

The Ellen Story Commission on Postpartum Depression (PPD)
Wednesday, March 28, 2018 5:30-7:30 PM
Tufts Health Plan, 705 Mt. Auburn St., Watertown, MA 02472

Minutes

Commissioners present: Representative James O’Day(Chair); Dr. Barrie Baker; Rebecca Butler; Dr. Lee Cohen; Jessie Colbert; Mary Elizabeth Gamache; Elizabeth Fluet; Dr. Joshua Sparrow; Peggy Kaufman; Divya Kumar; Dr. Julie Johnston; Dr. Monica Le

Commissioners absent: Sen. Joan Lovely; Kristin Alexander; Jamie Belsito; Karen Crowley; Karin Downs; Rep. Kimberly Ferguson; Liz Friedman; Dr. Janice Goodman; Margaret Hannah; Kerry LaBounty; Dr. Tiffany Moore Simas; Sen. Richard Ross; Dr. Alison Schonwald; Dr. Jayne Singer; Eileen Terlaga; Commissioner Thomas Weber; Dr. Michael Yogman; Timoria McQueen Saba; Rep. Carole Fiola

Commission staff present: Cate McAnulty, aide to Representative O’Day; Johanna Wakelin, aide to Senator Lovely; Maureen Whitman, intern to Senator Lovely

Members of the public and other state employees were also present.

1. Welcome; approval of minutes

Representative O’Day welcomed Commission members and guests. The Commission approved the minutes from the Jan 24th, 2018 meeting. Representative O’Day honored the life and work of Dr. Brazelton and offered condolences in the wake of his passing to Commissioners who worked with him. It was also announced that future Commission meetings can be held after hours at the State House again; Representative O’Day thanked Senator Lovely for her work securing a meeting space.

2. Updates from Working Groups

1. Mothers with Substance Use Disorder

- a. Dr. Leena Mittal delivered an update on the proposal for MCPAP for Moms House FY19 budget amendment to expand provider education and consultation services specific to mothers with SUD. The amendment will be filed by Representative O’Day in the House and we are in the process of identifying a Senate sponsor. The proposal aims to extend expert consultation to SUD specialists and broaden the reach of MCPAP for Moms. Dr. Mittal noted that treating mothers with SUD is even more distinct specialization than mental health, providers often need specific consultation on SUD-specific language & resources, yet currently MCPAP for Moms is not getting calls for consultation from SUD providers. We know there is significant comorbidity, and this proposal seeks to address this. Dr. Barrie Baker noted that providers need consultation not just with patients with active addiction but for those in recovery, on suboxone/methadone.
- b. Dr. Monica Le delivered an update on the data analysis MassHealth is collaborating on with Dr. Gene DeClerq regarding maternal mortality and an investigation into the impact of current enhanced benefit period for pregnant women (from 133% FPL to ~200% FPL) and what the potential impact would be of extending that benefit period to longer than 60 days postpartum.
- c. Cate McAnulty noted the Massachusetts Helpline link has been added to the PPD Commission website

2. Public Awareness Campaign

- a. Maureen Whitman delivered the following update regarding the goals of the group:
 - i. Community outreach, training for PPD support group facilitators and making sure providers are aware of and able to utilize the services of MCPAP for Moms
 - ii. Identifying a fiscal agent to handle any funds that could be obtained for the purpose of addressing any of the above has been the biggest challenge. The Commission itself is unable to manage funds as far as we know, so it may need to be a state agency or other non-profit partnership/collaboration that would manage any money needed to execute a public awareness strategy.
 - iii. Spreading the word about the new website, populating the website with links and info on available resources and sharing this info on social media and through press releases to traditional media may be the most inexpensive and immediate ways to increase public awareness about maternal mental health issues and reeducate and remind both parents and practitioners what is currently out there as far as resources go.
 - iv. Partnering with more specific populations such as young parents or other higher risk populations may also be a way to work on a smaller but more impactful way.
- b. Cate McNulty reported that House Counsel is currently looking into ways this legislative Commission might be able to handle money, if at all.

3. Legislative Advocacy

- a. Cate McNulty updated the Commission on the work of the advocacy group, including adding a lobbying portion to this year's Awareness day, the materials for which this work group will provide. This meeting's presentation on MassHealth ACO quality metrics were additionally a product of this working group; Dr. Peltz and Josh Twomey will continue to collaborate with the Commission to solicit feedback on ACO quality measures and screening/follow-up best practices regarding perinatal mental health. Jamie Belsito will be leading the advocacy efforts for the MCPAP for Moms Mothers with SUD expansion. Margaret Hannah and Cate McNulty are currently looking into shared goals and opportunities for collaboration between this Commission and the Promote Prevent Commission (promoteprevent.com), a MA Commission focused on behavioral health prevention on which Margaret Hannah and Yaminette Diaz-Linhart are Commissioners. Their report, with policy recommendations, will come out Tuesday, April 3rd, which Cate will share with this Commission.

4. Website

- a. Cate McNulty shared the current draft of the PPD Commission website and solicited feedback from the Commission: <https://catemcanulty.wixsite.com/mysite-1>. The website will go live by the end of this week. Feedback included:
 - i. Creating a page highlighting Massachusetts-specific news
 - ii. Making sure Massachusetts is visible on all pages

- iii. Increasing MCPAP for Moms visibility in Provider resources & sharing Lifeline4Moms link
- iv. Providing resources/"toolkit" for other states
- v. Including link to MassAIMH professional development compendium

3. Update from DPH: Beth Buxton shared a brief update of the current work at DPH on various PPD initiatives, including their Being a Mom brochure, a finalized presentation on their maternal health brief through the MMI, and the DPH PPD webpage moving to the new portal. Additionally, PPD trainings continue and they are working with CHIA to streamline the process to access APCD 2016 births data.

4. Presentation on 2018 MassHealth ACO structure: Dr. Alon Peltz, Associate Medical Director, Payment and Care Delivery Innovation, MassHealth & Josh Twomey: see attached PDF

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1. Discussion developed around continuity of care for patients and their providers and the role of commissioners advocating for said continuity. The next Commission meeting will feature a presentation on this subject; discussion was limited due to time and the scope of the presentation prepared, which focused primarily on quality metrics.
2. Commissioners shared feedback on best screening tools; Edinburgh was suggested as the most appropriate given removal of symptoms commonly associated with pregnancy. Nancy Byatt noted the importance of using the same tool, regardless whether Edinburgh or PHQ-9, for the sake of consistency. Additional written feedback will be supplied to the presenters.

5. Other announcements

- The next PPD Commission meeting will be May 2nd 5:30 – 7:30PM, in room 428 at the State House
- Perinatal Mental Health Awareness day update:
 - Speakers include: Lt. Gov Polito & Commissioner Bharel for opening remarks, Dr. Roseanna Means, founder of Health Care Without Walls, (tentatively) Kristen Piskator, a peer mom with Moms Do Care, Dr. Katherine Callaghan, UMass Green Clinic, performance from Project Lullaby, collab between Palaver Strings and BMC. The flyer for this event was provided to Commissioners. Please share widely within your respective circles!
- Timoria McQueen Saba will be speaking at March for Moms in D.C. on 5/6
- Timoria will also be the Keynote at the PIPH conference in Norwood on 5/8. The flyer to this event was provided to Commissioners via email.
- National update: Funding in the omnibus federal budget bill, which was the product of a great deal of work by Congresswoman Clark and the advocacy of Commissioners:
 - Screening and Treatment for Maternal Depression.-The agreement provides \$5,000,000 for the Screening and Treatment for Maternal Depression program as authorized in section 10005 of the 21st Century Cures Act (Public Law 114-255). HRSA is directed to make grants to States to establish, improve, or maintain programs to train professionals to screen, assess, and treat for maternal depression in women who are pregnant or who have given birth within the preceding 12 months.

- in coming week HRSA will put out the guidelines for the grant application, still not sure what that looks like.

6. Adjournment

The meeting was adjourned.