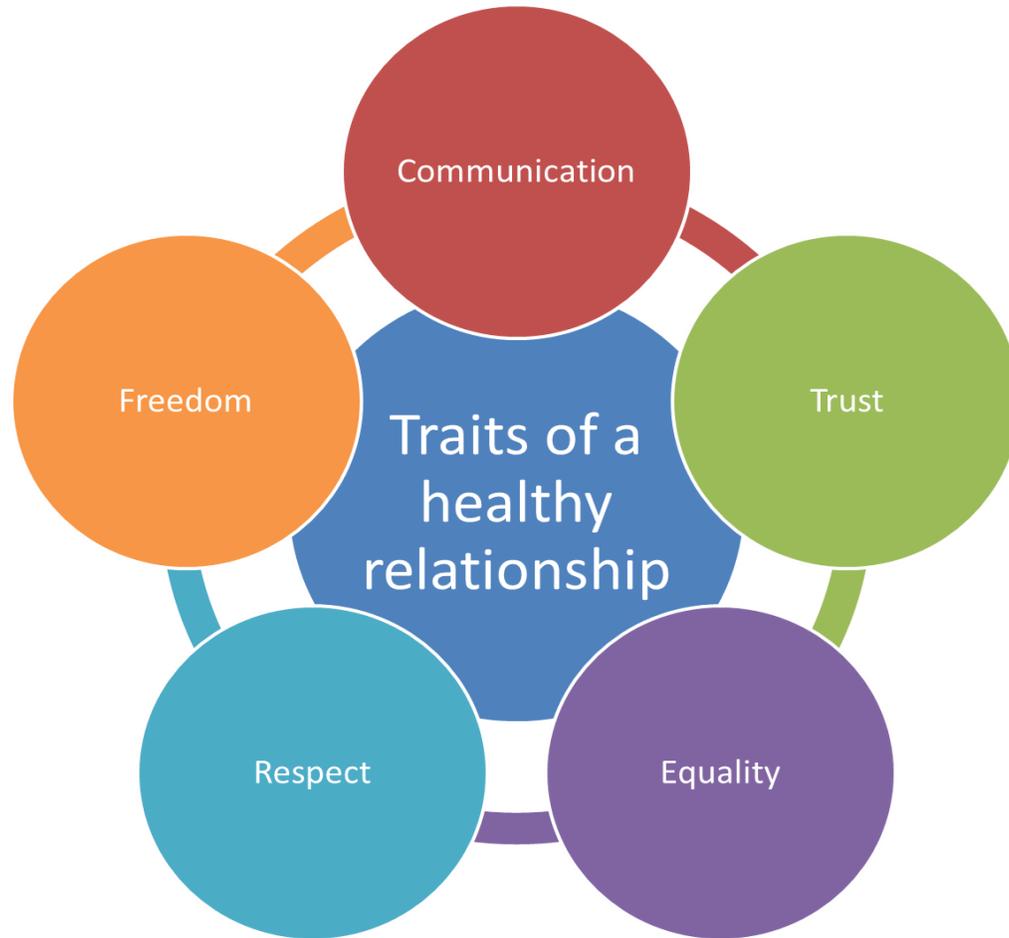
- Basic needs
- Safe relationships
- Societal bias experience



Resilience factors

- sense of meaning
- experience of community
- meaningful contribution
- feeling supported
- feeling secure

A note on relationship and resilience



Taking the time to build strong relationships with our patients contributes to their resilience and thus the ability and confidence to manage what comes in healthy, productive ways.

Takeaways

- How practitioners perceive their patients impacts the outcomes
- Experiences surrounding pregnancy and parenting are integrated into a person, their families, and their communities, so it's necessary to assess all of those areas carefully
- Taking the time to listen, consider, and respect a patient's experience helps build the relationships that contribute to positive outcomes

Questions?

Sources

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