#### **Arkansas Maternal Health Community of Practice**

#### **General Meeting August 29, 2024**









#### Please introduce yourself in the chat:

#### Name

#### Organization

# Agenda

12:00	Welcome William Greenfield, MD
12:05	Arkansas Center for Health Improvement <i>Craig Wilson, JD, MPA</i> Director, Health Policy
12:25	Questions
12:35	Behavioral Health and Available Services Laura Tyler, PhD, LPC, President and CEO, and Erin Willcutt, VP of Clinical Services Arisa Health
12:55	Questions
1:05	Update on Strategic Plan Jennifer Callaghan-Koru, PhD, Arkansas Perinatal Quality Collaborative (ARPQC)
1:20	Closing Remarks Zenobia Harris, DNP
1:30	Adjourn

#### **Name Change: Community of Practice**

A community of practice (CoP) is a group of people who share a common interest or expertise and come together regularly to learn how to strengthen their work.

The CoP name reflects the goals of our group to increase awareness and foster coordination and collaboration among partners working to improve maternal health in Arkansas.

#### **MHCoP Updates**

#### UAMS.

UAMS Health Jobs Giving **Q** 

Fay W. Boozman College of Public Health

About 

Future Students 

Academic Programs 

Students 

Faculty 

More

🛠 / <u>Fay W. Boozman College of Public Health</u> / <u>Research</u> / <u>Current Research Projects</u> / The PRIMROSE Project

#### **The PRIMROSE Project**

#### MHCoP presentations are now available on the PRIMROSE project webpage.



#### Transforming maternal care in Arkansas

Arkansas has among the highest rates of maternal mortality, pre-term birl and low birth weight in the US. The **PeRinatal IMpR**ovement of **O**utcomes **S**afety for **E**veryone (**PRIMROSE**) project partners with stakeholders on cor activities, described below, to contribute to reducing maternal morbidity a mortality in Arkansas and improve the state's national ranking for matern health.

The primrose is a native wildflower commonly seen across Arkansas, and name derives from the Latin word "primus," because it is one of the first flowers to bloom in Spring. Healthy birth is also a "prime" requirement for healthy population, and the PRIMROSE acronym emphasizes the foundation importance of perinatal health for the state of Arkansas.

#### **Community of Practice Presentations**



#### Arkansas Maternal Health Community of Practice



# Arkansas Center for Health Improvement

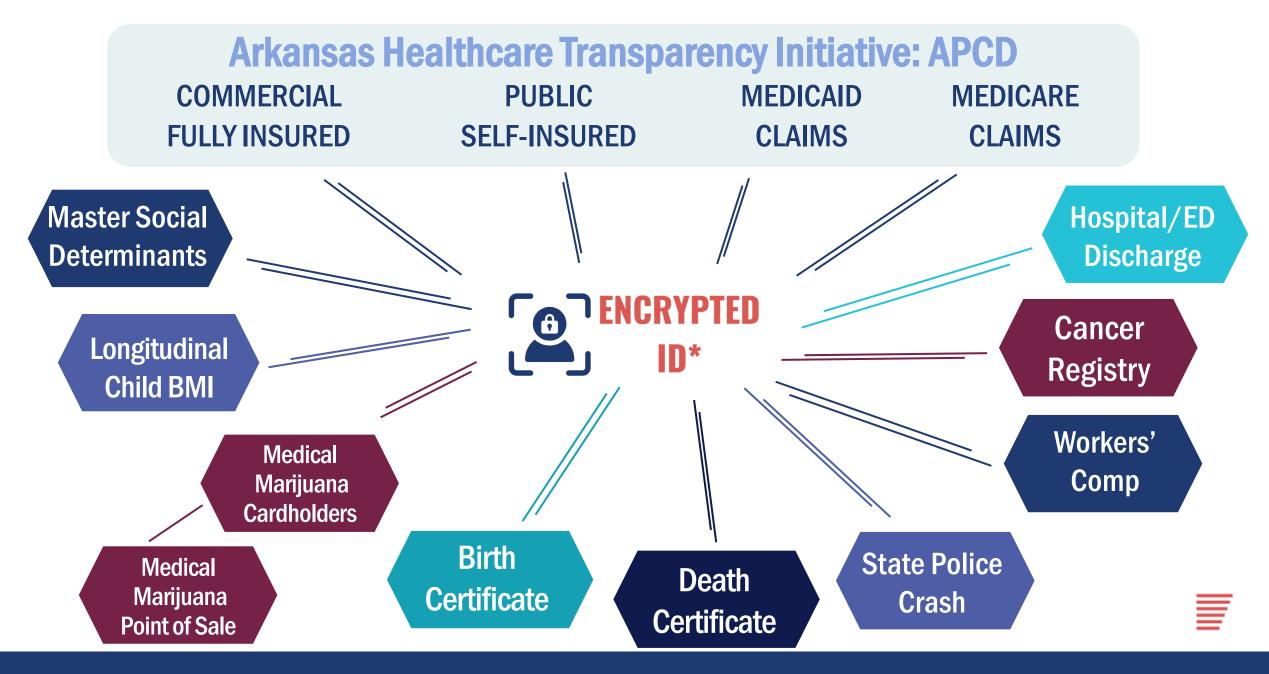
Craig Wilson, JD, MPA Director, Health Policy

# MATERNAL HEALTH COMMUNITY OF PRACTICE

J. Craig Wilson, JD, MPA Director of Health Policy

August 29, 2024





\*Encrypted, concatenated member or patient last name and date of birth. Used with gender.

#### **9 POINTS ON A HEALTHY BIRTHING JOURNEY**

#### **Pre-Pregnancy Preparation**

Pre-pregnancy health education, planning, and access to contraceptives can help prevent unintended pregnancies, which have a greater risk of babies being born prematurely or at a low birth weight.1



New Arkansas mothers who experienced an unintended pregnancy in 2021.2

#### Initiation of Prenatal Care

3

- Prenatal visits should start in the first trimester. For uncomplicated first pregnancies, visits should occur:
- Every 4 weeks through week 28 Every 2 weeks for weeks 28 through 36. · Weekly thereafter.

16 STATES

VA. 5

High-risk pregnancies require more visits.<sup>3</sup>

#### **Education and Supports**

Prenatal classes, providers of choice, and birthing companions such as doulas provide emotional provide Medicaid coverage and educational support to for doula services: CA. CO. parents as they navigate FL, KS, MA, MD, MI, MN, NJ, pregnancy, childbirth, and the NM, NV, NY, OK, OR, RI and postpartum period.

#### Safest Method of Delivery

For most pregnancies, a vaginal delivery is a safer method of delivery than a cesarean birth (Csection), with a lower risk of maternal morbidity and mortality

Arkansas births High-risk pregnancies should performed by Creceive specialty care section, 2019-2021.

\*Prenatal care starting in or after the fifth month or less than half of the appropriate achi.net number of visits for the infant's gestational age.

#### **Family Support and Bonding**

6

5

Family supports such as parental leave, child care assistance, breastfeeding counseling, and safety education help a new mom as she adjusts to postpartum changes and bonds with her child.



#### Depression Screening

Mothers should be screened for depression and anxiety at least once during pregnancy and in the first year after delivery. Screening should be coupled with appropriate follow-up and treatment when indicated.9



#### **Home Visits**

Home visiting programs provide families with support from trained professionals in the families' homes. These professionals may include nurses, social workers, or early childhood specialists.



Arkansas children ages 0-2 years served by home visiting programs in 2021.10

#### **Postpartum Visits**

Within 12 weeks after birth, a mom should undergo a comprehensive postpartum checkup and continue to receive medical care during the postpartum period, as needed.11 Contraception and urgent maternal warning signs should also be discussed



1-42 days post-pregnancy 32% 43-365 days post-pregnancy 32%

Between 2018 and 2020, most pregnancy-related deaths in Arkansas occurred during the postpartum period.12

#### Well-Child Visits

9

ACH

- Well-child visits, recommended preventive checkups starting at infancy, help parents: Track growth and development milestones.
  - Discuss specific concerns about a child's health and well-being.
  - Ensure the child receives appropriate
  - vaccines to prevent illnesses.13



Arkansas children covered by Medicaid or CHIP who did not receive 6 or more recommended well-child visits in the first 15 months of life in 2020.14 achi.net Visit achi.net/library/birthing-journey for reference

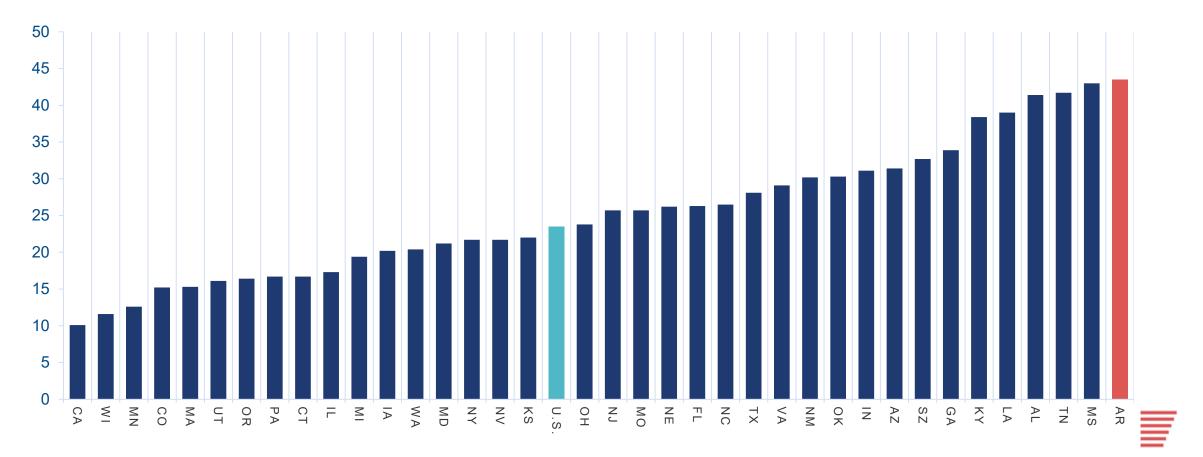
achi.net/maternal-infant-health

# MATERNAL MORTALITY IN ARKANSAS

Slides as of May 2024

#### MATERNAL MORTALITY, AR VS. OTHER STATES

#### **Deaths per 100,000 live births**

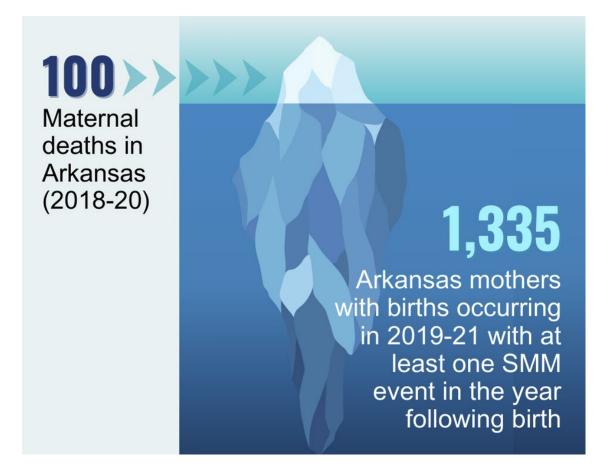


Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Maternal Deaths and Mortality Rates: Each State, the District of Columbia, United States, 2018-2021

# **SEVERE MATERNAL MORBIDITY**

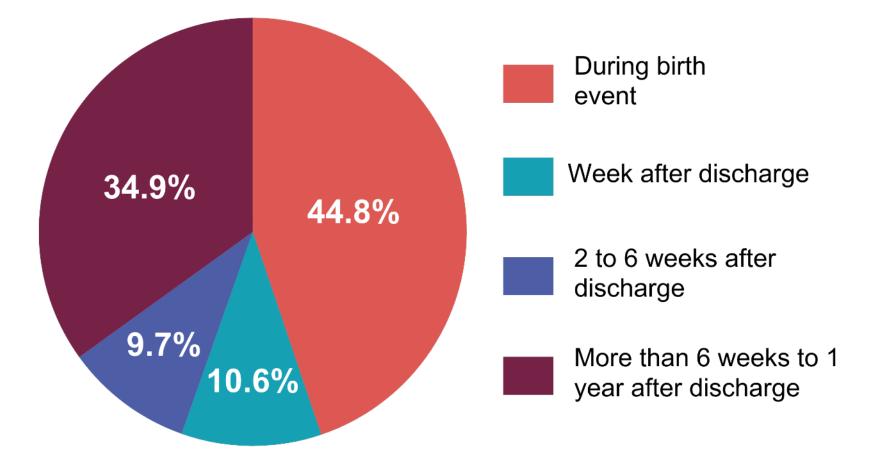


## **SEVERE MATERNAL MORBIDITY IN ARKANSAS**



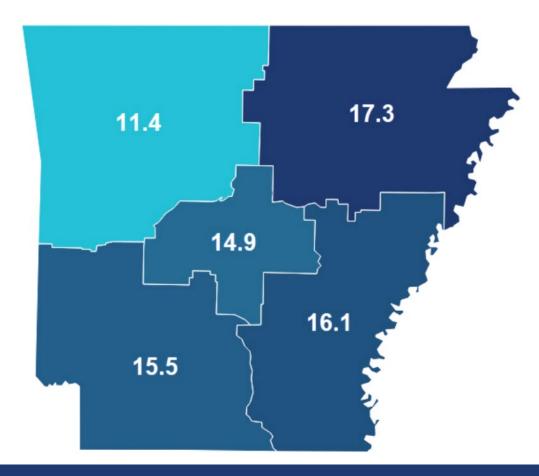
- Maternal mortality has been described as the 'tip of the iceberg' and severe maternal morbidity (SMM) is the base
- CDC defines SMM as 'unexpected outcomes of labor and delivery that result in significant short- or long-term health consequences'
- ACHI's analysis goes beyond the CDC definition by looking at events up to 1 year after births (meaning SMM events could've occurred in 2019-22 for births in 2019-21)
- Analysis does not include behavioral health events

# TIMING OF SMM EVENTS IN ARKANSAS (BIRTHS OCCURRING IN 2019-2021)

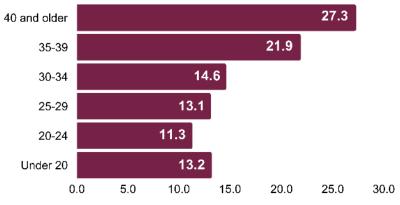


## **SEVERE MATERNAL MORBIDITY IN ARKANSAS**

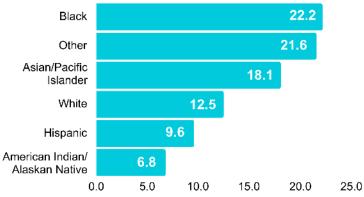
SMM by Arkansas Public Health Region per 1,000 Birth Events, 2019-2021



SMM by Age per 1,000 Birth Events in Arkansas, 2019-2021

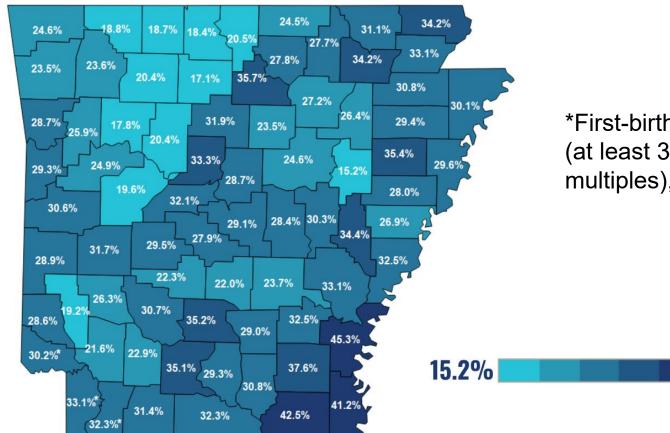


## SMM by Race per 1,000 Birth Events in Arkansas, 2019-2021



# **C-SECTION ANALYSIS**

# C-SECTION RATES FOR FIRST-BIRTH<sup>\*</sup> DELIVERY BY COUNTY OF RESIDENCE, 2019-2021

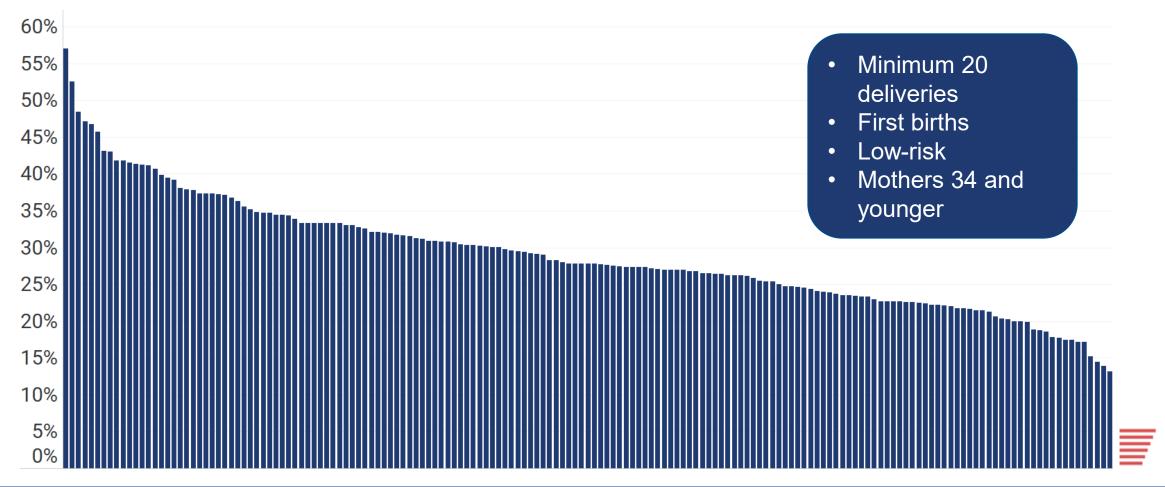


\*First-birth delivery is a full-term pregnancy (at least 37 weeks), singleton (not twins or multiples), in a head-down position.

45.3%



### FIRST-BIRTH DELIVERY C-SECTION RATES, BY ARKANSAS PROVIDERS, 2019-2021



Slides as of May 2024



# PROVIDERS DELIVERED BABIES IN ARKANSAS IN 2022

- 88.5% were physicians
- 7.2% were lay midwives
- 1.7% were certified midwives
- 2.6% were other healthcare professionals

Sources: Arkansas Department of Health, UAMS Northwest Regional Campus, Arkansas Rural Health Partnership, Arkansas State Medical Board licensure files, and internet search for provider specialties. Privately insured, Medicaid-covered, and self-paid deliveries are represented in delivery data.

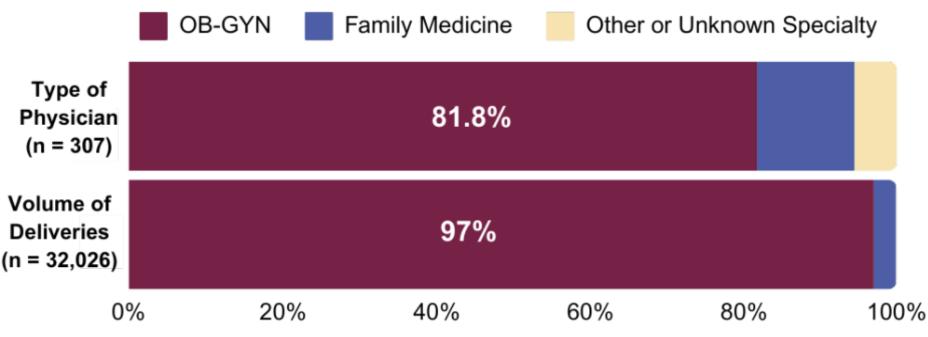
#### Delivering Providers by Provider Type and Volume of Deliveries, 2022



F

Sources: Arkansas Department of Health, UAMS Northwest Regional Campus, Arkansas Rural Health Partnership, Arkansas State Medical Board licensure files, and internet search for provider specialties. Privately insured, Medicaid-covered, and self-paid deliveries are represented in delivery data.

#### Delivering Physicians by Physician Type and Volume of Deliveries, 2022

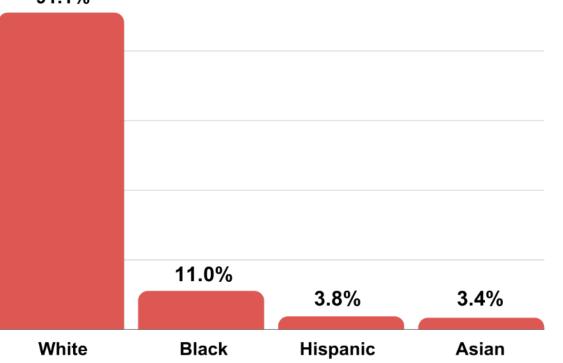


Sources: Arkansas Department of Health, UAMS Northwest Regional Campus, Arkansas Rural Health Partnership, Arkansas State Medical Board licensure files, and internet search for provider specialties. Privately insured, Medicaid-covered, and self-paid deliveries are represented in delivery data.

# **RACE & ETHNICITY ALIGNMENT OF MOTHERS AND DELIVERING PROVIDERS IN ARKANSAS**

Arkansas Mothers Who Delivered With Providers of the Same Race or Ethnicity

91.1%



**Mothers Who Did Not Deliver** With a Provider of the Same **Race / Ethnicity** 

89.0% of Black mothers of Hispanic 96.2% mothers 96.6%

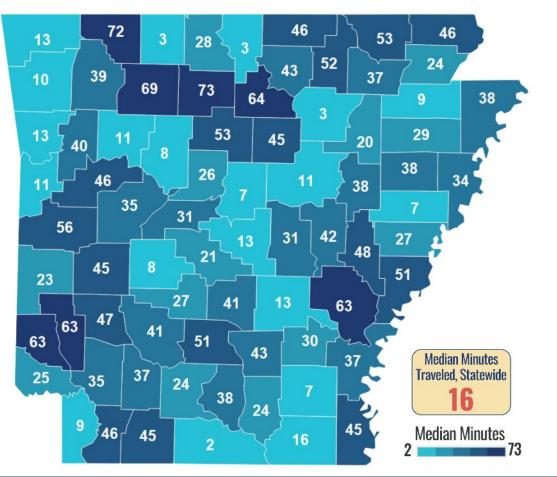
of Asian mothers

Sources: Arkansas Department of Health birth records and Arkansas State Medical Board licensure files.

# TRAVEL TIME TO LABOR & DELIVERY SERVICES FOR ARKANSAS MOMS

Slides as of June 2024

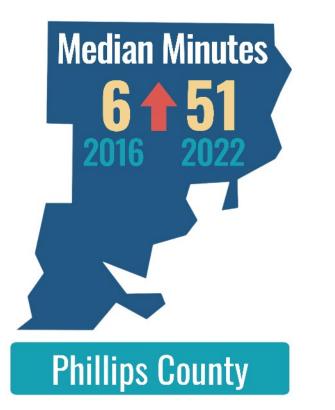
# MEDIAN MINUTES TRAVELED TO DELIVERY FACILITIES, BY COUNTY OF RESIDENCE (2022)



- Increased travel times associated with higher risks of adverse outcomes for moms, babies
- 28% of Arkansas moms traveled 30 mins or more
- o 8% traveled 60 mins or more

Sources: Arkansas Department of Health birth records and Arkansas Healthcare Transparency Initiative's All-Payer Claims Database. | Note: Mothers' home ZIP codes and delivery facilities' addresses were used to estimate travel times.

# MEDIAN MINUTES TRAVELED TO DELIVERY FACILITIES, BY COUNTY OF RESIDENCE (2022)



- From 2016 to 2022, median minutes traveled by Phillips Co. residents increased more than any other county
- Before closing its labor and delivery unit in 2020, Helena Regional Medical Center delivered roughly 65% of births in the county
- The next closest birthing hospital for the majority of mothers is 47 minutes away

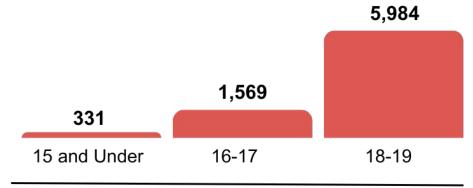
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# TEEN BIRTHS AND TEEN BIRTH SPACING IN ARKANSAS

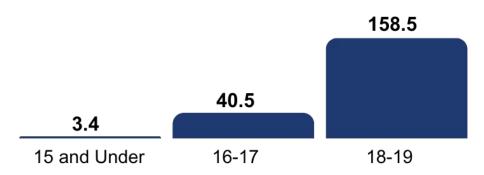
Slides as of July 2024

#### **TEEN BIRTHS IN ARKANSAS**

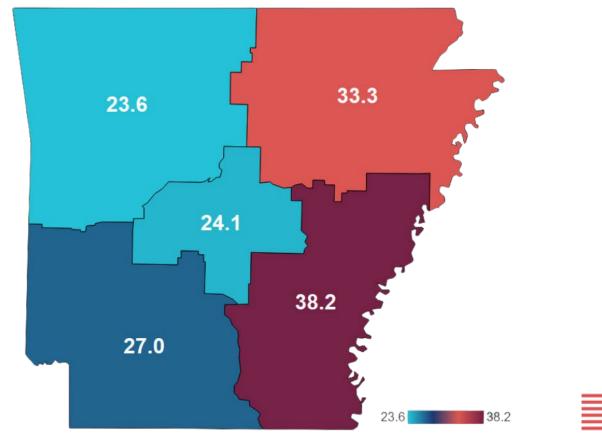
Births Among Arkansas Mothers 19 & Younger, 2019-21



### Births per 1,000 Arkansas Mothers 19 & Younger, Annualized 3-Year Average, 2019-21

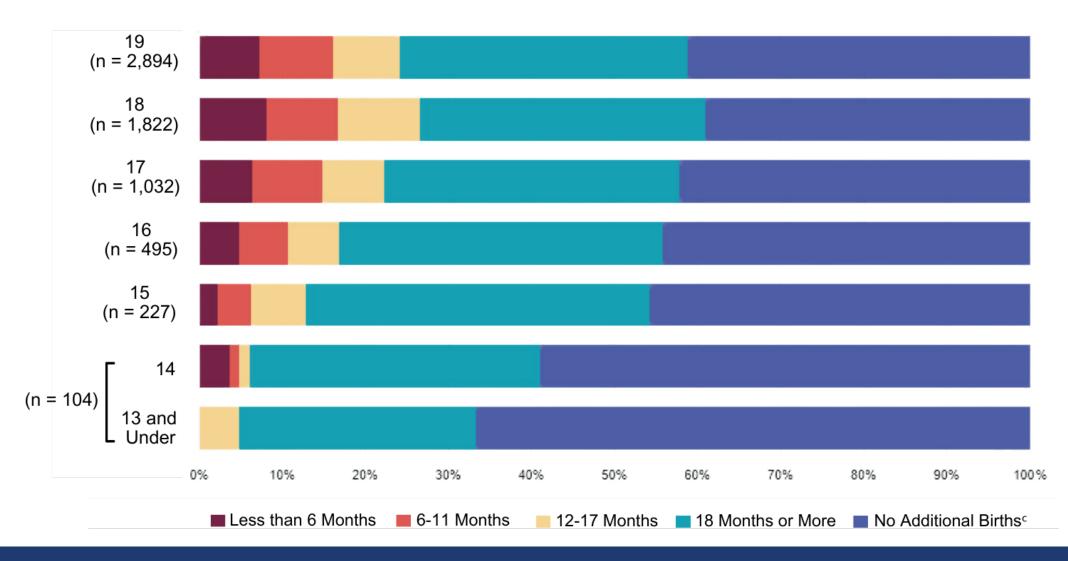


#### Teen Births per 1,000 Arkansas Mothers Aged 15-19 by Public Health Region (Annualized 3-Year Average, 2019-21)



Data sources: Arkansas Department of Health birth records, Arkansas Healthcare Transparency Initiative's All-Payer Claims Database, and National Center for Health Statistics 2020 population estimates.

### **BIRTH SPACING: ARKANSAS TEENS (2016-18)**



Data source: Arkansas Department of Health birth records.

# MATERNAL BEHAVIORAL HEALTH EVENTS DURING THE BIRTHING JOURNEY

### PERINATAL EMERGENCY ROOM AND INPATIENT BEHAVIORAL HEALTH VISITS

#### **ER Visits**



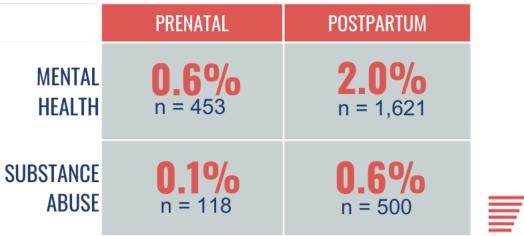
#### **Emergency Room Visits by Diagnosis Type**

	PRENATAL	POSTPARTUM
MENTAL HEALTH	<b>1.1%</b> n = 849	<b>2.0%</b> n = 1,609
SUBSTANCE Abuse		<b>0.6%</b> n = 455

#### **Inpatient Stays**

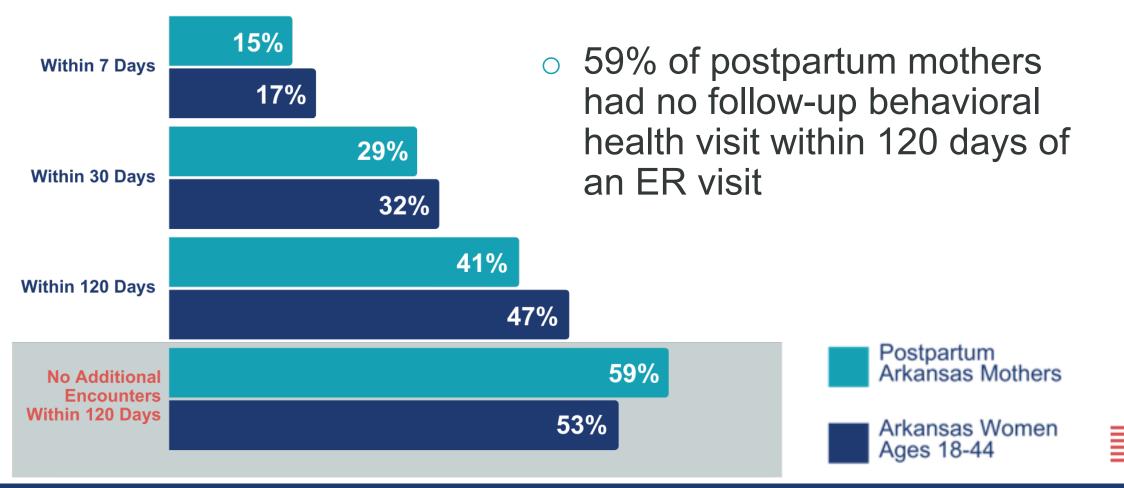


#### Inpatient Stays by Diagnosis Type



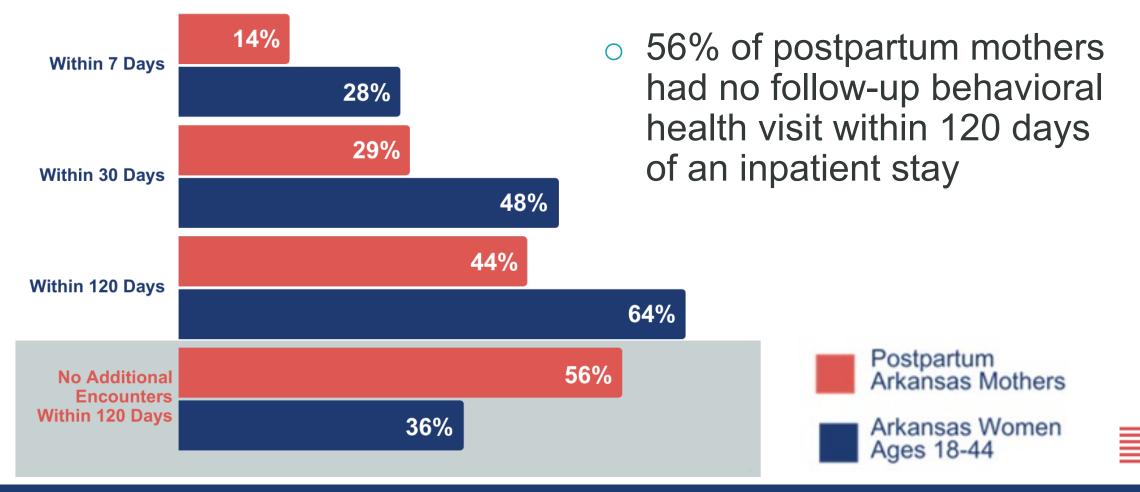
Sources: Arkansas Healthcare Transparency Initiative's All-Payer Claims Database. | Note: : Includes mothers who gave birth in Arkansas between Jan. 1, 2019, and June 30, 2022. – Only primary behavioral health diagnoses were considered for emergency room visits and inpatient stays, while primary and secondary diagnoses were considered for outpatient visits.

## TIMING OF FOLLOW-UP BEHAVIORAL HEALTH VISIT AFTER EMERGENCY ROOM VISIT



Sources: Arkansas Healthcare Transparency Initiative's All-Payer Claims Database. | Note: Includes mothers who gave birth in Arkansas between Jan. 1, 2019, and June 30, 2022. – A follow-up behavioral health visit is defined here as an outpatient visit following an emergency room visit or inpatient stay with a primary behavioral health diagnosis. Secondary diagnoses were not considered.

## TIMING OF FOLLOW-UP BEHAVIORAL HEALTH VISIT AFTER INPATIENT STAY



Sources: Arkansas Healthcare Transparency Initiative's All-Payer Claims Database. | Note: : Includes mothers who gave birth in Arkansas between Jan. 1, 2019, and June 30, 2022. – A follow-up behavioral health visit is defined here as an outpatient visit following an emergency room visit or inpatient stay with a primary behavioral health diagnosis. Secondary diagnoses were not considered.

# SIGN UP FOR WEEKLY UPDATES

Subscribe to ACHI's newsletter for weekly updates and critical insights on emerging and existing health issues

achi.net/newsletter





ARCenterForHealthImprovement

ARCenterForHealthImprovement



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# **Questions?**

# Behavioral Health and Available Services

Laura Tyler, PhD, LPC, President and CEO; Erin Willcutt, VP of Clinical Services Arisa Health

arisa health For Health. For Hope. For You.



In 2020, the four organizations below affiliated, creating Arisa Health.



To share resources & become a stronger, unified organization that better serves Arkansans with quality behavioral healthcare and creates a more powerful voice for statewide advocacy.

## **MISSION**

We lead with exceptional care that nurtures health and wellbeing for all

Transforming communities one life at a time

VISION



## VALUES

Be trustworthy

Serve to make a difference

Expect excellence

Be innovative

**Promote inclusion** 

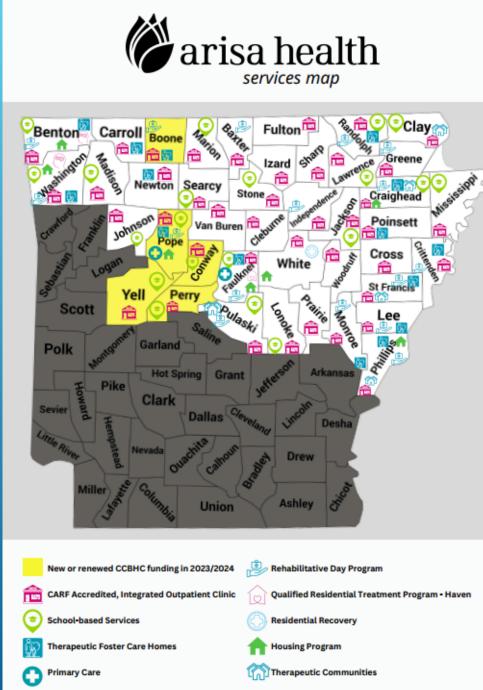
**Create collaborations** 

Work and live with passion and purpose

- Arisa Health is a Private, nonprofit organization Community Mental Health Center
- 55 volunteer directors comprise the governing board
- Last fiscal year Arisa Health served 52,446 clients and delivered 827,563 billable services
- ► 1,150 Associates

- Arisa provides services to individuals with mental health and substance use disorders
  - ► 24/7/365
  - ► All ages
- Most of our funding (\$91,446,639) is generated from fee-for-service billing
  - Undesignated funds from DHS equate to \$7.07 per cap
- Arisa is embedded in more than 500 local schools

#### WHO IS ARISA HEALTH?



Therapeutic Day Treatment

arisa health



Arisa Health provides services to 41 counties within Arkansas. Counties we serve are identified in white and yellow.

80+

Within these 41 counties, Arisa Health has 80+ locations to better serve clients throughout the whole region. For a full listing of all locations, please visit https://anachoalth.org

#### **SERVICES:**

Our services include several evidence-based practices and a comprehensive whole health approach to individualized care.



 Crisis Intervention & Emergency Screening
 Mental Health Counseling for Children & Adults

 Individual, Family & Group Therapy

 Substance Use Counseling for Adolescents & Adults

 Drug & Alcohol Safety Program
 Medication Assisted Treatment

#### Intensive Children Services

- Early Childhood
   Intervention
- School-based Counseling
- Therapeutic Day Treatment
- Therapeutic Foster Care

#### Intensive Adult Services

- Rehabilitative Day Treatment
- Community-based Outreach
- Peer Support Services
- Medical Services
- Psychiatric Assessment & Medication Management
- Primary Care Services
- Pharmacy Services
- <u>Residential Services</u>
- Independent Living & Group
   Homes for Adults
- Qualified Residential Treatment Program for Children (Haven)
- Therapeutic Communities for Adults
- Substance Use Residential
   Treatment for Adults (Arisa Recovery at Mills)



#### SAMHSA Maternal Mental Health Task Force Five Pillars

- 1. Build a National Infrastructure that Prioritizes Perinatal Mental Health and Well-Being
- 2. Make Care and Services Accessible, Affordable, and Equitable
- 3. Use Data and Research to Improve Outcomes and Accountability



- 4. Promote Prevention and Engage, Educate, and Partner with Communities
- 5. Lift Up Lived Experience



#### What is Arisa Health Doing in the Maternal Mental Health Space?

- Arisa Health has been serving individuals during the perinatal period of time; however, we are working to develop added expertise
- > This population is underserved
- Arisa has offices in every county we serve, as well as telehealth capacity



 We are also seeking grant funds to expand these specialty services

#### > Erin Willcutt, LPC

VP for Clinical Services is helping us pilot a project in Clarksville and she is hear to tell us more



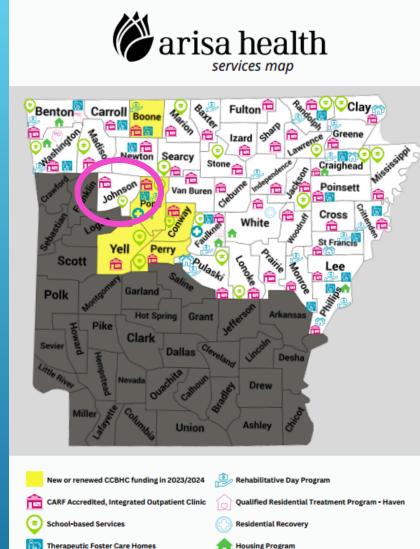


# ARISA HEALTH & CLARKSVILLE WOMEN'S CLINIC

## arisa health

For Health. For Hope. For You.

Pilot Partnership Johnson County



Arisa Health: 217 Active Clients Crisis Contacts: 35 Since January 2024

Poverty rate: 21.2% Children living in poverty: 23.3% Severe Housing Problem: 13.8% Uninsured Rate: 12.5%

#### JOHNSON COUNTY



Therapeutic Communities

Primary Care

Therapeutic Day Treatment



Same Day Screening and Access to Care Two cases of severe suicidal ideation with successful intervention.



Identified 7-10 Successful Referrals to Treatment with Positive Outcomes Seven remain in care, receiving both psychiatric and therapy services.



**Tracking and Reporting** 

CWC: 120 deliveries per year. PHQ-9 screening. Began referring to Arisa Health Jan 2024.

### EARLY NUMBERS AND SUCCESS

**JANUARY 2024** 



Arisa Health: Identified providers and training resources for Perinatal Mental Health Certification.



Explored and applied for grant opportunities to expand partnerships, tracking, training, screening, educational materials, and outcome reporting.



Reconvened with CWC to develop co-location, data collection, and tracking plan.

#### ACTIONS



## IDENTIFIED NEEDS

- Increase follow up rates
- Funding for mental health care past 60 days
  - Grants and state funding
- Grief Counseling: Infant death and miscarriage
- Expedited Psychiatric Care: Certified perinatal providers
- Overcome stigma and barriers to follow up
- Substance Abuse Services Inpatient and Outpatient



- Developed and implemented plan with CWC to track and share information
- Developed plan to co-locate mental health therapists on site at CWC (September 2024)
- Developed plan to utilize telehealth services to connect with other Arisa Health providers on site at CWC (September 2024)
- Continue to explore resources for expedited psychiatric care with perinatal certified APRN through Arisa Health on site at CWC (Telehealth)

#### ACTIONS



Educational materials available onsite at CWC and Arisa

In-service trainings for OBGYN clinics in Johnson County: Resources, Trauma Informed Care, Substance Abuse Treatment, and other relevant topics

Provide psychoeducation on-site for families at CWC

Care coordination provided for first year post partum

Explore peer support role to provide support postpartum and in cases of infant death / miscarriage. Peer led support groups

#### FUTURE GOALS





## THANK YOU



&

## Questions



Erin Willcutt, LPC Vice President for Clinical Services Central Region <u>Erin.Willcutt@arisahealth.org</u>

> Laura H. Tyler, PhD, LPC Chief Executive Officer Laura.Tyler@arisahealth.org

# **Questions?**



# Strategic Plan Draft

## **Revised Strategic Plan**

- Phase 1-Delphi survey of Arkansas maternal health stakeholders
- Phase 2- Spring Forum discussion and feedback on the strategic plan incorporated into the draft

## **Maternal Health Challenges**

What are the biggest maternal health challenges in Arkansas?	No. respondents selected for the top 5	What are the biggest maternal health challenges in Arkansas?	No. respondents selected for the top 5
1. Lack of geographic access to obstetric care <sup>+</sup>	31	9. Mistrust in system/providers	11
2. Comorbidities/pre-existing conditions	23	10. Substance use	11
3. Low levels of health education/literacy	22	11. Lack of behavioral health/mental health screenings & resources	10
4. Racial disparities in maternal health outcomes <sup>+</sup>	15	12. Systemic racism	9
5. Lack of insurance coverage	14	13. Lack of family & community support	8
6. Lack of postpartum care & follow-up	13	14. Negative impact of Garrett's Law on screening for substance use disorder	2
7. Poor quality of care	12	15. Lack of (diverse) midwives	1
8. Lack of transportation	11	16. Impact of social determinants of health on maternal health outcomes <sup>+</sup>	n/a

Note: Each participant ranked their five selections in order of priority with "1" being the highest priority and "5" being the lowest priority. +Challenges identified by MHCoP members at the in-person May 16, 2024, meeting.

## **Root Causes of Disparities**

What factors contribute the most to maternal health disparities in Arkansas?	No. respondents selected for the top 5	What factors contribute the most to maternal health disparities in Arkansas?	No. respondents selected for the top 5
1. Lack of geographic access to obstetric care <sup>+</sup>	22	11. Mistrust of health systems/providers	9
2. Poverty <sup>+</sup>	20	12. Systemic racism <sup>+</sup>	8
3. Lack of knowledge/education on maternal health <sup>+</sup>	18	13. Lack of accessible childcare	7
4. Lack of providers in rural areas	15	14. Use of family planning/contraceptives	6
5. Comorbidities (e.g., obesity, hypertension)	14	15. Substance use	6
6. Low general education levels	10	16. Healthcare and social services availability is limited to regular business hours	5
7. Limited/no insurance coverage	10	17. Poor quality care	4
8. Inadequate cultural competency/humility among providers	10	18. Lack of family/social support	4
9. Lack of transportation	10	19. Poor mental health	2
10. Implicit biases among providers <sup>+</sup>	9	20. Negative impact of Garrett's Law on screening for substance use disorder	2

Note: Each participant ranked their five selections in order of priority with "1" being the highest priority and "5" being the lowest priority. +Factors identified by MHCoP members at the in-person May 16, 2024, meeting.

## **Promising Strategies**

What strategies are most promising to improve maternal health in Arkansas?	No. respondents selected for the top 5	What strategies are most promising to improve maternal health in Arkansas?	No. respondents selected for the top 5
1. Improve geographic access to care	27	12. Increase the number of providers	9
2. Invest in communities/collaboration	19	13. Offer expanded hours (nights and weekends) for healthcare and social services	8
3. Expand and adapt Medicaid policies <sup>+</sup>	19	14. Implement telehealth solutions	7
4. Provide case management/individualized care to build relationships	15	15. Increase the use of doulas <sup>+</sup>	7
5. Provide health education	13	16. Increase the use of CHWs <sup>+</sup>	6
6. Increase collaboration between rural family medicine physicians and delivering obstetricians	13	17. Increase access to lactation support	1
7. Increase access to transportation	12	18. Mobile maternity care services <sup>+</sup>	n/a
8. Increase the provision of care by midwives	10	19. Family medicine physicians provide prenatal and postpartum care <sup>+</sup>	n/a
9. Address maternal mental health	10	20. Implicit bias training for providers <sup>+</sup>	n/a
10. Increase insurance coverage	9	21. Culturally congruent care <sup>+</sup>	n/a
11. Implement CenteringPregnancy	9	22. Increase the diversity of the healthcare workforce <sup>+</sup>	n/a

Note: CHWs = community health workers. Each participant ranked their five selections in order of priority with "1" being the highest priority and "5" being the lowest priority. †Strategies discussed and identified by MHCoP members at the in-person May 16, 2024, meeting.

## **Finalizing the Strategic Plan**

- Revised plan will be sent to all taskforce members today
- Please provide any comments by Friday, Sept. 6
- Final plan is due to HRSA on Sept. 29

## **Closing Remarks**

- Open invitation to present at future MHCoP meetings
- Please share about new projects, resources, and opportunities related to maternal health in Arkansas



#### Thank you!

## Our next meeting will be <u>virtual via Zoom</u> on **November 21, 2024**.

If any organizations have maternal health information that they would like to present at future meetings, please email Rachel Purvis at **rspurvis@uams.edu**.