Maternal Mental Health Work Group

Why Maternal Mental Health Matters in Helena and Lewis and Clark County Montana

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Background

• Emerged from PSI (Postpartum Support International) Certificate Training in Perinatal Mood & Anxiety Disorders in October 2016 in Helena Montana
• Participants in that training voiced a need to come together to address the disparities in mental health services for women in the perinatal period.
• We first met in January 2017 and have been meeting since then – the third Thursday of the month – 1:00 to 3:00 pm
• Over the last two years we have been working to identify what services are available and which providers are trained to work with PMADs and what are the gaps with respect to qualified providers and crisis services.
Where we are in 2019

• We are still in our infancy as far as defining who we are, what our mission and goals are, and how we structure our group, etc. Our goals this year are to define our mission and purpose, to delineate our group structure, and to collaborate with existing stakeholders focused on mental health services. Our members include representatives from the Public Health Department, from different state agencies, Healthy Mothers/Healthy Babies, private providers, like myself, representatives from St. Peter’s Health and Shodair Hospital and representatives from Florence Crittenton, Aware and from the VA.
Why Maternal Mental Health Matters

• One in five women will experience a perinatal mood and anxiety disorder. These illnesses frequently go unnoticed and untreated and without treatment can lead to tragic consequences.

• One in ten fathers will experience a perinatal mood and anxiety disorder.

• No one is immune – Women and men of very culture, age income level and race are at risk.

• Illness is not a crime.

• There is no health without mental health.