

[View this email in your browser](#)

Network News **SPECIAL PERINATAL MENTAL HEALTHCARE edition** - December 2023



Women & Children's Health Network

CENTRAL REGION NORTH

This news is so fantastic, it deserves it's own Network News edition...



Perinatal mental healthcare: Tertiary outpatient care option

Waypoint Outpatient Assessment and Treatment Services

Waypoint Centre for Mental Health Care has psychiatry expertise to support individuals in the perinatal period within their Outpatient Assessment and Treatment Services (OATS).

Program Description

OATS offers a time-limited, goal-directed service for people experiencing moderate to severe mental health challenges. Psychiatric consultations and treatment as well as group interventions and individual counselling are offered. Some services are offered virtually. Clients can expect to be seen by a psychiatrist up to 6 months and inter-disciplinary treatment concluded by 9 months.

Referral Requirements

- Must have documented evidence of current psychiatric symptoms for which a treatment has been offered and shown to be unsuccessful and/or treatment recommendations and diagnostic clarification are being sought.
- A comprehensive summary of treatment of current psychiatric symptoms and copies of previous psychiatric consultations (if available)
- Details of comorbid physical health issues
- A comprehensive current medication list including a list of all medications that have been trialed

Inclusion Criteria

- Clients 16 years and over requiring psychiatric management in an inter-disciplinary environment (e.g. diagnostic clarification, treatment planning, treatment optimization)
- Clients care needs cannot be met in the community

Exclusion Criteria

- Treatment needs can be met through the Primary Care Provider (PCP) and other community services (e.g. prescribing, injection administration, counselling)
- Request is only for case management or medication administration
- If the sole purpose of the referral is mandated by the criminal justice system
- If the sole purpose of the referral is for third party assessments (e.g. parenting assessments, insurance, driving)
- Requests for experimental treatments (e.g. medical cannabis, LSD, Ketamine)

Admission and Discharge Planning

- Referrals will be reviewed and accepted by Central Intake onto the OATS Waitlist
- Referrals will be triaged for priority based on clinical risk (***It is important that pregnancy or post-partum is noted on the referral to assist with triaging. The perinatal period is triaged as high priority***)
- Discharges will done in collaboration with PCP and pathways for re-access will be available

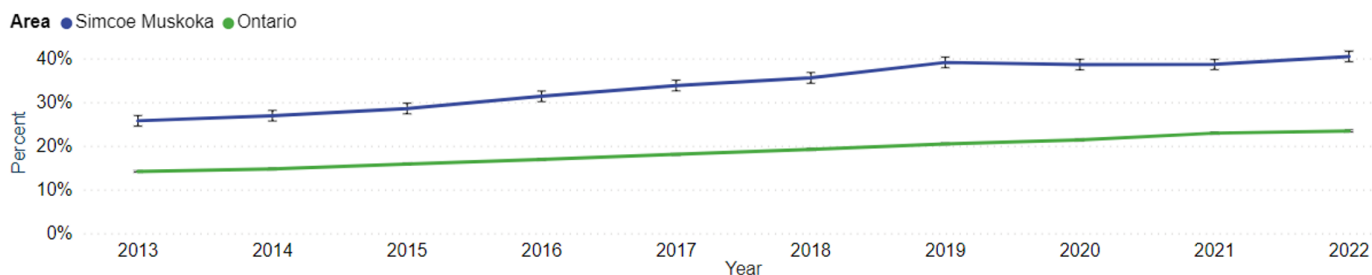
[Waypoint OATS REFERRAL form and additional information HERE](#)



Health Stats Simcoe Muskoka

The Simcoe Muskoka District Health Unit launches a new and improved data site including prenatal health

Any Mental Health Concern During Pregnancy (Yes) among Individuals Who Gave Birth in Simcoe Muskoka and Ontario, 2013-2022

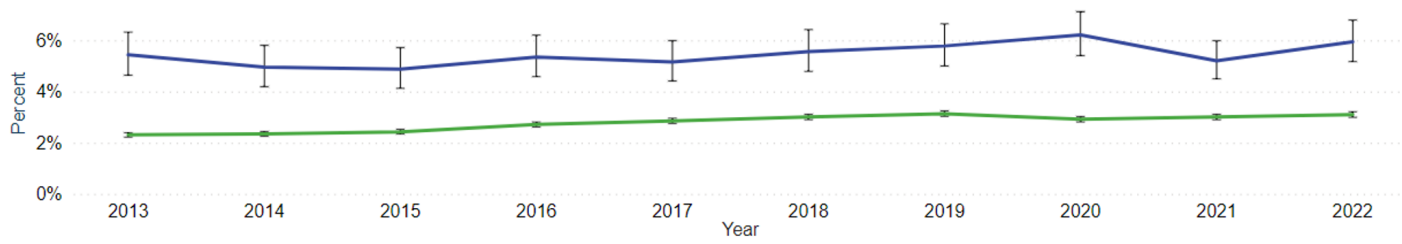


Extracted from: SMDHU website, <https://www.simcoemuskokahealth.org/Health-Stats/HealthStatsHome/MaternalandInfantHealth/PrenatalHealth>

Data is a powerful driver of change and this data reflects what clinicians are seeing in our community, and what individuals in the perinatal period are experiencing, a growing need to address the gaps that exist in perinatal mental healthcare. Perinatal mental health is one of the Network's primary clinical priorities. Our commitment as we begin a new year is to work collaboratively as a region to improve care access and further explore standardized assessment opportunities.

History of Postpartum Depression (Yes) among Individuals Who Previously Gave Birth in Simcoe Muskoka and Ontario, 2013-2022

Area ● Simcoe Muskoka ● Ontario



Extracted from: SMDHU website, <https://www.simcoemuskokahealth.org/Health-Stats/HealthStatsHome/MaternalandInfantHealth/PrenatalHealth>

[Health Stats Simcoe Muskoka - SMDHU website](#)



PCMCH also prioritizes perinatal mental health

"PCMCH's Care Pathway for the Management of Perinatal Mental Health (July 2021) and accompanying Guidance Document (July 2021), support healthcare providers in identifying pregnant or postpartum patients who may be experiencing mental health issues, assess the severity of their symptoms, determine appropriate care or treatment, and follow individuals through their care journey to ensure that their mental healthcare needs are being met.

The perinatal period can uniquely impact the mental health and wellbeing of 2SLGBTQIA+ people. Visit the 2SLGBTQIA+ Inclusivity in Perinatal Care page to learn more and access resources" (PCMCH website:<https://www.pcmch.on.ca/perinatal-mental-health/>).

[PCMCH Perinatal Mental Health Pathway & Guidance Document HERE](#)



Regional perinatal mental healthcare strategy development

The Network's Perinatal Mental Health Task Force will be hosting a regional strategy planning event in the spring to plan the path forward for our region. Improvement opportunities for perinatal mental healthcare services/resources will be the focus. This will include future state visioning

and road map development for our region. Additional information will be provided in an early 2024 Network Newsletter.

Follow us on Social Media!

CLICK THE ICONS BELOW

Don't miss out!



[www.wchn.ca]



Copyright © 2023 Women and Children's Health Network, All rights reserved.

Our email address is:

*NetworkFeedback@osmh.on.ca

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to jessicanorth@outlook.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Women and Children's Health Network · 170 Colborne St W · Orillia, ON L3V 2Z3 · Canada

