

# When the Patient is Not Your Patient: Maternal Mental Health in the Pediatric Context

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National Coalition for Maternal Mental Health

Postpartum Support International



# A Tale of Two Pediatricians

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# Why Should You Care?

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(As a Clinician. We assume you care as a Human Being.)



# Untreated Mood/Anxiety Disorder: Pregnancy

## Mother

- Poor/Absent Prenatal Care
- Self-medication
  - 10-12% smoke tobacco
  - 14-15% use alcohol
  - 3% use illicit drugs
- Bonding with baby
- Impact on family

## Fetus

- Pre-term labor
- Premature birth (<37 wks)
- Low birth weight
- Small for G.A., head circumference
- Increased cortisol
- Low APGAR scores
- Neonatal complications & NICU admissions
- Fetal demise



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# Untreated Mood/Anxiety Disorder: Postpartum

## Mother

- Breastfeeding problems/cessation
- Responsivity, sensitivity
- Inconsistency
- Emotion regulation
- Substance abuse

## Child

- Withdrawal, avoidance in toddlers
- Significantly worse:
  - school outcomes
  - reading achievement
  - grades
  - cognitive functioning
- Significantly more behavior problems
- ~50% of adolescents have a psychiatric disorder
- ~2x the rate of physical problems



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# How to Talk to a Mom

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# How to Talk to a Mom

**How are you feeling about being a new mother?**

**How are you coping with the additional stress of a new baby?**

Are you able to sleep (at night) when the baby is sleeping?

How is your appetite? Do you *have* an appetite?

Do you have enough energy to do the things you need to do?

Have you been feeling sad, down or depressed?

Have you been feeling anxious, worried or afraid?

Do you find yourself crying a lot/all the time?

Have you had any thoughts that have scared you?



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# How Might Mom Talk (or Look, or Act) To You?

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# If she has... Depression

- **Look**
  - Disheveled/unkempt
  - Physically ill/unwell
  - Shell-shocked
- **Talk**
  - Not a lot
  - Negative cast to everything
  - Describe baby differently from what you see
- **Act**
  - Poor eye contact (with you and/or baby)
  - Flat
  - Irritated/angry with you, partner, baby



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# If she has...

## Anxiety

- **Look**
  - Taught, tense (neck muscles)
  - Jittery, up & down, can't sit still
  - "Deer in the headlights"
- **Talk**
  - A lot
  - Incessant questions, same themes
  - Can't let you leave the room
  - About thoughts/visions of hurting the baby
- **Act**
  - High-strung
  - Many calls to practice
  - Like she doesn't see the same baby



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# If she has...

## Bipolar Disorder

- **Look**
  - Different (if you already know her)
  - “Wild-eyed”
  - Euphoric, huge smile
- **Talk**
  - Incessantly (you cannot speak)
  - Nonsensically (you cannot follow)
- **Act**
  - Full of energy, plans and projects
  - Not focused on baby, but not disengaged



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# If she has... Psychosis

- **Look**
  - Disheveled, “feral”
- **Talk**
  - Nonsensically
  - Not at all (catatonia)
- **Act**
  - Agitated, bizarre
  - Totally flat
  - Relentless



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# Resources & Referrals

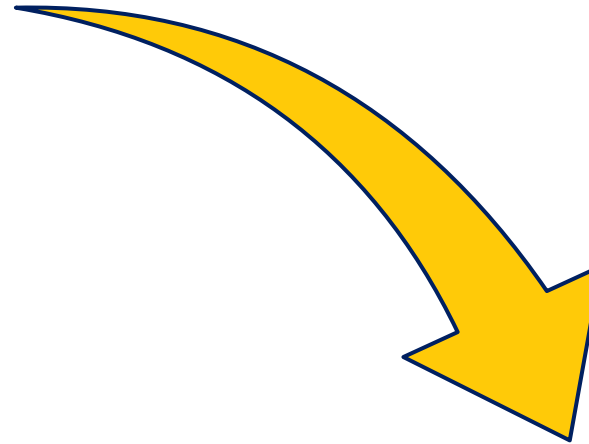
A.K.A.: What on earth can I do with this mom??!



# The Path to Wellness

- Changes at home:
  - Sleep
  - Nutrition
  - Help & Support
  - Time Alone
- Home Visiting
- Social Support Groups
- Psychotherapy
- Medication

**Easier &  
Cheaper**



**More Involved  
More Expensive**



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# Resources & Referrals

## Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

“one-stop shopping”

### Washington, DC

- Postpartum Support DC: 202-643-7290, [www.postpartumdc.org](http://www.postpartumdc.org)

### Maryland

- Postpartum Support Maryland: 240-432-4497, [www.postpartummd.org](http://www.postpartummd.org)

### Virginia

- Postpartum Support Virginia: 703-829-7152, [www.postpartumva.org](http://www.postpartumva.org)



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# Resources & Referrals

## Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

### **Warmline (English & Spanish):**

- 800-944-4773

### **Online Support Groups (English & Spanish):**

- Live, participants register – i.e. not forums
- Hosted through [www.supportgroupscentral.com](http://www.supportgroupscentral.com)

### **Telephone “Chats”**

- Moms – Every Wednesday, times vary
- Dads – First Monday of the month, 8:00pm Eastern



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# Resources & Referrals

## DC Collaborative for Mental Health in Pediatric Primary Care

- Child & Adolescent Mental Health Resource Guide
- <http://dchealthcheck.net/documents/Mental-Health-Resource-Guide.pdf>
  - **Perinatal Mental Health section**
  - Home Visiting section
  - Also includes link to DMV-PMH Resource Guide
    - <http://www.dmvpmhresourceguide.com/>



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# Resources & Referrals

## DC Collaborative for Mental Health in Pediatric Primary Care

- **Perinatal Mental Health Toolkit (V1.0)**
  - Overview of Toolkit
  - Summary of PMADs: Symptoms, Risk Factors, Incidence, Treatment
  - EPDS in English & Spanish
  - Referral Algorithm & Crisis Plan
  - Key Clinical Considerations: OCD v. Psychosis, Medicating
  - Resource Guide mentioned above
- <http://aapdc.org/wp-content/uploads/2015/11/PMH-Toolkit-Combined-V1-0-Oct-2015.pdf>



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# Resources & Referrals

## DC Collaborative for Mental Health in Pediatric Primary Care

### DC-MAP

- MH consult service via telephone
- Psychiatrists, social workers, psychologists, and a care coordinator
- For pediatric patients and their caregivers

<http://www.dcmmap.org/>

**1-844-30 DC MAP**

1-844-303-2627

Hours: M-F, 9-5pm



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# Questions?



# Thank You!

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