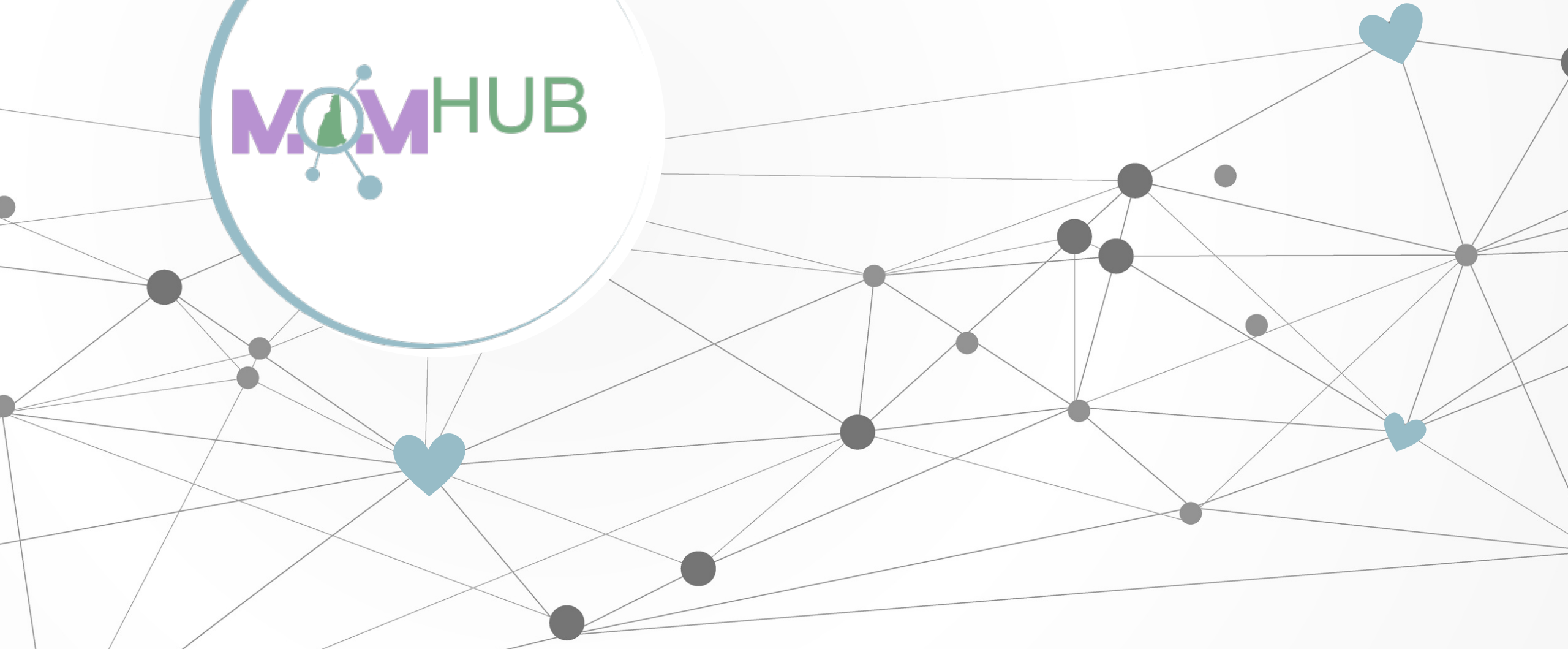


# NH MOM HUB

CONNECTING NH MOMS TO THE SUPPORT  
THEY DESERVE



# THE CHALLENGES

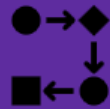
Implementing high fidelity screening is difficult as it crosses many sectors of healthcare.

We are starting with the end in mind.



## EDUCATION

Many frontline providers are unprepared to address PMH conditions due to lack of education and training



## WORKFLOW

Providers often lack necessary workflows and processes on when to screen perinatal individuals.

*"Where can we refer?"*



## GUIDELINES

Only recently have clear and consistent guidelines emerged that recommend providers screen for and address PMH conditions.



## REIMBURSEMENT

Frontline providers are not always reimbursed for screening and the extra time it takes to coordinate care and referrals.



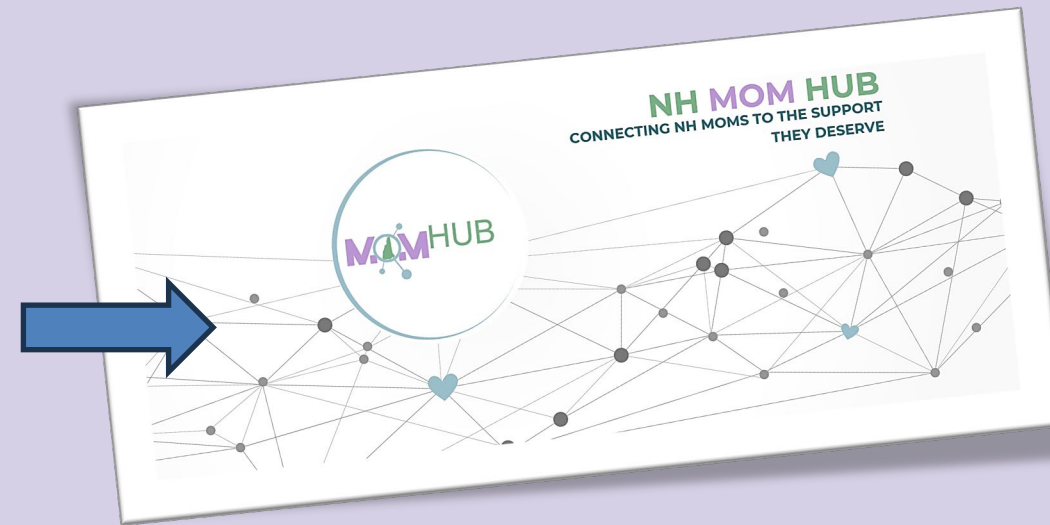
## RESOURCE & REFERRAL

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.



## LACK OF ACCESS TO PSYCHIATRIC TREATMENT

There are not enough psychiatric providers to care for individuals experiencing PMH conditions.



# Why We Exist

“

There are great resources, but providers don't have time to connect patients to care.

— NH Maternal Mortality Review Committee

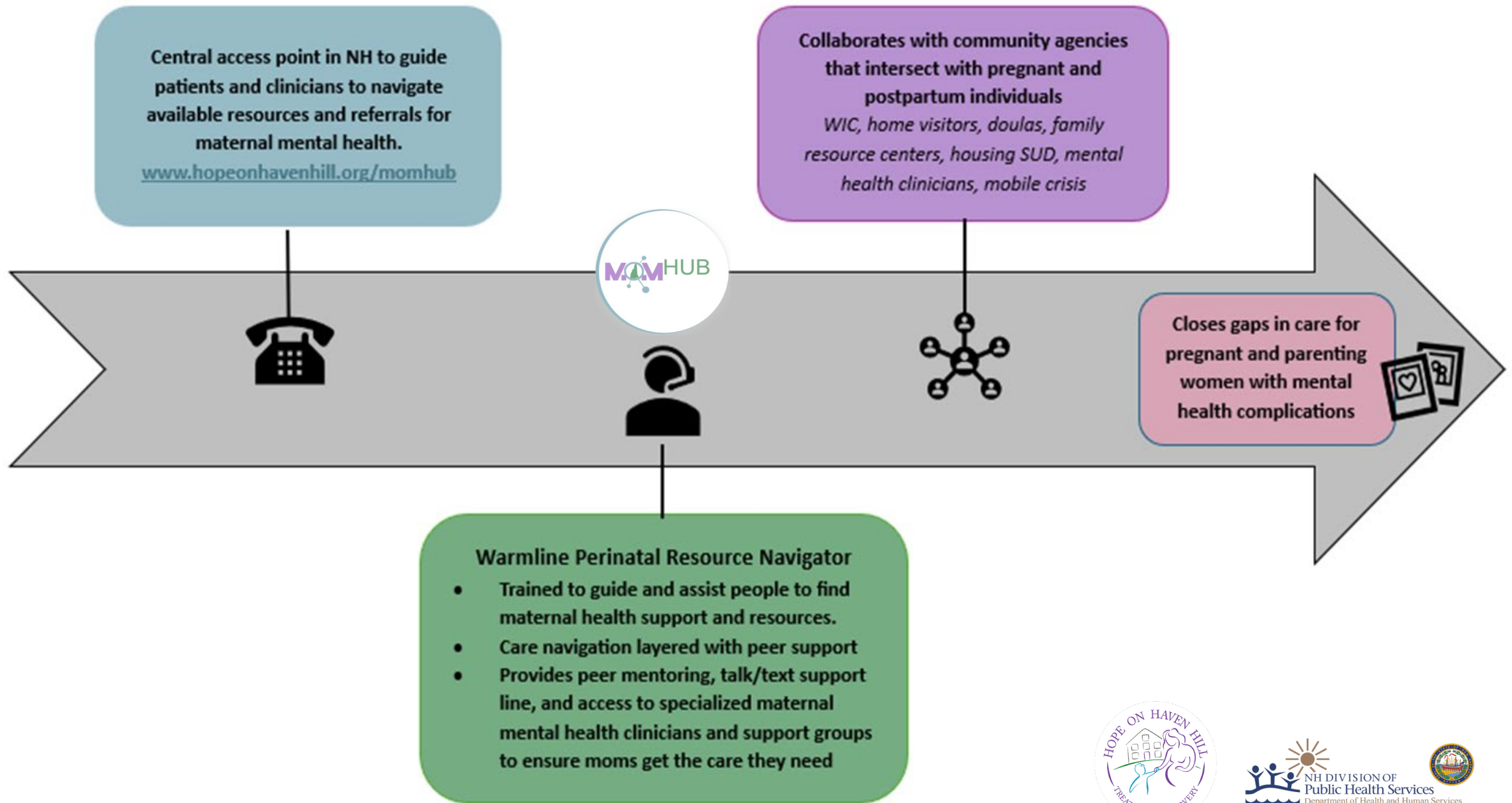
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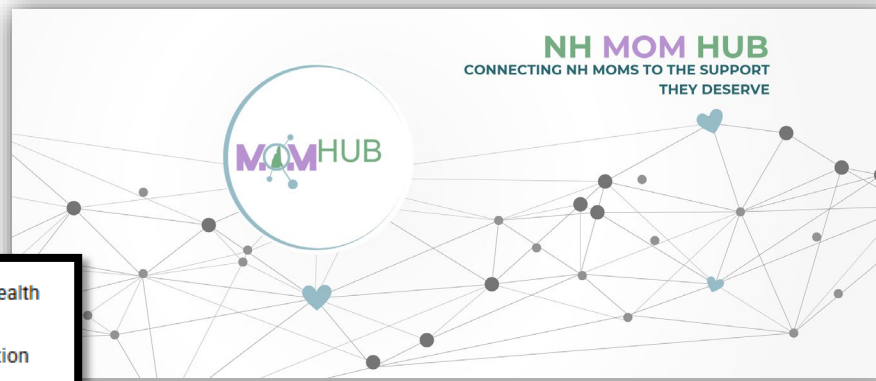


Too many pregnant and postpartum moms in NH are falling through the cracks. Providers don't always know what's available, and moms are left to navigate systems alone.

**WE'RE CHANGING THAT.**

NH Mom Hub connects families and professionals to the right care—quickly, compassionately, and locally.





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

Submit

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## NH MOM HUB: Online Request for Support

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/blues  
☐ 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.**

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.**

☐ Send me a copy of my responses

Submit

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### Warmline Perinatal Resource Navigator

- Trained to guide and assist people to find maternal health support and resources.
- Care navigation layered with peer support
- Provides peer mentoring, talk/text support line, and access to specialized maternal mental health clinicians and support groups to ensure moms get the care they need



**spruce**

# Health

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

Dedicated phone number: 603-403-3400

<https://spruce.care/nhmomhub?context=preview>



## 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.





## GOALS and PROPOSED IMPACT

THE NH MOM HUB	PERINATAL MENTAL HEALTH RESOURCE HUB	PARENT SERVICES and SUPPORT	OUTREACH TRAINING
GOAL	Cultivate and integrate mental health information and resources	Provide, innovate and strengthen accessible perinatal mental health services for NH families	Develop and disseminate high-quality, culturally relevant perinatal mental health training and consultation across New Hampshire.
ACTIVITIES	Website/Info Hub Clinician and support directory ** Resource Guides **	Warm Line 1:1 Peer Support Support Groups Navigation to counseling, groups, community agencies at local level	Healthcare professional trainings Interdisciplinary referrals through our partnerships Consultation to support implementation of perinatal mental health screening and awareness of resources
IMPACT	Improve awareness about perinatal mental health and available resources throughout New Hampshire.	A system to close gaps and support the mental health of individuals in the emotional transition to parenthood.	All providers serving pregnant and parenting families has access to training in perinatal mental health.

*\*\* Developed in collaboration with the regional perinatal coalitions as the trusted source of updated local information for each community.*



<ul style="list-style-type: none"> <li>• 211</li> <li>• Community Behavioral Health Centers</li> <li>• Family Resource Centers (NH Children's Trust)</li> <li>• Federally qualified health centers</li> <li>• Home Visiting Agencies / Community Health Workers</li> <li>• NAMI NH</li> </ul>	<ul style="list-style-type: none"> <li>• NH Birthing hospitals and facilities</li> <li>• NH Rapid Access Point – Mobile Crisis</li> <li>• NHPQC</li> <li>• Postpartum Support International of New Hampshire</li> <li>• The Doorway(s)</li> <li>• WIC</li> </ul>
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# Operations Manual



## INTRODUCTION

Sunday, April 6, 2025 3:31 PM

### Introduction

#### 1. Welcome Letter

Welcome to the NH Mom Hub Peer Support Training Program! We are thrilled to have you join our community of compassionate, dedicated peer support volunteers and professionals. Together, we can offer hope, validation, and connection to families navigating the perinatal period. Your commitment to this work plays a vital role in our mission to reduce stigma and improve access to mental health resources for mothers and birthing people across New Hampshire. This training will prepare you to provide empathetic support, navigate resources, and serve as a bridge to professional care and community services. Thank you for choosing to make a difference.

Warm regards,  
NH Mom Hub Training Team

#### 2. Overview of NH Mom Hub Mission & Vision

**Mission:** To ensure that every birthing person in New Hampshire has access to timely, culturally appropriate, and compassionate mental health support throughout the perinatal period.

**Vision:** A future where no parent feels alone in their mental health journey, and peer support is a recognized and integral part of perinatal mental health care.

#### 3. Purpose of this Manual

This manual serves as a comprehensive training and reference tool for individuals working with the NH Mom Hub program. It outlines policies, procedures, and best practices grounded in evidence-based research and lived experience. The manual ensures consistency and quality in peer support services across the state.

#### 4. Modular Training Approach

The training is organized into six modules that can be completed sequentially or individually, depending on your role. It is designed to be interactive, flexible, and inclusive of a range of learning styles. Each module includes hands-on activities, discussion questions, and review materials.

## Warmline Training Modules

- Module 1 - PMH Fundamentals
- Module 2 - Peer Support Principles
- Module 3 - Warmline Training
- Module 4 - Resource Navigation
- Module 5 - Group Support
- Module 6 - Community Education Outreach



# PSI Helpline Resource Guide Table of Contents

Sunday, April 6, 2025 7:52 AM

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<a href="#">SPECIAL POPULATIONS</a>	<a href="#">Special Populations</a> 7 <a href="#">BIPOC parents</a> 8 <a href="#">Deaf and Hard of Hearing Perinatal Parents</a> 9 <a href="#">Immigrants</a> 11 <a href="#">Incarcerated Parents</a> 11 <a href="#">Fathers/Dads</a> 10 <a href="#">Military</a> 14 <a href="#">Motherless Mothers</a> 15 <a href="#">Multiples</a> 15 <a href="#">Neurodivergent Parents</a> 15	<a href="#">Parents with Disabilities</a> 16 <a href="#">Queer &amp; Trans Parents</a> 17 <a href="#">Single/Solo Mothers</a> 18 <a href="#">Youth/Teen/Adolescent (Expecting and Parenting)</a> 21	<a href="#">ADHD/ADD</a> 8 <a href="#">Bipolar</a> 9 <a href="#">Eating Disorder/Disordered Eating/Body Image</a> 10 <a href="#">Obsessive-Compulsive Disorder</a> 16 <a href="#">OCD Books</a> 16  <a href="#">Substance use and misuse</a> 18 <a href="#">SUD Educational Resources</a> 19
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## Resource Toolkit



Evidence-based resources  
To support the work of  
Perinatal Support Navigators

*Postpartum Support International*



# NH Mom Hub - Needs of our Community Partners

Please complete this brief survey to help us identify and prioritize opportunities that the NH Mom Hub may be able to offer to your agency and the families you serve.

## Support for Parents and Families

How do you anticipate the NH Mom Hub helping parents and families based on the challenges you see them facing?

**Warm line - phone/text peer support**

☐

**Referral to support groups**

☐

**Find local maternal mental health resources**

☐

**Find a therapist**

☐

**Find a psychiatric prescriber**

☐

**Access a list of resources in my community**

☐

## [NH Mom Hub Needs of Our Community Partners](#)

### TRAINING AND EDUCATION

What types of educational training or workshops would you like the NH Mom Hub to provide for you or your organization?

**Overview of Perinatal Mental Health Complications**

☐

**Screening, Assessment, Crisis intervention**

☐

**Treatment Options for Perinatal Mood Disorders**

☐

**Oh Baby! My patient is pregnant: Psychopharm**

☐

**Resource Rounds: Community support in NH**

☐

**Traumatic birth**

☐

**Perinatal OCD**

☐

**Perinatal Suicide and Psychosis**

☐

**Perinatal loss and fertility challenges**

☐

# THE CHALLENGES



## Next Steps



There is a reciprocal benefit and approach with the potential funding of Momnibus 2.0.

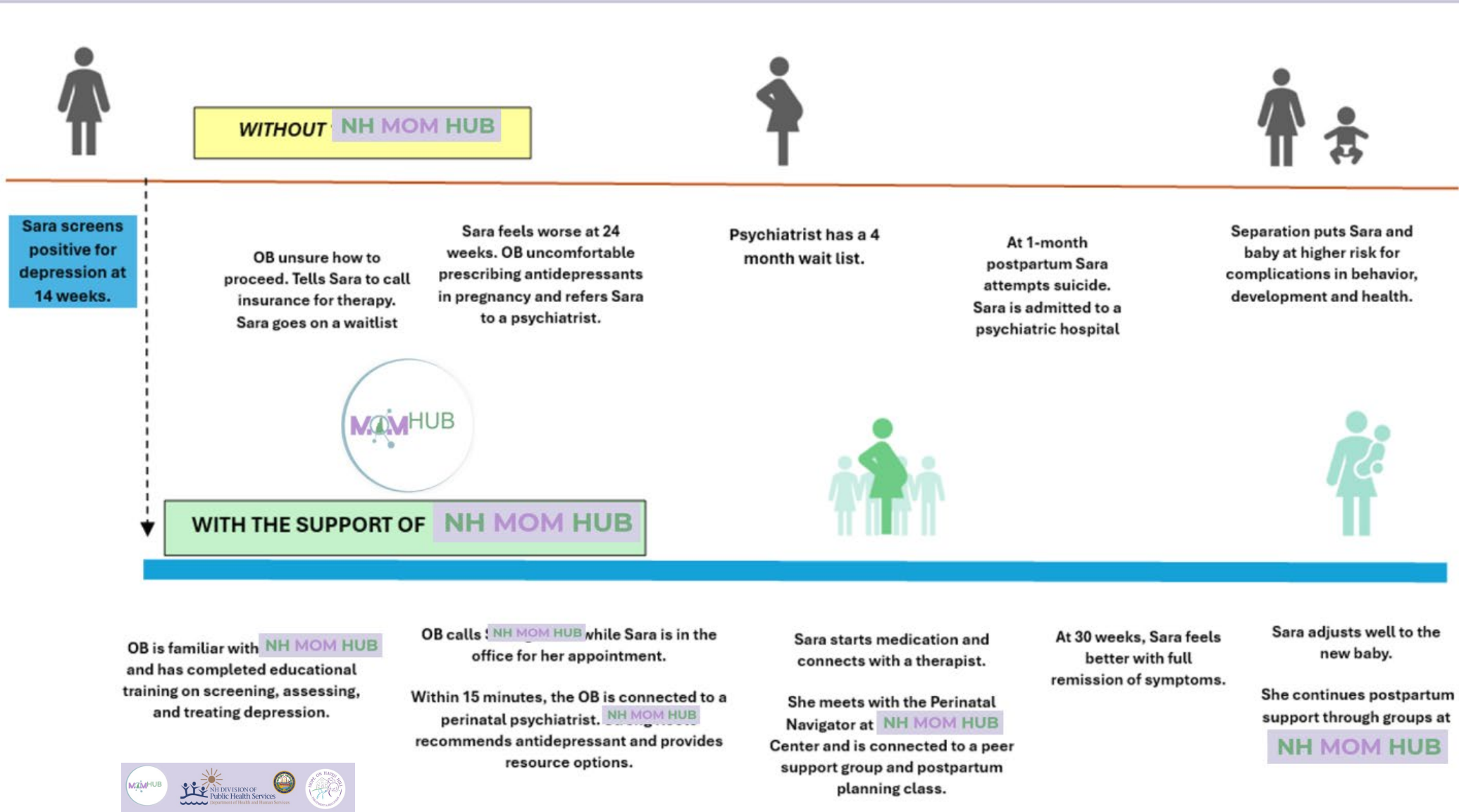
The NH Mom Hub was developed as the initial component of an overarching initiative to develop the infrastructure needed to support screening, identification, response, and referrals for perinatal mental health conditions, including substance use disorders.

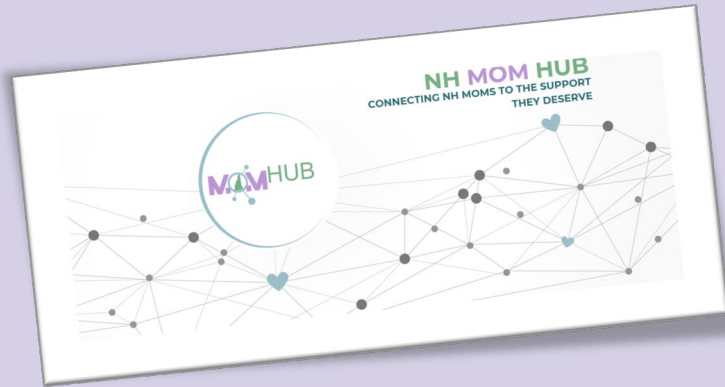
A **Perinatal Psych Consult Line** is the **CLINICAL ARM** of a comprehensive **Perinatal Psychiatry Access Program** that links with the Resource and Referral specialists/navigators, training and education aspects that we are offering for the Mom Hub.

### The result?

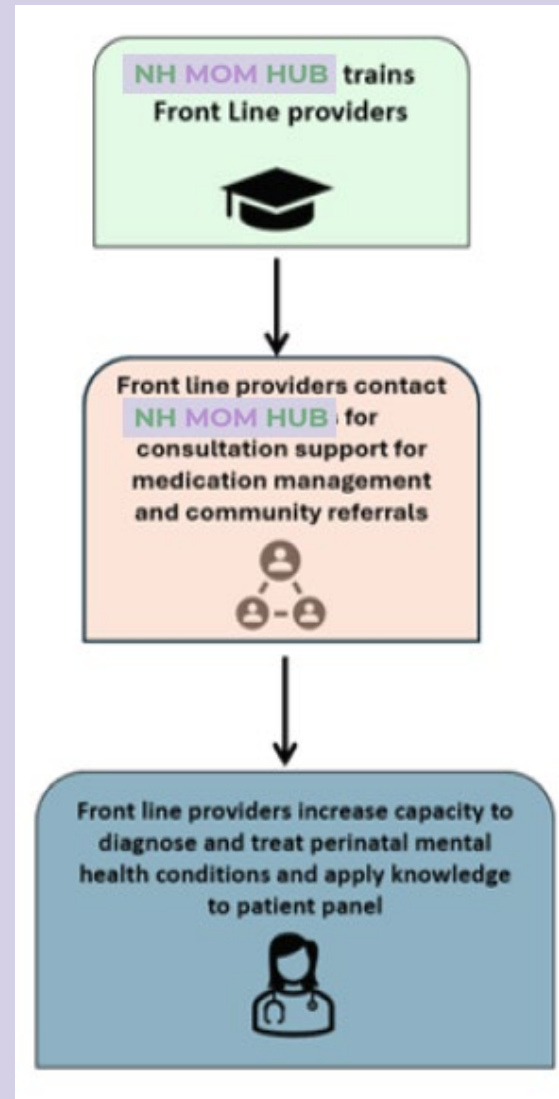
- Build capacity among healthcare providers intersecting with childbearing people along the continuum of the perinatal period to safely prescribe for mild-moderate severity.
- More psychiatrically complex cases are reserved for referral to specialized reproductive psychiatry clinicians.

# NH MOM HUB + Perinatal Psychiatry Access Line for Clinical Provider Support





# NH MOM HUB + Perinatal Psychiatry Access Line for Clinical Provider Support





# NH Mom Hub Training Request Form

Please complete the inquiry form and we will get back to you within 72 hours.

Thank you!

NH Mom Hub

[momhub@hopeonhavenhill.org](mailto:momhub@hopeonhavenhill.org)



The NH MOM HUB provides education to pregnant and parenting individuals, community health workers, home visitors, clinicians, childbirth professionals, mental health providers, and anyone involved in the care of people along the continuum of pregnancy and through the first year after birth.

I am requesting the following NH MOM HUB Training: \*

Select or enter value

Tabling: A staff member will provide NH MOM HUB information and resources on site at a community event, health fair, etc.

Community Presentation/Education: for moms, parents, families, advocates.

Speaker at a conference/event

Healthcare Professional or Family

Organization Training: Education on fundamentals of perinatal mental health or more specialized clinical topics in this field.

Other \_\_\_\_\_

# Sustainability Strategy

- **State and national grant applications** (*HRSA, SAMHSA, Perigee Fund*)
- **Corporate partnerships with maternal health stakeholders**
- Annual fundraising events, including Maternal Mental Health Awareness Day campaigns
- Individual sustaining donors and community member support
- Collaboration with Postpartum Support International–NH and Hope on Haven Hill's development team

Hope on Haven Hill's Executive Director, Kerry Norton, and NH Mom Hub Program Director, Alison Palmer, have committed to spearheading ongoing fundraising efforts specifically for the NH Mom Hub program.

NH Mom Hub model emphasizes continuous feedback and community engagement through evaluations, user surveys, and quarterly reviews with regional coalition partners. This ensures that future programming and funding align with the evolving needs of NH families and providers.

# Looking Ahead



NH Mom Hub is designed to evolve into a broader Perinatal Psychiatry Access Program. By integrating peer support, care navigation, professional training, and—eventually—a clinical perinatal psychiatric consultation line, NH will join other leading states in offering a coordinated, tiered approach to maternal mental health.

Together, we are changing the system—ensuring every NH mom has access to timely, local, and compassionate care.










# Stay Connected

Get the latest information and updates  
about our program.

✉ PO Box 1272,  
Rochester, NH 03867

🌐 [hopeonhavenhill.org/momhub](http://hopeonhavenhill.org/momhub)

@ [momhub@hopeonhavenhill.org](mailto:momhub@hopeonhavenhill.org)

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