PERINATAL MENTAL HEALTH SERVICES

KEY FINDINGS FOR REGIONAL PLANNING

Liz Darling
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Collaborator: Wendy Grimshaw,
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Ottawa Birth and Wellness Centre
Outline

- Disclosures: None

- Needs Assessment Project (Ottawa) – Key Findings
- Stakeholder Engagement – Common Principals
- Proposed Solutions & Implications for Regional Planning
Needs Assessment
(April 2016) → Stakeholder Consultation
(Summer – Fall 2016) → Proposal Development
Needs Assessment

Environmental Scan

Literature Review

Interviews and Focus Groups
Focus Groups & Interviews

- Sensitive Support
- Need for Knowledge
- Navigating the System
- Right Care, Right Time, Right Place
- Community
Literature Review

- Community Based Clinics
- Multi-disciplinary Teams
- Advocacy/Advisory Role
- Outreach and Education
- Collaboration and Partnership
- Multi-Pronged Approaches
Stakeholder Consultations

- Leverage existing programs and services
- Improve access and flow through the system
- Where and how services are accessed is important
- Extend reach through technology
Stakeholder Consultations

- Enhance knowledge & competencies of health care providers
- Scale-up facilitated peer support
- Perinatal mental health is a family issue
- Build trust, relationships, and a common approach through a network of partners
Intake
• Visible, community-based entry point for perinatal mental health
• Accessible in person or at a distance

Assessment
• Urgent response capacity (immediate crisis response through home visits, assessment, care planning, medication, system navigation, care management)
• Non-urgent assessment (development of care plans, system navigation, case management)

Service Delivery
• Peer support groups
• Individual counselling
• Distance-based services (e-consults, on-line/telephone assessment and counselling)

System Support
• Community Perinatal Mental Health Network (secretariat support)
System Support

- Regional Perinatal Mental Health Network
  - (secretariat support)
- Intake, Screening and Assessment Tools
- Care Pathways
- Resource List
- Health Care Provider and Volunteer Capability (Training, Continuing Education)
- Public Awareness (branding, promotion)
- Evaluation (performance metrics, reporting)
Acknowledgements

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Questions?