

Furthering a Movement: The Perinatal Mental Health Community of Practice

What is the Perinatal Mental Health (PMH) Community of Practice (CoP), and who is it for?

The PMH CoP serves as a global collaborative platform for experts and practitioners working in maternal and newborn health, mental health, and related fields. The community consists of government representatives, academia, program implementers, civil society organization members, researchers, and those with personal experiences with PMH to learn from each other and enhance our collective knowledge of PMH. The community's focus is to provide opportunities for those living and working in low- and middle-income countries (LMICs) to share practical and effective tools, best practices, and strategies and to coordinate capacity-strengthening efforts related to PMH.

What will the PMH CoP do?

The PMH CoP strives to create a dynamic and inclusive environment for its members to collaborate in the following ways:

1

CONNECT

individuals who have an interest in enhancing and advocating for PMH prevention, care, and treatment in LMICs.

2

COLLABORATE

to address challenges and outstanding questions and harness the power of a global community for peer learning.

3

DISSEMINATE

the latest evidence, lessons learned, program achievements and implementation guidance.

The PMH CoP WILL:

Facilitate peer-to-peer engagement and learning to inform policymaking and advocate for investments in integration of PMH services.

Promote dialogue among members to share successes and challenges of PMH integration into sexual, reproductive, maternal, newborn, child, and adolescent health services; nutrition services; and other health care services, and to synthesize emerging evidence.

Create meaningful collaboration between stakeholders and communities by supporting dialogue and information sharing at the community and service-delivery levels.

The PMH CoP WILL EXPLORE PARTNERSHIPS TO:

Produce **new** guidance, training resources, or implementation tools.

Structure of the PMH CoP and How to Engage

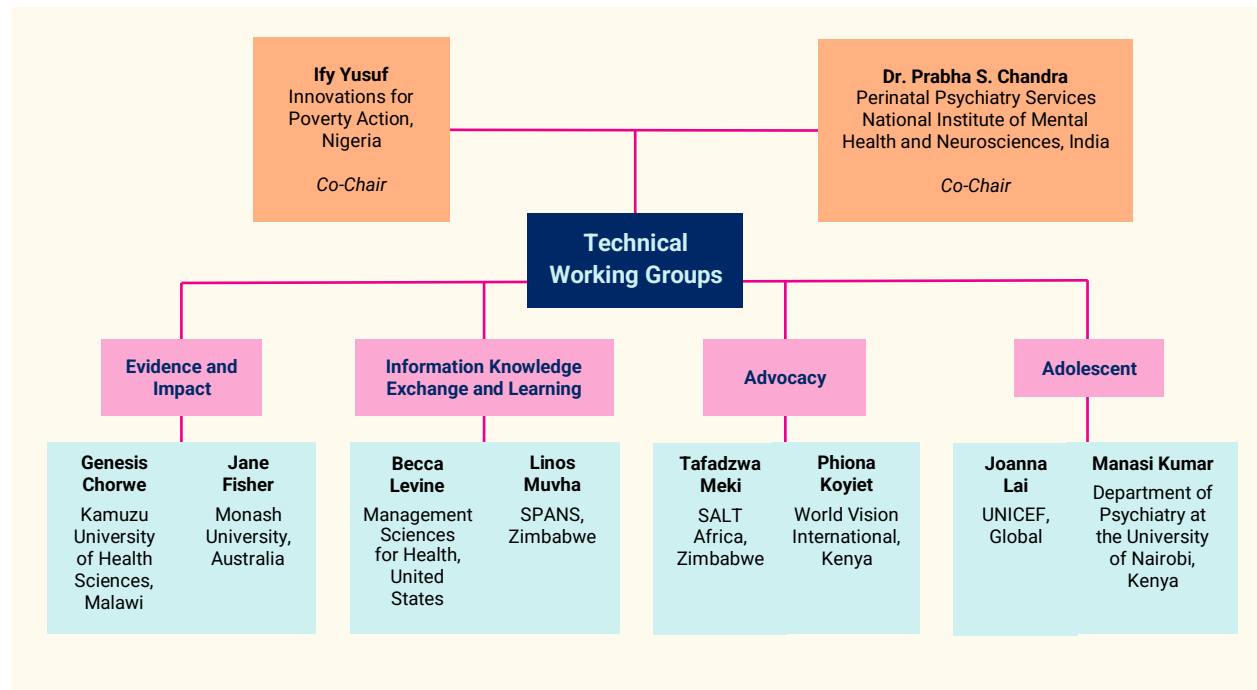
STRUCTURE OF THE CoP

The community is led by a *Steering Committee*, including representatives from various countries and organizations with expertise in and commitment to improving PMH outcomes in LMICs, as well as two co-chairs. The primary task of the Steering Committee, the co-chairs, and the PMH community at large is to help set the direction, priorities, and activities of the CoP. The CoP has four *technical working groups* (TWGs) that focus their attention on priority aspects of PMH. Each TWG has one to two co-leads who are members of the Steering Committee. The TWGs are listed below.

1. **Information, Knowledge Exchange, and Learning** focuses on addressing a global gap in understanding of PMH. Example activities may include collecting and sharing PMH-related literature and experiences in LMICs; creating a digital learning space where awareness-raising information, ideas, and stories about PMH can be shared and discussed by local leaders and CoP members; and collaborating with the learning center/hub of the World Health Organization and U.S. Agency for International Development to ensure an accessible PMH training module.
2. **Evidence and Impact** focuses on evidence-based practices by facilitating technical collaboration and guidance on intervention design and results-oriented action. Example activities may include rapid dissemination of new evidence from PMH-related interventions; linking stakeholders who can encourage collaboration between the community and service providers using evidence from PMH interventions; and partnering with community-led and -owned organizations that are leading efforts to generate evidence for maternal, newborn, child, and adolescent health.
3. **Advocacy** focuses on mobilizing communities, local partners, and governments to action, driven by lived experiences in LMICs and data. Example activities may entail supporting purpose-driven campaigns that support implementation and adoption of country-led PMH policies.
4. **Adolescent** focuses on the unique mental health needs of adolescents during the perinatal period through technical collaboration and community-led advocacy. Example activities may involve partnering with adolescents as agents of change to lead and participate in meaningful dialogues within their communities; creating a space (discussion boards, webinars, interactive learning) for those working in the adolescent field to join discussions with those working in PMH; and supporting development of digital platforms and solutions for vulnerable groups.

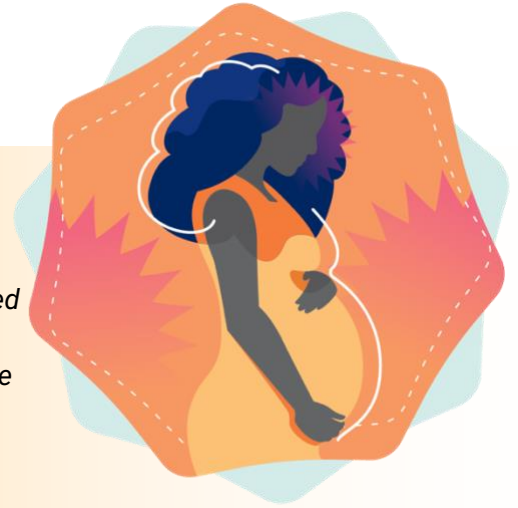
The PMH CoP is a community-owned, community-designed forum—and we embrace that we are just getting started! We want to hear from you—what PMH issues and priorities matter to you? What suggestions do you have for ways in which this community can build on and enhance PMH efforts? Please reach out to the PMH CoP Secretariat and share your thoughts at PMH.CoP@jhpiego.org.

Perinatal Mental Health Community of Practice Governance Structure



Joining the PMH CoP

From the beginning, the larger PMH community has been committed to building a community-owned, community-led movement that addresses mental health challenges during the perinatal period. The PMH CoP strives to provide a platform for this global movement. Please join us in this exciting work!



Step 1: Become a member of the PMH CoP by subscribing to digital communications at <http://eepurl.com/iC-Qmo>.

Step 2: Enter your first and last name and email address.

Step 3: When all areas are complete, press “subscribe.” After pressing subscribe, you are automatically added to the PMH CoP listserv.

Now you can receive the latest news from the PMH CoP, including monthly literature roundups, event announcements, and future opportunities to join the CoP technical working groups.



This brief is made possible by the generous support of the American people through the U.S. Agency for International Development (USAID) under the terms of the Cooperative Agreement #7200AA20CA00002, led by Jhpiego and partners. The contents are the responsibility of MOMENTUM Country and Global Leadership and do not necessarily reflect the views of USAID or the United States Government.