

Massachusetts Special Legislative Commission on Postpartum Depression (PPD)
Wednesday, January 25th, 2017, 5:30-7:30 PM
Room 428, State House, Boston

Minutes

Commissioners present: Senator Joan Lovely (Chair), Representative Jim O’Day (Chair); Dr. Barrie Baker; Jamie Belsito; Rebecca Butler; Beth Buxton on behalf of Karin Downs; Dr. Lee Cohen; Jessie Colbert; Gail DeRiggi (on behalf of Commissioner Thomas Weber); Elizabeth Fluet; Liz Friedman; Mary Elizabeth Gamache; Margaret Hannah; Dr. Gordon Harper; Dr. Monica Le; Dr. Tiffany Moore-Simas; Dr. Michael Yogman.

Commissioners absent: Kristen Alexander; Karen Crowley; Rep. Kimberly Ferguson; Sen. Jennifer Flanagan; Dr. Janice Goodman; Dr. Julie Johnston; Divya Kumar; Peggy Kaufman; Kerry LaBounty; Sen. Thomas McGee; Rep. Denise Provost; Sen. Richard Ross; Dr. Alison Schonwald; Dr. Jayne Singer; Dr. Joshua Sparrow; Eileen Terlaga.

Commission staff present: Yaminette Diaz-Linhart, Commission Director

Members of the public and other state employees were also present.

1. Welcome; approval of minutes

Sen. Joan Lovely welcomed Commission members and guests. All of those in attendance introduced themselves. The Commission approved the minutes from the October 5th, 2016 meeting. Sen. Joan Lovely and Rep. Jim O’Day reported on renaming the PPD Commission to the “Ellen Story Commission on Postpartum Depression,” signed into law December 28th 2016.

2. Reports from Subcommittees

All subcommittees reported on their status, including those subcommittees that had completed their work.

- **Public awareness and stigma reduction:** Yaminette Diaz-Linhart summarized a memo prepared by Anna Roy stemming from the public awareness subcommittee. This included a summary of what other states have done for PPD public awareness campaigns and posed several questions to the Commission for the public awareness campaign. Questions included: What does the Commission want to accomplish with the campaign? Who do we want the campaign to reach? What do we want to say? Where would we want the campaign to be based out of? Who would help spread the campaign awareness? How do we evaluate if the awareness campaign was successful? Discussion concluded that this should be a priority for the Commission in the next year and that we should engage all stakeholders who are already working on public awareness of this issue across the state. Additionally, the Commission discussed potential avenues for funding, discussed the barriers to raising awareness, discussed reducing stigma by promoting success stories, and discussed additional funding to build capacity and train behavioral health providers to treat perinatal and postpartum depression.
- **Evaluating the impact of PPD initiatives in MA:** Dr. Gordon Harper summarized the next steps of the subcommittee. Of note, Dr. Nancy Byatt and Dr. Tiffany Moore-Simas are planning to submit a grant to utilize the new PPD screening reporting data, as well as MCPAP for Moms data to evaluate the work of the Commission and related programs.

- Centralized PPD resources: Margaret Hannah discussed that the subcommittee finalized updating the text for the PPD resources website on the DPH's main website. Beth Buxton reported that the updated PPD website with resources has been approved and is waiting update. Dr. Lee Cohen noted that it will be important to disseminate the new website throughout different networks to promote use of the resources.
- Outreach to special populations: Yaminette Diaz-Linhart discussed the completed work of the subcommittee, which included building PPD-related capacity at other state agencies and programs, including the Department of Early Education and Department of Children and Families. Dr. Michael Yogman and Dr. Katherine Biebel will continue to look at how to reach fathers that may be experiencing PPD through their research and by building capacity with other agencies and programs across the State.

3. Discussion of goals for PPD Commission in 2017

Discussion was held on the priorities of the PPD Commission. The Commission discussed prioritizing a funded and well planned public awareness campaign, evaluating the impact of the PPD Commission and programs related to the Commission as well as disseminating the work of the Commission through a website or other online presence.

5. Reports and discussion of PPD initiatives

Next PPD Commission Meeting: Please save the date for the next Commission meeting in the first week of May, likely Wednesday May 3rd 2017.

June 13th 2017 PPD Awareness Day at the State House: Please save the date (June 13th 2017) for this year's PPD Awareness Day at the Statehouse. If you are interested in helping with the event, please contact the Commission director.

Department of Public Health: Beth Buxton reported on ongoing work at DPH. The PPD screening reporting data is being sorted at CHIA with Dr. Fifi Diop's and her team of epidemiologists. The Department of Corrections is also working closely with DPH around implementation of the anti-shackling law and screening these women for PPD and referring to available services for imprisoned women experiencing PPD. Ms. Buxton will include any additional and updated information on PPD related initiatives in the annual DPH report.

6. Other announcements

- May is Maternal Mental Health Month: Please refer to the National Maternal Mental Health Coalition's ongoing advocacy work, including a lobby day in DC on May 17th and an Advocacy Day on May 18th. Please contact Jamie Belsito and/or Liz Friedman for additional information.

7. Adjournment

The meeting was adjourned.