SUPPORTING LOCAL SOLUTIONS FOR BETTER PERINATAL BEHAVIORAL HEALTH



IMPACT BH is a clinical and community quality improvement initiative led by the Colorado Perinatal Care Quality Collaborative (CPCQC) in partnership with the Colorado Behavioral Health Administration. Through technical assistance (TA), training, data support, grant funding, and peer learning, IMPACT BH helps communities strengthen systems of care for pregnant and postpartum women experiencing perinatal mental health, substance use, intimate partner violence, and health-related social needs.

Preparing for and welcoming a new baby can be a whirlwind. Learning how to feed the baby, changing diapers around the clock, and operating on little sleep can strain even the most confident families. For pregnant and postpartum women who are struggling with their mental health or substance misuse, finding the treatment they need—on top of juggling the demands of caring for a child—can feel impossible.

Fortunately, there are steps communities can take to ensure women can access treatment or support for their behavioral health—when and where they need it. The **IM**prove **P**erinatal **A**ccess, **C**oordination, and **T**reatment: **B**ehavioral **H**ealth program (**IMPACT BH**) strengthens connections and collaboration among organizations serving pregnant and postpartum women, infants, and their families—weaving a tight web of support to ensure no family in need of behavioral health services falls through the cracks

THE DATA ARE CLEAR: there is an urgent need to improve access to treatment and support for mental health and substance use among pregnant and postpartum women.

1 in 5

pregnant or postpartum women are **affected by perinatal mood or anxiety disorders.**

42%

of pregnancy-associated deaths in Colorado were caused by **unintentional overdose or suicide** from 2019-2023.



5.5 per 1,000
birth hospitalizations

In 2023, Colorado's Neonatal Abstinence Syndrome (NAS) rate was **5.5 per 1,000 birth hospitalizations, up from 1.4 per 1,000 in 2009**—nearly tripling over 14 years.



of postpartum women in Colorado in 2023-2025 reported **needing or wanting mental health care or counseling** since their baby was born—but 50% of those who needed care reported not being sure where or who to go to for care.

WHY IMPACT BH MATTERS

Successful behavioral health care doesn't happen in a vacuum. It's the product of a clinically robust, integrated system that helps mothers and infants access high-quality services in the places that are right for them.

Throughout pregnancy and the postpartum period, parents may receive services from a hospital, a doctor's office, or other organizations based in the community. IMPACT BH supports these partners in working together—offering training and resources through a 12 month learning collaborative and grant program—to make sure families receive the best possible behavioral health care and support.

HOW THE IMPACT BH PROGRAM WORKS

IMPACT BH helps communities build a strong system of support for families in three ways:

1. **Increase early detection and effective response to perinatal mental health and substance use needs** by strengthening screening, brief intervention, and referral to treatment (SBIRT) practices across clinical and community settings. IMPACT BH offers a quality improvement learning collaborative and clinical, data, and quality improvement coaching for counties on the best ways to identify perinatal behavioral health disorders and refer maternal and infant dyads to the type of care they need.

2. **Improve timely and appropriate access to care** by expanding community-based perinatal navigation services through training, technical assistance, and responsive funding. Perinatal navigation helps maternal and infant dyads connect to vital services when they need them. Navigation can be provided through peer support providers, community health workers, doulas, home visitors, or other navigation providers.

3. **Establish and sustain local Perinatal Continuum of Care (PCOC) groups** to address persistent service gaps, strengthen cross-sector coordination, and support local adoption of best practices. IMPACT BH brings together local networks of community-based and clinical providers to improve referrals and care for mothers and infants within their communities.

2026-2027 PROGRAM PARTNERS

Chaffee County Public Health; HRRMC; Custer County Kids Council; Grand Beginnings; Custer County Public Health Agency; Bright Futures For Early Childhood and Families; Middle Park Health; Telluride Regional Medical Center; SLVAHEC; San Luis Valley Health; San Luis Valley Behavioral Health Group; Anschutz Department of Psychiatry; JBA James Bell Associates; Colorado Behavioral Health Administration; Turning the Tide Perinatal Substance Use Initiative; CPCQC SPARK Supporting Postpartum Access Recovery & Knowledge

READY TO BE A PART OF IMPROVING PERINATAL BEHAVIORAL HEALTH IN YOUR COMMUNITY? CONNECT WITH IMPACT BH.

You and your community have the power to improve mental health and substance use support for pregnant and postpartum women. The application for the 2027-2028 IMPACT BH program will open in early 2027. Please reach out to info@cpcqc.org to learn more about IMPACT BH and bring the program to your community.

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