

Perinatal Family Mental Health Initiative

Nebraska Perinatal Quality Improvement Collaborative

The Challenge

Maternal mental health disorders are the **MOST COMMON** obstetric complications and can be a devastating and preventable cause of maternal and infant morbidity and mortality.



- 1 in 7 women, or ~ 20% of all new mothers, experience depression during the perinatal period
- Rates of depression are nearly double for African American women and those living in poverty
- Sadly, less than 15 % of women receive and follow through with treatment
- 1 in 10 dads suffer from perinatal depression
- Untreated parental mental health disorders can have a long-term negative impact on their babies, families, and society

Initiative Aim

- Parents from all areas of Nebraska will consistently be screened and subsequently treated for perinatal depression.

Key Strategies

- Establish perinatal depression screening as the standard of care in all clinics, hospitals, and NICUs caring for obstetric and pediatric patients.
- Access to NPQIC's Clinical Guidelines for Implementing Universal Perinatal Depression Screening.
- Small group learning sessions and ongoing support from NPQIC during the implementation process.

Get Involved

Effective, free, validated screening tools exist to identify mothers and fathers at risk for perinatal depression. Treatment is available and can significantly improve outcomes for new mothers, babies, and families in our state. For more information, visit our website at npqic.org or contact Sydnie Carraher at scarraher@unmc.edu.



Who and When to Screen?

The ACOG and the AAP have provided the following universal screening recommendations.

- **Mothers**
 - At least once prenatally
 - Comprehensive postpartum visit
 - By 1 month, 2, 4, 6-month well child visits
- **Fathers or Non-Delivering Partner**
 - At least once in the first 6 months after birth of baby
- Screening mothers during the birth hospitalization and NICU parents is highly encouraged

THE NEBRASKA PERINATAL QUALITY IMPROVEMENT COLLABORATIVE

The Nebraska Perinatal Quality Improvement Collaborative (NPQIC) is a statewide network of perinatal clinicians, nurses, hospitals, and public health leaders that aims to improve the delivery and access of evidence-based healthcare for all Nebraska mothers and newborns.

