



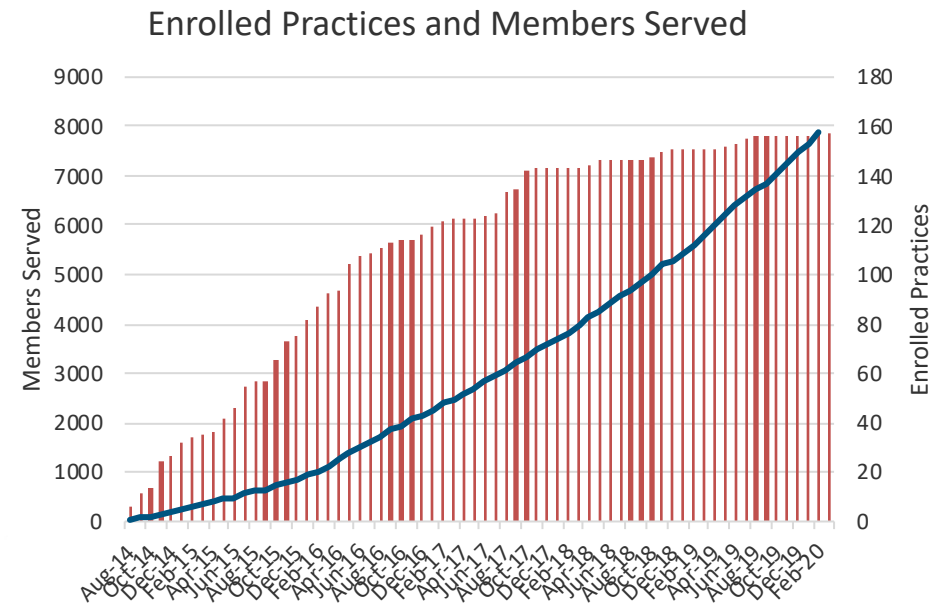
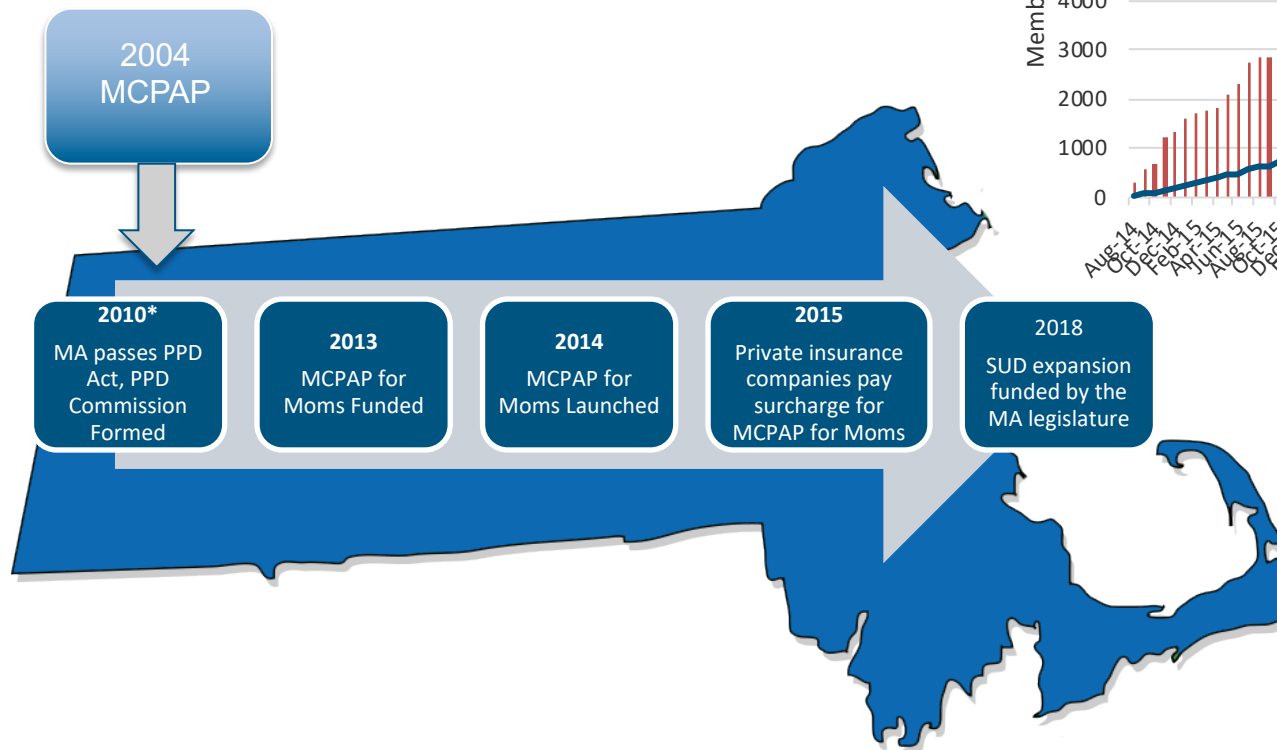
Mental Health Resources for Perinatal Women in Massachusetts during COVID-19

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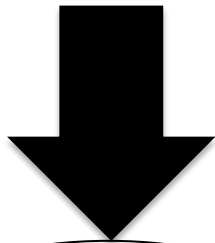
MCPAP for Moms is a statewide program supporting obstetric providers to address mental health and substance use issues



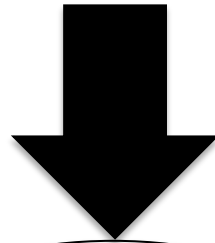
Massachusetts Child Psychiatry Access Program

MCPAP

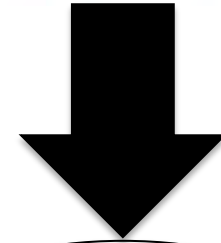
For Moms



Education



**855-Mom-
MCPAP**



**Resource
and Referral**

Recommended screening for mental health and substance use during and after pregnancy is not possible during this pandemic

During MCPAP for Moms consultation we discuss how to detect mental health symptoms

Measurement based care may be possible in some settings

Counseling regarding perinatal mental health risks

- Risks of untreated symptoms of mood, anxiety and substance use disorders
- Risks of treatments
- The risk benefit analysis is shifting
- Consideration for the impact of inequitable access to resources is key

Perinatal mental health in the time of COVID:

Lessons Learned

1. Alterations in pregnancy care may contribute to increase in mental health symptoms and distinct counseling
2. Women with preexisting mental health and substance use conditions are vulnerable to exacerbation
3. Access to mental health care has challenges which are accentuated by structural inequity
4. Principles of Trauma Informed Care and an equity lens can help providers address mental health and wellness through pregnancy and birth
5. Ambulatory care is primarily via telemedicine though inpatient and consultation services are preserved
6. Providers must be intentional in addressing mental health

We are creating materials for providers and patients

- Mental health care package
- Patient facing materials
 - *Coming soon!*
- Toolkit for Obs
 - Mental health
 - Substance use
- Toolkit for SUD providers
 - *Coming soon!*

Providers can call **855-Mom-MCPAP** for consultation for mental health and SUD topics



**Resource and
Referral specialist**



**Resources
to provider**

**Provider to Provider
Phone Consultation**



**“Face to
Face”
Consultation**

***Telemedicine**

**Resources to
patient
(Patient Contact)**

