



## Perinatal Mental Health Community of Practice

### Terms of Reference

#### Purpose

The Champlain Maternal Newborn Regional Program (CMNRP) is a network whose mandate is to provide leadership, support and coordination for the planning and delivery of perinatal health services in the [Ontario Health East Region](#) (formerly Central East, Champlain, South East LHINs). The goal of the CMNRP is to improve the health of pregnant and postnatal individuals and their newborns through integration of patient-focused planning at a regional level.

The Perinatal Mental Health Community of Practice (CoP) is a network of interprofessional and intersectoral professionals who provide mental health/wellness services and support in the Ontario Health East Region, offering an opportunity to share successes and challenges, and to engage in a process of collective learning and support of CMNRP's goal and strategic priorities. Members have a common sense of purpose and desire to work together to share knowledge, solve problems, cultivate best practice and foster innovation.

#### Objectives

1. Share information about perinatal mental health resources.
2. Identify potential regional perinatal mental health gaps and priorities.
3. Share successes and challenges with respect to innovation and change management regarding the provision of services and supports.
4. Play a consultative role with CMNRP's regional committees and workgroups to provide a mental health perspective on regional initiatives and projects.
5. Identify opportunities to foster professional development.
6. Collaborate on funding applications to enhance perinatal mental health education and/or service delivery.

#### Accountability

The Perinatal Mental Health CoP is accountable to the CMNRP Network Council. Concerns, gaps, and priorities will be escalated through the appropriate channels.

#### Membership

An open invitation for *Expression of Interest* in membership is issued by CMNRP. Interested individuals will submit an application that will be reviewed by the CMNRP Secretariat and/or designate. CMNRP will strive to ensure representation across sectors and professions within the Ontario Health East Region.

CoP members must live and/or work in the Ontario Health East Region, and may include:

- Interprofessional and intersectoral health care and social service providers who are involved in the provision of antenatal, intrapartum, and postnatal care services and/or support in the Ontario East Region.
- Peer supporters and/or individuals with lived experience.



- Academic faculty specializing in perinatal mental health and/or psychiatry.

The chair/co-chair of the Perinatal Mental Health CoP will be appointed by its members. The term is for 2 years and is renewable. The chair/co-chair will be responsible for facilitating the planning of any in-person or online meetings with the support of the CMNRP secretariat. The chair will be invited to attend CMNRP Advisory Committee meetings.

### **Meetings**

The Perinatal Mental Health CoP will endeavor to meet 4 times a year, and on an ad-hoc basis, as determined by the group.

### **Communications**

Communication will mainly occur by e-mail and the use of innovative technologies as determined by the group. This will be facilitated by sharing a membership list (emails) with member's permission. The CMNRP secretariat will maintain the membership list. Meetings will held primarily online through Zoom platform with the occasional in-person meeting if deemed appropriate.

### **Terms of Reference Document Review**

Review of the Perinatal Mental Health CoP terms of reference and functions will be done every 2 years or more frequently as deemed appropriate.