

Perinatal Mental Health in NL: Nurturing the Seeds of Mental Health

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Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.



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Engaging Mothers and Professionals to Make Maternal Mental Health a Critical Item in Primary Health Care...

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Advisory Committees of mothers and professionals

RCs:
Anna Stevens,
Paula Lancaster,
Joanne Smith-Young & Caitlin Edwards

Presentation Outline

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graph TD; A[Contextual Background] --> B[Research Objectives]; B --> C[Methodology]; C --> D[Findings (to date)]; D --> E[Moving Forward]; E --> A;
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Contextual Background

Moving Forward

Research Objectives

Findings (to date)

Methodology



NL Population: approx. 520,000

Declining population:

Total # of births in 2018:

4,002 (compared to 4,616 in 2014)*

*Service NL

Contextual Background

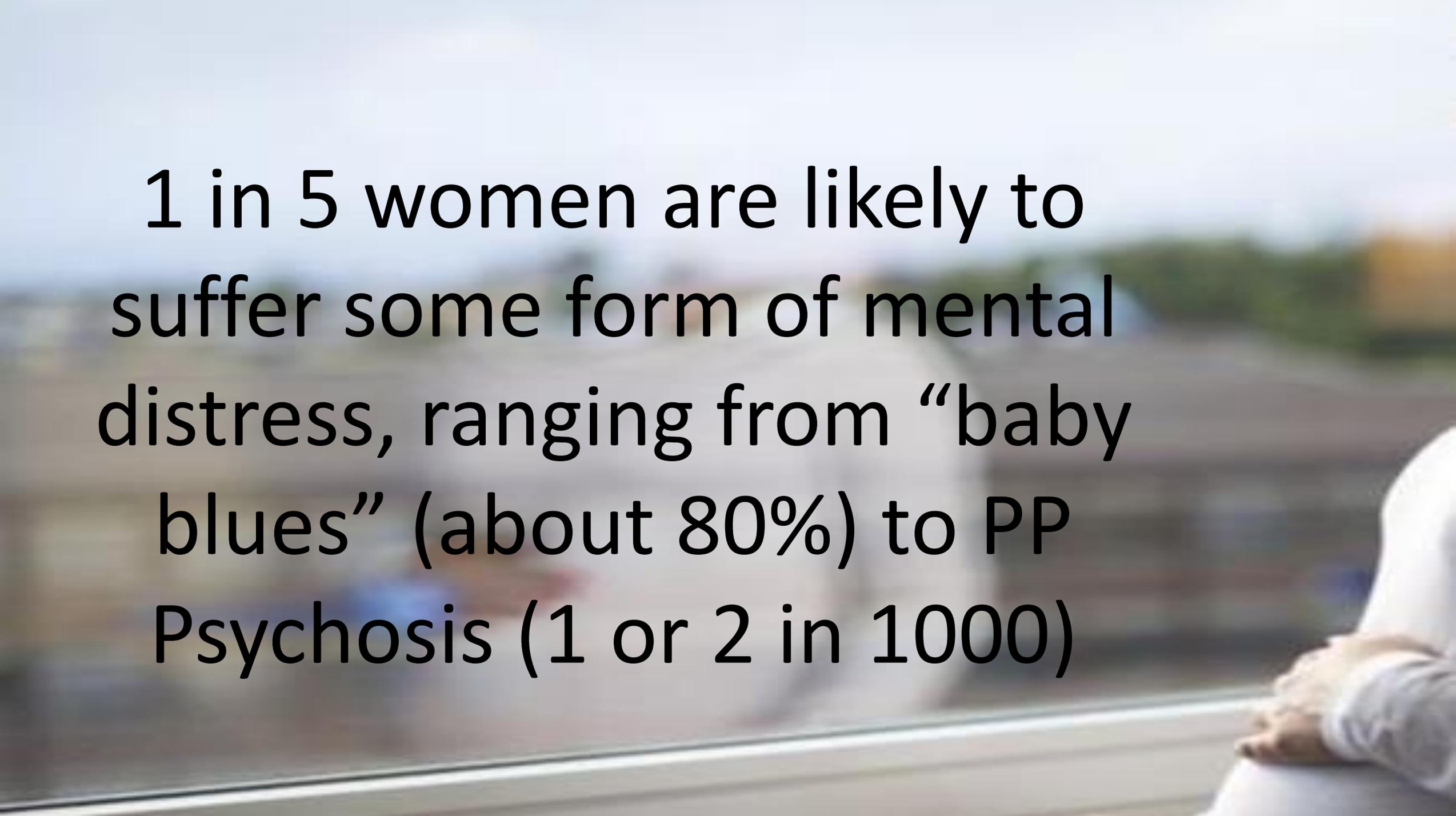


Maternal Mental Health: A public health issue!

The many changes that motherhood brings...

- Alters family dynamic
- Disrupts sleep
- Source of stress (positive, tolerable, or toxic depending on life circumstances)
- Biological/Physiological Changes (conducive to mood disorder)





1 in 5 women are likely to suffer some form of mental distress, ranging from “baby blues” (about 80%) to PP
Psychosis (1 or 2 in 1000)

**Groups
at
greater
risk**

Young mothers

**Low
socioeconomic
status**

**Previous mental
illness**

**Preterm/critically
ill infants (NICU
admission)**

**Bereaved mothers
(stillbirth/
miscarriage)**

Addictions

**Isolation and lack
of emotional
supports**

Our research



A photograph of a woman with dark hair, seen from the side, holding a baby in a hospital bed. The woman is looking down at the baby. The bed has a red and white checkered pattern. A blue speech bubble is overlaid on the image, containing the text 'Research Objectives'.

Research Objectives

- To explore ways to identify mothers who may be developing mental health issues during pregnancy and early years of parenting, and
- To investigate opportunities to enhance supports and services available for mothers under these conditions.

Ultimate Goal:

To identify together with stakeholders a maternal mental health care framework and action plan for NL

Research Design

A five phase participatory project

Action Inquiry Research Design

Phase 1: Finding Information

Phase 2: Sharing Information

Phase 3: Designing Applying Method

Phase 4: Developing Action Plan

Phase 5: Dissemination

Research Team & Mothers & Professionals



Phase 1: Environmental Scan

Best practice indicators, screening tools and interventions in English speaking countries

Existing perinatal mental health supports and services in NL

Conducted interviews with health and social services professionals

Conducted interviews with mothers

Findings to be shared with different stakeholders through a Town Hall event, a deliberative workshop, and online consultation to determine ways to enhance perinatal mental health care

Phase 2: Sharing the information

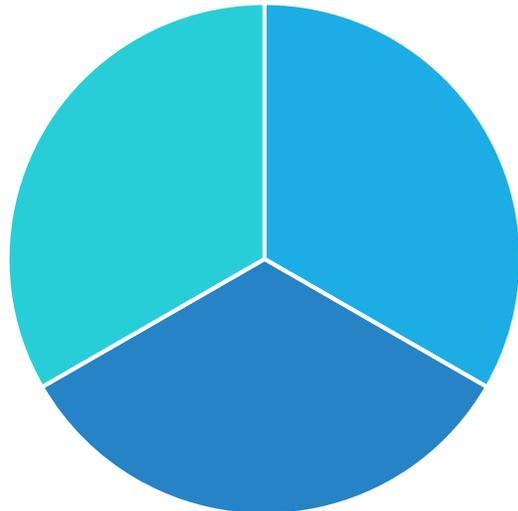
Data Analysis [to date]



Participants...

Professionals: 32

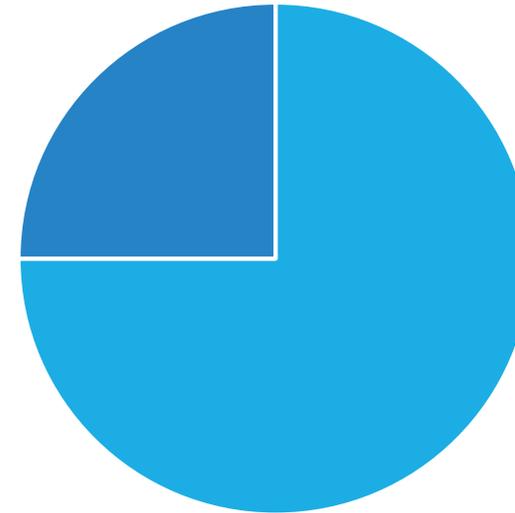
Area Expertise



■ Physicians ■ Nurses ■ Community

Mothers: 28

Region



■ Eastern ■ Other 3 regions

**Key themes
from
interviews
with
mothers**

- Socio-demographic: age, marital status, # pregnancies & # children, health and social services providers during pregnancy and after delivery, other health care involved due to other issues.
- How prepared the mother was for pregnancy, did she attend prenatal classes, and was there mention of perinatal mental health?
- When mental health challenges started and past history of mental health issues. Had perinatal mother received any kind of screening?
- Mothers' experience of perinatal mental health care and service providers sensitive to these issues
 - Referrals to mental health services and the experience with these referrals
 - Barriers and facilitators in accessing care services and supports
- Their recommendations of how perinatal mental health services and supports could be enhanced

Mothers' readiness for pregnancy and experience of perinatal mental health care

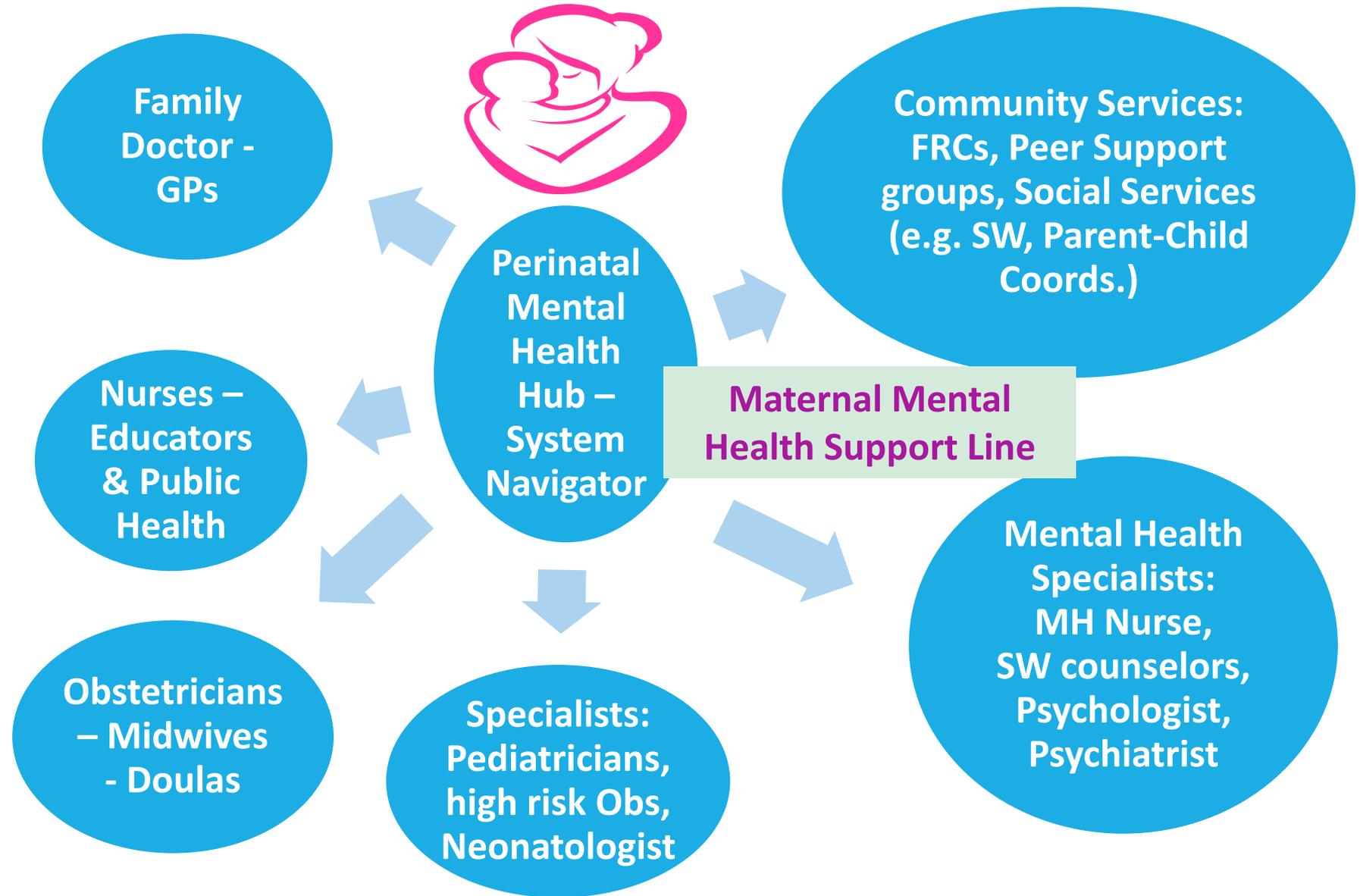
- Only 61% of moms attended prenatal classes.
 - Almost 2/3 of those said that mental health was covered very little or not at all.
- 3/4 of mothers felt prepared for pregnancy, but none prepared for how bad they felt!
- 2/3 of moms reported that they received no screening for mental health.
- 1/3 of moms did not receive referrals



Circle of Care

To care for a range of issues:

- Baby blues
- PP Anxiety
- PP Rage
- PP OCD
- Situational Depression
- PP Psychosis



**Recommendations
from mothers...**



Comprehensive information about maternal mental health, early and in a variety of ways...



Health professionals are in the position to start the conversation early, decisively, and directly...



The relevance of community supports (e.g. FRC, Healthy Baby clubs) and the information that comes with it



Timely screening, intervention and supports (reduce wait times)

**Recommendations
from professionals...**

**Need for an integrated Perinatal System of Care: connecting
Primary Care, Public Health and community and social
services**



**Family Resource Centres should be better funded to enhance
the relevant work they are doing**



Need for a coordinating hub



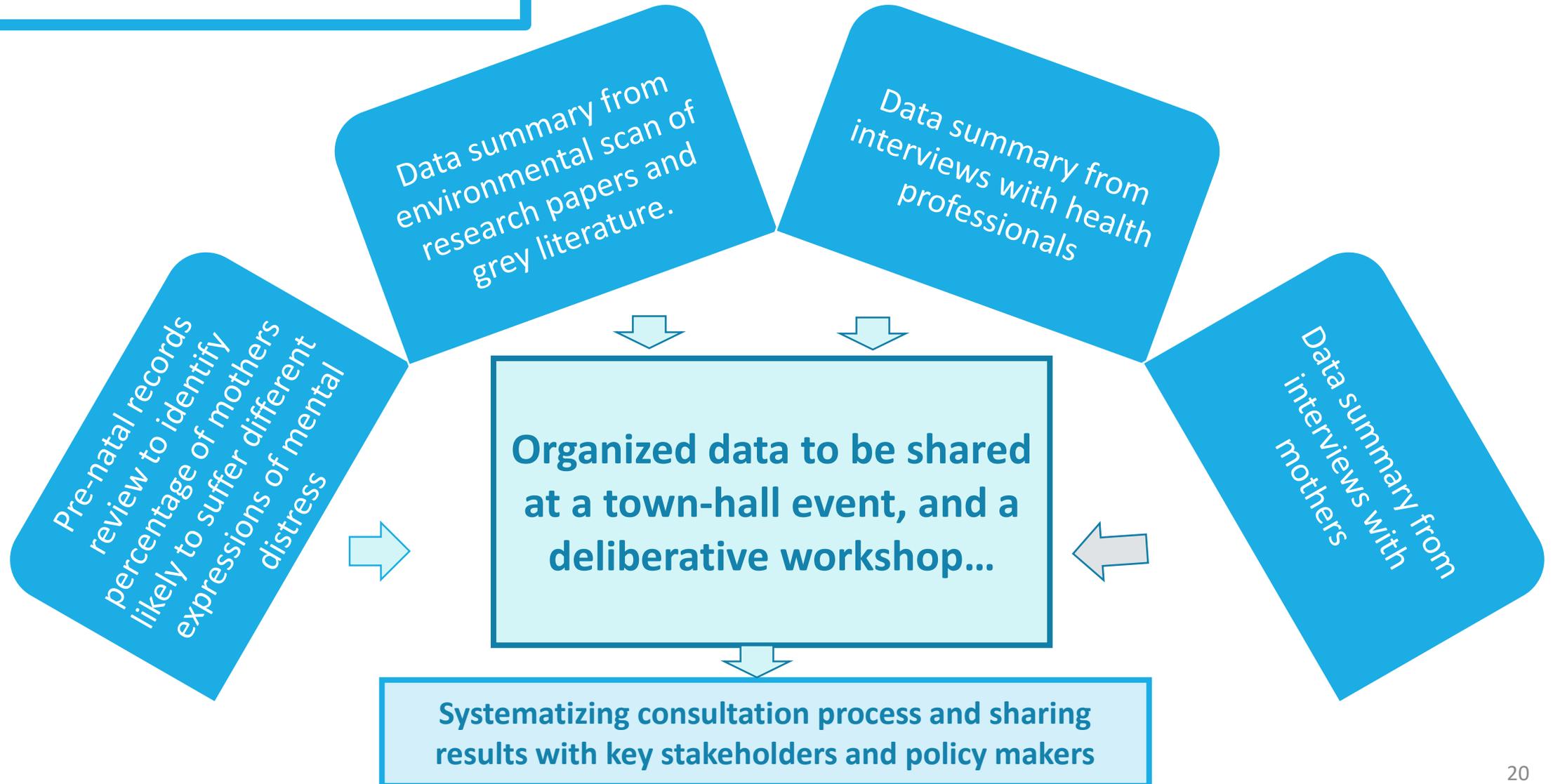
**In term of a real Circle of Care: find ways to share
files regarding mental health status**



**Professional development training to increase sensitivity to
signs of maternal distress and stressful family environments
and enhance knowledge of what to do**



Moving Forward...





MATERNAL MENTAL HEALTH MATTERS

Public Town Hall
Tues., May 7, 7-9 pm
St. John's Farmers'
Market

1 IN 5 MOTHERS EXPERIENCE ANXIETY OR DEPRESSION
ANYTIME DURING PREGNANCY OR AFTER DELIVERY.

We are a research team looking for ways
to enhance supports and services for these mothers.

Please join us to share your thoughts on how to better support
moms and families in our communities.

Free admission and parking available.
Infants welcome.
Light refreshments provided.

If you are a parent with an infant in St. John's or Mount
Pearl looking for transportation to the event, please call
Daybreak Community Programs at 709 726 8373, ext. 201.

For more information contact: cporr@mun.ca





The recommended framework pillars:

Defining viable ways to work towards...

An integrated perinatal mental health care system

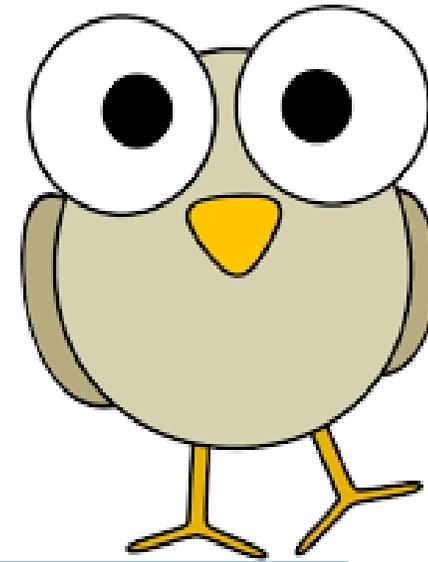
Preventive education

Early screening & coordinated, timely follow-up

Consistent support networks

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*Thanks for your
attention!*

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