



75% of mamas diagnosed with a
PMAD remain untreated



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How Can I Make A Difference?

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Touchpoints

“All healthcare practitioners who are dedicated to providing care for women during the first postpartum year should feel compelled to make sure each new mother is receiving optimal care and excellent clinical support and guidance.”

-Karen Kleinman



Why We Need To Talk About PMADS

LONG-TERM IMPACTS



Untreated perinatal mental health disorders impact cognitive, behavioral and social development. They can lead to costly health setbacks for families and communities.

COST TO COMMUNITIES



The cost of not treating PMADs is \$32,000 per mother/infant pair- More than \$3 million in Wisconsin.

WOMEN OF COLOR



Women of color experience PMADS 2-3 times more than white women. That number increases to 5 times in Wisconsin.

CAUSE OF DEATH



Suicide and overdoses combined are the leading cause of death in the first year following pregnancy. Peak incidence of suicide death in this group is 6-9 months postpartum.

LACK OF TREATMENT

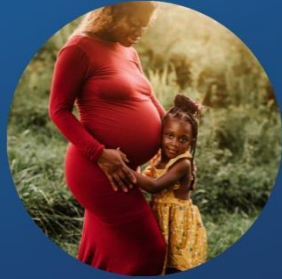


75% of individuals who screen at-risk for postpartum depression REMAIN UNTREATED.

EARLY SYMPTOMS



It is believed that 50% of women who develop postpartum depression actually began experiencing symptoms during pregnancy. This proves the case for early symptom-recognition, awareness and access to treatment." -PostpartumDepression.org



Compared to white women, Black women are **twice as likely to experience** perinatal mental health conditions but **half as likely to receive treatment**.



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Edinburgh Postnatal Depression Scale (EPDS) Form*

Name: _____ Address: _____

Your Date of Birth: _____

Baby's Date of Birth: _____ Phone: _____

SAMPLE QUESTION:
As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel. Here is an example, already completed.
Q I have felt happy:
☐ Yes, all the time
☒ Yes, most of the time This would mean: "I have felt happy most of the time" during the past week.
☐ No, not very often Please complete the other questions in the same way.
☐ No, not at all

In the past 7 days:

<p>1. I have been able to laugh and see the funny side of things</p> <p><input type="checkbox"/> As much as I always could</p> <p><input type="checkbox"/> Not quite so much now</p> <p><input type="checkbox"/> Definitely not so much now</p> <p><input type="checkbox"/> Not at all</p> <p>2. I have looked forward with enjoyment to things</p> <p><input type="checkbox"/> As much as I ever did</p> <p><input type="checkbox"/> Rather less than I used to</p> <p><input type="checkbox"/> Definitely less than I used to</p> <p><input type="checkbox"/> Hardly at all</p> <p>*3. I have blamed myself unnecessarily when things went wrong</p> <p><input type="checkbox"/> Yes, most of the time</p> <p><input type="checkbox"/> Yes, some of the time</p> <p><input type="checkbox"/> Not very often</p> <p><input type="checkbox"/> No, never</p> <p>4. I have been anxious or worried for no good reason</p> <p><input type="checkbox"/> No, not at all</p> <p><input type="checkbox"/> Hardly ever</p> <p><input type="checkbox"/> Yes, sometimes</p> <p><input type="checkbox"/> Yes, very often</p> <p>*5. I have felt scared or panicky for no very good reason</p> <p><input type="checkbox"/> Yes, quite a lot</p> <p><input type="checkbox"/> Yes, sometimes</p> <p><input type="checkbox"/> No, not much</p> <p><input type="checkbox"/> No, not at all</p>	<p>*6. Things have been getting on top of me</p> <p><input type="checkbox"/> Yes, most of the time I haven't been able to do things as usual</p> <p><input type="checkbox"/> Yes, sometimes I haven't been coping as well as I used to</p> <p><input type="checkbox"/> No, most of the time I have coped quite well</p> <p><input type="checkbox"/> No, I have been coping as well as ever</p> <p>*7. I have been so unhappy that I have had trouble sleeping</p> <p><input type="checkbox"/> Yes, most of the time</p> <p><input type="checkbox"/> Yes, sometimes</p> <p><input type="checkbox"/> Not very often</p> <p><input type="checkbox"/> No, not at all</p> <p>*8. I have felt sad or miserable</p> <p><input type="checkbox"/> Yes, most of the time</p> <p><input type="checkbox"/> Yes, quite often</p> <p><input type="checkbox"/> Not very often</p> <p><input type="checkbox"/> No, not at all</p> <p>*9. I have been so unhappy that I have been crying</p> <p><input type="checkbox"/> Yes, most of the time</p> <p><input type="checkbox"/> Yes, quite often</p> <p><input type="checkbox"/> Only occasionally</p> <p><input type="checkbox"/> No, never</p> <p>*10. The thought of harming myself has occurred to me</p> <p><input type="checkbox"/> Yes, quite often</p> <p><input type="checkbox"/> Sometimes</p> <p><input type="checkbox"/> Hardly ever</p>
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Administered/Reviewed by: _____ Date: _____

*Source: Cox JL, Holden JM, Sagovsky R. Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale. *J Psychiatry*. 1987;150:782-795. Users may reproduce the scale without further permission providing they respect copyright by quoting the names of the authors, the title, source of the paper in all reproduced copies.

In 2016-17 Mental Health Conditions contributed or likely contributed to 67% of pregnancy-related deaths in Wisconsin.



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@MomsMentalHealthMKE

Screen, Screen, and Screen...

Powerful Questions:

Normalize the conversation

- How are you feeling about becoming a mom?
- How are you adjusting to motherhood?
- Is this what you thought it would be like?
- Tell me what your nights look like.
- Other questions?

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@MomsMentalHealthMKE



Pregnancy-related deaths from suicide are **100% preventable**.

You are not alone



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Moms Navigating PMADs Need...

- To know how **common** it is
- To know they are not alone
- To know they can choose what is best for them
- To know this is a treatable disease
- For their providers to be compassionate and well-versed on PMADs and the latest research
- Others to be committed to their mental health
- HOPE

\$307,200,000



The cost of untreated perinatal mental health conditions in Wisconsin



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perinatal mood & anxiety disorders

Common NOT Normal



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Postpartum Depression

Might look like...

- Regret of becoming a mom in the first place
- Fear you made the WRONG decision to have a baby
- Anger or rage toward your baby or others
- Disconnected or numb to what's happening around you
- Sad and guilty you're missing out on your baby's first days/weeks/months
- Like a mess, crying nonstop even for no apparent reason
- Like you are a terrible mother unworthy of your child



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Postpartum Anxiety

Might look like:

- Constant worry
- Feeling as though something bad is going to happen
- Racing thoughts that are difficult to slow down
- Feeling like your to-do list is never done or that your work is never good enough
- Sleep and/or appetite disturbances
- Feeling as though you can't sit still, restlessness
- Physical symptoms such as dizziness, nausea or diarrhea
- A mom may also suffer from postpartum panic disorder with which she will likely experience extreme nervousness and recurring panic attacks.



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Postpartum OCD

Might look like:

- Worried constantly no matter what others might say to reassure you
- Disturbed by dark, unwanted thoughts – possibly about harm coming to your baby
- Afraid to be alone with your baby
- Spending hours Googling or researching in an attempt to decrease your anxiety
- Avoiding potentially harmful things such as the stove, stairs, knives or bathtub
- Obsessed with checking things such as locked doors or your baby's breathing
- Sleep and/or appetite disturbances
- Afraid that if you share what you're experiencing with loved ones or a doctor, that your baby will be taken from you



Something **traumatic**
did happen to me.
I was **robbed** of something
important to all mothers:

**I was robbed of
my power.**



Postpartum Progress
together, stronger.



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Postpartum PTSD

Might look like:

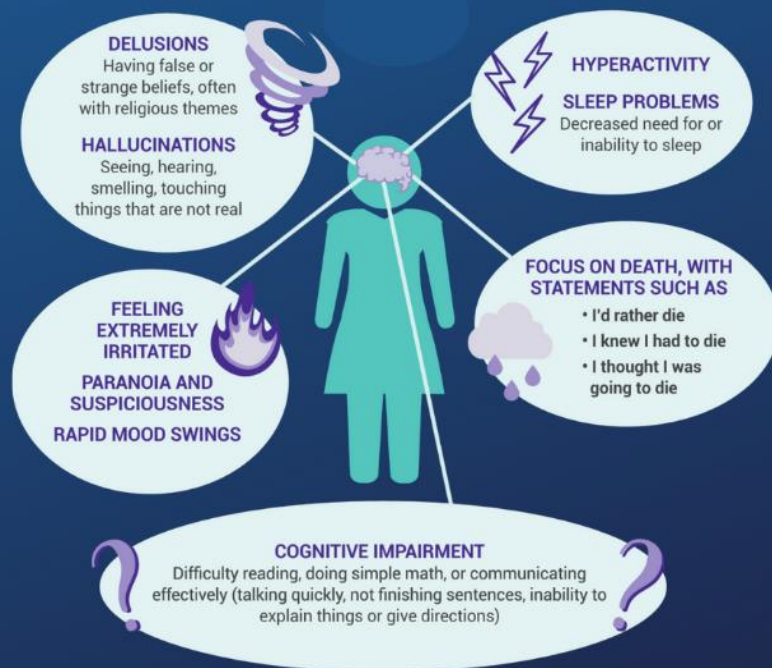
- Flashbacks
- Nightmares
- Avoidance of stimuli associated with the perceived traumatic event
- Difficulty sleeping
- Anxiety and/or panic attacks



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Signs & Symptoms of Postpartum Psychosis

VIA @MMHLA



**PPP IS TEMPORARY AND TREATABLE,
BUT REQUIRES IMMEDIATE ATTENTION.**



<https://georgiawilde.wordpress.com/2012/02/07/postpartum-depression-edited/>



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STAY IN TOUCH!

For questions or referrals, please email info@mmhimke.org

www.momsmentalhealthmke.org



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