



# Moms Mental Health Initiative

Experienced community advocates representing  
moms in perinatal mental health spaces

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# Who We Are

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## Our Mission

Moms Mental Health Initiative is a nonprofit organization dedicated to helping moms navigate perinatal mental health disorders by sharing information, connecting them to resources and providing peer-driven support.

## Our Vision

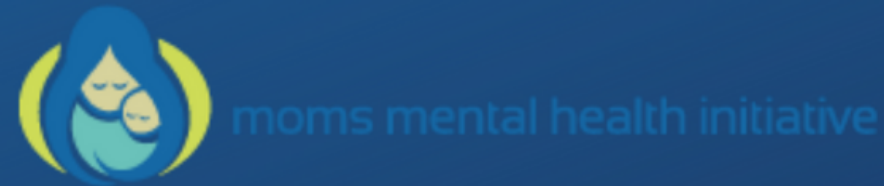
All moms in southeastern Wisconsin who are suffering from perinatal mental health disorders have access to evidence based treatment and peer support.



Our Promise to Moms: With the right help, you will feel better.

## A Note on the Name:

When Moms Mental Health Initiative first came to be, it was led by two moms eager to help other moms. As the years have gone on and our community has grown, we recognize that our work with birthing people goes beyond those who may identify as moms. So while we are Moms Mental Health Initiative, we remain an organization for all. All gender identities and sexualities of birthing and parenting people are welcome here. With the right help, you will feel better.



MOOD & ANXIETY DISORDERS WILL IMPACT  
**1 IN 5 MOMS**  
DURING PREGNANCY OR POSTPARTUM



# Important Definitions

## Perinatal Mental Health Disorders (PMHDs)

### AKA:

Perinatal mood and anxiety disorders (PMADs)- less inclusive as substance use disorder is highly prevalent

Postpartum depression -too broad a term for the range of conditions

Baby Blues - PMHDs ARE NOT Baby Blues

New Mom Worries- NOT the same as postpartum anxiety/OCD

## Frequency & Function

A new parent may cry, have intrusive/scary thoughts they don't intend to act on, feel concerned about their baby, experience physical symptoms of stress due to lack of sleep and life changes.

HOWEVER,

When these symptoms are happening frequently- crying all day without reason or intrusive thoughts any time they complete a necessary task like a diaper change, for example- or interfering with the person's ability to function as expected, that is when intervention may be needed.



# Karin's Story

"By the time I realized I was in full-blown PPA, I was struggling and couldn't wait. I wasn't sleeping and was crying throughout the day while trying to maintain my career, and I was suffering from panic attacks."



"I couldn't get through to my primary doctor and her nurse told me on the phone I couldn't take any medications because I was breastfeeding. I tried my OB. They told me to get counseling and to see my general MD. I tried my MD again and she was on vacation for a week. I was suffering. My work was failing. Things started falling apart at home. I tried finding a psychiatrist and none of them were accepting new patients for 6 months..."

# In Wisconsin

PRAMS, 2019

- 16% of mothers experience depression in the 3 months before pregnancy
- 14% during pregnancy
- 12% in the postpartum period



75% of mamas diagnosed with a PMAD remain untreated



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**27%**  
of pregnant  
& postpartum  
women in  
**Wisconsin**  
are battling  
an anxiety  
disorder



# Groups with Higher PMHD Rates

- Insured by Medicaid at delivery
- Smoked in the last 3 months of pregnancy
- Use WIC perinatally (pregnant and postpartum)
- Identify as a women of color



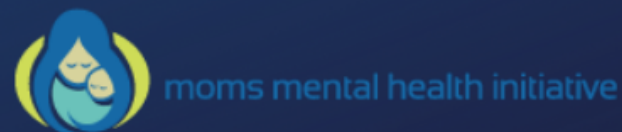
Compared to white women, Black women are **twice as likely to experience** perinatal mental health conditions but **half as likely to receive treatment.**

# The Cost of Untreated PMHDs

The latest WI Maternal Mortality Report found

**Mental health conditions caused  
52% of pregnancy-related deaths.**

*These were preventable deaths*



**\$307,200,000**



The cost of untreated perinatal mental  
health conditions in Wisconsin







## Touchpoints

“All healthcare practitioners who are dedicated to providing care for women during the first postpartum year should feel compelled to make sure each new mother is receiving optimal care and excellent clinical support and guidance.”

-Karen Kleinman

**“We need education for all professionals who touch a pregnant woman’s life.”**

- MMHI Participant

# PMHDs: More than just Postpartum Depression

- Pregnancy and Postpartum Depression
- Pregnancy and Postpartum Anxiety
- OCD, PTSD, Panic Disorder
- Pregnancy and Postpartum Bipolar Disorders
- Pregnancy and Postpartum Substance Use Disorders
- Postpartum Psychosis



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## If you're feeling...

- Unsure you can be a mom, overwhelmed
- Regretful of becoming a mom
- Angry or enraged
- Unlike yourself
- Unsure you like your baby how you're "supposed" to (numb or disconnected)
- Sad or guilty or ashamed
- Extremely sad- crying non-stop with or without reason
- Unable to eat or unusually hungry
- Restless at night or unable to sleep when baby sleeps
- Forgetful, foggy-brained, distracted
- Constantly worried something bad could happen to you or your baby
- Physical distress like headaches, stomach aches, dizziness or chest tightness
- Disturbed by dark, unwanted, intrusive thoughts (harm coming to your baby or other "scary" things)
- Afraid to be alone with your baby
- Like you want it to end (thoughts of hurting yourself or your baby)
- Afraid to share your thoughts or feelings with a loved one or member of your medical team.

Postpartum mental health disorders are the #1 complication of childbirth.

**You may be experiencing a perinatal mood or anxiety disorder. You are not alone.**

Contact your doctor and/or connect with us at [momsmentalhealthmke.org](https://momsmentalhealthmke.org) or by email at [info@mmhimke.org](mailto:info@mmhimke.org).



# WHAT DOES MMHI DO?

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# INFORMATION SHARING

Connecting, educating and empowering the community at large about perinatal mental health disorders.



## Perinatal and Post-Natal Mental Health

Virtually | February 9 (10:00am - 2:30pm, including a 30-minute lunch break)



Sarah Bloomquist, CFLE  
Moms Mental Health Initiative



Dr. Christina Wichman  
The Periscope Project



Emily Aleksy, LCSW, PMH-C  
PSI- Wisconsin

\*Up to 4 CE credits will be issued to those attending



## Moms Mental Health Initiative

14K followers • 260 following



# RESOURCE BROKERING

Connecting moms with perinatal mental health disorders to evidence-based treatment.



## What it means to be a Preferred Provider

"All healthcare practitioners who are dedicated to providing care for women during the first postpartum year should feel compelled to make sure each new mother is receiving optimal care and excellent clinical support and guidance."

-Karen Kleinman

### I am...

- Knowledgeable about or trained in perinatal mental health
- Experienced treating mothers experiencing perinatal mental health disorders
- Understanding that mothers experiencing PMADs cannot wait to talk with someone
- Open to new client referrals from Moms Mental Health Initiative
- Flexible to meet the needs of perinatal mothers
- Connected with other perinatal mental health providers and can make qualified referrals in the event I'm unavailable.

### We need your help.

If this sounds like you, please reach out at [momsmentalhealthmke.org](https://momsmentalhealthmke.org) or by email at [info@mmhimke.org](mailto:info@mmhimke.org).



@MOMSMENTALHEALTHMKE

FACEBOOK.COM/MOMSMENTALHEALTHMKE

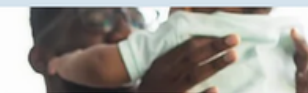
@MMHIMKE

MOMS MENTAL HEALTH INITIATIVE



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[About Us](#) [About PMH](#) [Stories of Hope](#) [Get Help](#) [Providers](#) [Get Involved](#)



## Let Us Help You Find Help

Our providers are uniquely selected to help you get the best support you can during this prenatal stage of life. If you need extra help in finding a provider to meet your needs, please reach out and one of our specialists can help you find someone.

[Message Us Directly For Help](#)

Feeling Overwhelmed? Message Our Resource Brokering Team for Personalized Help

# PEER SUPPORT

Connecting moms with perinatal mental health disorders to one another

## Circle of Hope

Finding another person who's been in my shoes, who's seen this darkness and risen up-she's what I need to keep going. She is **HOPE.**

[Send a Message To Join](#)

### Pregnant & Postpartum Moms OCD/Anxiety Virtual Group

**Starts April 4, 2023**  
Tuesdays 12 - 1:30 pm, 8 weeks.  
\$50/week.

*Children are welcome.*

A group for pregnant & postpartum moms to build community, learn more about OCD/anxiety, utilize Exposure and Response Prevention therapy techniques, and more!

Group facilitators are Carrie Torres, MS, LPC-IT and Colleen Christiansen, MS, LPC, SAC, mental health therapists with extensive OCD/anxiety experience.



Carrie Torres,  
MS, LPC-IT



Colleen Christiansen,  
MS, LPC, SAC

To register or ask any questions, please email:  
[carrietorresann@gmail.com](mailto:carrietorresann@gmail.com)

[iocounseling.com](http://iocounseling.com)



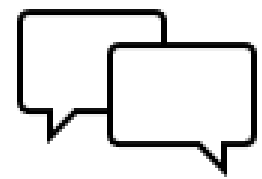


"When the ladies [from MMHI] told me I'm going to have to fight this battle for my life, I didn't realize how literal that was."

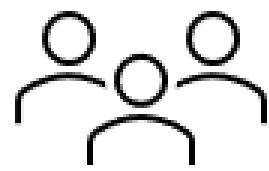
**Lena, Circle of Hope Mama**



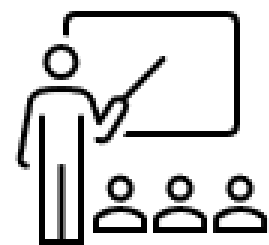
Perinatal psychiatric access program available to providers and professionals caring for pregnant & postpartum women struggling with behavioral health disorders offered at no cost.



**Real time consultation between eligible provider and perinatal psychiatrist**



**Community resource information**



**Educational materials (live didactic, web-based presentations, toolkit)**

Periscope does not interact with patients directly.

Encourage health care providers to contact Periscope for support in their patient behavioral health care.





# Moms Navigating PMADs Need:



*To know how common it is*

*To know they are not alone*

*To know they can choose what is best for them*

*To know this is a treatable disease*

*For their providers to be compassionate and well-versed on PMADs and the latest research*

*Others to be committed to their mental health*

**HOPE**

# Remember Karin?



“...Desperate, I reached out in my local breastfeeding group. One girl referred me to MMHI. I was referred to a doctor and was seen the next day and was able to start on medication right away. Within a week I felt better. Within two weeks I felt great. I could not afford to wait for anyone once the PPA hit and no one else should have to.”

**Karin**

# How We Can Help



*CONTINUING  
EDUCATION*



*REFERRALS FOR  
PATIENTS*



CIRCLE OF HOPE  
PEER SUPPORT



'MOM CARDS' FOR  
OFFICES/VISITS



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# Stay in Touch!

*Questions or referrals  
email [info@mmhimke.org](mailto:info@mmhimke.org)*

[www.momsmentalhealthmke.org](http://www.momsmentalhealthmke.org)

