



# Perinatal Mood and Anxiety Disorders: A Real Mother!

Emory University Department of Psychiatry  
Women's Mental Health  
PEACE for Moms

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# Financial Disclosures

- I have no professional or personal relationships with industry
- I am supported by a grant from the Georgia Department of Public Health
- I spend too much money on coffee...



# Goals and Objectives

- Integrate screening and treatment of PMADs in clinical practice by:
  - utilizing screenings for depression, bipolar disorder and anxiety
  - Identifying some of the common presentations mood and anxiety disorders in the perinatal period
  - differentiating mood and anxiety disorders in the perinatal period from non-pathological processes
  - accessing available resources for clinician support and decision making in managing PMADs, including mothertobaby, Postpartum support international, and Mothers and Babies
  - Describe the role of perinatal psychiatry access programs in providing mental health services



## Awkward Family Photo





Or something else?



“Well, doing it would take them to heaven, and not doing it there’d be a risk of Satan messing them up.”



A

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For Success



# Awareness



The COVID-19 pandemic is increasing perinatal depression and anxiety and widening health disparities

Depression

1-2 in 5



Anxiety

1 in 3



Wang et al. (2021). *Psychology of Women Quarterly*, 45, 101303. <https://doi.org/10.1016/j.pwq.2021.101303>





# The COVID-19 pandemic is increasing perinatal depression and anxiety and widening health disparities

- Depression
- 1-2 in 5



- Anxiety
- 1 in 3



Huang et al (2020). *Psychiatry Research*. Davenport et al (2020). *Front. Glob. Women's Health*. Masters et al (2020). *In Prep.*



# Who is affected?

Women of color are overrepresented in Medicaid enrollment and disproportionately impacted by MMH

almost 50% of low-income mothers report depressive symptoms

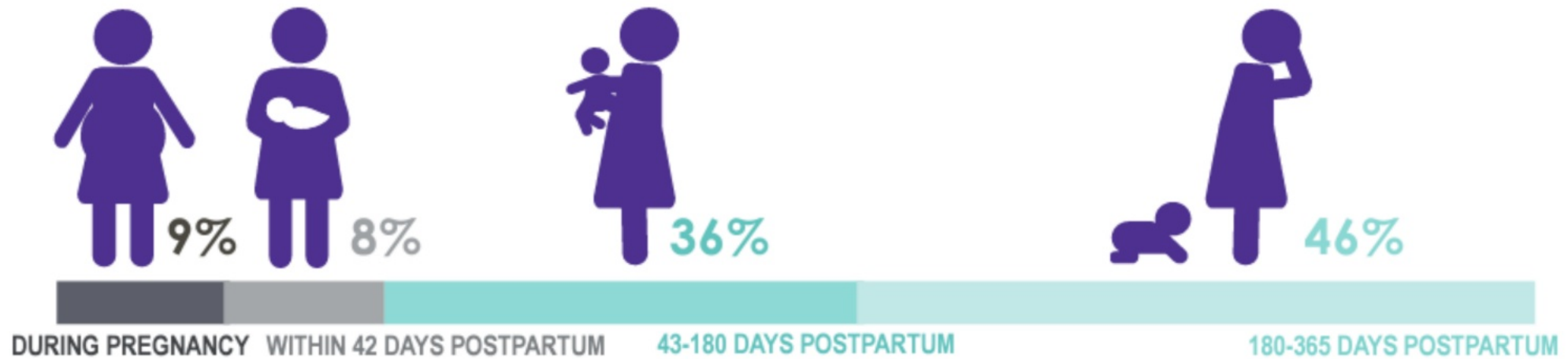
women of color are only half as likely to receive care for postpartum depression as white women.

SOURCE: Babbs, G, McCloskey, L, Gordon, S. Expanding Postpartum Medicaid Benefits To Combat Maternal Mortality and Morbidity. Health Affairs, January 14, 2021.



# Maternal Mortality 2017-2019

## STAGE WHEN MATERNAL SUICIDE OCCURS<sup>7</sup>



\*Graphic courtesy of MMHLA Fact Sheet "Maternal Suicide"  
California Pregnancy-Related Maternal Mortality Review. CA-PMR Report: Pregnancy-Associated Suicide, 2002-2012. 2019.



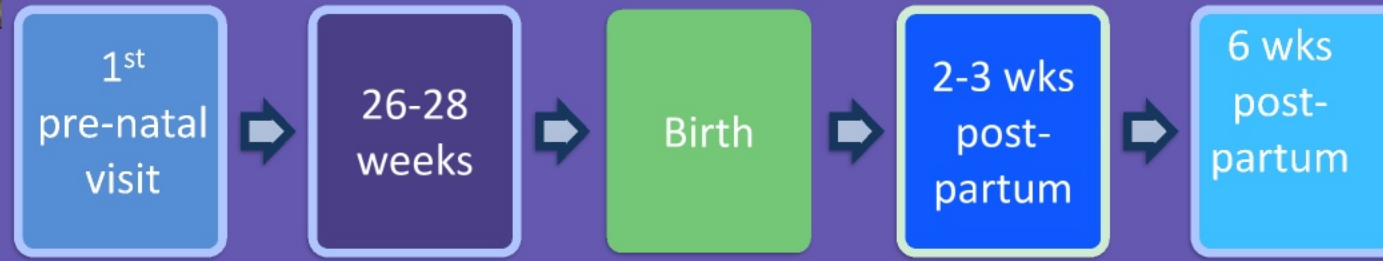


# Screening





# Screen at least twice in pregnancy and once postpartum



ol 2017



# AIM Bundles

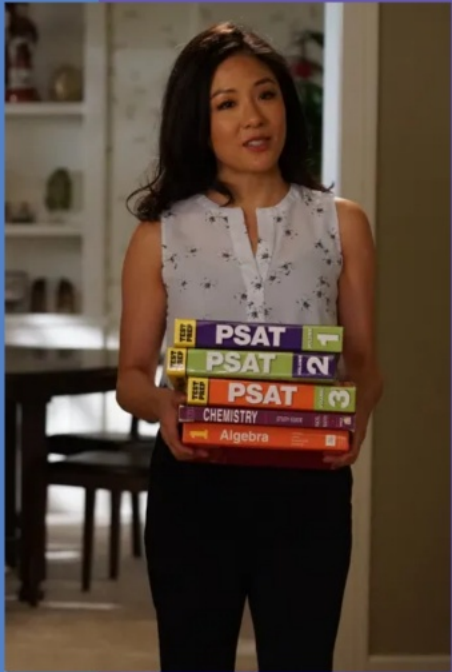
- Mental Health
- Substance abuse
- Postpartum Transition





# Score on Screening Tests

Suggests severity of illness  
Further assessment is needed



EPDS 10-14

PHQ-9 5-9

GAD-7 5-9

• Mild

EPDS 15-19

PHQ-9 10-14

GAD-7 10-14

• Moderate

EPDS  $\geq 19$

PHQ-9  $\geq 15$

GAD-7  $\geq 15$

• Severe



# EPDS is a validated depression screening tool for use in pregnancy and the postpartum period

**Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_

Baby's Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_

---

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time
- Yes, most of the time This would mean: "I have felt happy most of the time" during the past week.
- No, not very often Please complete the other questions in the same way.
- No, not at all

In the past 7 days:

1. I have been able to laugh and see the funny side of things	*6. Things have been getting on top of me
<input type="checkbox"/> As much as I always could	<input type="checkbox"/> Yes, most of the time I haven't been able to cope at all
<input type="checkbox"/> Not quite so much now	<input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual
<input type="checkbox"/> Definitely not so much now	<input type="checkbox"/> No, most of the time I have coped quite well
<input type="checkbox"/> Not at all	<input type="checkbox"/> No, I have been coping as well as ever
2. I have looked forward with enjoyment to things	*7. I have been so unhappy that I have had difficulty sleeping
<input type="checkbox"/> As much as I ever did	<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Rather less than I used to	<input type="checkbox"/> Yes, sometimes
<input type="checkbox"/> Definitely less than I used to	<input type="checkbox"/> Not very often
<input type="checkbox"/> Hardly at all	<input type="checkbox"/> No, not at all
*3. I have blamed myself unnecessarily when things went wrong	*8. I have felt sad or miserable
<input type="checkbox"/> Yes, most of the time	<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Yes, some of the time	<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Not very often	<input type="checkbox"/> Not very often
<input type="checkbox"/> No, never	<input type="checkbox"/> No, not at all
4. I have been anxious or worried for no good reason	*9. I have been so unhappy that I have been crying
<input type="checkbox"/> No, not at all	<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Yes, sometimes	<input type="checkbox"/> Only occasionally
<input type="checkbox"/> Yes, very often	<input type="checkbox"/> No, never
*5. I have felt scared or panicky for no very good reason	*10. The thought of harming myself has occurred to me
<input type="checkbox"/> Yes, quite a lot	<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Yes, sometimes	<input type="checkbox"/> Sometimes
<input type="checkbox"/> No, not much	<input type="checkbox"/> Hardly ever
<input type="checkbox"/> No, not at all	<input type="checkbox"/> Never

EPDS  $\geq 10$  is positive screen

Anxiety subscale (3, 4 & 5)

Perinatal populations

>40 languages

10 Questions, #10 Self-harm

Smith-Nielsen, J., Egmoose, I., Wendelboe, K.I. et al. Can the Edinburgh Postnatal Depression Scale-3A be used to screen for anxiety?. BMC Psychol 9, 118 (2021). <https://doi.org/10.1186/s40359-021-00623-5>



Hardly at all

\*3. I have blamed myself unnecessarily when things went wrong

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

4. I have been anxious or worried for no good reason

- No, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

\*5 I have felt scared or panicky for no very good reason

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

\*8

\*8

\*10



# GAD-7 is a validated anxiety screening tool for use in general and perinatal populations

GAD-7  $\geq 5$  is a positive screen

General and perinatal populations



Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<i>Add the score for each column</i>	+	+	+	
Total Score ( <i>add your column scores</i> ) =				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all \_\_\_\_\_

Somewhat difficult \_\_\_\_\_

Very difficult \_\_\_\_\_

Extremely difficult \_\_\_\_\_

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med.* 2006;166:1092-1097.



- Yes, quite often
- Not very often
- No, not at all

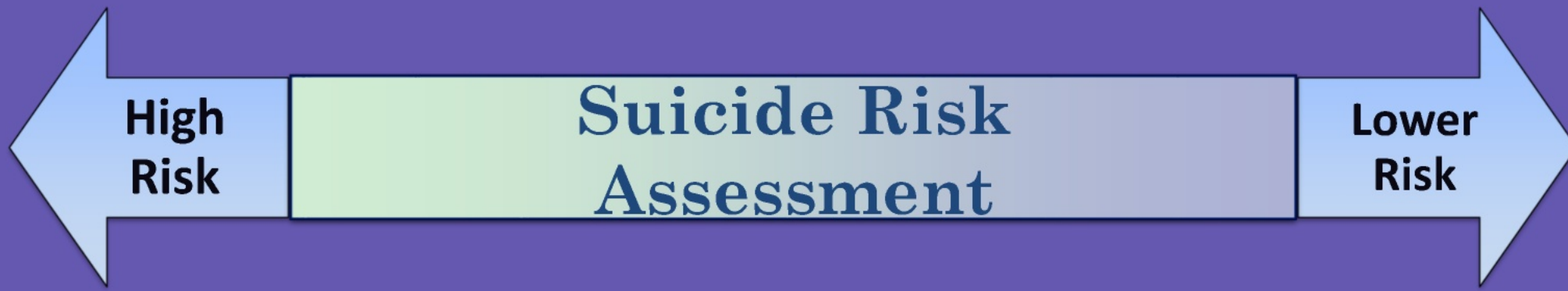
\*9 I have been so unhappy that I have been crying

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

\*10 The thought of harming myself has occurred to me

- Yes, quite often
- Sometimes
- Hardly ever
- Never





**Prior suicide attempt**

**High lethality of prior attempts**

**Recent attempt**

**Current plan**

**Current intent**

**Substance use**

**Lack of protective factors  
(including social support)**



**No prior attempts**

**If prior attempts,  
low lethality & high  
rescue potential**

**No plan**

**No intent**

**No substance use**

**Protective factors**





# Evaluate

Clinical



10

Comorbidities

Safety

## Medical Evaluation

- Anemia
- Infection
- Thyroid
- Autoimmune

## Psychiatric History

- Prior diagnoses/ treatments
- Substance use history
- Suicide attempts
- Psychiatric admissions

## Family History

- Mental health diagnoses
- Substance use
- Suicide history



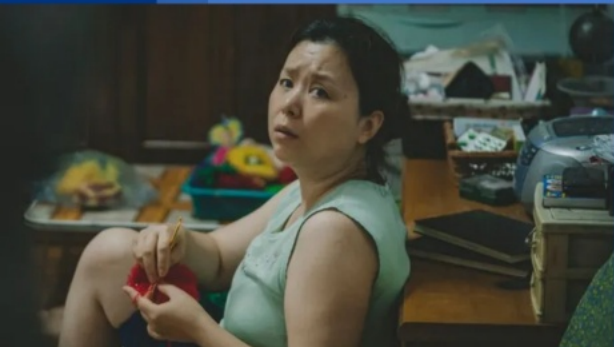
# Psychiatric Comorbidities

1 Specific types of anxiety disorder

2 Substance Use

3 Eating disorders

4 Bipolar Evaluation



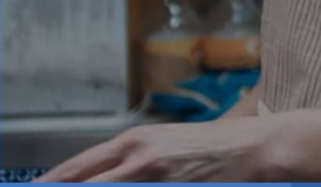


**1 Specific types of anxiety disorder**

**2 Substance Use**

**3 Eating disorders**

**4 Bipolar Evaluation**



# Anxiety Disorders



# PC-PTSD is a valid PTSD screening tool for use in general and perinatal populations

**C** In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, **in the past month**, you:

Have had nightmares about it or thought about it when you did not want to?	No	Yes
Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?	No	Yes
Were constantly on guard, watchful, or easily startled?	No	Yes
Felt numb or detached from others, activities, or your surroundings?	No	Yes





# Screening questions for OCD\*

- Do you have frequent unwanted thoughts that seem uncontrollable?
- Do you try to get rid of these thoughts and, if so, what do you do?
- Do you have rituals or repetitive behaviours that take a lot of time in a day?
- Do you wash or clean a lot?
- Do you keep checking things over and over again?
- Are you concerned with symmetry and putting things in order?
- Do your daily activities take a long time to complete?
- Do these problems trouble you?
- Does this behaviour make sense to you?



# Rule Out Bipolar



It is imperative to rule out bipolar disorder especially prior to initiating pharmacotherapy

Disorder	Percentage
Bipolar Disorder	25%
Unipolar Depression	75%

Prescribing a suppressant and depressant can precipitate mania and increase risk of all or negative outcomes

The MDQ - Screen for Bipolar Disorder

THE MOOD DISORDER QUESTIONNAIRE

Instructions: Please read each question in the first 4 days of your study.

Question	YES	NO
1. You have ever had a period of feeling unusually happy, excited, or energetic, when this did not seem caused by any kind of special occasion. (This includes periods when you are "up" or "high" or "on top of the world". This sometimes includes that you are unusually talkative, such as talking for hours or writing long e-mails, however, these periods must occur after the following period has passed.)	1	0
2. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
3. You have ever had a period of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
4. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
5. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
6. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
7. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
8. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
9. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
10. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
11. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
12. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
13. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
14. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
15. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
16. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
17. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
18. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
19. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0
20. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.	1	0

The CIDI for Bipolar Disorder

1. Have you ever had a period of feeling unusually happy, excited, or energetic, when this did not seem caused by any kind of special occasion? (This includes periods when you are "up" or "high" or "on top of the world". This sometimes includes that you are unusually talkative, such as talking for hours or writing long e-mails, however, these periods must occur after the following period has passed.)

2. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

3. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

4. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

5. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

6. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

7. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

8. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

9. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

10. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

11. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

12. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

13. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

14. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

15. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

16. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

17. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

18. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

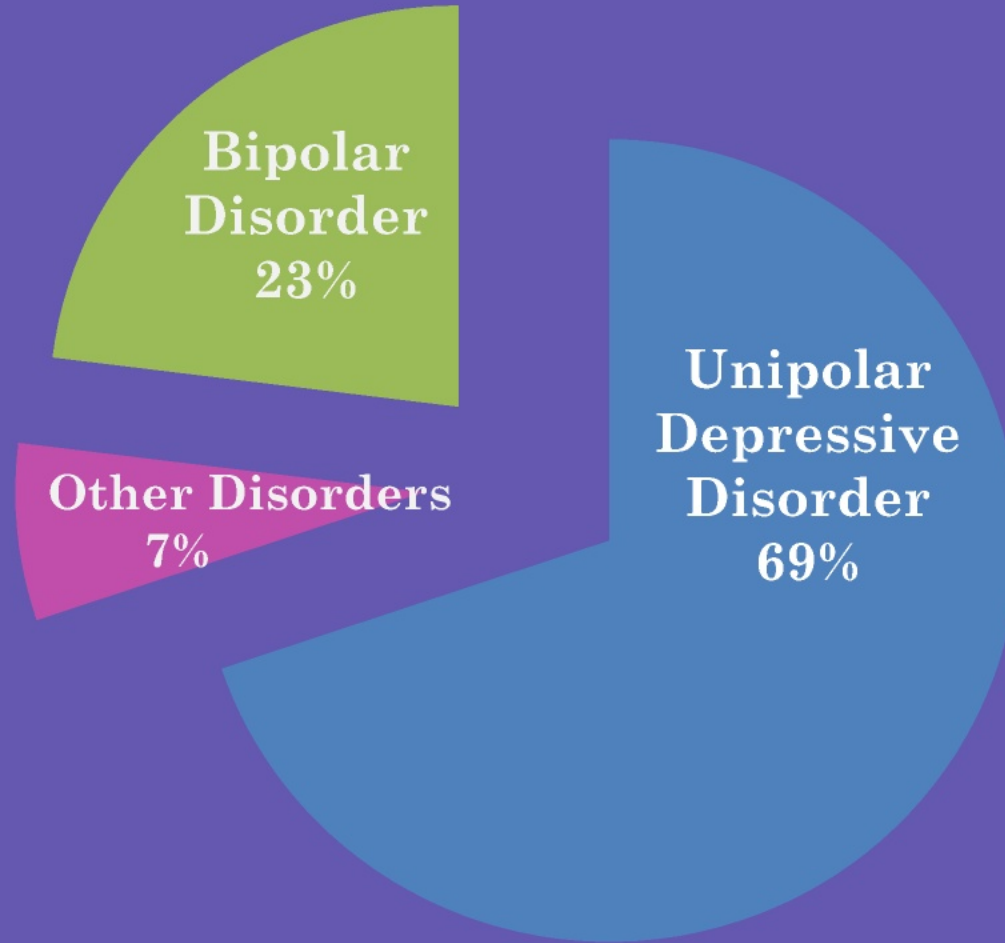
19. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

20. There have been periods of feeling unusually sad, or hopeless, when you feel that you are not or possibly not properly taking care of yourself, or that you are not sleeping, eating, or doing your usual activities.

Response	Score
NEVER	0
YES	1
NO	0

# It is imperative to rule out bipolar disorder especially prior to initiating pharmacotherapy



Prescribing unopposed anti-depressant can precipitate mania and increase risk of other negative outcomes





# The MDQ- Screen for Bipolar Disorder

## THE MOOD DISORDER QUESTIONNAIRE

**Instructions:** Please answer each question to the best of your ability.

	YES	NO
1. Has there ever been a period of time when you were not your usual self and...		
...you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?	<input type="radio"/>	<input type="radio"/>
...you were so irritable that you shouted at people or started fights or arguments?	<input type="radio"/>	<input type="radio"/>
...you felt much more self-confident than usual?	<input type="radio"/>	<input type="radio"/>
...you got much less sleep than usual and found you didn't really miss it?	<input type="radio"/>	<input type="radio"/>
...you were much more talkative or spoke much faster than usual?	<input type="radio"/>	<input type="radio"/>
...thoughts raced through your head or you couldn't slow your mind down?	<input type="radio"/>	<input type="radio"/>
...you were so easily distracted by things around you that you had trouble concentrating or staying on track?	<input type="radio"/>	<input type="radio"/>
...you had much more energy than usual?	<input type="radio"/>	<input type="radio"/>
...you were much more active or did many more things than usual?	<input type="radio"/>	<input type="radio"/>
...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	<input type="radio"/>	<input type="radio"/>



# The CIDI for Bipolar Disorder

1. Some people have periods lasting several days or longer, when they feel much more excited, more full of energy than usual. Their minds go too fast. They talk a lot. They are very restless or unable to sit still. They sometimes do things that are unusual for them, such as driving too fast or spending too much money. Have you ever had a period like this lasting several days or longer?

2. Have you ever had a period lasting several days or longer when most of the time you were so irritable or grouchy that you started arguments, shouted at people or hit people?

3. People who have episodes like this often have changes in their thinking and behavior at the same time, like being more talkative, needing very little sleep, being very restless, going on buying sprees, and behaving in ways they would normally think are inappropriate. Did you ever have any of these changes during your episodes of being excited & full of energy or very irritable, grouchy

If NO to questions 1 & 2

May consider beginning Antidepressant

The screen suggests the patient may have Bipolar Disorder

If YES to question 3

If YES to question 1 & 2

If NO to question 3

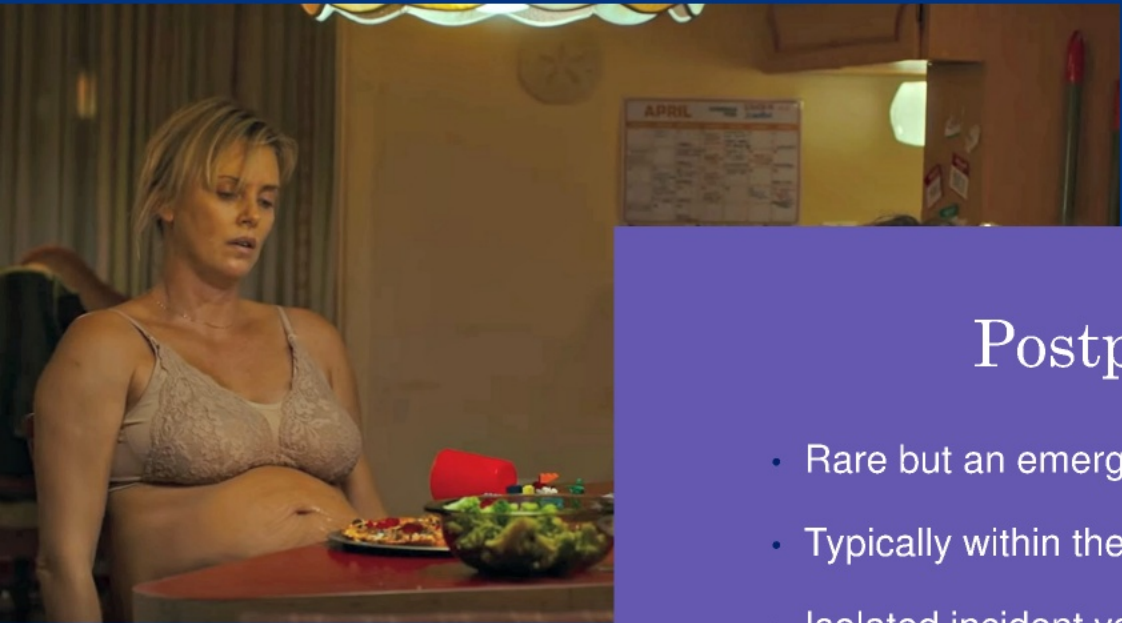




# Safety Assessment







## Postpartum psychosis

- Rare but an emergency
- Typically within the first 2 weeks post partum
- Isolated incident vs emerging bipolar disorder
- Rule out other medical causes
- **Mood symptoms, psychotic symptoms & disorientation**
- **4% risk of infanticide with postpartum psychosis**



# Postpartum psychosis

- Rare but an emergency
- Typically within the first 2 weeks post partum
- Isolated incident vs emerging bipolar disorder
- Rule out other medical causes
- **Mood symptoms, psychotic symptoms & disorientation**
- **4% risk of infanticide with postpartum psychosis**



# Thoughts of harming the baby are not always a psychiatric emergency

## OCD/anxiety/depression

- Good insight
- Thoughts are intrusive and scary
- No psychotic symptoms
- Thoughts cause anxiety

Low risk

## Postpartum Psychosis

- Poor insight
- Psychotic symptoms
- Delusional beliefs or distorted reality present

High risk





# Treatment



## Informed consent

- Cover the basics
- Risk vs Risk
- Assess the severity
- Where are we in development

**Medication  
Options**



**No suicidal ideation**

**Able to care for self/baby**

**Engaged in psychotherapy**

**Depression/Anxiety has improved with psychotherapy in the past**

**Strong preference and access to psychotherapy**

Moderate/severe depression and/or anxiety

Suicidal ideation

Difficulty functioning or caring for self/baby

Psychotic symptoms present

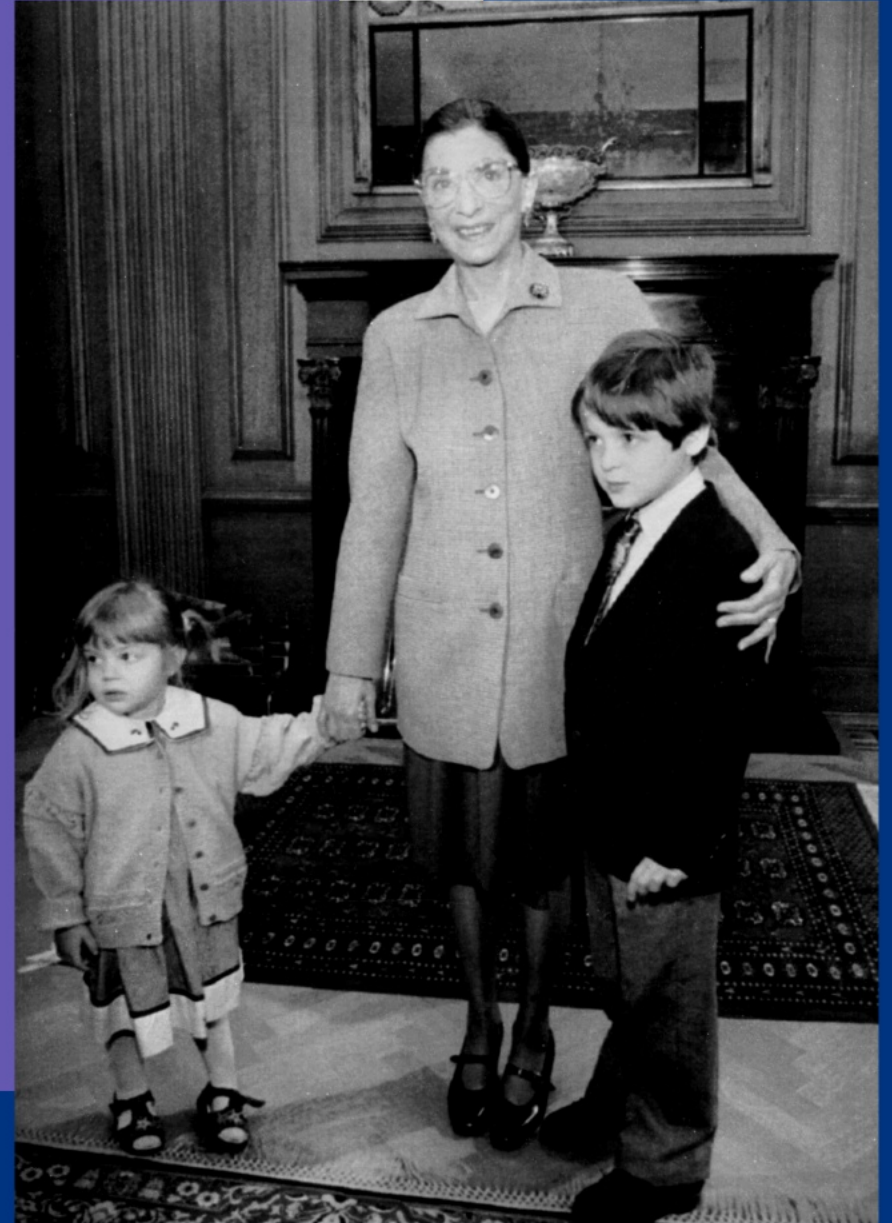
History of severe depression/anxiety and/or suicide ideation/attempts

Comorbid conditions (Depr + Anx)



## Informed consent

- Cover the basics
- Risk vs Risk
- Assess the severity
- Where are we in development





# Risks of untreated depression

- Low birth weight
- Poor compliance with PNC
- Increased risk of PTL
- Poor bonding, fussier infants
- Increased risk of poor health habits



- Antidepressants possibly associated with preterm labor & low birth weight
- Possible transient neonatal symptoms with exposure to antidepressants
- Absolute risk of persistent pulmonary hypertension (PPHN) appears small





Limited studies do not suggest long-term neurobehavioral effects on children



Postpartum depression is associated with negative neurobehavioral effects on children

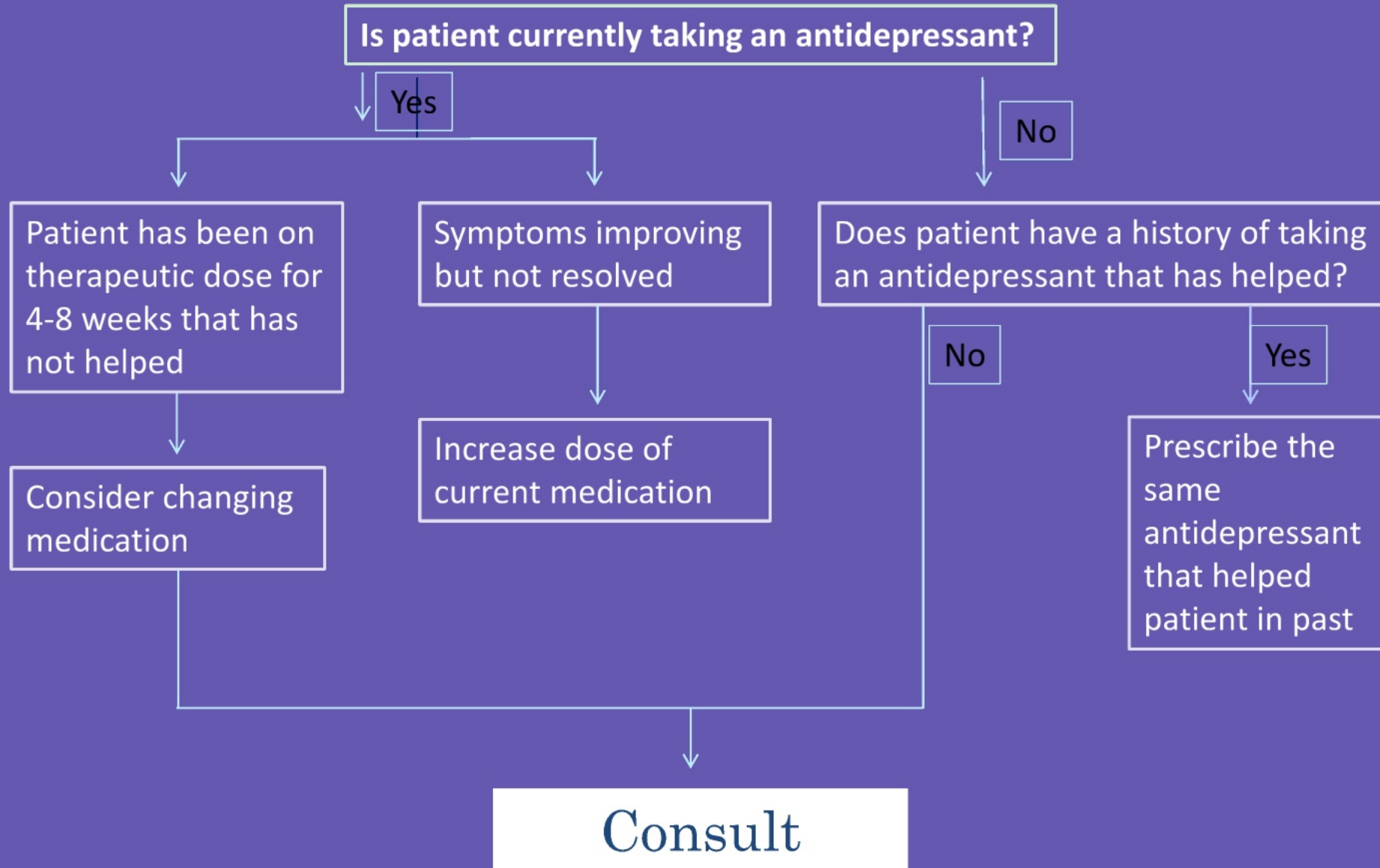




# Medication Management



# Use a medication that has worked



# Monitor response and adjust Treatment until Depression/Anxiety Symptoms Remits

Reevaluate depression treatment in 2-4 weeks via screen & clinical

assessment

If no/minimal clinical improvement after 4-8 weeks

If clinical improvement and no/minimal side effects

**Inquire about therapy and refer prn**  
**If no/minimal side effects, increase dose**  
**If side effects, switch medication**

**Reevaluate every month and at postpartum visit**







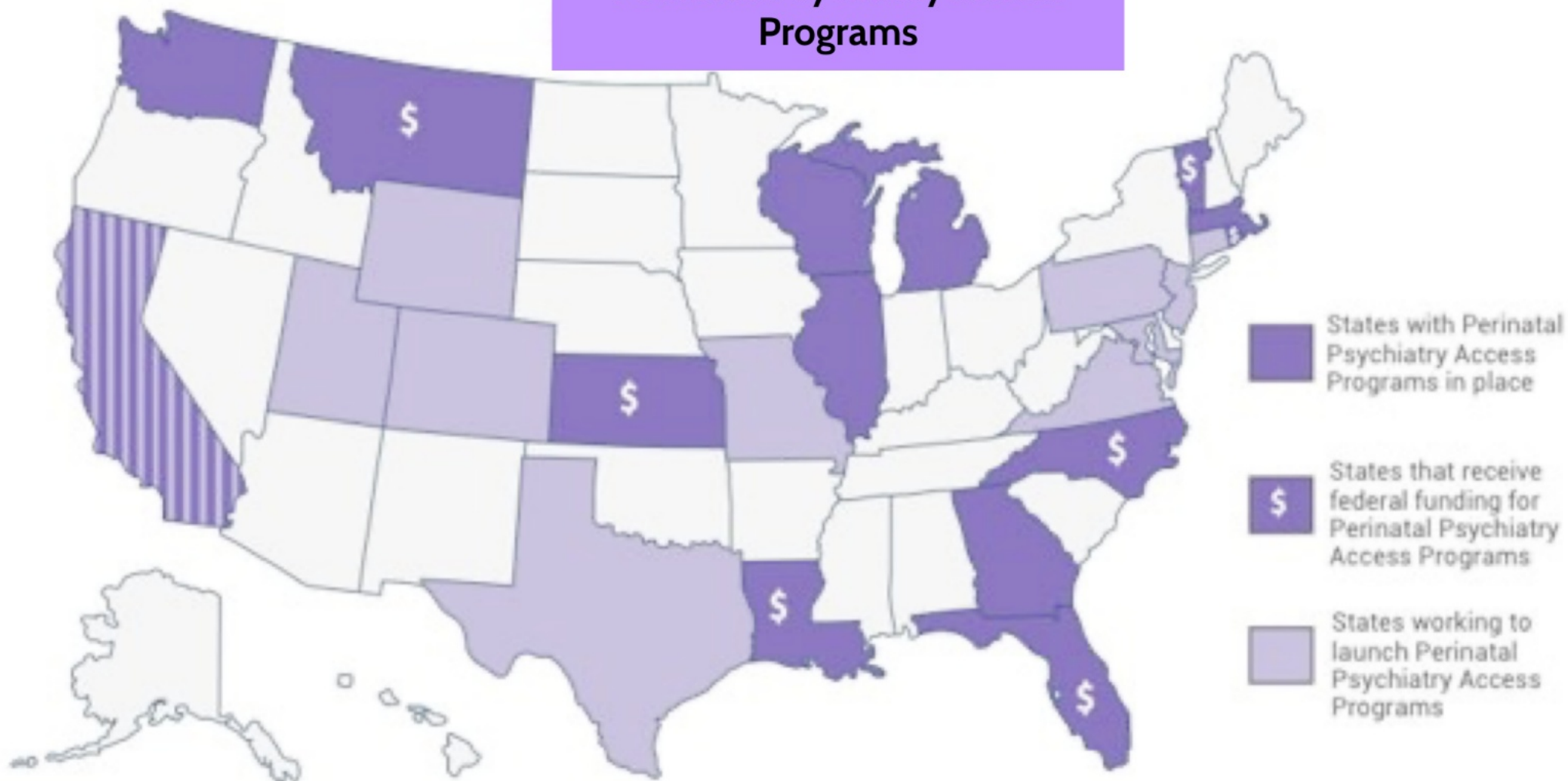
**Use Your Resources**

# Resources for patients and providers

- [Reprotox.org](http://Reprotox.org)
- Lexicomp *Briggs Drugs in Pregnancy and Lactation*
- [Infantrisk.com](http://Infantrisk.com) (also an app)
- [Mothertobaby.org](http://Mothertobaby.org)
- [Womensmentalhealth.org](http://Womensmentalhealth.org)
- [MCPAPformoms.org](http://MCPAPformoms.org)
- [Postpartum.net](http://Postpartum.net)



## Perinatal Psychiatry Access Programs



### Citations

- 1 ACOG Committee Opinion 757 (2018).
- 2 Gavin (2005). *Obstetrics & Gynecology*, 106, 1071-83.
- 3 Fawcett (2019). *Journal of Clinical Psychiatry* (80)

- 4 Byatt (2015). *Obstetrics & Gynecology*, 126(5): 1048-1058.
- 5 Byatt (2020). *Promoting the Health of Mothers & Children*



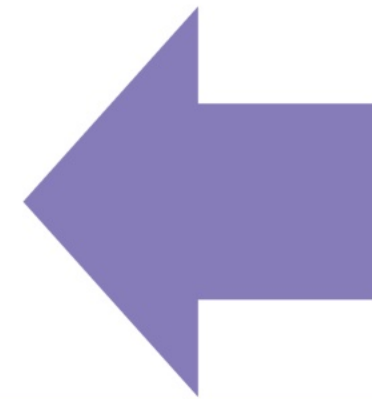
# Perinatal Psych Access Programs

Perinatal Psychiatry Access Programs address a critical public health issue through an innovative, creative, cost-effective approach to address mental health in frontline healthcare settings.

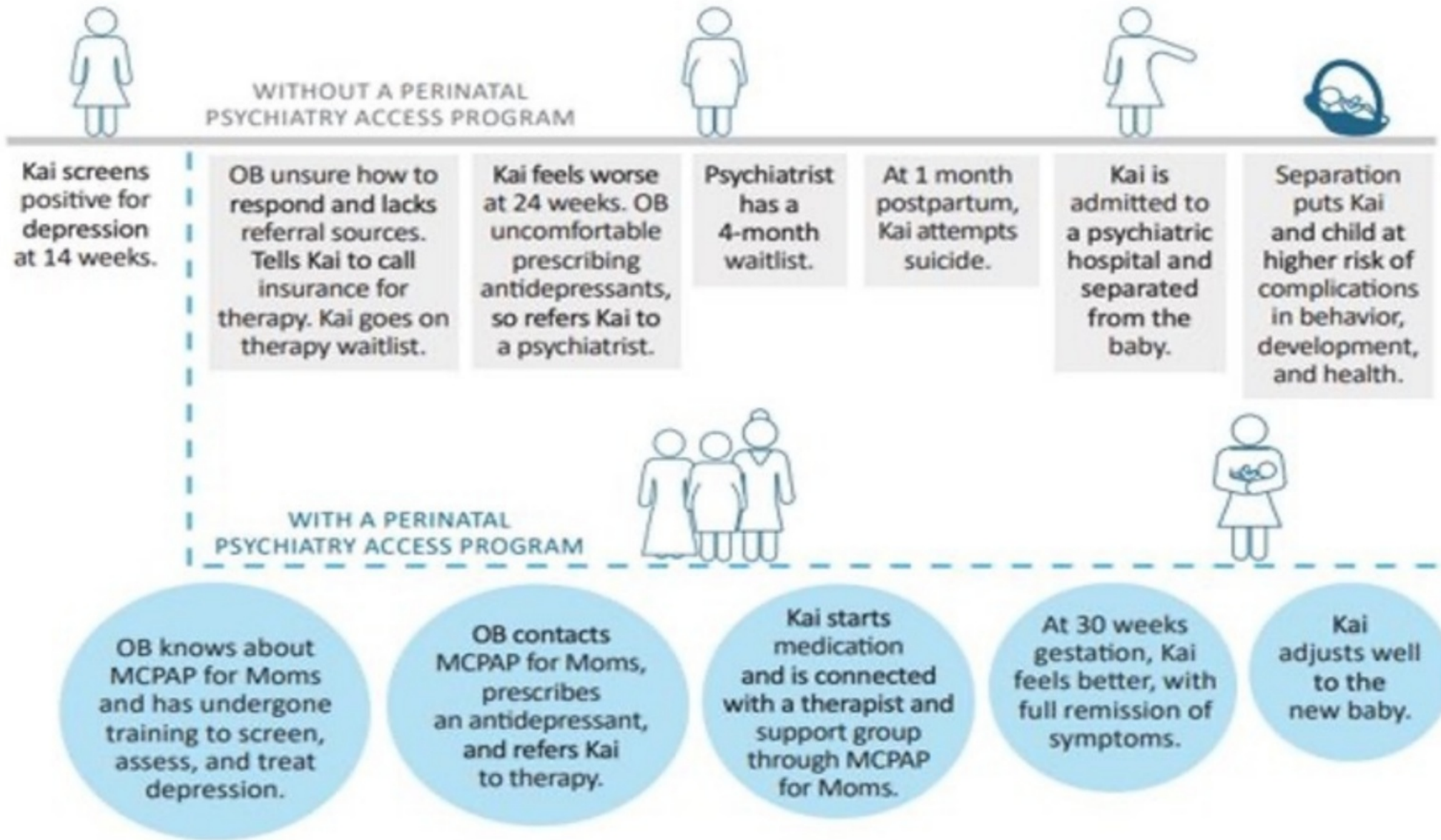


Gateway to clinic  
Crisis  
Management  
Direct to patient

Clinical support  
Provide  
resources  
Increase capacity



# Using An Access Program



# PEACE for Moms





## PEACE for Moms



Dr. Toby Goldsmith



Dr. Whitney Adams



Jill Mast, RN



Arica Washington



Mekia Blackmon



Michaela Kitchens



Kathryn Black



*Done  
properly,*  
**PARENTING**  
*is a*  
**HEROIC ACT.**

[ THE INCREDIBLES ]

SUTTON LONG PRINT SHOP



**Thank you!**

# PEACE for Moms



Dr. Toby Goldsmith



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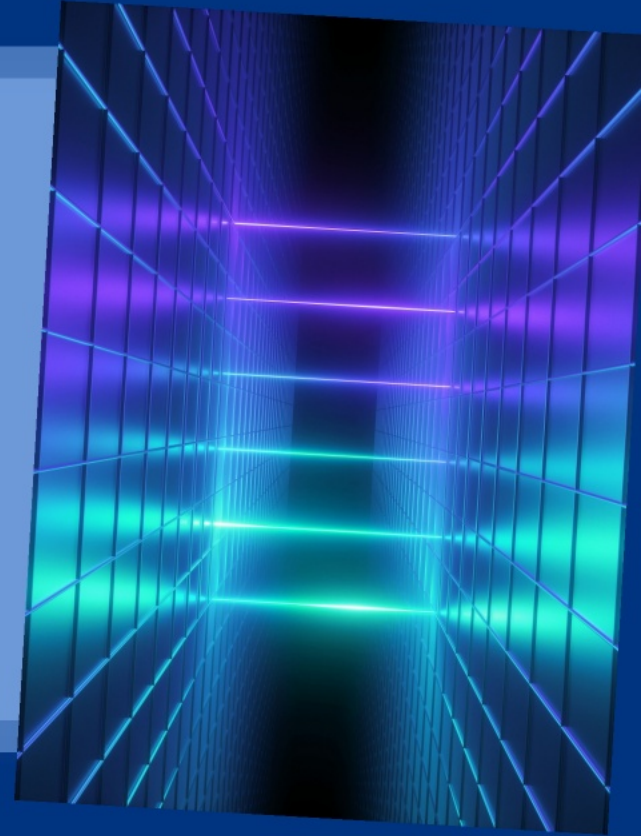
[ THE INCREDIBLES ]

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Thank you!



# Iconic Moms







# Perinatal Mood and Anxiety Disorders: A Real Mother!

Emory University Department of Psychiatry  
Women's Mental Health  
PEACE for Moms

Rebecca J. Woo, M.D.