



Postpartum Mood Disorders

PPMD Treatment Services

On January 11, 2005 Acting Governor Richard J. Codey announced in the *State of the State Address* the need to more comprehensively identify and treat **Postpartum Mood Disorders (PPMD)**, including postpartum depression, experienced following the birth of a child by a significant number of women in New Jersey.

On July 18, 2005 the Departments of Human Services (DHS) and Health and Senior Services (DOHSS), partnered to officially launch the Governor's *Post Partum Wellness Initiative (PPWI)* designed to raise awareness of this important public health issue and to create expedited access to appropriate clinical services for women, and their families.

The Department of Health and Senior Services (DHSS) is operating a 24/7 **Family Health Line (1-800-328-3838)** to provide callers with information regarding Post Partum Mood Disorders. DHSS has also initiated a major public information campaign to raise awareness about PPMD, which aims to:

- educate both the professional and lay communities about PPMD
- promote screening and early identification
- provide expedited entry into treatment

Hopefully, this campaign will prompt women and their families to pursue additional information about treatment services for PPMD.

So that callers can access clinical resources, the Division of Mental Health Services (DMHS) has arranged for University Behavioral Health Care (UBHC) to link its existing Access Center to the DOHSS' Family Health Line. Callers who require clinical services or have questions about treatment will be personally, or "warm" transferred by Family Health Line staff directly to clinicians available through the UBHC Access Center available 24 hours a day, 7 days a week.

UBHC clinical staff taking calls transferred from the Family Health Line will provide initial telephone screening, assessment and support, and referral to initiative clinical service providers. Their follow up contacts to callers and/or providers will ensure that linkage to ongoing treatment, where necessary, is accomplished. In those circumstances where the nature of a call requires an emergent clinical intervention, the UBHC Access Center has the capability to make "warm line" call transfers to all 23 County-based Designated Emergency Mental Health Screening Centers.

This affiliated provider network is statewide and has at least one lead agency in each County. Participating clinical service providers are staffed by licensed clinical social workers, psychologists, nurses, and psychiatrists who are available to provide a host of outpatient treatment services to women and their families – whether they are referred from UBHC’s Access Center or come in for services to a County based Designated Emergency Mental Health Screening Center.

Outpatient treatment services include, but are not limited to:

- assessment and screening
- individual therapy
- group therapy
- family therapy
- medication management
- psychiatric and nursing consultation
- coordination of care with the woman’s primary care provider

If you, or someone you know, seem to be suffering from PPMD -- services by qualified clinical practitioners are readily available -- offering support, encouragement, information, and treatment to women and their families.

Help is a phone call away. Please call 1-800-328-3838.