

Commonwealth of Massachusetts General Court

The Ellen Story Commission on Postpartum Depression

2017 Annual Report

Report Submitted on June 23rd 2017

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Special Legislative Commission on Postpartum Depression
2017 Annual Report

June 23, 2017

His Excellency, Charlie Baker
Governor of the Commonwealth
State House, Room 280
Boston, MA 02133

The Honorable Senator Stanley C. Rosenberg
President of the Senate
State House, Room 332
Boston, MA 02133

The Honorable Representative Robert A. DeLeo
Speaker of the House
State House, Room 356
Boston, MA 02133

Dear Governor Patrick, President Rosenberg, and Speaker DeLeo:


On behalf of the Ellen Story Commission on Postpartum Depression, previously named the Special Legislative Commission on Postpartum Depression, and in accordance with Chapter 313 of the Acts of 2010, we present you with the Commission's annual report.

The Commission has continued to make excellent progress over the last year on this important issue, which would not have been possible without your support. The Department of Public Health (DPH) has continued to be an invaluable partner and has evaluated some of our PPD initiatives. MCPAP for Moms continues to support many women and families across the Commonwealth. Our Commission members continue to work on multiple facets of this issue, ranging from evaluating the policy work we have accomplished, updating the DPH website's information on PPD and fostering cross-sector education and collaboration on PPD.

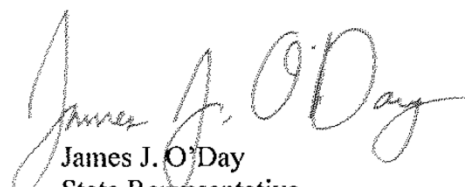
We are deeply grateful for your support in the education, data and reimbursement policies for PPD screening and referrals across the Commonwealth. Together, we continue to understand and support routine screening and referral mechanisms for women and fathers in the prenatal and postpartum period. Governor Baker proclaimed May as Maternal Mental Health Awareness Month and both the House and Senate passed a joint resolution commending the Ellen Story Commission on its recognition of Maternal Mental Health Awareness Month. At this year's Postpartum Depression Awareness Day, we were able to showcase the diverse faces of prenatal and postpartum mental health by highlighting the intersection of depression with substance use, trauma, child welfare and fatherhood.

Finally, our PPD work in the Commonwealth continues to lead the way in how other states work on this issue. The work of some of our Commission members provided assistance to the federal legislation that passed in December of 2016, Bringing Postpartum Depression out of the Shadows Act as part of the 21st Century Cures Act. Thank you again for your support. We hope you find this report informative.

Very truly yours,



Joan B. Lovely
State Senator
2nd Essex District



James J. O'Day
State Representative
14th Worcester District

Enabling Statute of the Commission

The Acts of 2010

Chapter 313. AN ACT RELATIVE TO POSTPARTUM DEPRESSION

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same as follows:

The department of public health may consult with health care providers, including, but not limited to, obstetricians, gynecologists, pediatricians and primary care providers, non-profits and health insurance carriers regarding postpartum depression to develop a culture of awareness, de-stigmatization and screening for perinatal depression so that residents of the commonwealth may be assured of the most effective and affordable provision of public health services possible. The department shall develop standards for measuring effective screening for postpartum depression using recognized clinical standards and best practices and shall make recommendations for health plan and health care provider data reporting. The department shall issue regulations that require providers and carriers to annually submit data on screening for postpartum depression. Following the receipt of the data, the commissioner of public health shall issue an annual summary of the activities related to screening for postpartum depression, including best practices and effective screening tools. The department shall annually file the summary with the commissioner of public health and the clerks of the house of representatives and the senate not later than June 30; provided, however, that the first report is due not later than June 30, 2011.

There is hereby established a special legislative commission, pursuant to section 2A of chapter 4 of the General Laws, to be known as the Ellen Story commission on postpartum depression, to consist of 5 members of the senate, 1 of whom shall be a member of the minority party appointed by the minority leader, 1 of whom shall serve as co-chair, 5 members of the house of representatives, 1 of whom shall be a member of the minority party appointed by the minority leader, 1 of whom shall serve as co-chair, the commissioner of the department of public health, the commissioner of the department of mental health, the commissioner of insurance, the commissioner of the department of children and families, the commissioner of early education and care, and the director of Medicaid, or their designees, all of whom shall serve as ex officio members, and 18 persons to be appointed by the governor, 1 of whom shall be a representative of the Massachusetts chapter of the National Association of Social Workers, 1 of whom shall be appointed jointly by the Massachusetts Midwives Association and the Massachusetts Affiliate of the American College of Nurse Midwives who shall be a midwife licensed to practice in the commonwealth, 1 of whom shall be a representative from the Nurses United for Responsible Services who shall be an advance practice psychiatric nurse, 1 of whom shall be a representative from the Massachusetts Coalition of Nurse Practitioners who shall be a nurse practitioner, 1 of whom shall be a representative of the Massachusetts Psychological Association who shall be a psychologist, 1 of whom shall be a representative from the children's behavioral health advisory council established in section 16Q of chapter 6A of the General Laws, 1 of whom shall be a representative from the Massachusetts Behavioral Health Partnership or a managed care organization or managed care entity contracting with MassHealth, 5 of whom shall be representatives of the Massachusetts Medical Society appointed in consultation with their

relevant specialty chapters, including a pediatrician, an obstetrician, a family physician, a psychiatrist and a child and adolescent psychiatrist, 1 of whom shall be a woman who has experienced postpartum depression, 1 of whom shall be a representative from a regionally-based nonprofit group currently serving women suffering from postpartum depression, 1 of whom shall be a representative from the Massachusetts Association of Health Plans and 3 of whom shall be representatives from commercial health insurance carriers or managed care organizations doing business in the commonwealth, is hereby established for the purpose of making an investigation and study relative to postpartum depression, including, but not limited to: (i) an assessment of current research on the subject and whether there exist evidence-based, best or promising practices on the prevention, detection or treatment of postpartum depression; (ii) a review of current policies and practices with respect to screenings for postpartum depression, including the frequency and location of screenings and training personnel administering the screenings, the availability of reimbursement and issues relative to medical necessity and third-party coverage; (iii) provision of assistance to the department of public health, other state agencies and organizations in the development of professional and public educational materials and programs on postpartum depression, in the development of referral lists for postpartum depression treatment, building on existing resources and in the designation of authorized validated screening tools; (iv) provision of assistance to the department of public health, other state agencies and organizations relative to applications for federal funding to support efforts consistent with the mission and purpose of the commission; and (v) any other matters that the commission considers relevant to the fulfillment of its mission and purpose. The co-chairs of the commission may each appoint up to 3 additional commission members to fulfill the purpose of the commission.

Said commission shall provide guidance and advice to the governor, the general court and the secretary of health and human services relative to current research on postpartum depression including, but not limited to, best and promising practices in the prevention, detection and treatment of postpartum depression and recommend policies, including legislation, to promote greater public awareness, screening and treatment of postpartum depression. The special commission may conduct public hearings, forums or meetings to gather information and to raise awareness of postpartum depression, including the sponsorship of or participation in statewide or regional conferences.

Said commission shall file an annual report at the end of each state fiscal year with the governor and the clerks of the house of representatives and the senate, who shall forward the same to the joint committee on public health and the joint committee on financial services, along with recommendations, if any, together with drafts of legislation necessary to carry those recommendations into effect. The special commission may file such interim reports and recommendations as it considers appropriate.

Approved, August 19, 2010; Amended November 2, 2015 and December 19, 2016

List of Commission Members

Sen. Joan Lovely, Co-Chair

Rep. James O'Day, Co-Chair

Kristin Alexander, Department of Children and Families, Designee

Jamie Zahlaway Belsito, Senate Co-Chair Appointment

Dr. Lee Cohen, Psychiatrist, Massachusetts Medical Society

Jessie Colbert, Representative Co-Chair Appointment

Karen Crowley, Massachusetts Coalition of Nurse Practitioners

Karin Downs, Department of Public Health, Designee

Rep. Kimberly N. Ferguson, House Member

Sen. Jennifer Flanagan, Senate Member

Elizabeth (Fluet) Murphy, Esq., Massachusetts Association of Health Plans

Liz Friedman, Representative from a regionally-based nonprofit group currently serving women suffering from postpartum depression

Mary Elizabeth Gamache, Massachusetts Midwives Association and the Massachusetts Affiliate of the American College of Nurse Midwives

Dr. Janice Goodman, the Nurses United for Responsible Services

Margaret Hannah, Representative Co-Chair Appointment

Dr. Gordon Harper, Department of Mental Health, Designee

Dr. Julie Johnston, Family Physician, Massachusetts Medical Society

Peggy Kaufman, National Association of Social Workers

Divya Kumar, A woman who has experienced postpartum depression

Kerry LaBounty, Health New England, Commercial health insurance representative

Dr. Monica Le, Director of Medicaid, Designee

Sen. Thomas McGee, Senate Member

Dr. Tiffany A. Moore Simas, Obstetrician, Massachusetts Medical Society

Rep. Denise Provost, House Member

Sen. Richard Ross, Senate Member

Dr. Alison Schonwald, Pediatrician, Massachusetts Medical Society

Nancy Schwartz, Commissioner of Insurance, Designee

Dr. Jayne Singer, Massachusetts Psychological Association

Dr. Joshua Sparrow, Child Psychiatrist, Massachusetts Medical Society

Sen. Bruce Tarr, Senate Member

Eileen Terlaga, Network Health, Commercial health insurance representative

Commissioner Thomas Weber, Department of Early Education and Care

Dr. Michael Yogman, Children's Behavioral Health Advisory

Summary of Meetings and Events

Meeting 17 – October 5, 2016

This meeting highlighted the transition of the PPD Commission to Representative James O’Day as House Co-Chair as Representative Ellen Story was retiring. The Commission also invited Dr. Nancy Byatt to present on results from a pilot implementation study, Program In Support of Moms (PRISM) given the interest in evaluating PPD work. Commission members individually thanked Representative Story for her work and advocacy on PPD. Senator Joan B. Lovely, Senate Co-Chair presented a bill to change the name of the PPD Commission to honor Representative Story to the Ellen Story Commission on Postpartum Depression.

Meeting 18 – January 25, 2017

This meeting focused on presenting the final work of the subcommittees that began in the fall of 2015. The following subcommittees reported on their final work and on next steps: 1) Subcommittee on public awareness and stigma reduction finalized a memo on options for a public awareness campaign on PPD and potential next steps to pursue an awareness campaign; 2) Subcommittee focused on evaluating the impact of PPD initiatives summarized the next steps of certain workgroup members applying for research grants to evaluate the work of MCPAP for Moms; 3) Subcommittee focused on developing centralized resources for PPD reported on a completed update to the DPH PPD website content and 4) Subcommittee focused on outreach to special populations reported on completed work of building PPD-related capacity at other state agencies and programs including the Department of Early Education and the Department of Children and Families; outreach on father’s mental health continues as an ongoing special interest.

Meeting 19 – May 3, 2017

At this meeting, the Commission invited a local father to share his experience on the mental health barriers faced by men as they become fathers. The Commission also invited five different PPD coalitions/task forces for a panel discussion. Five different task forces and coalitions (listed below) presented on the following topic areas: 1) the history; 2) the goals; 3) the accomplishments or success; 4) the challenges of each coalition/task force and finally 5) a “take away” for the Commission to consider.

- Elizabeth Brown presented on the Pentucket Perinatal Mental Health Coalition
- Kitt Cox presented on the North Shore Postpartum Help (formerly North Shore Postpartum Depression Task Force)
- Annamarie K.H. Golden presented on the Perinatal Support Coalition of Hampden County: Holyoke, Springfield, Westfield
- Linda Jablonski presented on the Franklin County Perinatal support Coalition
- Joy Richmond-Smith presented on the Greater Lynn Postpartum Help Coalition

Postpartum Depression Awareness Day – June 13, 2017

The third annual Postpartum Depression Awareness Day was held in the Great Hall of the State House to highlight the diverse faces of prenatal and postpartum mental health. Lieutenant Governor Karyn Polito announced the Governor's Proclamation related to PPD and the ongoing work of the Commonwealth to tackle systems, policies and data to support families. Please see page Appendix I of this report for the program of the event, which includes a summary of the speaking series.

PPD Commission Subcommittees – June 2016-January 2017

Four different subcommittees finalized their work initially started in 2015. Please see summary of finalized work and next steps under Meeting 18.

May is Maternal Mental Health Awareness Month – May 2017

The Governor signed a proclamation and the House and Senate passed a Joint Resolution to promote awareness during the month of May for Maternal Mental Health.

Future Goals

This next year, the Commission will continue to work on multiple projects promoting better screening, treatment, and awareness of prenatal and postpartum mental health of mothers and fathers, as well as the dissemination of lessons learned from PPD initiatives in the Commonwealth. The Commission will continue to assist MCPAP for Moms, the PPD task forces/coalitions, as well as health care institutions and community-based organizations requiring additional support while they continue working on PPD. One specific goal will be to partner with these programs to evaluate the efficacy and lessons learned from these important PPD initiatives and to disseminate these findings to the public. The Commission will continue to focus on developing and ultimately launching a public awareness campaign on postpartum depression and other perinatal mental health needs of families. Finally, the Commission will continue to support the Department of Public Health on multiple PPD-related initiatives.

Appendix

I. 2017 PPD Awareness Day Program

Appendix I. 2017 PPD Awareness Day Program

Embracing the
Diverse Faces of
Prenatal and
Postpartum
Mental Health



Tuesday June 13th 2017

12:00-3:00pm

Great Hall

Sponsored by:

The Ellen Story Commission on Postpartum Depression

Senator Joan B. Lovely

Representative James O'Day

Speaking Program

Welcoming Remarks:

Senator Joan Lovely, Senate Chair

The Ellen Story Commission on Postpartum Depression

Representative James O'Day, House Chair

The Ellen Story Commission on Postpartum Depression

Lieutenant Governor Karyn Polito

The Commonwealth of Massachusetts

Nancy Byatt, DO, MBA, MS, FAPM

University of Massachusetts Medical School Department of Psychiatry

Tiffany A. Moore Simas, MD, MPH, MEd

University of Massachusetts Medical School Department of Obstetrics and Gynecology

Speakers:

Heather Forkey, MD – Pediatrician

Heather Forkey, MD is the Chief of the Child Protection Program and Director for the Foster Children Evaluation Service at the UMass Memorial Children's Medical Center and Associate Professor of Pediatrics at the University of Massachusetts School of Medicine. In addition to her clinical work with children exposed to abuse and neglect, foster care and trauma, Dr. Forkey has been the recipient of local and federal grants to address issues of children in foster care and to translate promising practices to address physical and mental health needs of children who have been traumatized. Dr. Forkey publishes and presents nationally on the topic, and her work has been highlighted in the popular press, including Forbes, The Boston Globe and The Atlantic.

Timoria McQueen Saba – Maternal Health Advocate & Postpartum Hemorrhage Survivor

Timoria survived a near-fatal postpartum hemorrhage in 2010. After finding very little resources for birth trauma survivors and their families, Timoria became a maternal health advocate with a focus on the mental and physical effects of birth trauma and pregnancy complications. Timoria has written for several websites, including the Huffington Post, she lobbies Congress along with other maternal health advocates, runs a mother's support group at Milford Regional Hospital in Milford, MA and is currently a volunteer for Postpartum Support International (PSI). Mothers deserve to feel supported and know they are not alone in whatever their personal struggle may be.

Leena Mittal, MD – Perinatal Psychiatrist

Leena Mittal, MD is an instructor at Harvard Medical School and Director of the Reproductive Psychiatry Consultation Service at Brigham and Women’s Hospital and the Associate Medical Director for MCPAP for Moms. Dr. Mittal provides inpatient and outpatient consultations for medical and obstetric patients at the largest birth center in Massachusetts. She has developed a perinatal mental health service in the Neonatal Intensive Care Unit, for mothers with mental health needs, and she has developed a collaborative program for the treatment of opioid use disorder in pregnancy in the obstetric setting which provides treatment that is integrated with prenatal care. Dr. Mittal also collaborates with leaders throughout the state on development of programs to support the treatment of women with perinatal substance use disorders.

Garrick Thames – Father’s Advocate

Garrick Thames was born and raised in Boston, MA. As a young child, Garrick watched his mother juggle jobs just to feed her family. Garrick turned to the streets to try to help support the family but instead was affected by drugs, alcohol and prison. Garrick became a father at the age of 17 while he was living the street life. God spoke to Garrick and everything began to change for the better. Garrick is a family man married with 7 children and 2 grandchildren. Garrick obtained his GED, a diploma in Urban Ministry at Gordon Conwell Seminary, and is a published author of a book titled “Why I hated Oprah”, a story about him and his mother. Garrick is also a Father’s Facilitator for a non-profit organization. Garrick is known throughout the community for his famous line “Live’s are meant to be changed, so let’s save some!

Closing Remarks:

Representative James O’Day

Co-Sponsors

Senator Harriette L. Chandler
Senator Sal N. DiDomenico
Senator James B. Eldridge
Senator Jennifer L. Flanagan
Senator Anne M. Gobi
Senator Barbara A. L'Italien
Senator Thomas M. McGee
Senator Patrick M. O'Connor
Senator Bruce E. Tarr
Senator Walter F. Timilty

Speaker Robert A. DeLeo
Representative Brian M. Ashe
Representative Christine P. Barber
Representative Kate D. Campanale
Representative James Cantwell
Representative Gailanne M. Cariddi
Representative Claire D. Cronin
Representative Michael S. Day
Representative Kimberly N. Ferguson
Representative Carole A. Fiola
Representative William C. Galvin
Representative Denise C. Garlick
Representative Solomon Goldstein-Rose
Representative Danielle Gregoire
Representative Natalie Higgins
Representative Bradford R. Hill
Representative Louis L. Kafka
Representative Hannah Kane
Representative Kay Khan
Representative Peter V. Kocot
Representative Marc T. Lombardo
Representative Paul McMurtry
Representative Denise Provost
Representative Angelo J. Puppolo
Representative Byron Rushing
Representative Frank Smizik
Representative Theodore C. Speliotis
Representative Timothy R. Whelan
Representative Aaron Vega
Representative Chris Walsh
Representative Thomas P. Walsh
Representative Timothy R. Whelan

Participating Organizations

- Beverly Hospital
- Brazelton Touchpoints Center and The Brazelton Institute
- Cambridge Center for Families
- Center for Early Relationship Support of Jewish Family and Children's Service
- Center for Women's Mental Health, Massachusetts General Hospital
- The Children's Trust
- Core Values LLC
- The Ellen Story Commission on Postpartum Depression
- The Every Mother Project
- First Connections of Justice Resource Institute
- Greater Lynn Postpartum Depression Task Force
- LC Home Visits
- The Leggett Group
- Lynn Community Health Center
- Massachusetts Department of Public Health
- Massachusetts Lactation Consultant Association
- MCPAP for Moms
- MotherWoman
- North Shore Medical Center Birthplace
- Pentucket Perinatal Mental Health Coalition
- Postpartum Support International
- RESOLVE New England
- UMass Departments of OB/GYN and Psychiatry
- William James College
- Women, Infants and Children (WIC) Nutrition Program of Northern Essex
- Women's Mental Health Division, Brigham and Women's Hospital