



MHAP

**Maternal Health
Access Project**

Agenda

01

Defining Perinatal Mental & Behavioral Health

02

Perinatal Mental & Behavioral Health in Missouri

03

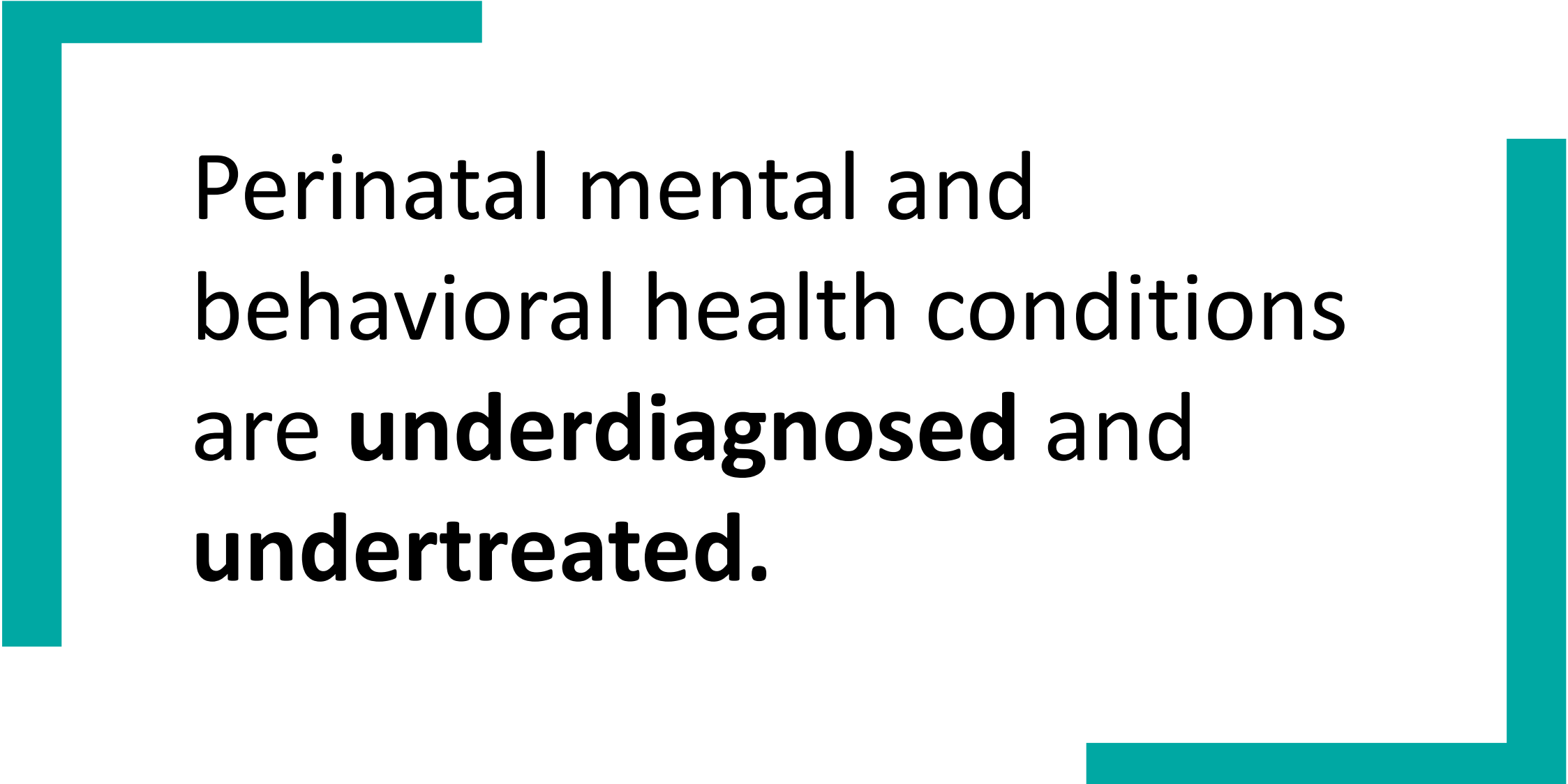
The Maternal Health Access Project

DEFINING PERINATAL MENTAL & BEHAVIORAL HEALTH

Perinatal Mental & Behavioral Health

- Mental/ behavioral health conditions occurring during pregnancy or in the 12 months following delivery
- Perinatal mood and anxiety disorders (PMADs) and substance use disorders are among the most common obstetric complications
- An estimated 1 in 5 women worldwide will suffer from a maternal mental health complication





Perinatal mental and behavioral health conditions are **underdiagnosed** and **undertreated**.

Left untreated, these conditions can lead to...



Pregnancy & birth complications

- Preeclampsia
- Preterm delivery
- Low birth weight
- NICU admissions



Impacts on relationships

- Lactation challenges
- Bonding issues
- Adverse partner relationships



Impacts on child's development

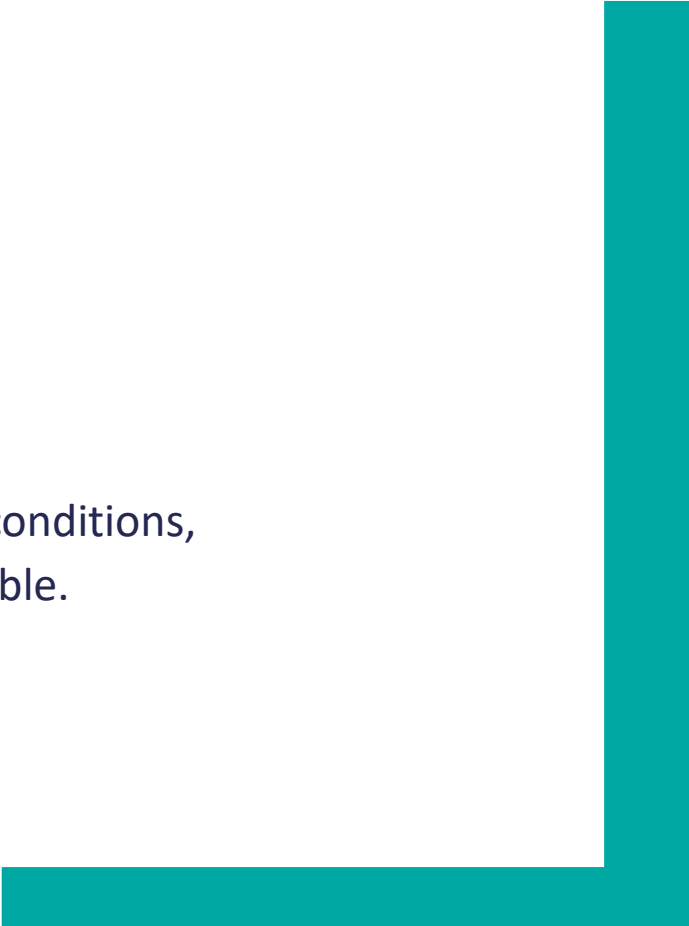

- Cognitive delays
- Motor & growth issues
- Behavioral problems
- Mental health disorders

PERINATAL MENTAL & BEHAVIORAL HEALTH IN MISSOURI

2024 PAMR Findings



- Between 2017 and 2021, Missouri had a pregnancy-related mortality ratio (PRMR) of 32.2 deaths per 100,000 live births
- This rate was 2.5x as high for Black women
- The number of suicide deaths doubled from 2017-2019 to 2018-2020, with 44% of all suicide deaths in the period occurring in 2020
- Mental health conditions, including substance use disorder (SUD), were the second leading underlying cause of pregnancy-related death



100%

of all pregnancy-related deaths due to mental health conditions,
including SUD, were determined to be preventable.

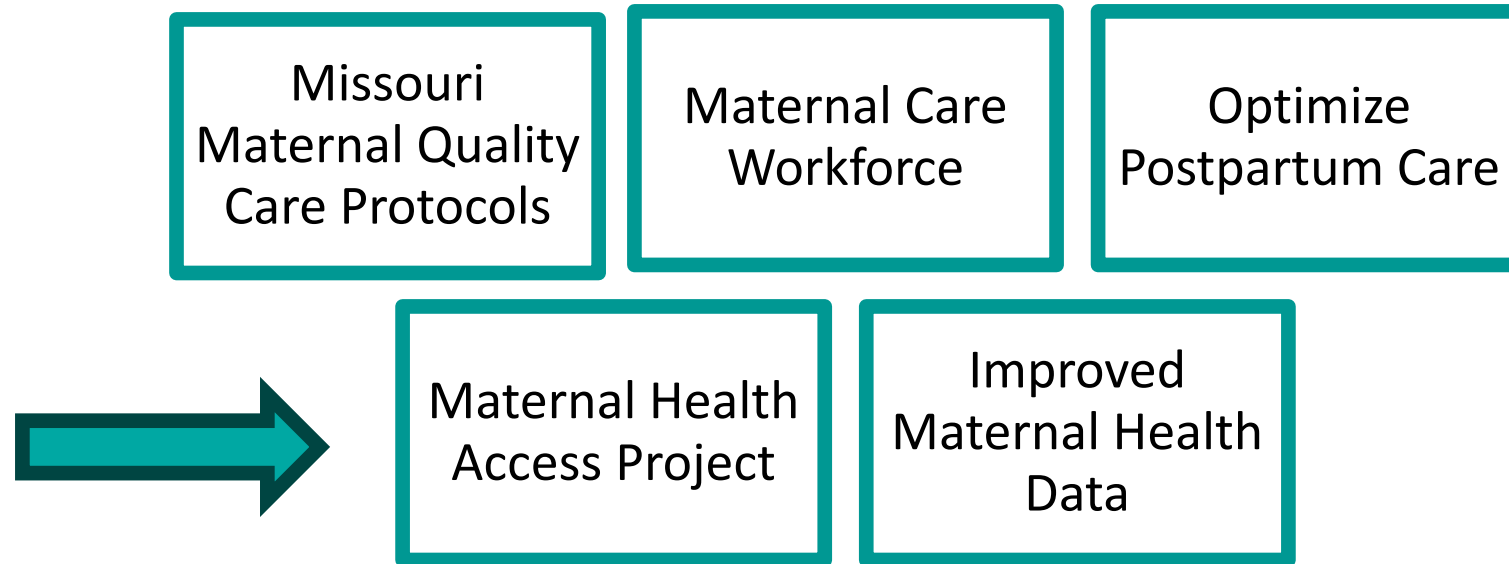
MHAP Funders

Missouri Department of Health and
Senior Services (MO-DHSS)

Health Resources and Services
Administration (HRSA)

State Funding: Missouri Maternal Mortality Plan

GOVERNOR PARSON ANNOUNCES NEW INVESTMENT, PARTNERSHIPS TO
REDUCE MATERNAL MORTALITY IN MISSOURI



THE MATERNAL HEALTH ACCESS PROJECT

What is MHAP?

- Missouri's new **statewide perinatal psychiatry access program**
- Designed to give perinatal care providers throughout the state the tools they need to confidently **diagnose, treat, and access care coordination** for their patients' mental and behavioral health concerns



What is MHAP?

1. Psychiatric Consultation

- Real-time phone consultation with a perinatal psychiatrist, available on demand Monday – Friday, 9:00 AM – 4:30 PM

2. Resource & Referral

- Linkages to resources to promote perinatal mental health and wellness with the active support of a care coordinator

Training & Education

- Trainings and toolkits for providers and staff on a wide range of topics related to perinatal mental and behavioral health

Who can utilize MHAP?

Anyone in the state providing healthcare and/or social services to patients in the perinatal period!

OB/GYNs

Midwives

Doulas

PCPs

CHWs

BHCs

Social
Workers

RNs

Psychiatrists

NPs

Home
Visitors

Pediatricians

HOW DOES MHAP WORK?

Registering

Registering



[MHAP] Provider Registration Form

AA
⊕ E

Welcome to the Maternal Health Access Project (MHAP) program!

The MHAP program aims to improve access to perinatal mental and behavioral health care for birthing persons across Missouri. This is accomplished by making resources, tools, and case consultations accessible to physicians and clinicians within the state. Please use the registration form below to sign up.

Only physicians, clinicians and other maternal care providers who have enrolled using this form may access services in the MHAP program. If you are a licensed physician or clinical care provider and would like to enroll, please complete the information below.

If you are a patient and are up to 1 year postpartum, please encourage your physician or clinician to access these services on your behalf.

Contact the MHAP Program at musompsychiatrymh1@missouri.edu for further questions.

Date of enrollment

* must provide value

Enter as MM/DD/YYYY

Today

M-D-Y

HOW DOES MHAP WORK?

Psychiatric Consultation

Accessing a Psychiatric Consultation

Step 1:

Request the consult (call or online request).

Step 2:

Select when you would like a call back – either within 30 minutes or at a scheduled time convenient for you (available M-9:00 a.m. – 4:30 p.m.).

Step 3:

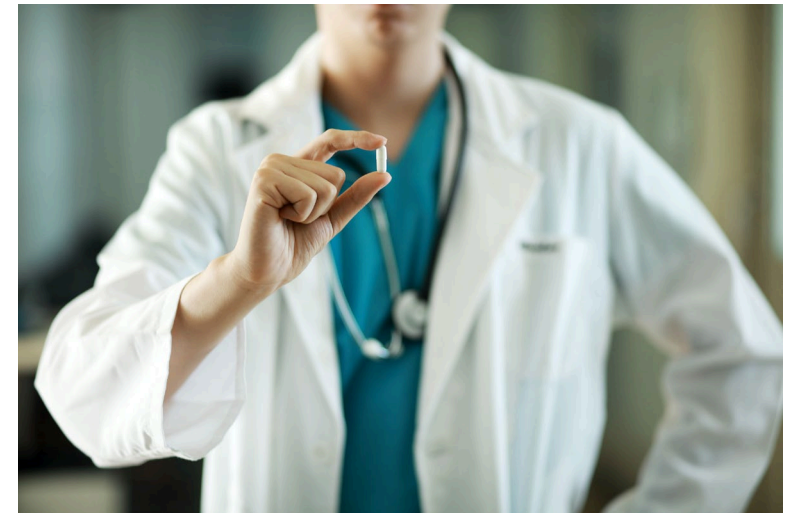
Psychiatrist will call you directly at the agreed upon time.

Step 4:

After the call, psychiatrist will complete a call summary, which you will receive via email

Possible Consultation Topics - Prescribers

- Helping patients with existing MBH conditions with pre-conception medication planning
- Conducting medication assessments and risk/benefit analyses
- Safely dosing, titrating, and weaning perinatal patients from psychotropic medications
- Safety of medications during breastfeeding
- Beginning bridge care while patient is waiting to see a perinatal psychiatrist



Possible Consultation Topics, cont.

- Treatment of substance use disorders (SUD's)
 - *Initiating and titrating MOUD*
 - Buprenorphine (sublingual, XR)
 - Methadone (inpt rx only)
 - Naltrexone (PO, XR)
 - Perinatal considerations of medications
 - *Pain management w/ labor & delivery*
 - Buprenorphine, Methadone, & Naltrexone considerations
 - *Harm reduction*
 - *Tx for AUD, nicotine use, stimulant use disorder*
 - *Management of concurrent substance use*
 - *Lactation considerations*

Possible Consultation Topics – Non-Prescribers

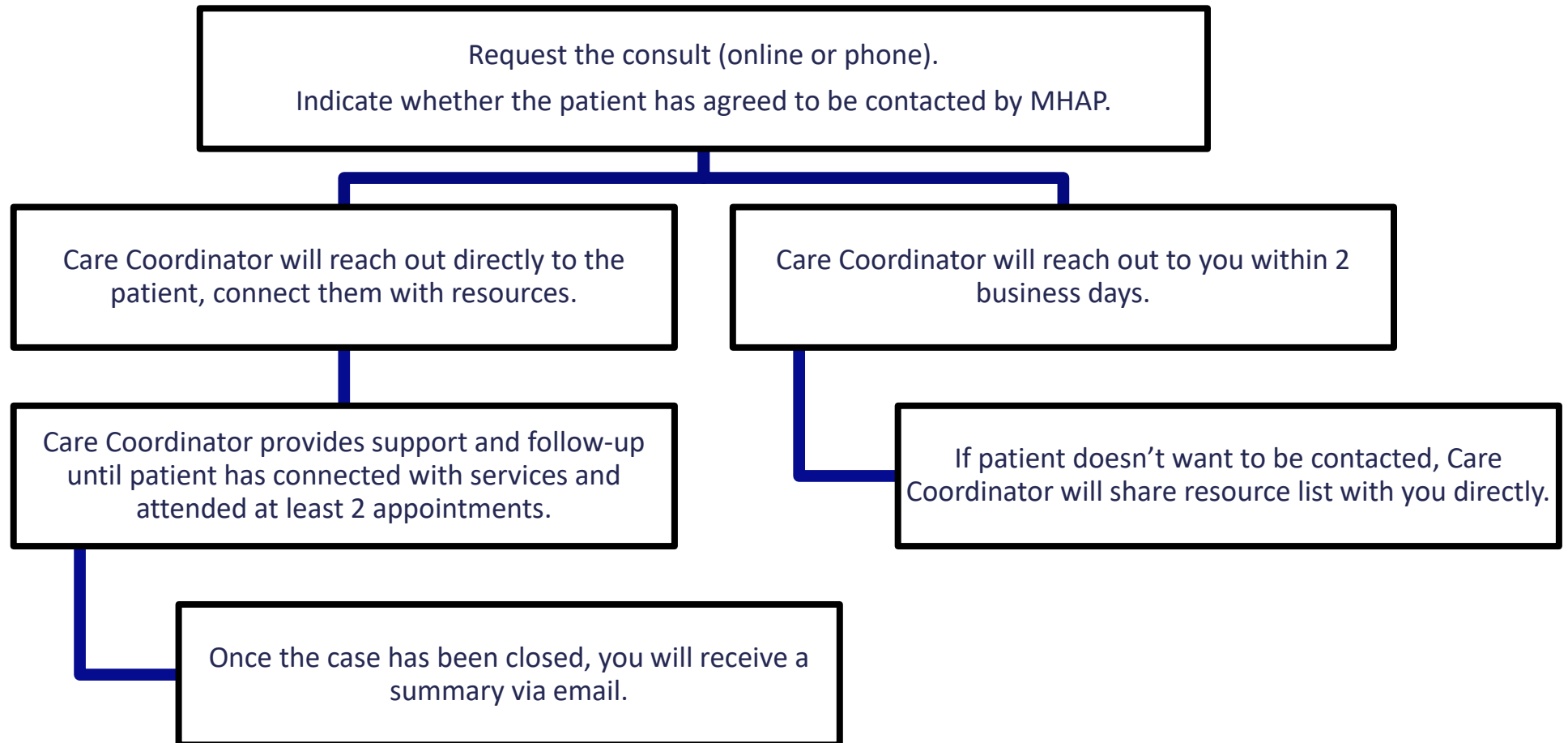
- Interpreting PMAD screening results
- Helping patients understand their symptoms and/or diagnosis
- Determining appropriate next steps to recommend to a patient with a mental or behavioral health concern
- Advocating for the patient within the medical/mental health systems



HOW DOES MHAP WORK?

Resource & Referral

Resource & Referral Services



Some of the resources to which coordinators can help link your patients include:

Primary
Care

Individual
Therapy

Group
Therapy

SUD
Treatment

Support
Groups

Home
Visiting

HOW DOES MHAP WORK?

Training & Education

Training and Education

Every professional who registers in MHAP will have access to training and educational materials generated by the program.





Screening, Assessing, and Managing Perinatal Anxiety Disorders

Join the Maternal Health Access Project for a **free** virtual training on anxiety disorders during pregnancy and postpartum.

Session A:

Monday, October 28,
11:00 a.m. - 12:00 p.m.
via Zoom

- Introduction to perinatal anxiety disorders, including trauma and OCD
- Emphasis on **non-pharmacologic interventions**

*Presented by
Melanie McKean, DO, PhD*

Session B:

Tuesday, October 29,
12:00 p.m. - 1:00 p.m.
via Zoom

- Introduction to perinatal anxiety disorders, including trauma and OCD
- **Medication management** component

*Presented by Bridget Galati,
DO, FASAM, PMH-C*



Register today:

<https://redcap.link/TrainingRegistration>

Questions? Email us at musompsychiarymh1@missouri.edu

FAQs



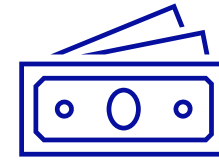
Can perinatal patients call MHAP for themselves?

No. MHAP does **not** provide direct care to patients and should not be used as a substitute for specialty care and services.



Is there a limit to how often I can call MHAP?

No. Providers may utilize MHAP as much or as little as they'd like. There are no strings associated with registering and no limits on utilization.



How much will MHAP cost providers and/ or patients?

Nothing. There is **no cost** to providers or patients for utilization of MHAP services.

ADDITIONAL RESOURCES

National Maternal Mental Health Hotline

- 24/7 free confidential support
- Chat or text 833-TLC-MAMA, receive a response within a few minutes
- Counselors speak English and Spanish; interpreter services available in 60 languages
- Counselors provide real-time support and information and referrals to local and telehealth providers and support groups

1-833-TLC-MAMA (1-833-852-6262)



Postpartum Support International (PSI)

- Postpartum Support International (PSI) is a U.S.-based organization that provides support to pregnant & postpartum birthing people experiencing mental health issues



Our Mission

The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

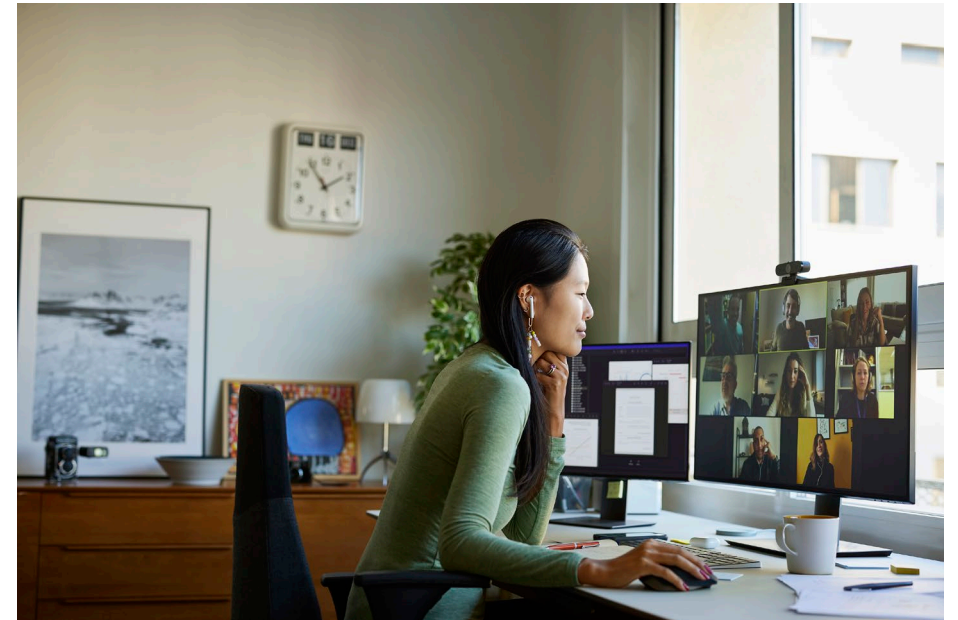


Our Vision

It is the vision of PSI that every woman and family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.

PSI Online Support Groups

- PSI offers 50+ free virtual support groups
- Support group topics include:
 - *Birth trauma support*
 - *Birth trauma support for BIPOC mothers*
 - *Early pregnancy loss support for moms*
 - *Mental health support for special needs and medically fragile parenting*
 - *Perinatal mood support for parents*
 - *Pregnancy and postpartum psychosis support for psychosis*
 - *Queer and trans parent support group*
 - *And many more*



PSI HelpLine

Call or Text the PSI HelpLine

Call 1-800-944-4773 (4PPD) #1 En Español or #2 English

Text in English: 800-944-4773 Text en Español: 971-203-7773

- The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources.
- *The HelpLine is not a crisis hotline and does not handle emergencies. [Click here for Emergency Information.](#)*
- The HelpLine messages are returned every day of the week. Calls and texts will be returned within business hours 8am-11pm EST.
- You are welcome to leave a confidential message any time, and one of the HelpLine volunteers will return your call as soon as possible. If you are not able to talk when the volunteer calls you, you can arrange another time to connect. The volunteer will give you information, encouragement, and names of resources near you.

To register and access services:



Elena Horvit, MHAP Program Manager
horvite@missouri.edu



Nicole Wood, MHAP Program Manager
nwood@bhinstl.org



Nicole Cope, MHAP Executive Director
copen@missouri.edu



Registration Link:
https://redcap.link/Registration_Form

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Government.

QUESTIONS?