



First Steps to Inspiring Hospitals to Implement MMH Best Practices



Are you a non-hospital employee but interested in partnering with your local hospital to implement Maternal Mental Health Best Practices?

Step 1: Organize a Win-Win Meeting, Sharing Resources

We suggest you start by doing a staff directory search and meeting with the labor and delivery manager and any psych staff they may have at the same meeting if the L&D manager isn't responsive.

We have found it's best to give them something -like saying:

"I'm sure you are seeing problems with maternal mental health wanted to be sure you knew about a free training in maternal mental health

<https://www.2020mom.org/certificate-training> and materials you can give your mothers <https://www.2020mom.org/materials>."

That will peak their interest.

Step 2: Share Best Practices During the Meeting

During the meeting consider sharing the hospital best practices and note that hospitals who implement even one change are making a difference.

<http://www.2020mom.org/hospital-resources>

If you are interested in helping, offer to help hospital staff implement a change (that they choose) by joining them at future meetings.

Other Ideas

Hospitals are always looking for topics to cover at ground rounds meetings, having an expert like a 2020 Mom or PSI vetted speaker/trainer cover MMH during a grand rounds meeting will peak interest among providers treating mothers.

Going Deep Takes a Champion

For hospitals to really go deep, we have found it takes a very interested and respected Champion (usually a clinician such as an MD with administrative influence). Sometimes there isn't such a champion but even 1-2 small changes (like passing out information at discharge) will make a difference.

Having Some Success?

If so write to us and let us know so we can feature you and your partner hospital in our 2020 Mom e-News. E-mail us at info@2020mom.org