

Maternal Behavioral Health Care

Iowa Specialty Hospital & Clinics, Clarion, Iowa
Rachel Fletcher, LISW



Iowa Specialty
Hospitals & Clinics

ORGANIZATIONAL OVERVIEW

Iowa Specialty Hospitals & Clinics is a critical access hospital with two main campuses and 9 outreach locations in North Central Iowa. Five of our clinics are rural health clinics. Our Clarion hospital and clinic is located in central Iowa, about 2 hours north of Des Moines, the capital of Iowa. Clarion has a population of 2,783. ISH partners with the Gabrielson Clinic for Women who has 4 locations across North Central Iowa. ISH started providing telehealth services in 2020.

PROGRAM SPOTLIGHT – What & Why

Our Clarion hospital houses the maternity department, delivering close to 3,000 babies in the last 5 years. The increase in births correlated with an increased need for designated mental health services in our OB department, not only for patients, but also our staff. Therefore a behavioral health professional was designated to the OB department. This clinician is on call for the OB team 24/7 and is available to meet with mother's and their family as well as staff before, during and after the delivery. Any mother who scores high (above 10) on their EPDS is also offered a consult with the therapist.

PROGRAM HIGHLIGHTS:

With the addition of the clinician to the OB department, we have been more equipped to effectively support our patients and the entire department as a whole. Specific highlights include:

- clinician attends OB department meetings
- clinician supports education efforts for staff to ensure they feel more equipped to meet the demands of their job with new moms
- decreased nurse burnout
- high risk moms are receiving follow up phone calls as needed from clinician to ensure they are accessing support in a timely manner if needed
- increased focus on prevention rather than intervention
- direct mental health support for OB team following traumatic birth experiences (example: infant death)

CONTACT INFORMATION

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OTHER TELEHEALTH SERVICES

- Behavioral Health
- Psychiatric medication management
- Primary care
- Behavioral health consultations (ED, hospital inpatient)
- Substance use disorder program



FUTURE PLANS, VISION, INITIATIVES / CLOSING THOUGHTS

- Identifying needs sooner in the prenatal care process.
- Provide more direct staff in-services to increase understanding and identification of at risk situations that can prompt involvement of the clinician.
- Ideally, we would like to get to the point where every mom is offered an opportunity, regardless of risk factors, to have a consult with the OB clinician as an extra layer of support and prevention.

Splash Session

TELEHEALTH EVERYWHERE
Region's Premier Telehealth Conference
May 21-22 in Bloomington, MN **2024**
www.gptrac.org/conference