

PMAD IN NEVADA

Perinatal Mood and Anxiety Disorders (PMAD) Program



NV Statewide Maternal and
Child Health (MCH) Coalition

Healthy moms and children strengthen Nevada

Funding was supported by the Nevada State Department of Health and Human Services through Grant Number 6 B04MC45529 from the Health Resources and Services Administration (HRSA) and State General Fund. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor HRSA.

PMAD Program Overview

The PMAD Program was established in 2017 under the NV Statewide Maternal and Child Health Coalition

- Training
- Support
- Referrals
- Scholarships



PMAD TRAININGS

What does this training offer?

- **Signs & Symptoms**

What does PMAD look like?

- **Support**

How can you help?

- **Referrals**

What resources are available in the community?

Understand the Difference Between Baby Blues and PMAD

BABY BLUES

- Very common
- Usually starts 2-3
- Doesn't last longer than 2 weeks

Symptoms can include:

- Feeling sad or angry
- Having trouble sleeping, eating or making decisions
- Feeling overwhelmed
- Feeling alone or cut off from loved ones
- Having trouble concentrating

POSTPARTUM DEPRESSION

- Usually starts 1-3 weeks after birth
- Intense symptoms
- Can occur up to a year after birth
- Usually requires treatment

Symptoms can include:

- Feeling angry or irritable
- Lack of interest in the baby
- Appetite and sleep disturbance
- Crying and sadness
- Feelings of guilt, shame, or hopelessness
- Loss of interest or joy in things you used to like
- Possible thoughts of harming self or baby

What Can We Do?

Empathy is an emotional, social skill that helps us feel and understand the emotions, circumstances, intentions, thoughts and needs of others, such that **we can offer sensitive, perceptive, and appropriate communication and support.**

Ruth Beagelhole, LMFT

What Can We Do? (cont.)

Listen and open the line of communication

- “I know everyone is focused on the baby, I want to hear about you. How are you doing?”
- “I noticed you’re having trouble sleeping, even when the baby sleeps. What’s on your mind?”

Offer Support - they’re not alone & you’re here to help

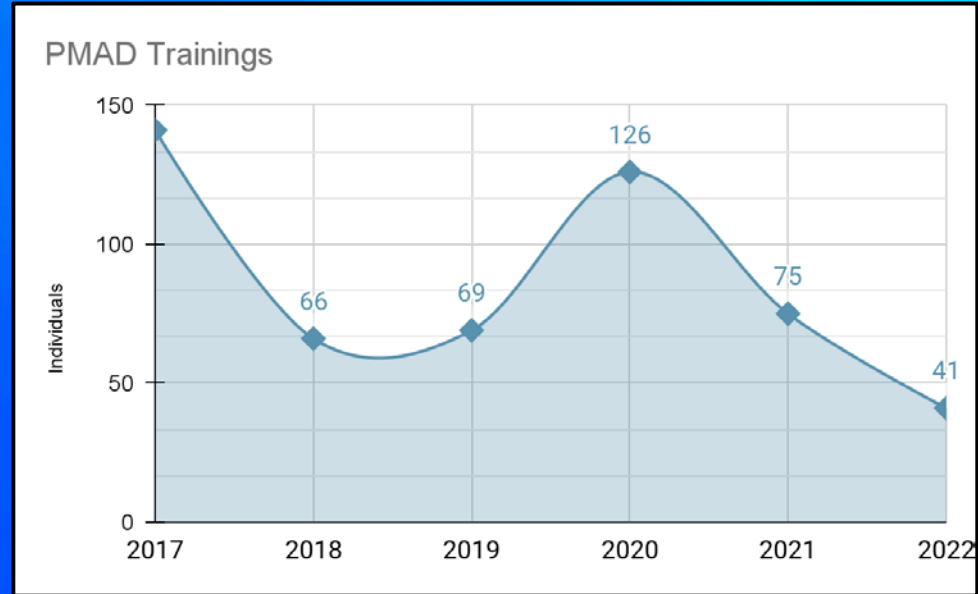
- “Do you have someone who can watch the baby while you get some rest or go see your friends?”
- “Who else can help? They can help around the house like making meals, cleaning, or going grocery shopping.”

**POST-
PARTUM
OCD &
DEPRESSION**



Nearly 600

trained and counting...



PMAD through Zip Codes



Referrals

How do referrals help?

→ **First**

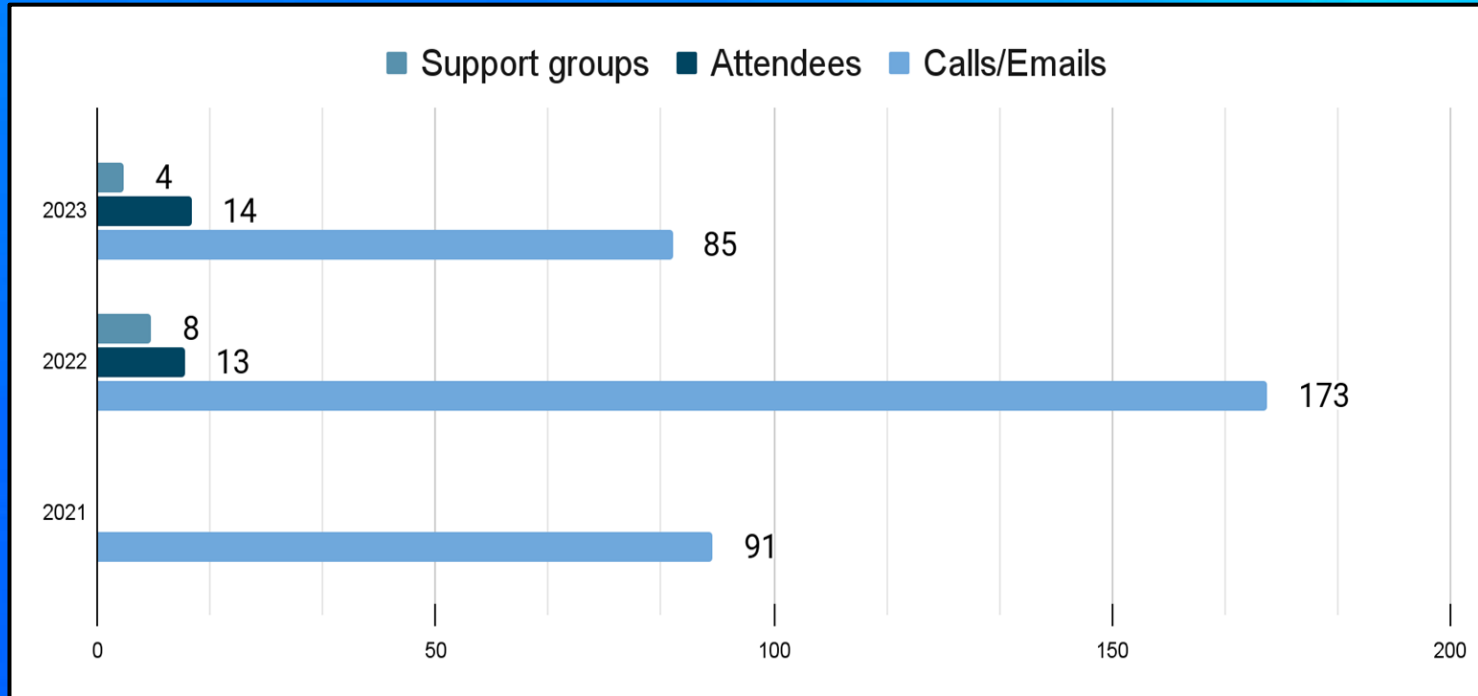
Talk with them to determine what they're open to

→ **Then**

Offer support through the PMAD Program - therapy referrals and scholarships for uninsured or underinsured

PMAD Referrals

- Average # per month
- Calls and Emails total for the YTD



Mommy Care Club

- Offers a sense of community
- Provides a positive and safe environment
- Led by a Group Peer Support (GPS) Trained Facilitator

CDC *Vitalsigns*TM

#vitalsigns
MAY. 2020

Identifying Maternal Depression Missed opportunities to support moms



Want to learn more?
www.cdc.gov/vitalsigns/

1 in 8

1 in 8 women report symptoms of depression after giving birth.

20%

About 1 in 5 women were not asked about depression during a prenatal visit.

50%

Over half of pregnant women with depression were not treated.

Healthcare Providers are missing opportunities to ask women about depression.

Postpartum Support International (PSI) Nevada Chapter

Awareness

Prevention

Treatment



Contact Information

Tawanda McIntosh, PMAD Program Coordinator

- Tawanda.McIntosh@dignityhealth.org

Tori Diego, NV Statewide MCH Coalition Program Manager

- Tori.Diego@DignityHealth.org

Kairi Pangelinan, Community Health Worker

- kairirenae.pangelinan@dignityhealth.org

Sources

- Centers for Disease Control and Prevention
<https://www.cdc.gov/reproductivehealth/vital-signs/identifying-maternal-depression/index.html>