

## 12-18-19 HHC Meeting on Mental Health – Summary of Discussions

12/18/2019

### Haredi Health Coalition

#### Agenda

- I. Short video
  - a. Dr. Nancy Byatt on depression/mental health screening guidelines for pregnant and postpartum women (From Health Watch In Depth, presented by Chaya Blumenberg)
- II. Introductions
- III. Small workgroup breakouts
  - a. Perinatal Mood and Anxiety Disorders
  - b. Women's cancer prevention
  - c. Post-childbearing gyn care
  - d. Vaccines during pregnancy
- IV. Reconvene to larger group & discuss / identify some next steps
- V. Optional: Naloxone training (Mask)

**Group Response to short video** of Dr. Nancy Byatt on PMADs: Need to implement screening at ob/gyns, pediatricians, PCPs, psychiatrists and any other providers interfacing with pregnant and post-partum moms and have a system for linkage to care. MCPAP is a very effective model that has a hotline for providers to direct them to resources and provides consultations for patients. See <https://www.mcpapformoms.org/Default.aspx> for more details.

#### Small Workgroup Discussions

##### Vaccines During Pregnancy

The barriers to vaccination during pregnancy are often the same as to childhood vaccinations, such as misinformation and lack of time. Education and outreach are critical. Some suggestions would be to do outreach at doula meetings, workshops on addressing vaccine hesitancy for OB/Gyns, and supporting vaccine champions from within the community. The creation of counseling and service dedicated codes for vaccine education would be helpful.

A program in which nurses or community health care worker visit at-risk clients and provide education and care coordination, such as the Nurse Family Partnership or the HUB Pathway Model (for more info see: <https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2018.05166>) would be ideal for delivering vaccine education, as well as information about PMADs and women's cancer prevention.

##### Perinatal Mood and Anxiety Disorders

A recurring theme throughout the meeting was that all too often our system is built to put out the fires and not to prevent them in the first place. In this vein, there is a need for pre-partum education.

Mental health care needs to be accepted and utilized on a much larger scale in the community. All too often, a PMAD can be traced to an undiagnosed mental health condition prior to having a baby. Fear of stigma with regards to marriage prospects is one of the greatest barriers to seeking care and treatment. There is a need for more awareness and acceptance of mental health disorders. Providers need resources for patients that have screened positive for PMADs.

#### Women's Cancer Prevention and Post-Childbearing Gyn Care

There are barriers to women's cancer prevention that are particular to the Haredi community, such as not being allowed to use the words, "breasts," or "ovaries" in public discussions, as well as women being too busy with large families to schedule screenings, yet it is crucial to educate people to go for yearly check-ups and do BRCA screening. One solution might be to have a hotline to take questions anonymously. It would be imperative for people fielding these calls or providers providing follow up to have cultural competency trainings.

Gyns don't always take certain insurances; therefore, it would be useful to have a guide to resources including insurances taken for each listing.

#### **Large Discussion**

Bottom line: Providers don't have access to enough resources i.e. don't have enough mental health providers/orgs to refer to

#### Action Item:

Make a shared google spreadsheet with orgs and providers. Only put in entries that you have had a positive response from. The spreadsheet can be found here:

<https://docs.google.com/spreadsheets/d/18DM8wyKlsWAYzR9i9mK57Xo7WFTnhNvjgrF1olchjgw/edit?usp=sharing>

#### Other Suggestions:

Incorporate health education component for kallah and chosson (bride and groom) classes. Amudim is doing a training for Kallah and Chosson teachers on how to engage with victims of sexual abuse.

Perhaps make a health magazine with reliable health education.

Health events tend not to be so well attended. Try making them fancy and having a fun and non-health related component as well.

Need for funds

Need for culture of healthcare

Needs to be more provider and parent education

Decrease stigma across the board