

## Indian Country Care and Access for Pregnant People ECHO

*Maternal Mental Health: How to provide support for pregnant and postpartum people and their families*

**May 28<sup>th</sup>, 2024 (11am-12pm PT)**

<b>Faculty/Moderator</b>	CDR Tina Pattara-Lau, MD, FACOG; Patricia (Tricia) Capo, MD, FACOG; Jean Howe, MD; Ashley Hoover, MPH; Sherry Daker, PharmD, MHA; Wilshey Harris, MPH; Jenna Nelson
<b>Audience</b>	Primary care physicians, advanced practice providers, pharmacists, nurses, behavioral health specialists, administration, tribal leadership & others who share a passion for improving the lives of AI/AN people
<b>Clinical Objectives</b>	At the completion of this activity, the learner will be able to: 1) Examine indigenous birthing practices and how these can be incorporated to improve birth outcomes. 2) Identify barriers that prevent Indigenous women from receiving high quality and culturally appropriate maternal care. 3) Implement best practices to include AI/AN cultural birthing practices in providing maternal care.
<b>To Sign-in</b>	<a href="https://www.surveymonkey.com/r/PregnancyCareECHO_SignIn">https://www.surveymonkey.com/r/PregnancyCareECHO_SignIn</a>
<b>CE/Evaluation</b>	To claim CE, complete the evaluation: <a href="https://www.surveymonkey.com/r/Pregnancy-Care-and-Access-ECHO-Learner-Evaluation">https://www.surveymonkey.com/r/Pregnancy-Care-and-Access-ECHO-Learner-Evaluation</a>
<b>To Join</b>	To join, simply click here at the time of clinic: <a href="https://echo.zoom.us/j/87128078680?pwd=c2hMOEFnWU9QWVZMd2dpL0J0ODNidz09">https://echo.zoom.us/j/87128078680?pwd=c2hMOEFnWU9QWVZMd2dpL0J0ODNidz09</a>   Password: ECHO  If you are unable to join via video, please join the audio connection by dialing: +1 301 715 8592 and enter Meeting ID: 871 2807 8680 Password: ECHO

<b>Time (PT)</b>	<b>Presentation</b>	<b>Speaker(s)</b>
11am	Welcome/Announcements/Introductions	Ashley Hoover, MPH; Patricia (Tricia) Capo, MD, FACOG
11-11:25	Family Care Plans – 2024 Update	Sherry Daker, PharmD, MHA
11:25-11:40	HRSA’s Maternal Mental Health Hotline	Wilshey Harris, MPH; Jenna Nelson MPH, CLC
11:40-12	Q & A/Discussion	Patricia (Tricia) Capo, MD, FACOG; All
12pm	Close	Ashley Hoover, MPH

<b>HIPAA:</b>	<i>All patient information will be de-identified during clinic. All doors to the conference room must be closed.</i>
<b>Pagers/cell phones</b>	<i>All pagers and cell phones must be muted during clinic. Please leave the room to answer a phone call/pager/please mute</i>

**THIS SESSION MAY BE AUDIO AND VIDEO RECORDED. YOUR PARTICIPATION CONFIRMS YOUR CONSENT TO THIS RECORDING  
PLEASE NOTE: IF PARTICIPATING VIA AUDIO, PLEASE ANNOUNCE YOUR NAME AND YOUR LOCATION. THANK YOU.**

**VIDEO TECH SUPPORT: (503) 416-3281**

**The Northwest Portland Area Indian Health Board/2121 SW Broadway, Suite 300, Portland, OR 97201**

IHS Division of Nursing Services, Northwest Portland Area Indian Health Board  
and the IHS Clinical Support Center (Accredited Provider)

Present:

Indian Country Care and Access for Pregnant People ECHO

## **Maternal Mental Health: How to provide support for pregnant and postpartum people and their families**

**Tuesday, May 28, 2024 | 11:00am-12:00pm PT**

**To Attend:** <https://echo.zoom.us/j/87128078680?pwd=c2hMOEFnWU9QWVZMd2dpL0J0ODNidz09> |  
Password: ECHO

### **Target Audience:**

Primary care physicians, advanced practice providers, pharmacists, nurses, behavioral health specialists, administration, tribal leadership, and others who share a passion for improving the lives of American Indian and Alaska Native people.

### **Presenters:**

- Wilshey Harris, MPH, Partner Development and Outreach Manager, National Maternal Mental Health Hotline
- Jenna Nelson, MPH, CLC, Associate Program Manager, National Maternal Mental Health Hotline
- LCDR Sherry Daker, PharmD, MHA, Dr. Sherry Daker, PharmD, MHA, Acting Deputy Pharmacy Director and Clinical Pharmacy Coordinator, Red Lake Hospital Indian Health Service
- CDR Tina Pattara-Lau, MD, FACOG, Maternal and Child Health Consultant, Indian Health Service
- Patricia (Tricia) Capo, MD, FACOG, ObGyn Physician, Alaska Native Medical Center/Southcentral Foundation

### **Description:**

In this series of presentations, we focus on Maternal Mental Health: How to provide support for pregnant and postpartum people and their families featuring updates from the 2024 Family Care Plans and HRSA's Maternal Mental Health Hotline. The Family Care Plans offer recommendations and resources to improve outcomes for pregnant and postpartum people in recovery and their newborns and families. The guide was developed by the Northwest Portland Area Indian Health Board (NPAIHB), alongside Indian Health Service, Tribal, and Urban Indian (I/T/U) healthcare providers, and AI/AN individuals affected by substance use. HRSA's National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262. The new Care and Access for Pregnant People ECHO Program includes an opportunity to engage in a didactic presentation, gain insight on how I/T/U facilities may effectively integrate timely pregnancy care, and become part of a learning community.

### **Outcomes/Objectives:**

1. Examine indigenous birthing practices and how these can be incorporated to improve birth outcomes.
2. Identify barriers that prevent Indigenous women from receiving high quality and culturally appropriate maternal care.
3. Implement best practices to include AI/AN cultural birthing practices in providing maternal care.

### **Instructions for Obtaining CPE Credit:**

To obtain a certificate of continuing education (CE), you must attend the activity in its entirety, submit a completed evaluation, and electronically document your attendance. You will be able to print your certificate after completing the online evaluation. For questions, please contact the CE coordinator for further information.

### **ACCREDITATION**



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

JOINTLY ACCREDITED PROVIDER  
INTERPROFESSIONAL CONTINUING EDUCATION



IPCE CREDIT™

This activity was planned by and for the health care team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

### Physicians

The IHS Clinical Support Center designates this live activity for 1 hour of *AMA PRA Category 1 Credit™* for each hour of participation. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses

This activity is designated 1.0 contact hour for each hour of participation.

### Pharmacists

This activity provides 1.0 hour of knowledge-based continuing pharmacy education credit (CPE) with the UAN JA4008177-0000-23-076-L99-P.

Credit will be uploaded to the NABP CPE Monitor within 30 days after the activity completion. It is the responsibility of the pharmacist to provide the correct information (NABP ID and DOB (MMDD)) in order to receive credit.

**Disclosure Statement:** As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose the existence of all financial relationships with ineligible companies within the prior 24 months. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

### Zoom First Time Users

If you have never attended a Zoom meeting before, you can download the Zoom desktop client here:

<https://zoom.us/support/download>

### Requirements for Zoom

If you plan to join virtually, you must have a computer with broadband Internet access. For the best experience viewing the videos, use Microsoft Edge or Google Chrome. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software.

### Privacy Policies

Before you begin the training, you can review the IHS Privacy Policy (<https://www.ihs.gov/privacypolicy/>).

You can also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

**Additional Information/Technical Support** - Email [stacey.dawson@ihs.gov](mailto:stacey.dawson@ihs.gov)