

# FACT SHEET

## Perinatal Psychiatry Access Programs

### KEY POINTS

- > Perinatal mental health (PMH) conditions are the most common complications of pregnancy and the year following pregnancy, affecting 1 in 5 perinatal individuals (800,000 people each year in the United States).<sup>1-3</sup>
- > PMH conditions include mood, anxiety, trauma-related, and substance use disorders.<sup>1-3</sup>
- > Perinatal individuals will see a frontline healthcare provider (obstetric, pediatric, or primary care provider) 20-25 times during a routine pregnancy and first year of baby's life, providing ample opportunity for these providers to detect and address PMH conditions.
- > Frontline healthcare providers, however, do not always have the training, knowledge, or resources to address PMH conditions, nor are they typically reimbursed for doing so.<sup>5</sup>
- > There are not enough psychiatric providers to care for individuals experiencing PMH conditions.<sup>5</sup>
- > Perinatal Psychiatry Access Programs provide education, consultation, and resource and referral to increase the capacity of frontline healthcare providers to address PMH, thereby leveraging scarce psychiatric resources and increasing access to timely and evidence-based care.<sup>5</sup>

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perinatal individuals will experience a PMH condition during pregnancy or the first year following pregnancy.<sup>1-3</sup>



of those who experience PMH symptoms go untreated<sup>4</sup>



perinatal individuals will see a healthcare provider up to 25 times during the two-year timeframe from conception to baby's first birthday

### HOW PERINATAL PSYCHIATRY ACCESS PROGRAMS WORK

#### ACCESS PROGRAMS

##### TRAIN FRONTLINE PROVIDERS TO

- Screen for PMH conditions with validated tools
- Assess and treat mild to moderate PMH conditions



#### FRONTLINE PROVIDERS CONTACT

##### THE ACCESS PROGRAM FOR

- Consultation for expert clinical guidance and support
- Mental health resources and referrals



#### SOME ACCESS

PROGRAM PSYCHIATRISTS CAN PROVIDE FACE-TO-FACE CONSULTATION FOR THE MOST COMPLEX CASES

### BUILDING CAPACITY

Perinatal Psychiatry Access Programs build the capacity of frontline providers to address PMH conditions through:



#### EDUCATION

Trainings and toolkits for providers and staff on evidence-based guidelines for screening, triage, and referral; risks and benefits of treatment; and discussion of screening results and treatment options.



#### CONSULTATION

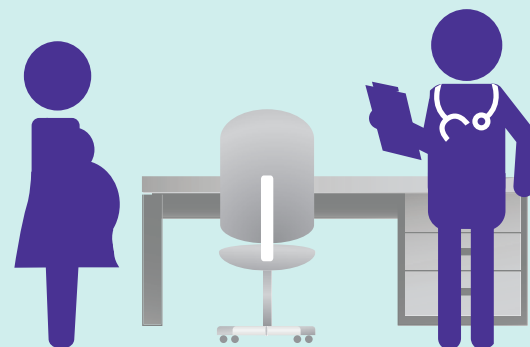
Real-time psychiatric consultation for frontline providers serving perinatal individuals including obstetric, pediatric, primary care, and psychiatric providers






#### RESOURCES & REFERRALS

Linkages with community-based mental health resources including individual and group therapy, support groups, and other resources to support the well-being of perinatal individuals.

Perinatal Psychiatry Access Programs address a critical public health issue through an innovative, creative, cost-effective approach to address mental health in frontline healthcare settings.

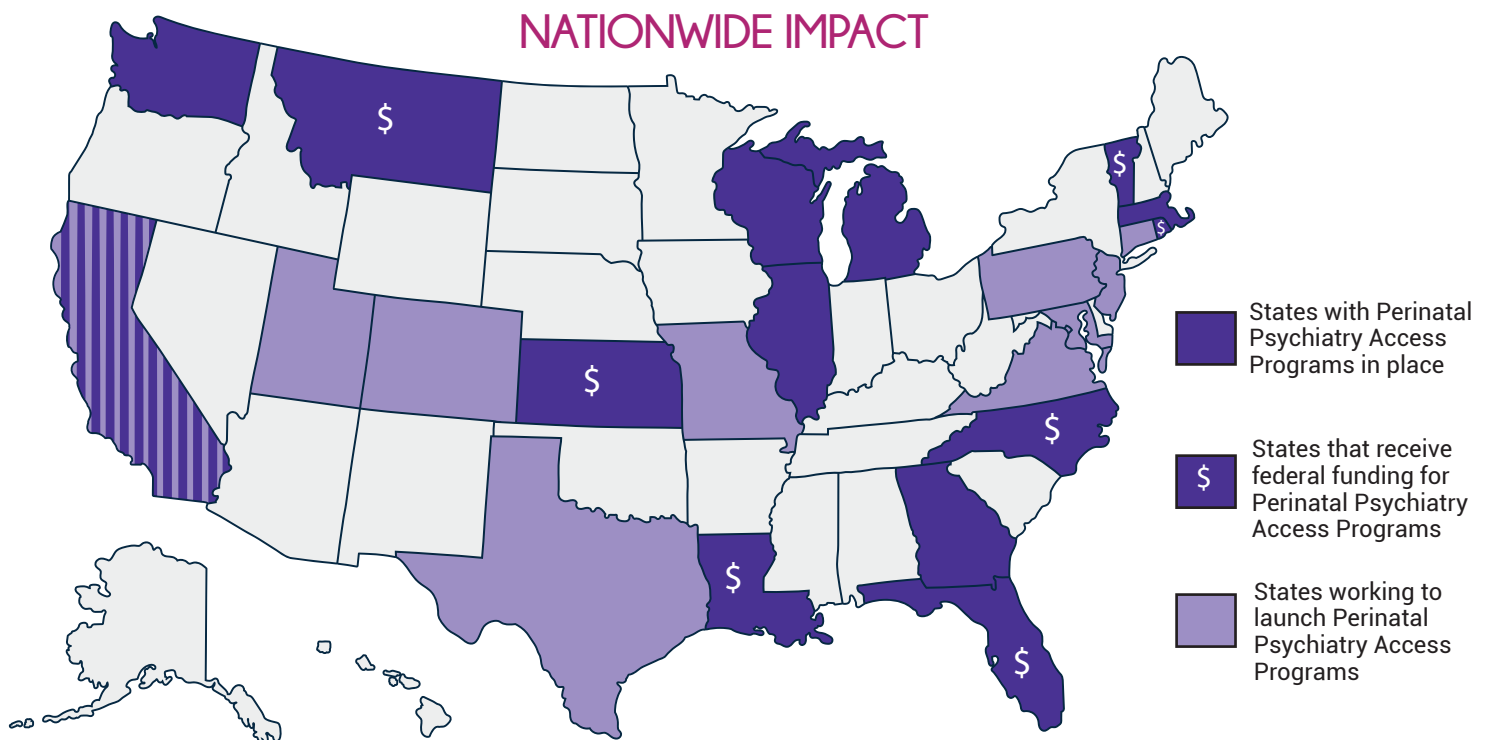


# PERINATAL PSYCHIATRY ACCESS PROGRAMS & RESOURCES

	<p>MCPAP for Moms launched in 2014 as the first Perinatal Psychiatry Access Program in the U.S. MCPAP for Moms builds upon the successful Massachusetts Child Psychiatry Access Program (MCPAP), which leverages psychiatric experts to assist pediatric providers in managing the mental health of their child and adolescent patients.</p> <p>Learn more at <a href="http://mcpapformoms.org">mcpapformoms.org</a></p>
	<p>The Lifeline4Moms National Network of Perinatal Psychiatry Access Programs is a learning community that brings together Perinatal Psychiatry Access Programs from across the country to</p> <ul style="list-style-type: none"> <li>• Evaluate, inform, and share best practices</li> <li>• Build community, engage partners and collaborators, evaluate programs, facilitate peer learning</li> <li>• Identify policies and funding to replicate successful cost-effective models</li> </ul> <p>Learn more at <a href="http://umassmed.edu/lifeline4moms">umassmed.edu/lifeline4moms</a></p>
	<p>The Patient-Centered Outcomes Research Institute (PCORI) has funded a 3-year study to assess the effectiveness of Perinatal Psychiatry Access Programs. The study will assess which program components work best (education, consultation, resource and referral). Results will be shared in scientific journals and at national webinars and meetings.</p> <p>Learn more at <a href="http://bit.ly/pcoristudy">bit.ly/pcoristudy</a></p>

## BRINGING POSTPARTUM DEPRESSION OUT OF THE SHADOWS ACT

This federal legislation provides funding to states to create Perinatal Psychiatry Access Programs based on the MCPAP for Moms model. In 2018, 30 states and the District of Columbia applied for funding for Perinatal Psychiatry Access Programs; 7 states were each awarded 5-year grants (totaling \$3.2 million per state over the lifetime of the program). This is the first-ever federal funding to address maternal mental health in the United States.



### Citations

- 1 ACOG Committee Opinion 757 (2018).
- 2 Gavin (2005). *Obstetrics & Gynecology*, 106, 1071-83.
- 3 Fawcett (2019). *Journal of Clinical Psychiatry*, 80(4), 18r12527.
- 4 Byatt (2015). *Obstetrics & Gynecology*, 126(5), 1048-1058.
- 5 Byatt (2020). *Promoting the Health of Parents & Children*.

Learn more at [bit.ly/mcpap-pmh](http://bit.ly/mcpap-pmh)