

Development of an Online Perinatal Mental Health Toolkit for Local Public Health Practice

**Presenter: Cassie Ogunniyi, on behalf of the
Healthy Human Development Table
Canadian Public Health Association Conference
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Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.



Healthy Human Development Table

- To optimize healthy human development with a focus on child development, including mental wellness and resiliency through a collective course of action
- Reps from Ontario Public Health Units, PHO, academic and community leaders
- Co-chairs: Dr. Andrea Feller and Dr. Cindy-Lee Dennis



Foundational Work

- PHU Survey to Family Health Managers
- Evidence Brief: Exploring interventions to address perinatal mental health in a public health context (2016)
- ADAPTE Report: Screening for Perinatal Depression
 - Critical appraisal of existing practice guidelines
 - Centre of Perinatal Excellence (COPE)
 - Registered Nurses' Association of Ontario (RNAO)
 - United States Preventative Services Task Force (USPSTF)
- Developed HHDT recommendation grades:
 - Evidence-based; consensus-based; Standard Aligned (OPHS Foundational or Healthy Growth and Development)

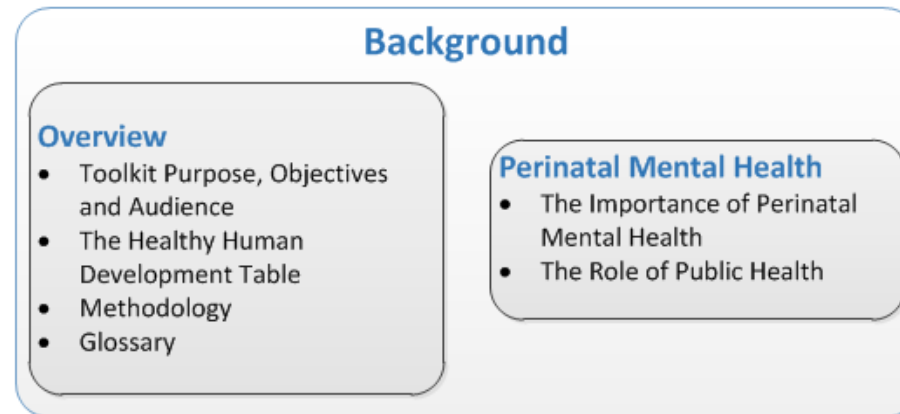
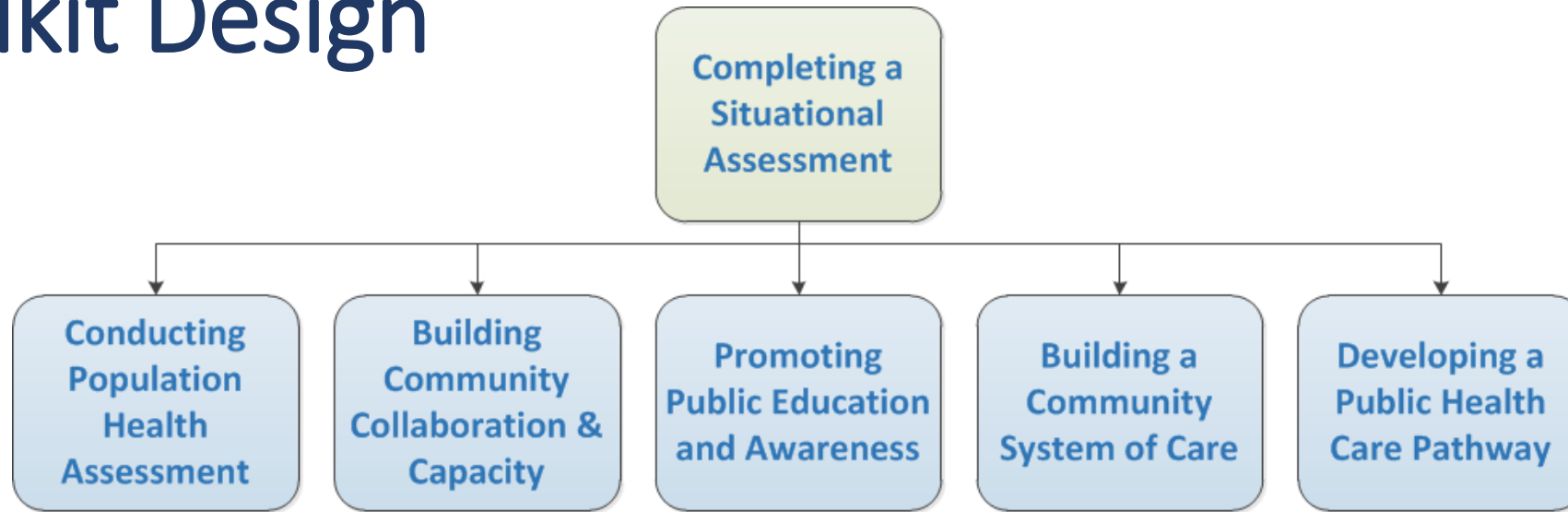


Perinatal Mental Health Toolkit

- Objectives:
 - Advance access to research and resources
 - Practical reference for evidence-based program planning
 - Support decision-making, planning, and policy development
 - Enhance efforts to build community capacity
- Primary Audience:
 - Public Health Units
- May Also be of Interest to...
 - Primary Care Providers
 - Ministry planners and decision-makers
 - Community Stakeholders



Toolkit Design



Module 2.1: Perinatal Mental Health - Key Messages

- Important for public health due to impacts on entire family and cost to society
- Range of severity from postpartum blues to postpartum psychosis
- Risk factors similar to depression in the general population
- Persistent depression beyond the postnatal period has a significant impact on long-term child health and development



Module 2.2: Role of Public Health

HHDT Recommends Public Health Units:

1. Address perinatal mental health within their Healthy Growth and Development programming and engage in population health promotion strategies to address it (SA-HG&D)



Module 3.1: Completing a Situational Analysis

The Six Step Model

1. Identify key questions to be answered
2. Develop a data gathering plan
3. Gather the data
4. Organize, synthesize, and summarize the data
5. Communicate the information
6. Consider how to proceed with planning



Module 3.2: Conducting a Population Health Assessment

- PHUs may have access to data sources that contain indicators related to perinatal mental health:
 - Better Outcomes Registry Network (BORN)
 - Healthy Babies, Healthy Children- Integrated Services for Children Information System (HBHC-ISCIS)
 - Rapid Risk Factor Surveillance System (RRFSS)
- PHO [Snapshots](#) provides access to several relevant indicators from BORN, HBHC-ISCIS, and the Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario.



Module 4.1: Building Community Collaboration and Capacity – Practice Example



www.postpartumresource.com



Module 4.2: Promoting Public Education and Awareness – Practice Example

Toronto Public Health May 3 · 🌐 Like Page

Today is World Maternal Mental Health Day. Let's support mothers & end the stigma. <http://ow.ly/XOf5C> #maternalMHmatters



YOU DON'T HAVE TO SUFFER IN SILENCE
1 in 5 mothers experience depression and anxiety during pregnancy and postpartum. You're not alone. There is help. You will get better.
toronto.ca/health/ppd #maternalMHmatters

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Algoma Public Health @AlgomaHealth · 3 May 2016
May 4th, 2016 marks the first World Maternal Mental Health Day.
[#maternalMHmatters](#)



World Maternal Mental Health Day

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[World Maternal Mental Health Awareness Day](#)



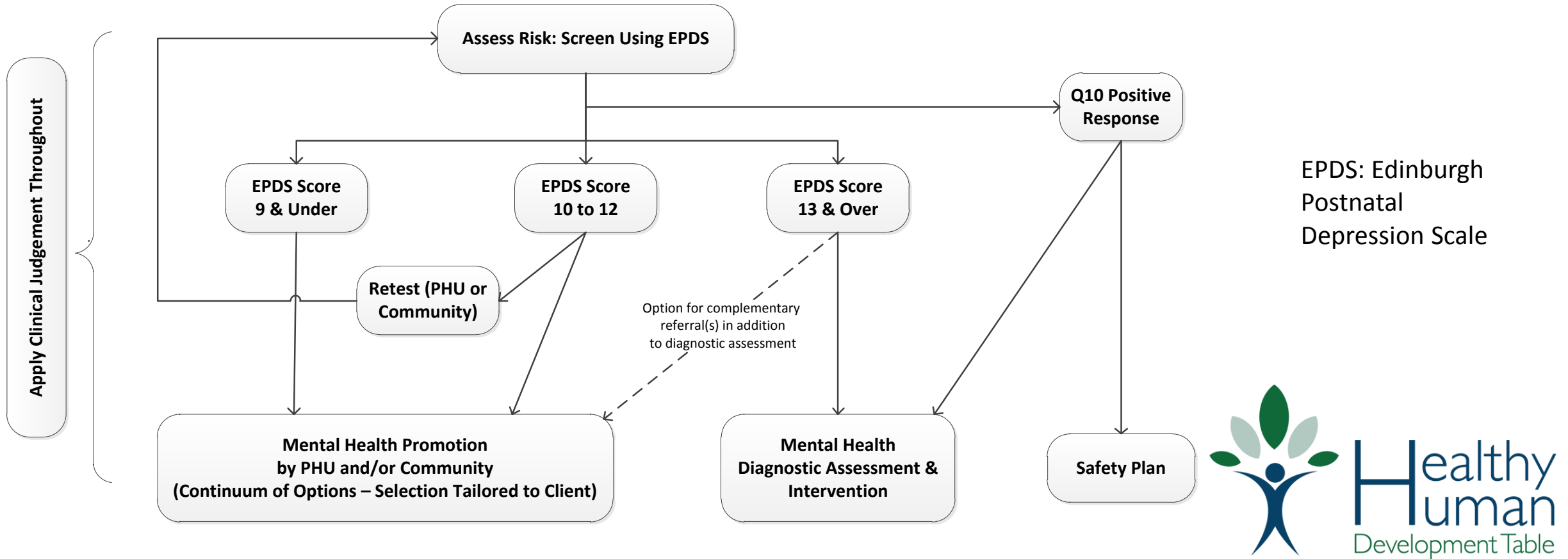
Module 5.1: Building a Community System of Care

HHDT Recommends Public Health Units:

8. Engage with LHIN(s), primary care providers, and community services to identify and articulate a community system of care for individuals who are at risk of, or are experiencing, symptoms of perinatal depression (CB)



Module 5.2: Developing a Public Health Care Pathway



Module 5.2: Developing a Public Health Care Pathway – Guideline Recommendation Example

| Evidence Recommendation | Source | Evidence Grade |
|--|--------|----------------|
| Provide structured psychoeducation to women with symptoms of depression in the perinatal period. | COPE* | Strong EBR |

*Centre of Perinatal Excellence (COPE)



Looking forward

- Finalization of steps to launch web-based toolkit
- Role of the Family Health Directors and Managers Committee to support application and implementation of the toolkit recommendations
- Toolkit updates



Thank you!

- For further information, please contact:
- HHDT: Dr. Andrea Feller (co-chair) andrea.feller@niagararegion.ca
- PHO: Dr. Brent Moloughney Brent.Moloughney@oahpp.ca

