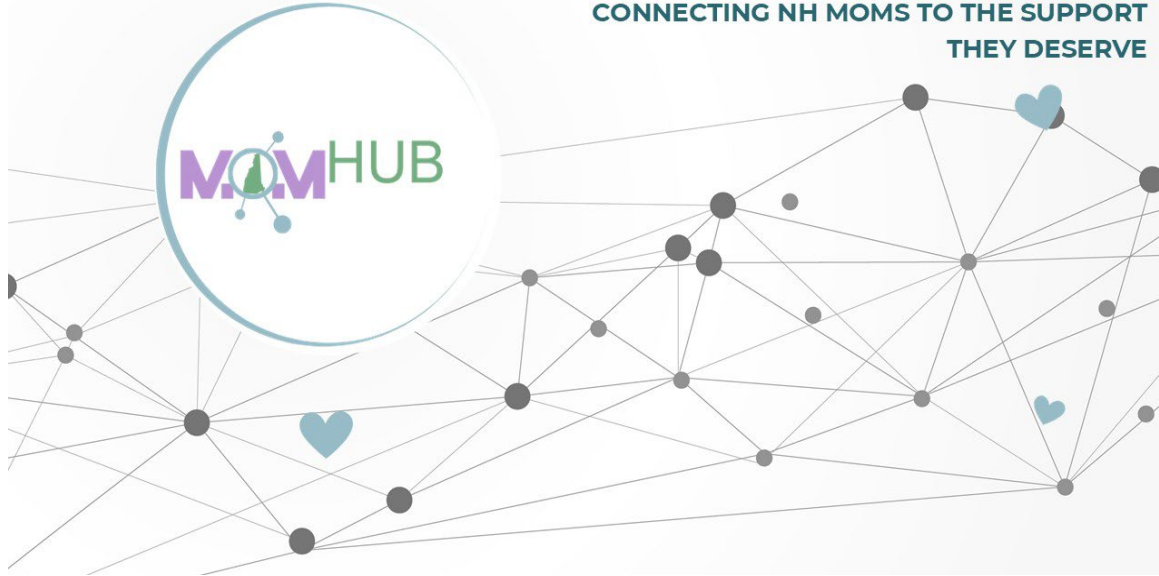


NH MOM HUB

CONNECTING NH MOMS TO THE SUPPORT
THEY DESERVE



NH MOM HUB

The NH Department of Health and Human Services has partnered with [Hope on Haven Hill](#), a substance use disorder services provider for pregnant and parenting individuals in New Hampshire to develop the [NH Mom Hub](#) to support NH moms before and after their babies arrive.

The NH Mom Hub helps women, their families, and providers navigate mental health concerns along the continuum of pregnancy, postpartum, and perinatal loss.

Program Director: Alison Palmer, MS, WHNP-BC, PMHNP-BC

Lead Perinatal Navigator: Heather Martin, PMH-C



"Every pregnancy and birth creates two windows of opportunity to improve outcomes: one for the mom and one for the child. Unlike with many other issues, interventions that improve maternal mental health outcomes pay dividends across two or more generations."

— The Perigee Fund

The Perigee Fund (2022). "Maternal Mental Health: An Urgent Priority"

While we are a program built in partnership with Hope on Haven Hill, you do not need to be coping with a substance use issue to reach out to our maternal health navigators!

The [NH Mom Hub](#) provides information and resources and refers patients to care including 988, 211, The Doorways, Community Mental Health Centers, Family Resource Centers and many local services and supports for growing families.

Healthy families = Strong communities.

Mothers are dying.

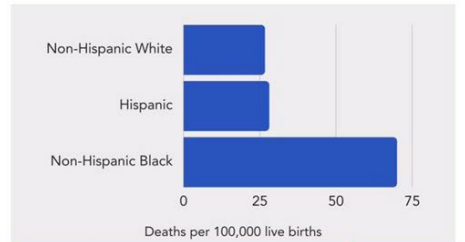
Suicide and overdose are the leading cause of maternal deaths in New Hampshire.

Governing medical organizations that issue clinical practice guidelines are finally in agreement that behavioral health screening take place **during pregnancy and the first year after birth.**

But screening alone is insufficient to improve clinical outcomes.

It must be coupled with appropriate follow-up and treatment when indicated.

- Black women experience maternal deaths at 2-3 times the rate of white women. [7,8]



Mental health conditions are the most COMMON COMPLICATION of pregnancy and childbirth.

They impact at least 1 in 5 people either during pregnancy or that first year after pregnancy..

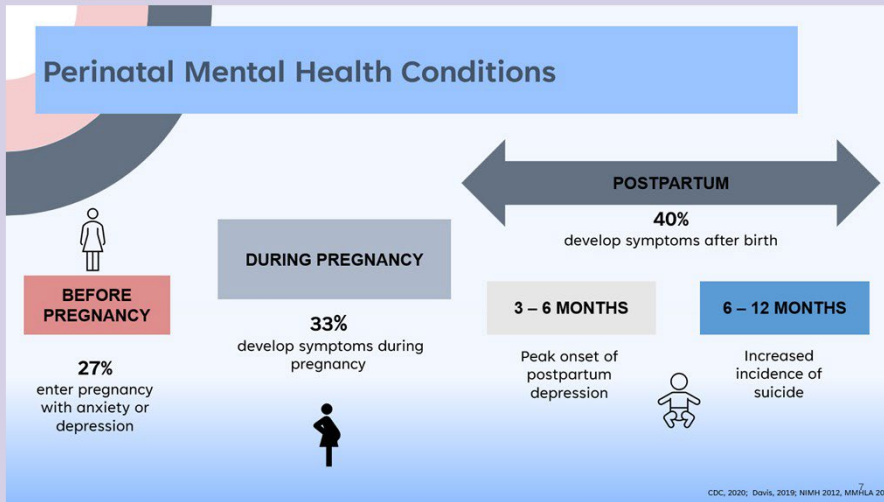
In 2022, substance use and mental health conditions accounted for 62.5% of pregnancy-associated deaths.

Black women are twice as likely as white women to experience maternal mental health conditions (MMH), but half as likely to receive care. Racism, bias, and inequities in the healthcare system result in deep-rooted disparities.

These issues negatively impact prenatal care engagement, substance use behaviors, and parent-infant attachment, significantly increasing risks of preterm births, low birth weight, and stillbirth.

Untreated MMH conditions also result in substantial financial and productivity losses, amounting nationally to \$32,000 per mother-infant dyad, totaling \$14 billion annually.

Perinatal Mental Health Conditions



25% of moms who experienced a PMH condition had depressive symptoms at 3 YEARS POSTPARTUM

(Putnick, et.al. 2020)

When we talk about Perinatal Mental Health (PMH) conditions, this is not just “postpartum depression”.

Perinatal mental health conditions start earlier, even prior to conception.

- 27 % have pre-existing anxiety/depression BEFORE pregnancy.
- 33% develop symptoms DURING pregnancy.
- 40% develop symptoms AFTER birth
- With the highest incidence of suicide occurring at 6-9 months postpartum.

We also know that these conditions last longer if they go untreated. 25% of moms who experienced PMH conditions had depressive symptoms at 3 YEARS POSTPARTUM. (Putnick, 2020)

Hot Potato Healthcare

Who owns maternal mental health?

Obstetric providers often feel that this falls under the jurisdiction of “psychiatry”.

Psychiatrists often state that they are not comfortable with the risks of prescribing psychotropic medications to in pregnancy or lactation.

Since 40% of childbearing people who experience perinatal depression or anxiety will develop symptoms following the birth, it may end up being the **baby’s pediatrician** or the family’s **primary care provider** who recognizes the condition in the mother.

Various disciplines are called upon to “catch the mother” and support her in treatment.

To avoid the “hot potato health care model” we need to educate and empower all these points of contact with evidence-based guidance and resources to decrease stigma, optimize access, and break down silos.

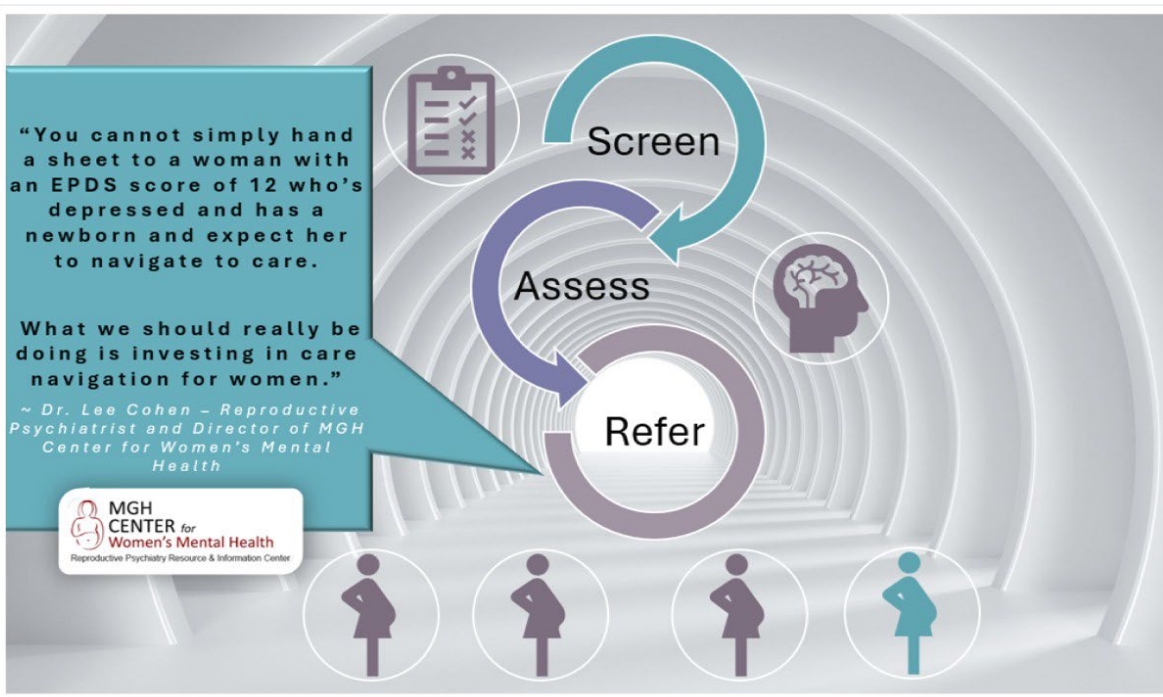
This is particularly important when we see that **75% of mothers with symptoms go untreated.**

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“You cannot simply hand a sheet to a woman with an EPDS score of 12 who’s depressed and has a newborn, and expect her to navigate to care.

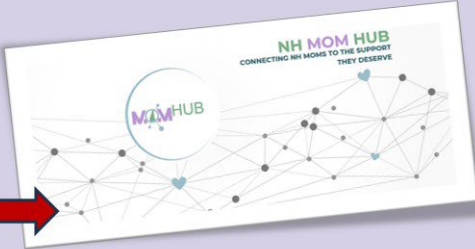
What we should really be doing is investing in care navigation for women.”


- **Dr. Lee Cohen, MGH Reproductive Psychiatrist**

THE CHALLENGES

Implementing high fidelity screening is difficult as it crosses many sectors of healthcare. We are starting with the end in mind.

 <p>EDUCATION</p> <p>Many frontline providers are unprepared to address PMH conditions due to lack of education and training.</p>	 <p>WORKFLOW</p> <p>Providers often lack necessary workflows and processes on when to screen perinatal individuals. <i>"Where can we refer?"</i></p>	 <p>GUIDELINES</p> <p>Only recently have clear and consistent guidelines emerged that recommend providers screen for and address PMH conditions.</p>
 <p>REIMBURSEMENT</p> <p>Frontline providers are not always reimbursed for screening and the extra time it takes to coordinate care and referrals.</p>	 <p>RESOURCE & REFERRAL</p> <p>Frontline providers often have limited access to support groups, therapists, and psychiatric providers who are able to address the unique mental health needs of perinatal individuals.</p>	 <p>LACK OF ACCESS TO PSYCHIATRIC TREATMENT</p> <p>There are not enough psychiatric providers to care for individuals experiencing PMH conditions.</p>





So, you screened? Now what? Where do they go next??

When you look at the AIM Patient Safety Bundles for Perinatal Mental Health, it offers a comprehensive recommendation for screening, provider and patient education, and clinical workflows.

Internal processes are challenging enough within a practice site. If your site happens to master this INTERNALLY, we know that 3 out of 4 mothers still do not GET to the care that they need due to the siloed and complex nature of our healthcare system.

The Mom Hub was created with the end in mind to be the “now what” – a safety net to support awareness OF and practical navigation TO resources.



RESOURCES

“WHAT is available?”

Too many pregnant and postpartum moms in NH are falling through the cracks.

Providers don't always know what's available, and moms are left to navigate systems alone.

WE'RE CHANGING THAT.

INFRASTRUCTURE

“HOW do I get my patient connected?”

CONNECTING NH MOMS TO THE SUPPORT they deserve

Providers are reluctant to screen if they do not have resources to assist those impacted by perinatal mental health conditions.

The purpose of the Mom Hub is to help provide the “WHAT” and the “HOW”.

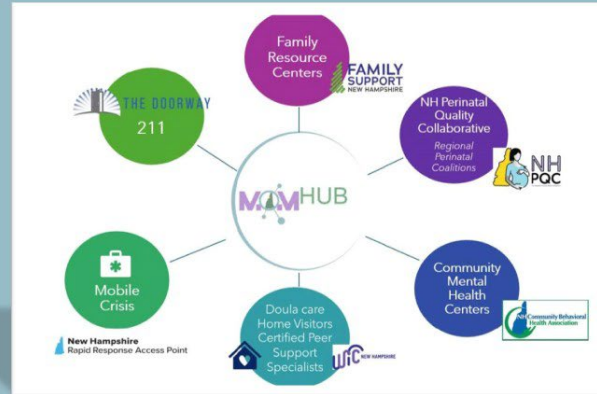
Resources: WHAT is available for resources?
Structure: HOW do I get my patient connected?

We provide an infrastructure to improve access **TO** resources with a human connection and understanding. Not just a piece of paper.

Centralized Resource Access Point

Partnership Development

- Establish regional champions within NH PQC coalitions.
- Create cross-sector perinatal mental health workgroups.
- Resource mapping to strengthen statewide accessibility.
- Targeted partners:**
 - FRCs, WIC, CHCs, legal aid, shelters, MAT providers, and more.



Expected Outputs:

- Regular coordination with coalitions.
- Pilot Unite Us implementation
- Maintenance of statewide Maternal Mental Health Resource Repository.

We started from a “strength-based view” to leverage what we know already exists.

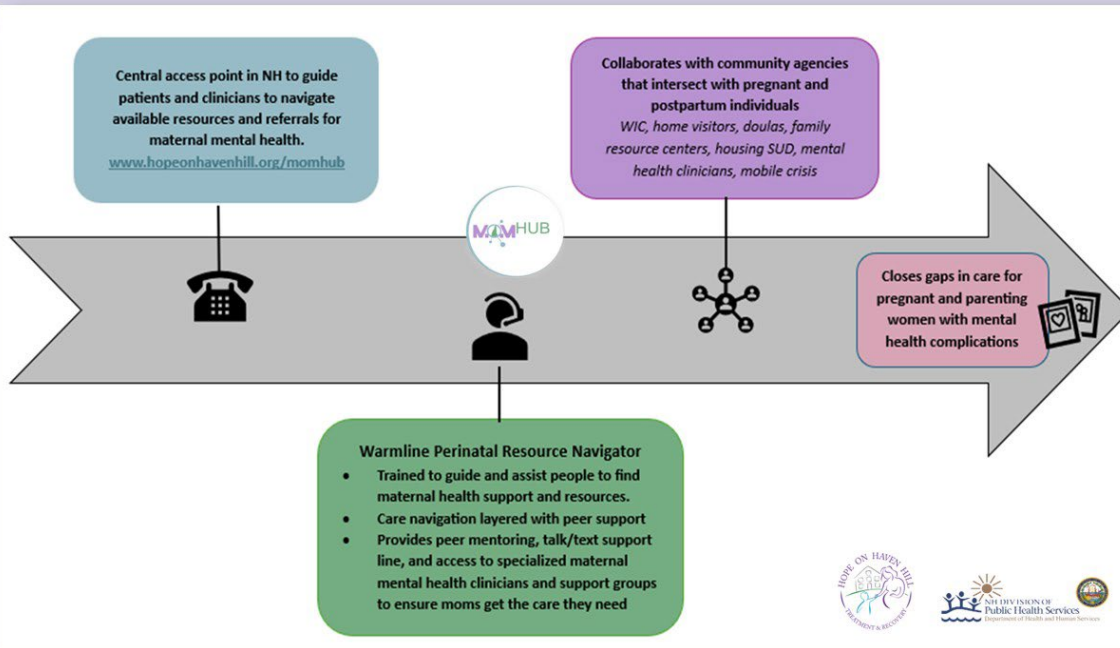
Workforce Development & Training:

Develop the scope of a perinatal peer support specialist/navigator that can be scaled and applied to other family resource and community health roles.

Teaching skills that incorporate perinatal mental health fundamentals into the existing workforce proactively continues to meet this need, while remaining fiscally conservative.

Development of warmline protocols and training manuals

Collaborating with NH PQC for regional coalition-based support groups and navigation outreach.



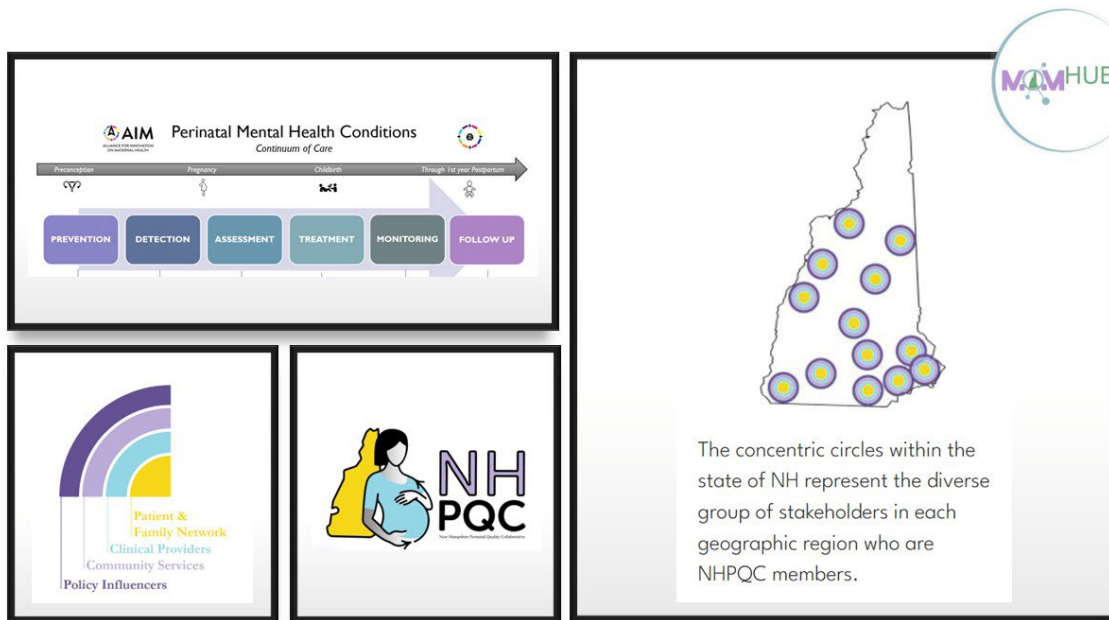
We envisioned what a more personalized navigation approach would look like.

The Mom Hub is meant to be a central access point in NH to guide patients and clinicians to resources and referrals for maternal mental health.

Care navigation is layered with peer support. We listen with a critical ear to identify underlying social determinants of health that may be impacting the mother’s well-being.

We collaborate with community agencies, private practitioners that intersect w/pregnant and postpartum individuals.

We can serve as a bridge with peer support while she is awaiting an appointment with a trained maternal mental health therapist or prescriber. If her needs escalate, we can support navigation to a higher level of care.



The [New Hampshire Perinatal Quality Collaborative](#) aims to build a patient-centered, data-driven, evidence-based, sustainable infrastructure to assure that every woman/birthing person, and infant receives high quality, safe care.

1. NNEPQIN: is currently working with birthing hospitals to support implementation of the [AIM Perinatal Mental Health Conditions](#) safety bundle to reduce maternal mortality related to suicide and overdose.

2. Implementing screening requires resource mapping so that providers have up to date access to mental health clinicians, agencies that support social determinants of health, education, peer support and mobile crisis access.

Update Your Resource Listing with NH Mom Hub!

We are looking for a REGIONAL CHAMPION from each of the NHPQC coalitions

The Mom Hub will support a central repository of resources for referrals and information supporting maternal mental wellness.

We are working collaboratively with the regional perinatal coalitions to develop the breadth of referral resources and programs at the local community level.

We are seeking 1-2 representatives from each regional coalition who can commit to being the regional liaison to the NH Mom Hub.

How to Get Help for Your Mental Health

PSI HelpLine	National Maternal Mental Health Hotline	National Suicide & Crisis Lifeline
1-800-944-4773	1-833-852-6262	988
For individuals who are not in crisis but need resources and referrals Call or text, volunteers respond English & Spanish Serving pregnant, postpartum, & post-loss people worldwide Staffed by volunteers Provides connection to PSI resources	For individuals who are not in crisis but need real-time support and resources Available 24/7/365 English & Spanish, other languages available via translator Serving pregnant & postpartum people in the United States Staffed by professionals Provides hand-offs to 988, DV hotlines	For individuals needing support for suicidal or mental health crisis Available 24/7/365 English & Spanish, other languages available via translator Serving anyone in the United States Staffed by volunteers & professionals Provides hand-offs to National Maternal Mental Health Hotline

Postpartum Support International | 800-944-4773 | postpartum.net

Not Feeling Like Yourself?

Let's Talk About It.



Always Free — 24/7 | **Support & Resources** | **Confidential Call & Text** | **60+ Languages**

Don't wait. Reach out today.
1-833-TLC-MAMA (1-833-852-6262)

IF YOU NEED TO SPEAK TO SOMEONE URGENTLY, PLEASE CALL OR TEXT:

National Maternal Mental Health Hotline 24/7
1-833-852-6262

People in crisis should call their healthcare provider, 911
Suicide & Crisis Lifeline at 988
or
NH Rapid Response Access Point:
1-833-710-6477

Please note that the NH Mom Hub and Hope on Haven Hill do NOT provide emergency services.

So many phone numbers! Who does what? We want to remind people that the NH Mom Hub is NOT meant for emergencies or urgent mental health needs.

For urgent or immediate needs you may call or text:

- **Suicide Prevention Hotline: 988**
NH Rapid Response Access Point: <https://www.nh988.com/>
Call or Text: 833-710-6477
- **Never Use Alone hotline** at (800) 484-3731 (National Line) or (800) 972-0590 (New England Line)
- **The Doorway:** Call 211 or <https://www.thedoorway.nh.gov/>
Help for Substance Use Disorder Treatment

For Moms, Partners & Families

Find a Trained Provider

- Visit the PSI online directory to find qualified perinatal mental health professionals in your area.

Call or Text PSI HelpLine 1-800-944-4773 (4PPD)

- #1 En Español or #2 English;
- **Text in English: 800-944-4773**
- **Text en Español: 971-203-7773**

National Maternal Mental Health Hotline

- Call or Text 1-833-852-6262 (English and Spanish) – 24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. (US Only)

Find a PSI Volunteer

- Fill out this form to connect with a local PSI volunteer near you.

PSI Help Resources

- PSI offers online support groups, chat with an expert, a peer mentor program and more.

Mobile App Available

"Connect by PSI"

Download the app

Connect with PSI for:

- ✓ Community at your fingertips
- ✓ Instant access to HelpLine hotline
- ✓ Directory of trained providers

Connect by PSI

Available on the App Store | GET IT ON Google Play

PSI now has an app

Ready. Set. Get.

Available on the App Store | GET IT ON Google Play

(@postpartumsupportinternational)

Connect by PSI gives you access to ALL of our essential help-seeker resources in an easy-to-navigate manner.

After downloading the app, you will have access to:

- PSI Helpline, Hotline, and Crisis numbers ready to dial in one click
- PSI resources and support services
- Over 50+ Online Support Groups
- Easy to share information about Perinatal Mental Health
- Ways to get involved

♥ **National Maternal Mental Health Hotline:** 1-833-TLC-MAMA (Call or Text 24/7)

- Call or Text the Postpartum Support Int'l Help Line 1-800-944-4773 (4PPD)
 - #1 En Español or
 - #2 English Text in English: 800-944-4773
 - Text en Español: 971-203-7773

The **PSI Perinatal Psychiatric Consultation Line** is a service provided at no cost, available for medical professionals who are prescribers and have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning.

The Perinatal Psychiatric Consult Line is staffed by experts in the field of psychiatry who are members of PSI and specialists in the treatment of perinatal mental health disorders. The service is free and available by appointment. [Fill out this form](#) to request a consult (provider only).



Massachusetts General Hospital
Postpartum Psychosis Consultation for
Medical Providers (MGHP3)



Perinatal Psychiatric Consult Line
for medical professionals 1-877-499-4773.
no charge / fee



PRESCRIBING RESOURCES FOR HEALTHCARE PROVIDERS



There is a broad competency and comfort level among providers who are in positions of prescribing psychotropic meds in pregnancy and lactation.

This is inclusive across specialties of primary care, obstetrics and psychiatry. The following are some resources to support evidence-based guidance for prescribing during the childbearing period.

MGH: weekly blog, research snippets – Also have a Perinatal Psychosis Project consult line for providers

Mother to Baby: Fact sheets

Lact Med – now called “**LACT Rx**” and **Infant Risk** mobile apps

Reprotox: requires a subscription, comprehensive Repro psychiatry guidance from pre-conception thru BF

PSI: Perinatal Psychiatry Consult Line



NH MOM HUB: Online Request for Support

NH Mom Hub provides support, information, resources and referrals related to mental health during pregnancy, post-loss, and through the first year after birth (postpartum).
Please fill out this brief form so we can contact you to discuss support needs, information about programs, or referrals to providers in your area.
This information is only used to ensure connection to the right volunteer or programs.
Online forms are reviewed Monday-Friday, during normal business hours. All attempts will be made to respond within 48 hours of being reviewed.
If you need to speak to someone more urgently: Please call or text the National Maternal Mental Health Hotline 24/7 1-833-852-6262.
Please note that the NH Mom Hub and Hope on Haven Hill do NOT provide emergency services.
People in crisis should call their healthcare provider, local emergency number, 911, or the Suicide & Crisis Lifeline at 988 or NH Rapid Response Access Point 1-833-710-6477

I am looking for help *

for Myself
 for Someone else

AGENCY/ORG/ PROGRAM Name *

Send me a copy of my responses

Privacy Notice | Report

NH MOM HUB No estás sola.
¡Nos alegra mucho que estés...

Preferred Contact Method

Text Call Email

OK to leave voicemail message

OK to receive text messages

Preferred language for receiving services

English
 Spanish
 Other: please specify _____

Best time to reach:

Mornings 8 AM - 12 PM Afternoons: 12 PM - 5 PM
 Evenings: 5 PM - 8 PM

ABOUT MY NEEDS:

Please mark applicable concern(s): *

I need help. I am not doing well.
 Maternal depression or anxiety
 Postpartum adjustment/abuses
 Perinatal OCD

By clicking the "Submit Application" button below, I understand that the information I submit will be used by NH Mom Hub to match me with the most appropriate service(s) based on my problem or other factors. Certain information may be provided to these programs so that they have basic information about my situation.

If you need to speak to someone more urgently: Please call or text the National Maternal Mental Health Hotline 24/7 1-833-852-6262.
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People in crisis should call their healthcare provider, local emergency number, 911, or the Suicide & Crisis Lifeline at 988 or NH Rapid Response Access Point 1-833-710-6477.

Send me a copy of my responses

Privacy Notice | Report Abuse

This site is powered by mcOPTIMA and the Google Privacy Policy and Terms of Service APIs

You can reach the NH Mom Hub the following ways:

Phone: 603-403-3400 (secure voicemail, phone/text)

FORM: [Complete a request through the NH Mom Hub Online Form.](#)

Website: www.hopeonhavenhill.org/momhub

Non-Urgent email is: momhub@hopeonhavenhill.org

Messages are monitored during business hours Monday - Friday.

We aim to respond within 24-48 hours.



spruce

Health

HIPAA compliant, secure email, phone, and text communication platform

Dedicated phone number:
603-403-3400

Perinatal Resource Navigator

- Trained to guide and assist people to find maternal health support and resources.
- Care navigation layered with peer support
- Peer mentoring, talk/text support line
- Access to specialized maternal mental health clinicians and support groups



NH Mom Hub



About

The NH Mom Hub is a centralized resource and referral program designed to connect pregnant and postpartum individuals with the support they need for maternal mental health and well-being.

We are using Spruce Health, a HIPAA compliant, secure email, phone, and text communication platform.

Dedicated phone number: 603-403-3400

Maternal Mental Health Resources

Information Sheets

- Plain Mama English: Signs & Symptoms of Postpartum Depression & Anxiety
- Plain Mama English: Signs & Symptoms of Postpartum Psychosis
- Maternal Mental Health Leadership Alliance - Fact Sheet Library

Forms

- Perinatal Mental Health Discussion Tool - ENGLISH
- Perinatal Mental Health Discussion Tool for Parents Experiencing Loss - ENGLISH
- Perinatal Mental Health Discussion Tool for Parents Experiencing Loss - SPANISH
- Signs & Symptoms of Perinatal Mood & Anxiety Disorders (PMADs) - ENGLISH
- Signs & Symptoms of Perinatal Mood & Anxiety Disorders (PMADs) - SPANISH
- New Mom Checklist for Maternal Mental Health Help - ENGLISH
- New Mom Checklist for Maternal Mental Health Help - SPANISH
- New Mom Checklist for Maternal Mental Health Help - FRENCH CANADIAN
- New Mom Checklist for Maternal Mental Health Help - VIETNAMESE



Hope on
Haven Hill

MOMHUB

No Mom Left
Behind.
Ever.

Website: www.hopeonhavenhill.org/momhub

Our website will continue to host more maternal mental health resources for both consumers and healthcare professionals.

Navigating Motherhood:

Support for Families

Training for Professionals



You're not alone. We're here to help.
The NH Mom Hub supports moms, families,
and the professionals who care for them.



REQUEST A TRAINING:

[NH Mom Hub - Request TRAINING and EDUCATION](#)

TRAININGS & EDUCATION

- Perinatal Mental Health 101: Overview
- Postpartum Planning Support Workshop
- "Catch Me Before I Fall": Risk factors and anticipatory guidance to prepare for the 4th trimester
- "It's Not All About Crying": The Spectrum of Perinatal Mental Health Conditions
- "You Can't Tell by Looking": Screening, assessment, and crisis intervention
- "Who Are the People in Your Neighborhood": Review of community, medical, and maternal mental health support in New Hampshire
- "Oh Baby! My patient is pregnant." Psychopharmacology in Pregnancy and Lactation

We offer educational workshops for communities and healthcare professionals with the goal of building capacity around maternal mental health in New Hampshire.

[NH Mom Hub - Request TRAINING and EDUCATION](#)



Stay Connected

Get the latest information and updates about our program.

- ✉ PO Box 1272, Rochester, NH 03867
- 🌐 hopeonhavenhill.org/momhub
- @ momhub@hopeonhavenhill.org
- 📞 603-403-3400

NH Mom Hub	LINK	QR CODE
WEBSITE	www.hopeonhavenhill.org/momhub	
EMAIL:	momhub@hopeonhavenhill.org	
nhmomhub		
IF YOU OR SOMEONE YOU KNOW NEEDS HELP:	NH Mom Hub - Request HELP	
REQUEST A TRAINING:	NH Mom Hub - Request TRAINING and EDUCATION	
I WANT TO BE LISTED WITH THE NH MOM HUB RESOURCES	NH Mom Hub - Maternal Mental Health Resource Listing Form <small>** Please note that by completing this form, the information you list may be shared publicly.</small>	

NH Mom Hub:

Phone: 603-403-3400 (secure voicemail, phone/text)

OR

[Complete a request through the NH Mom Hub Online Form.](#)

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