Session Objectives

- Describe the importance of behavioral health concerns and social complexity in maternity care and their significance.
- Examine the Oregon Family Well-Being Assessment as one model of screening for behavioral health needs.
- Identify key strategies to integrate behavioral health in maternity care.
Tori

27 year old woman, pregnant with her third child
married, she and husband work low-wage jobs
chronic depression
4 year old child with special needs
occasional tobacco use

lacks social supports
intended pregnancies, but feels overwhelmed

Miranda

34 year old woman, pregnant with 4th child
other 3 children in foster care
heroin use disorder
abusive relationship
housing instability
difficulty accessing services

personal history of child abuse and neglect
no treatment for her own trauma
pregnancies are unintended
Why we need a population approach to integrate behavioral health into maternity care

- While primary care has embraced behavioral health as a critical component of care, maternity care has not. Women see OBs and midwives as primary care.

- Screening for behavioral health issues (mental health, substance use, domestic violence, basic resource needs) happens in an inconsistent way in maternity practices.

- Addressing these issues may need additional team members (navigators, social workers, psychologists) but you need a whole population view to invest strategically.

- Moving beyond focus of a healthy birth to a focus on healthy parenting.

What this is about

- Getting mental health services, substance use treatment, and social supports to women who only access care through the maternity system.

- Interrupting the intergenerational stress and trauma that can lead to child abuse and neglect (preventing ACEs).

- Supporting healthy attachment between a child and his or her caregivers, which is crucial for lifelong physical and mental health.
Oregon Family Well-Being Assessment

- Oregon Perinatal Collaborative identified behavioral health as a major unmet need in maternity care

- Subcommittee worked on issue for 2 years, chose to develop a new comprehensive screening tool with two purposes:
  - Connect pregnant women with needed care and services when they identified mental health, substance use, or basic resource needs
  - Create a source of data that can be aggregated by clinic and clinical system so that we can better understand the population and make rational decisions about where to invest limited resources

New screening tool for pregnant women, available anywhere around the state

- Compilation of other validated tools covering:
  - Depression and other mental health
  - SUD (5Ps)
  - Intimate partner violence
  - Food insecurity

- Also asks about:
  - Pregnancy intentions
  - Social supports/parenting support
  - Housing, transportation, child care, financial stress
  - Other kids and adults in home
  - Need for connection to primary care, dental, WIC, other services

- 67 questions, all with multiple choice answers, 10 min to complete
Pregnancy

Basic demographics and wellness

Pregnancy intentions

Support

Resiliency

Early care

Oregon Family Well-Being Assessment

Pregnancy

Pregnancy is an important time to make sure that you and your family have all the support and resources you need for your health. We use the survey to connect you to community resources that work with families during this time of transition. You don't have to answer any of these questions if you don't want to, and all your answers are confidential. However, if you respond with an answer that makes us worry that you are in danger or a child in your home is in danger, we may need to disclose that information.

Today's Date: __________________________

Name: ________________________________

Your DOB: ______/____/____

Age 17 or less? ☐ Yes ☐ No

In which language do you want us to communicate with you?

Are you a current high school student?

French

What is the highest level of school you completed?

Less than high school

High school graduate/2020

College

University

How would you describe your current relationship?

Single (never married, divorced, widowed)

Living with partner

Married

How would you describe your current job?

Full-time (31 or more hours a week)

Part-time

Seasonal work

Temporary and not looking for work

Unemployed but not looking for work

How would you describe your spouse's or partner's job?

Full-time (31 or more hours a week)

Part-time

Seasonal work

Unemployed and looking for work

Unemployed and not looking for work

Do you have a regular doctor who does check-ups and sees you when you are sick?

Yes ☐ No ☐

Do you have a dentist?

Yes ☐ No ☐

Have you had dental check-ups in the past year?

Yes ☐ No ☐

Do you get at least 7 hours of sleep each night?

Yes ☐ No ☐

沧桑

Adolescent

Do you work at least 30 minutes or do other forms of exercise at least 5 days a week?

Yes ☐ No ☐

沧桑

Adolescent

Do you get support from someone you can trust who can help you if you need it?

Yes ☐ No ☐

How is this person who can help you related to you?

Parent

Sibling

Friend

Foster parent

Other

Do you want to talk about your pregnancy?

Yes ☐ No ☐

Why do you want to talk about this pregnancy?

I'm happy about it

I'm not happy

Do you plan to continue this pregnancy?

Yes, I want to keep the baby

Yes, I plan to place the child for adoption

No ☐

I'm not sure yet

Does your partner agree with you about whether or not to continue the pregnancy?

Yes ☐ No ☐

If you are not married, do you have a partner?

Yes ☐ No ☐

How would you describe the involvement of the father of the baby?

Foster parent

Somewhat involved

Not involved, but I have another adult who is committed to parenting

Not involved and no other adult

Unclear

Do you feel that you have the social and emotional support you need for pregnancy and parenting?

Yes ☐ No ☐

Do you have a doctor or midwife who will take care of you during pregnancy?

Yes ☐ No ☐

Have you had a visit with a doctor or midwife to check your pregnancy?

Yes ☐ No

Did you visit fax or email yet?

Yes ☐ No

Do you have a regular doctor who does check-ups and sees you when you are sick?

Yes ☐ No

Do you have a dentist?

Yes ☐ No

Have you had dental check-ups in the past year?

Yes ☐ No

Do you get at least 7 hours of sleep each night?

Yes ☐ No

沧桑

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Unclear

Do you feel that you have the social and emotional support you need for pregnancy and parenting?

Yes ☐ No ☐

Do you have a doctor or midwife who will take care of you during pregnancy?

Yes ☐ No ☐
Depression and other mental health

26. Have you ever been diagnosed with depression, postpartum depression, anxiety, bipolar disorder, or another eating disorder or mental health illness?
   - Yes
   - No

27. Over the past 2 weeks, how often have you felt down, depressed, or hopeless?
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

28. Over the past 2 weeks, how often have you felt that you had little interest or pleasure in doing things?
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

29. In the past 2 weeks, how many times did you feel nervous or anxious more than usual? a) At school
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

30. In the past year, how many times have you had 4 or more drinks in a row?
   - None
   - 1 Time
   - More than 1 Time

31. Did your parents have a problem with alcohol or drugs?
   - Yes
   - No

32. Do any of your friends have a problem with alcohol or drugs?
   - Yes
   - No

33. Have you or your partner been in an argument with a friend or family member?
   - Yes
   - No

34. Have you ever been physically abused?
   - Yes
   - No

35. Have you or your partner used recreational drugs such as marijuana, nicotine/tobacco, methamphetamine, or heroin?
   - Yes
   - No

36. Have you or your partner used alcohol, marijuana, or other drugs or prescription drugs in the past 12 months?
   - Yes
   - No

37. When did you last use alcohol, marijuana, or other drugs or prescription drugs?
   - Never
   - 1-3 months
   - 4-6 months
   - More than 6 months

38. Do you use tobacco or nicotine in any form currently?
   - Yes
   - No

39. Have you used tobacco or nicotine in any form in the past 2 years?
   - Yes
   - No

40. Do you currently use methamphetamine?
   - Yes, currently
   - No, but I stopped with progress

41. Do you use methamphetamine?
   - Yes
   - No

42. Do you have a problem with alcohol or drugs?
   - Yes
   - No

43. Do you have a problem with mental health or substance use?
   - Yes
   - No

We know that families experience different levels of support and control in their relationships, and this can affect their well-being. During pregnancy and parenting, we are asking all families to answer these questions, so we can understand their answers and answer questions you may have. We are not judging responses or reporting them to anyone. You will also have the right to control which or any of these answers you can share with us.

IPV

44. How would you describe your current family relationship?
   - Very happy
   - Somewhat happy
   - Very unhappy

45. Do you feel safe with your partner?
   - Yes
   - No

46. Do you feel that your partner controls your life?
   - Yes
   - No

47. Do you feel that your partner controls your finances?
   - Yes
   - No

48. Do you have any concerns about the children’s health, growth, development, or behavior?
   - Yes
   - No

49. Have you had a child checkup in the past year?
   - Yes
   - No

50. Have you had a dental checkup in the past year?
   - Yes
   - No

51. Do you have children under the age of 10 who are not living with you?
   - Yes
   - No

We know that families are complex and can be very different. It is important to consider the family dynamic and how it may affect your well-being. We encourage you to answer these questions with a sense of support for your family.
Interviewer Guide

- Same questionnaire, with instructions in red font to help clinic staff know what to do with positive answers

- Red font is modifiable by clinic system to provide community-specific resources for housing, mental health, substance use, etc
Data

- Most clinics using a cloud-based app for questionnaire, patients fill it out online before appointment or on a tablet in the waiting room.

- Data is reviewed at clinic and relevant issues noted in electronic health record.

- Data will eventually be sent to Oregon Maternal Data Center (statewide maternity quality and reporting system) where it can be aggregated and reported back by clinic, system or community level.

http://www.q-corp.org/reports/omdc
Goals

- All pregnant women are screened for behavioral health and social complexity
  - Clinics will have a non-biased way of understanding the needs of their maternity population and referring them for services

- Clinical systems will have population data ("32% of our pregnant women have depression") and can use it to make rational decisions on additional staff for maternity care teams
  - Social worker, mental health provider, community navigator, substance use program, etc

- Clinical systems can approach payers with data-driven requests for alternative payment strategies to support the needs of their population
  - PMPM payment for pregnant women that supports screening all women plus funding an LCSW full-time
  - Episode payment for Project Nurture, an integrated model of maternity care and substance use treatment that includes case management and peer support.

Oregon Family Well-Being Assessment Status

- Building data aggregation systems

- Encouraging uptake of the tool through a statewide learning collaborative

- Contracting with evaluator for validation of process and risk stratification

- 7 clinics using it actively, 4 more coming on board soon
Tori

27 year old woman, pregnant with her third child
- married, she and husband work low-wage jobs
- chronic depression
- 4 year old child with special needs
- occasional tobacco use
- lacks social supports
- intended pregnancies, but feels overwhelmed

NOW
- On-site social worker using talk therapy for depression, helped with smoking cessation
- Nurse home visitor helping with her child with special needs and provides parenting support
- Maternity clinician asks about her life in a way that conveys empathy and support

Miranda

34 year old woman, pregnant with 4th child
- other 3 children in foster care
- heroin use disorder
- abusive relationship
- housing instability
- difficulty accessing services
- she was abused and neglected in her childhood, no treatment for her own trauma
- pregnancies are unintended

NOW
- Referred to Project Nurture (integrated substance use treatment and maternity care)
- Once in recovery, able to find clean and sober housing and end abusive relationship
- IUD placed after birth
- With ongoing support, she is able to parent her infant for the first time
Addressing women’s need for behavioral health and social support during pregnancy is crucial not only for her health and well-being, but also because of her role as a parent, guiding the health and well-being of her children.

Very few things we do can have as much impact on the next generation as supporting the well-being of women.

Thank you!

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