

# FACT SHEET

## Perinatal Psychiatry Access Programs

### KEY POINTS

- Maternal mental health (MMH) conditions are the most common complications of pregnancy and childbirth, affecting 1 in 5 women (800,000 women each year in the United States).<sup>1-3</sup>
- MMH conditions include depression, anxiety disorders, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar illness (which may include psychotic symptoms), and substance use disorders.<sup>1-3</sup>
- Women 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 discuss and screen for MMH conditions.
- Frontline healthcare providers, however, do not always have the training, knowledge, or resources to address MMH conditions, nor are they typically reimbursed for addressing MMH conditions.<sup>5</sup>
- There are not enough psychiatric providers to care for women experiencing MMH conditions.<sup>5</sup>
- Perinatal Psychiatry Access Programs provide **education, support, and resources** to help frontline healthcare providers address MMH, thereby **leveraging scarce psychiatric resources** to offer consultation and treat the most complex cases.<sup>5</sup>

**MMHLA**  
Maternal Mental Health  
Leadership Alliance

1/5

women will experience  
MMH conditions during pregnancy  
or first year following pregnancy<sup>1-3</sup>

75%

of women who  
experience  
MMH symptoms  
go untreated<sup>4</sup>



A woman will see a healthcare provider  
an average of 25 times during the  
two-year timeframe from conception to  
baby's first birthday

### HOW PERINATAL PSYCHIATRY ACCESS PROGRAMS WORK

#### ACCESS PROGRAM STAFF TRAIN FRONTLINE PROVIDERS TO

- Screen women for MMH conditions
- Treat low-level anxiety or depression

#### FRONT LINE PROVIDERS CONTACT THE ACCESS PROGRAM FOR

- Consultation in more complex cases
- Resources and referrals for affected patients

#### 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 MMH conditions through:



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

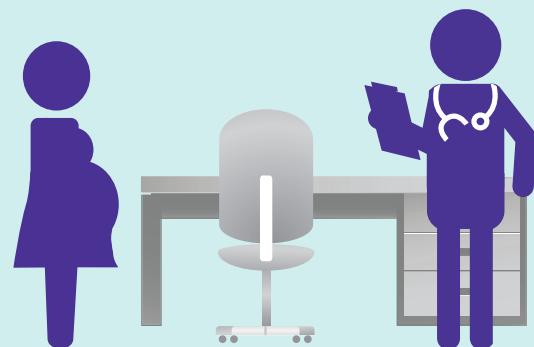


**CONSULTATION**  
Real-time psychiatric  
consultation and  
care coordination  
for frontline providers  
serving pregnant  
and postpartum  
women including  
obstetricians,  
pediatricians,  
primary care  
physicians, and  
psychiatrists.



**RESOURCES &  
REFERRALS**  
Linkages with  
community-based  
resources including  
mental healthcare,  
support groups, and  
other resources to  
support the wellness  
and mental health  
of pregnant and  
postpartum women.

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



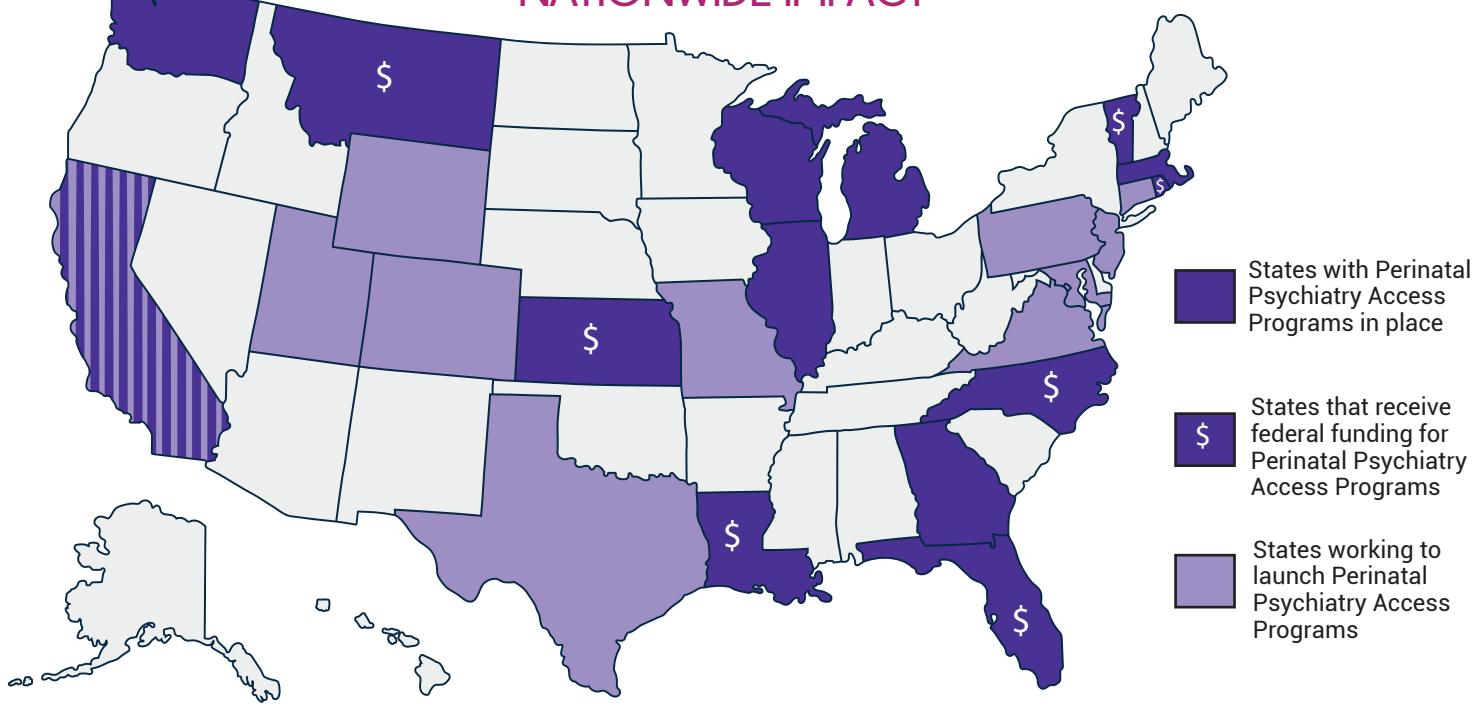
## PSYCHIATRY ACCESS PROGRAMS & RESOURCES

|  |   |
|--|---|
| <p>Massachusetts Child Psychiatry Access Program</p>  | <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 highly-trained psychiatrists to assist pediatricians in managing the mental health of their pediatric and adolescent patients. Learn more at <a href="http://mcapformoms.org">mcapformoms.org</a></p>  |
|    | <p>The Lifeline4Moms National Network of Perinatal Psychiatry Access Programs is a learning community that convenes 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 stakeholders, evaluate programs, facilitate peer learning</li><li>• Identify policies and funding to replicate 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 launched a 3-year study to assess the effectiveness of Perinatal Psychiatry Access Programs. The study will assess which program components work best (training, consultation, resources and referrals). 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>   |

## 21st CENTURY CURES ACT

This federal legislation provides funding to states to create Psychiatry Access Programs based on the MCPAP 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). An additional 18 states received funding to launch Child Psychiatry Access Programs, bringing the number of states with these programs to over 30.

## NATIONWIDE IMPACT



### Citations

1 ACOG Committee Opinion 757 (2018).  
2 Gavin (2005). *Obstetrics & Gynecology*, 106, 1071-83.  
3 Fawcett (2019). *Journal of Clinical Psychiatry* (80)

4 Byatt (2015). *Obstetrics & Gynecology*, 126(5): 1048-1058.  
5 Byatt (2020). *Promoting the Health of Mothers & Children*