Promoting Maternal Mental Health: Massachusetts is leading the way

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Health care systems need to change to address perinatal depression
Maternal mental health complications are one of the most common complications of pregnancy.

Perinatal depression affects as many as one in seven women.

http://www.acog.org/Womens-Health/Depression-and-Postpartum-Depression
Maternal mental health affects mom, child, and family

Preterm delivery
Low birth weight
NICU admissions

Offspring cognitive delays
Offspring behavioral problems

Preventable cause of maternal morbidity and mortality
Vast majority of perinatal depression is unrecognized and untreated

Professional societies, policy makers, and stakeholders have consensus about screening and systems of care
Since our launch in July 2014, MCPAP for Moms has served many providers and parents

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All women who live in Massachusetts have access to psychiatric treatment
Untreated depression comes at a high cost

$22,000/yr

$192,400,000/yr
Our model can result in significant savings

$22,000/yr

$11.81/yr
$0.98/month

~$200 Million/yr

$850,000/yr
MCPAP for Moms has been recognized as an innovative, scalable and replicable model.

21st Century Cures
Lifeline4Moms can help through:

- **Building Capacity to Address Maternal Mental Health and Substance Use Disorders**
  - To secure buy-in from stakeholders, identify critical resources, and lay the groundwork to support providers in addressing perinatal mental health.
  - Learn More

- **Training and Workforce Development**
  - To help health care settings address maternal mental health and substance use disorders.
  - Learn More

- **Consultation**
  - Support primary care and specialty providers to implement evidence-based standards of clinical care to enhance maternal mental health during the perinatal period. Focus on helping providers integrate mental health care into their everyday practice.
  - Learn More

- **Research and Evaluation**
  - To develop maternal mental health guidelines and programs, and to assess their impact on individuals, providers, and systems.
  - Learn More

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**Our Team**

Our team works with diverse stakeholders to transform women's health care by integrating maternal mental health and substance use disorder recognition and management into standard care.

- Learn More

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**Why Choose Us?**

Our team developed the Massachusetts Psychiatric Access Program (MCAP) for Moms. MCAP for Moms has shifted paradigms on how to address depression in obstetric settings, impacted state and national policies regarding perinatal mental health, and increased access to perinatal mental health care for thousands of women. We are leading the nation in developing similar scalable programs and establishing best practices for integrating maternal mental health care into settings that have not traditionally addressed mental health. We are well-suited to help others do the same.

- Learn More
Thank you!

Lifeline4Moms

www.Lifeline4Moms.org

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