

Oregon's 2026-2030 MACH Title V Priorities- Resource Guide



WOMEN'S/MATERNAL HEALTH Postpartum Care

For more information or technical assistance with Postpartum Care strategies please contact:

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The weeks after birth are essential for a parent's health and well-being. Postpartum care can prevent illness and maternal mortality by identifying and addressing complications early. A full postpartum check-up within 12 weeks is recommended and all birthing people should receive support for postpartum recovery, mental health, and reproductive life planning. Screening for perinatal depression and anxiety can facilitate increased referrals and treatment and decrease other adverse outcomes.

Strategies:

1. Collaborate with home visiting programs to support people in obtaining timely postpartum care.
2. Develop health education materials (e.g. brochures, videos, digital content) about perinatal mental health.
3. Expand access to community-based perinatal care including mental health care.
4. Support Traditional Health Workers (e.g. Community Health Workers, Doulas) to provide postpartum mental health screenings and support clients in accessing behavioral health services.

Below are examples of what this work can look like for grantees. These project ideas are offered to help with planning, but grantees are also welcome to develop their own projects/ activities/ measures. Note: Activities should be outlined in a way that helps outline how the project will be done. Include at least one measure per project for the annual plan.

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Strategy #1: Collaborate with home visiting programs to support people in obtaining timely postpartum care.



Home visiting programs that provide training for home visitors and focus on postpartum care as a performance measure can improve the rate of postpartum visit attendance among clients.

Example Local Level Projects/Work

- **Example A:** Train and support home visitors to screen for maternal conditions, help postpartum clients make and attend medical appointments, and provide access to community services.
 - Possible activities related to this project/work:

- Enhance training for home visitors to provide culturally sensitive education that emphasizes the importance of postpartum care.
 - Conduct a continuous quality improvement project focused on improving the rates of postpartum visit attendance among home visiting clients.
 - Possible measures related to this project/work:
 - Number of home visitors trained to provide postpartum care education, referrals, and follow-up.
 - Percent of home visits with postpartum clients that include postpartum care education and care coordination.
 - Resources/Evidence:
 - [Continuous Quality Improvement Toolkit: A Resource for Maternal, Infant, and Early Childhood Home Visiting Program Awardees](#)
- **Example B:** Build partnerships and referral pathways between home visiting programs and health care providers, clinics, and community-based organizations to facilitate postpartum care coordination.
 - Possible activities related to this project/work:
 - Outreach and relationship building with postpartum care providers (e.g. organize presentations or networking events, attend maternal and child health coalition/task force meetings).
 - Create agreements outlining referral processes, data sharing, and roles.
 - Possible measures related to this project/work:
 - Number of partnerships established between the home visiting program and healthcare providers, clinics, and community organizations to facilitate postpartum care coordination
 - Number of referral pathways established between the home visiting program and healthcare providers, clinics, and community organizations to facilitate postpartum care coordination
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on the [Postpartum Visit](#).

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Strategy #2: Develop health education materials (e.g. brochures, videos, digital content) about perinatal mental health.



When educational materials match parents' culture, language, and reading level, these materials can help parents learn how to spot signs of perinatal mood disorders and encourage parents to seek help.

Example Local Level Projects/Work

- **Example A:** Engage community partners in the development of postpartum mental health education materials.
 - Possible activities related to this project/work:
 - Organize listening sessions with new parents to understand their challenges and language that resonates.
 - Collaborate with partners on video testimonials or short educational clips featuring trusted community members.
 - Possible measures related to this project/work:
 - Number of community partners engaged in the development of postpartum mental health education materials
 - Number of educational resources that include postpartum mental health information
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on [Postpartum Mental Health Screening](#).
 - [CDC Hear Her Campaign Materials](#)
- **Example B:** Engage community partners in the dissemination of postpartum mental health education materials.
 - Possible activities related to this project/work:
 - Work with partners to co-brand materials for wider reach.
 - Develop a distribution strategy with partners, leveraging clinics, social media, and community events.
 - Possible measures related to this project/work:
 - Number of partners mobilized to support the dissemination and utilization of postpartum mental health education materials.

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Strategy #3: Expand access to community-based perinatal care including mental health care.



Strengthen community-based systems to deliver accessible and culturally appropriate perinatal and mental health care. By reducing barriers and improving coordination, families can receive timely, holistic support during the perinatal period.

Example Local Level Projects/Work

- **Example A:** Strengthen partnerships among healthcare providers, community organizations, and mental health specialists to create a coordinated network that improves access to perinatal services.
 - Possible activities related to this project/work:
 - Facilitate or participate in multidisciplinary coalitions that include doulas, lactation consultants, mental health specialists, and home visitors.

- Engage community-based organizations (CBOs) like WIC, faith-based groups, and parent support networks to identify and refer families in need.
- Possible measures related to this project/work:
 - Number of disciplines represented per meeting
 - Number of active partnerships
- **Example B:** Address barriers to perinatal care access.
 - Possible activities related to this project/work:
 - Provide transportation vouchers or child care support for appointments.
 - Offer group-based support programs (e.g. peer-led postpartum mental health groups, virtual support circles).
 - Possible measures related to this project/work:
 - Number of transportation vouchers provided or number of children that child care support was provided for
 - Number of support program groups offered

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Strategy #4: Support Traditional Health Workers (e.g. Community Health Workers, Doulas) to provide postpartum mental health screenings and support clients in accessing behavioral health services.



Traditional Health Workers (THWs) can play a vital role in identifying postpartum mental health needs and linking families to care. Supporting these workers helps ensure families receive timely, culturally appropriate services.

Example Local Level Projects/Work

- **Example A:** Increase Traditional Health Worker capacity to provide postpartum mental health support.
 - Possible activities related to this project/work:
 - Offer training for Traditional Health Workers on postpartum mental health education and screening for perinatal mood and anxiety disorders (PMADs).
 - Provide certification support for THWs to meet state requirements.
 - Possible measures related to this project/work:
 - Number of Traditional Health Workers trained to deliver postpartum mental health education who report an increase in knowledge and/or skill
 - Number of THWs who received certification support
 - Resources/Evidence:
 - [Oregon THW Program](#)
 - [Office of Women's Health Talking Postpartum Depression Materials](#)

- **Example B:** Integrate Traditional Health Workers in care pathways that facilitate access to services for perinatal clients.
 - Possible activities related to this project/work:
 - Embed THWs in care teams and establish standard workflows.
 - Establish shared documentation systems with THWs.
 - Possible measures related to this project/work:
 - Percentage of perinatal clients seen by a THW
 - Number of THW encounters documented in shared system

Additional Postpartum Care Resources:

- [NASHP Strengthening Postpartum Care Coordination to Improve Maternal Health](#)
- [CMS Resources on Strategies to Improve Postpartum Care Among Medicaid and CHIP Populations](#)