

All In For Kansas Kids



Strengthening Early Childhood in Kansas

WEBINAR APRIL 10, 2024



WELCOME

- 2024 Webinar Cadence
 - AIFKK webinars will be held every 2nd Wednesday of the month
- Sign up to receive our All In For Kansas Kids e-Newsletter on the Children's Cabinet website – <http://www.kschildrenscabinet.org/>
- Presentation on Supporting New Moms: Perinatal Behavioral Health in Kansas by Jennifer Wise of KU CPPR
- Early Childhood Systems Updates

Agenda



2024 Webinar Schedule

~~January 10th~~

~~February 14th~~

~~March 13th~~

April 10th

May 8th

June 12th

July 10th

August 14th

September 11th

October 9th

November 13th

December 11th



Supporting New Moms *Perinatal Behavioral Health in Kansas*

Jennifer Wise, BA, ASN
Research Project Manager
April 10, 2024

Overview

1. Perinatal Behavioral Health defined
2. Prevalence, Risk, and Impact
3. Initiatives and Partnerships
4. Points of Progress
5. Resources and Tools
6. Connection



Engagement with Sensitive Content

Mental health and substance use in pregnancy and postpartum is a difficult subject. This presentation includes risk, prevalence, and outcome information that might be triggering.

We include this information because it's important to normalize the conversation, let those struggling know that they are not alone, and build a base of common understanding that supports efforts to improve the health and wellbeing of perinatal individuals, their families, and communities.

It's okay to feel uncomfortable, and it's also okay to take a break. We want you to engage with this content as you are able, while doing what you need to stay safe and well.



Perinatal Behavioral Health Defined

Perinatal Behavioral Health Defined

Perinatal

- The time from pregnancy through the first twelve months postpartum, regardless of whether the pregnancy resulted in live birth

Mental Health

- The foundation for emotions, thinking, communication, learning, resilience and self-esteem

Behavioral Health

- Specific actions people take in response to their mental health.
- A behavioral health *disorder* occurs when these specific actions impact someone's daily functioning or health (physical, social, or mental)



Signs & Symptoms

Of Perinatal Behavioral Health Disorders

- Feeling anxious, worried, sad, hopeless, helpless, worthless, withdrawn, or alone
- Difficulty concentrating or completing daily tasks
- Change in appetite (eating too little or too much)
- Mood swings, becoming angry or aggressive
- Feelings of indifference toward their baby, difficulty bonding with their baby
- Feeling like they are going through the motions of their day without feeling happy, interested, pleased, or joyful about anything
- Misusing substances
- Being unable to sleep when the baby sleeps
- Thoughts of self-harm, suicide, or harming others
- Intrusive thoughts of harming their baby



Prevalence, Risk, and Impact

Prevalence: 1 in 5



- 1 in 5 women nationwide experience maternal mental health conditions
- Women of color are 2x as likely to experience postpartum depression, and less likely to receive treatment
- Women experiencing a perinatal mood and anxiety disorder are 19% more likely to experience a substance use disorder
- Drug overdose is one of the leading causes of pregnancy-associated deaths nationwide
- An estimated 1 in 10 fathers also experience mental health conditions during this time

Kansas Pregnancy Risk Assessment Monitoring System (PRAMS) 2020

- 22.5% of mothers (1 in 5) reported having depression during pregnancy
- 14.3% of mothers (1 in 7) exhibited symptoms of postpartum depression
- 3.8% of mothers felt they needed treatment or counseling for their postpartum depression and did not get it (*From 2019 PRAMS data*)
- Among women who smoked during the three months before pregnancy, 34.4% reported worsening depression as a barrier to quitting, and 46.2% indicated worsening anxiety as a barrier to quitting



Kansas PRAMS 2020



- The prevalence of cigarette smoking varied from **8.5%** in the last three months of pregnancy to **12.1%** in the months following pregnancy
- Substances used during pregnancy included **over-the-counter pain relievers (78.4%)**, **prescription pain relievers (4.7%)**, and **marijuana (4.9%)**.
- Of the women who reported having used prescription pain relievers during pregnancy, nearly one in six (**18.0%**) reported using the prescription pain reliever for a reason other than pain or obtaining the pain reliever from a source other than a health care worker

Kansas Maternal Mortality Review Committee (MMRC) 2016–2020

Of 105 pregnancy-associated deaths in Kansas...

- 52.4% occurred 43 days to 1 year postpartum
- 27.7% were *caused* by homicide, suicide, mental health conditions, or unintentional poisoning/overdose
- Mental health conditions *contributed* to 22.9%, and substance use disorder *contributed* to 26.7%, of these deaths
- More than two-thirds (69.2%) of deaths that noted substance use disorder as a contributing factor *also had co-occurring mental health conditions* as a contributing factor



Risk Factors

For Perinatal Behavioral Health Disorders

- Life Stressors
 - Little social support
 - Financial stress
 - Food and/or housing insecurity
- History
 - Trauma (emotional, physical, sexual, etc.)
 - Personal or family behavioral health disorders
- Pregnancy Stressors
 - Unplanned or unwanted pregnancy
 - Difficult pregnancy
 - Difficult or traumatic birth
 - Difficulty with past pregnancy/pregnancies

The Impact



- Maternal Deaths
 - Behavioral health conditions are one of the most common complications of pregnancy
 - Unidentified, untreated, or undertreated behavioral health conditions increase risk
- Infant and Child Development
 - Interactions between a caregiver and child are vital for healthy development
 - The absence of responsive caregiving can lead to disparities in learning and behavior
- Broad Economic Outcomes
 - Untreated perinatal mood and anxiety disorders estimated to cost \$35,000 per mother/child pair from pregnancy through the first 5 years of a child's life



Initiatives and Partnerships

Initiatives



Partnerships



KANSAS CONNECTING COMMUNITIES





Points of Progress

KANSAS CONNECTING COMMUNITIES

KCC is the perinatal psychiatric access program for the state of Kansas.

We work with frontline health care providers to address perinatal behavioral health conditions through education, consultation, and building connection to referral options.

Screening, Referral, & Treatment



- Since 2018, Kansas Connecting Communities (KCC) has...
 - Trained over 1,000 Kansas providers to screen, provide brief intervention, and refer or treat perinatal individuals
 - Supported integration of screening and referral processes in hospitals, primary care and OB clinics, Maternal Child Health (MCH) and Teen Pregnancy Targeted Case Management (TPTCM) programs, Home Visiting and Part C programs, and prenatal education classes
- Screening rates at KCC-participating sites have increased...
 - From 34% to 85% for depression
 - From 33% to 77% for anxiety
 - From 0% to 78% for substance use
- Rate of referral has increased from 62% to 94%

Kansas Medicaid Policy



- Updates to the Kansas Medicaid Policy in 2019, 2021, and 2022
- Medicaid coverage extended to 12 months postpartum
- Maternal depression screens reimbursable during pregnancy and 12 months postpartum under the mother's Medicaid ID
- Depression screenings for another parent or caregiver reimbursable in the 12 months postpartum under the child's Medicaid ID
 - There is no cap on number of reimbursable screens.
- Screenings can be administered by non-licensed staff (e.g., home visitors, community health workers) who are supervised by licensed professionals.



Fourth Trimester Initiative

- Network of 39 hospitals and 2 birth centers implementing a maternal health AIM patient safety bundle - **this cohort covers 93% of all births in Kansas**
- The bundle includes standard education on warning signs of postpartum complications, comprehensive screening, and referral to resources and treatment before discharge following delivery
- **KCC supports perinatal mental health and substance use screening implementation**



Community Collaborative Model

- Uses a Collective Impact framework to strengthen systems of care at the local level
- Works across government, business, non-profit, philanthropy, and community sectors
- Focused on ensuring comprehensive and coordinated perinatal care
 - Core programs include prenatal education classes using March of Dimes curriculum, Becoming a Mom (BaM)
 - Builds connection to local resources and supports
- KCC supports perinatal mental health and substance use screening integration

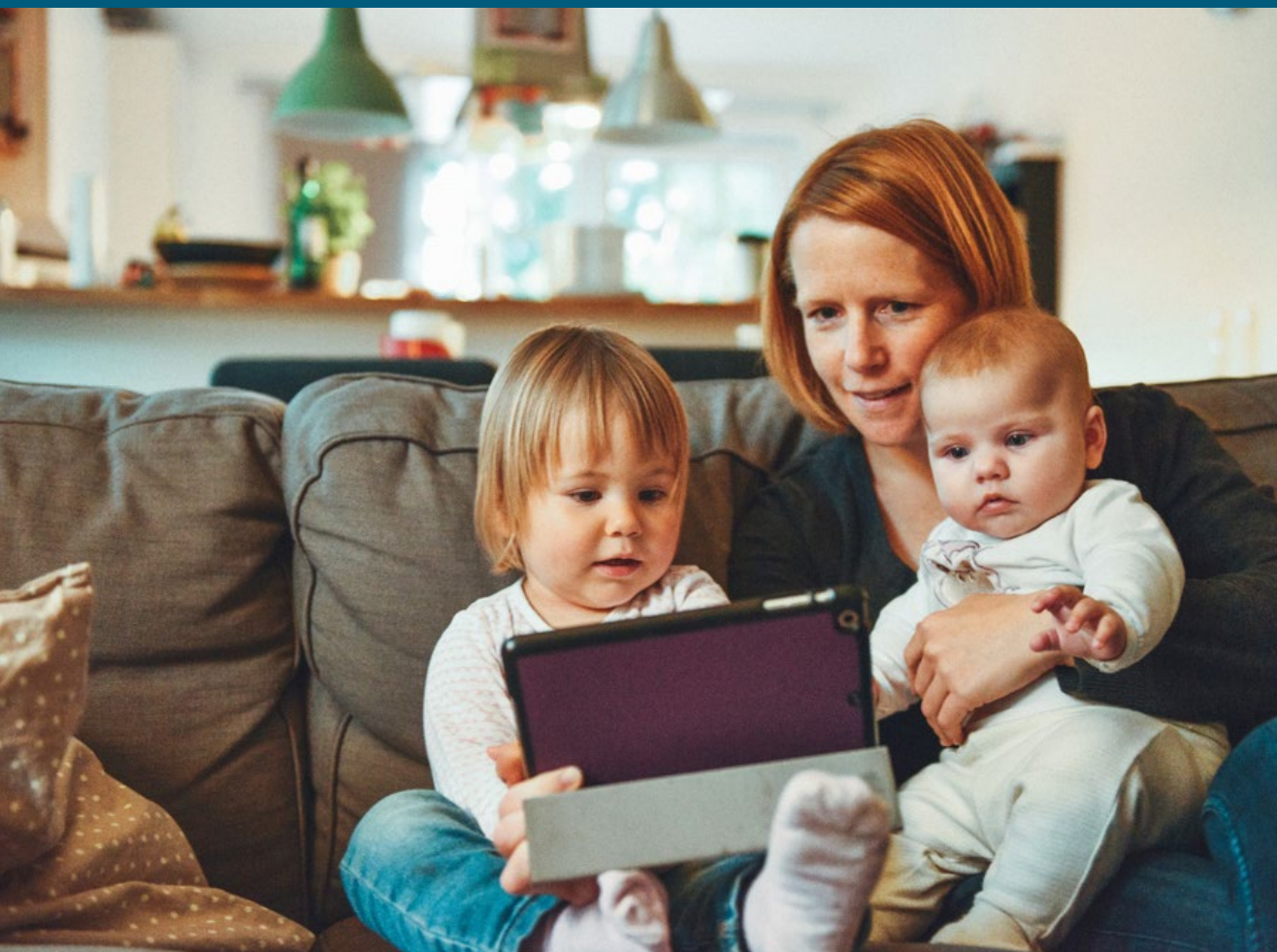


MAVIS PROJECT

Maternal Anti-Violence Innovation & Sharing

Initiative to address Maternal Mortality

- A KDHE-led initiative to reduce maternal deaths due to violence, prompted by Kansas MMRC data from 2016-2018
- Federally funded by the Department of HHS Office on Women's Health
- Key collaborators include Kansas Connecting Communities, Kansas Coalition Against Sexual and Domestic Violence, Kansas MMRC, and Kansas Perinatal Quality Collaborative
- **Focus is on cross-training perinatal care providers and domestic violence service providers and advocates to better identify and respond to behavioral health conditions and intimate partner violence in pregnancy and postpartum**



Resources and Tools

Resources for Moms & Families

National Maternal Mental Health Hotline

1-833-TLC-MAMA

- 24/7 phone or text access to professional counselors before, during, and after pregnancy
- Help finding local resources and support
- Free and confidential support in English, Spanish and multiple other languages

Postpartum Support International

- Call the PSI Helpline at **1-800-944-4773** to connect with a local support coordinator



Crisis & Suicide Resources

- **Suicide Lifeline - Call or text 988**
 - 24/7 support available in English and Spanish
 - For Deaf + Hard of Hearing - For TTY Users:
 - Use your preferred relay service or dial 711 then 988
- **Go to the local emergency department**



Resources for Professionals

- Training on perinatal behavioral health is offered to all Kansas professionals working with perinatal individuals or families through KCC at no cost!
- Offered training options include:
 - Webinars, both recorded and live facilitated
 - Scholarships for clinicians and therapists to complete advanced training
 - Organization or program-level training to conduct screenings, brief interventions, and referrals available by request
 - Didactic and case-based learning options for physicians and advanced practice clinicians
- **Scan the QR code and click “Ask us a question” to request training!**



Program Tools

- Perinatal Mental Health & Substance Use Toolkits
- Framework for integrating screening and referral for perinatal behavioral health conditions into programs and clinics
- Includes policy and workflow templates, Medicaid reimbursement guidance, and links to statewide resources
- Dedicated section of resources that can be given directly to moms and families



KANSAS CONNECTING COMMUNITIES



For Physicians and Clinicians

Psychiatric Consultation & Resources

- Curbside consultation on current patient cases
 - Consultation on diagnosis, treatment planning, preconception counselling, and pharmacologic therapy available
- Support finding resources and referral options

Training and Technical Assistance (TA)

- Didactic and case-based continuing education
- TA to implement or improve screening and referral processes



1-800-322-6262

Call us M-F 8:00-5:00 or **leave a message** and your call will be returned the next business day.



Scan the QR Code

Submit a request 24-7 using the online form. Select your preferred time window for callback.



Connection

No wrong door in Kansas



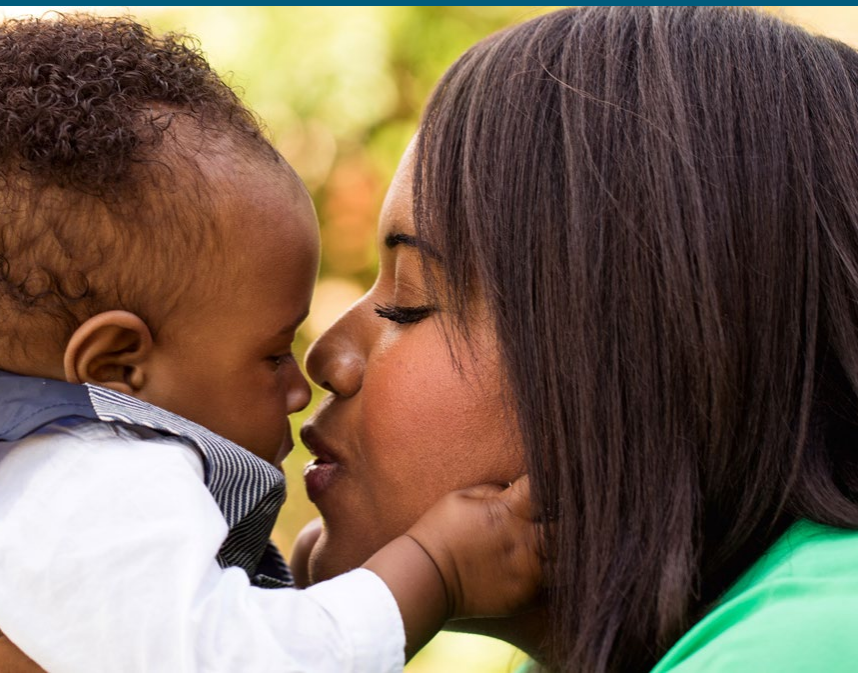
The goal is to have a point of connection to support in every community, for every mom and every family, in every moment of need!

Connecting Care

- Community Health Workers
- Home Visitors
- Public Health Departments, WIC
- Medical providers
- Peer Support groups
- Community Mental Health Centers
- Statewide networks and initiatives (KPQC, KPCC, PSI)

*If you work with perinatal moms and families,
aren't connected, and aren't sure where to start,
reach out to KCC!*





Questions & Responses

All In For Kansas Kids



Early Childhood
Systems Updates



2024 DRAFT ALL IN FOR KANSAS KIDS STRATEGIC PLAN

With the needs of our youngest Kansans and their families fresh in our minds from the **2024 All In For Kansas Kids Needs Assessment**, we are mapping our state's future direction for early childhood.

Your voice is vital to ensure our goals and action plans going forward reflect what is needed to help every *child thrive*. Provide your [Draft AIFKK Strategic Plan](#) feedback two ways: fill out the **survey** and/or attend a virtual feedback session!

- Feedback Session **Saturday, April 13th** 12pm **Registration**
- Feedback Session **Wednesday, April 17th** 6:30pm **Registration**

Please share with your colleagues, friends, community members, and those you serve – all are invited to provide feedback now through April 19th!

Survey & Feedback Sessions



SAVE THE DATE! PARENT & CAREGIVER FIRESIDE CHAT

Parents and Caregivers are invited to join our monthly virtual Parent-Caregiver Fireside Chats!

Intended to create connections for parents and caregivers across the state! This session will be dedicated to the critical topic of Early Childhood Developmental Health and Screenings.

April 22, 2024 | 6:00 – 7:00 p.m.

with guest co-hosts from KDHE & KSDE

**Engagement
Opportunity**



EARLY CHILDHOOD RECOMMENDATIONS PANEL

NOW ACCEPTING APPLICATIONS for the 2024-2025 term!

Join the Kansas Early Childhood Advisory Council!

- Applications are being accepted now through May 3rd for any Kansan interested in serving on the working group for the Kansas Early Childhood Advisory Council, known as the Recommendations Panel
- Visit the [KCCTF website](#) to learn about the knowledge and experience represented on the Panel and how you can share your voice in this important work
- Interested parties can view past meeting recordings on [YouTube](#) and learn more about the panel [here!](#)

Get Involved!



EARLY CHILDHOOD CONFERENCES

2024 Kansas Child Welfare Summit

- April 15th and 16th at the Townsite Tower in Topeka, KS (or on Zoom)
- The Child Welfare Summit is a joint effort by the three branches of state government with help from child welfare partners. It is a call to state and local leaders and child welfare justice partners to assemble for the purpose of working together to create lasting improvement in child welfare.
- The Summit is open to anyone invested in child welfare!
- Learn more and register [here!](#)

**Professional
Development**



EARLY CHILDHOOD CONFERENCES

Southeast Kansas Child Care Conference to Elevate Early Childhood Professionals

- Saturday, April 20th at Fort Scott Community College in Fort Scott, KS
- The day will include an inspiring keynote presentation by Cari Ebert, M.S., CCC-SLP “The Power of Play-Based Learning”
- Participants will get to choose a morning and afternoon breakout session to attend. Participants who attend the entire conference will earn 6 hours of KDHE in-service credits.
- Learn more and register [here!](#)

**Professional
Development**



REMINDERS AND NEXT STEPS

- **2024 Early Childhood Recommendations Panel**

Friday, April 19th – 9 am-11:30 am

- **Early Childhood Systems Building Webinar**

Wednesday, May 8th – 12-1:00 pm

- **Children's Cabinet Meeting**

Friday, June 7th – 9 am-12 pm

You can find **all** these meetings and more on our Children's Cabinet YouTube channel!

Stay Connected!





Stay Up to Date



[ALL IN FOR KANSAS KIDS NEWSLETTER](#)



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Thanks!

