

April 2024

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## Partner Highlights >>>

### Plymouth Maternal Health Coalition

Plymouth, NH formed their own Maternal Health coalition to tackle perinatal issues in their community. They consist of Spaulding Hospital, Midstate Health, New Life Midwife, Haven pregnancy center, Lakes Region Mental Health, Mother of Fact, and Medicaid provider agencies (Wellsense, America Carnitas and Healthy Families) and are actively recruiting more partners. They have discussed resource availability and needs assessments, tracking missed visits in the EMR, and the possibility of a new parent playgroup. They plan to create an interactive clickable resource and explore data that identifies topics needing additional education and support in their community.

Their coalition represents the ongoing community collaboration that the NHPQC hopes to see in each community throughout NH. The NHPQC will offer coordination and planning support for communities, which will look different based on the needs of each region. Please reach out to the NHPQC if you are in the process of starting your regional workforce. See pg.2 for steps to create your own coalition.

\*The NHPQC sees itself as facilitating resource sharing throughout the state. However, resources shared in this column are not endorsed by Dartmouth Health.

## Summit Feedback Analysis: A Focus on Mental Health

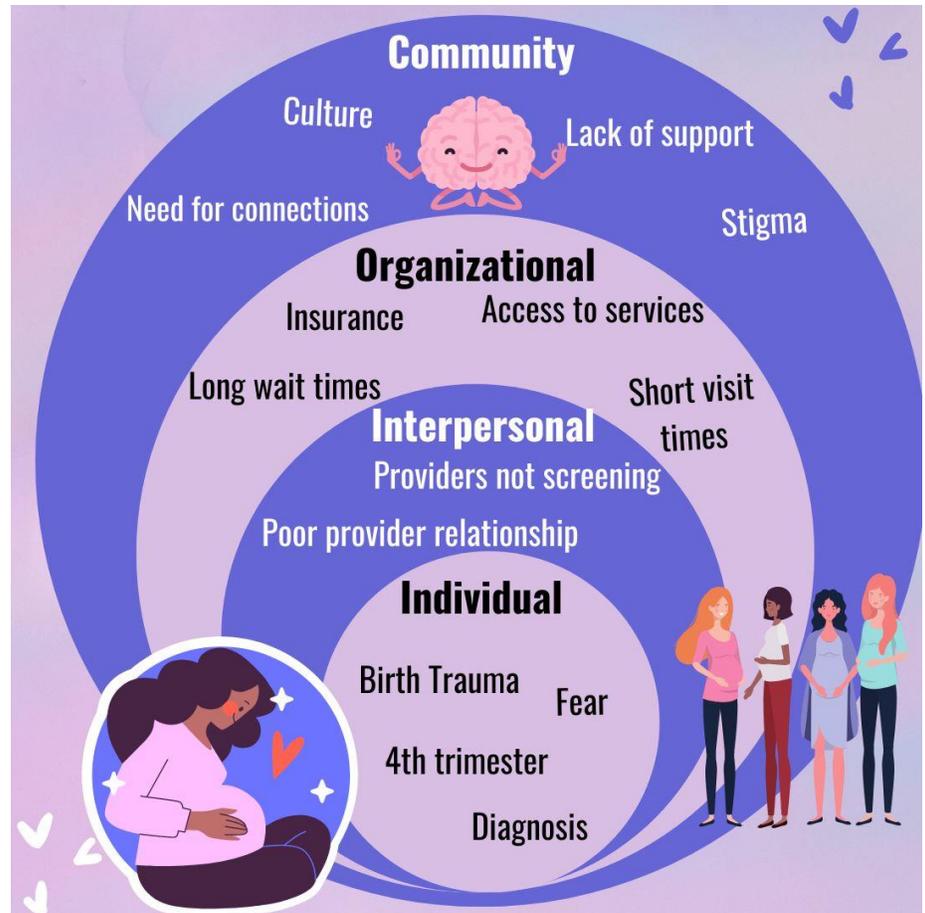


Fig 1: Local mental health issues you identified at the Summit mapped onto the Socioecological Model for Health.

## Potential Next Steps/Solutions you Identified at the Summit

- Postpartum Support International NH Chapter Facebook Group
- PSI Directory of perinatal MH providers
- Create ways to connect patients with other moms
- Screen for MH early in pregnancy
- Identify a champion to direct AIM MH bundle at each site
- Make conscious efforts to actively listen to patients
- Share experiences in non-judgmental forum

# We are excited to announce NH's New Maternal Mental Health Awareness Week!

View the state press release on May 7<sup>th</sup> at 9am!

*The State of New Hampshire  
By His Excellency  
Christopher T. Sununu, Governor  
A Proclamation*

In the year of our Lord Two Thousand and Twenty-Four  
**MATERNAL MENTAL HEALTH AWARENESS  
WEEK  
MAY 5-11, 2024**

## In the May Newsletter: Spotlight on Black Maternal Mental Health week!

Black Maternal Mental Health Awareness week is April 11-17<sup>th</sup>. As we get further established, the NHPQC looks forward to supporting this cause with events and discussion in 2025.

## NH Maternal MH Bundle through AIM

The NHPQC and Maternal and Child Health are engaged with the 15 NH birthing hospitals to improve our ability to recognize and respond to perinatal mental health conditions using a patient centered approach. We are adding community-based organizations and are looking to support MH screening at WIC clinics. We invite perinatal community partners to our AIM webinars and to use the perinatal MH toolkit. The NHPQC can offer QI support if there is interest.

For more information: [AIM Perinatal Mental Health](#)

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## Checklist to Build your own Coalition

- ✓ Identify community champions for your cause
- ✓ Diversify your coalition with multidisciplinary stakeholders inclusive of women and birthing people
- ✓ Set a regular meeting schedule
- ✓ Build in feedback and improvement cycles
- ✓ Set SMART goals (specific, measurable, achievable, relevant, time-bound)
- ✓ Celebrate small wins

More in the May newsletter!

### Upcoming Maternal Health Webinars >>>

**Recorded:** Strategies for Combating Racism in Health Systems. [Watch.](#)

**5/9 12pm:** NH AIM/ERASE: Providing Appropriate Mental Healthcare. [Register.](#)

**5/16 1-2pm:** Implementing a Family-Centered Approach for NH Families affected by Substance Exposure. [Register.](#)

**6/7 9-4 (In person conference: White River Junction, VT):** Using a post-traumatic growth approach to transform birth stories and the experience of women's health care in our culture [Register](#)

