



Massachusetts Child Psychiatry Access Program (MCPAP) for Moms: Utilization and Quality Assessment

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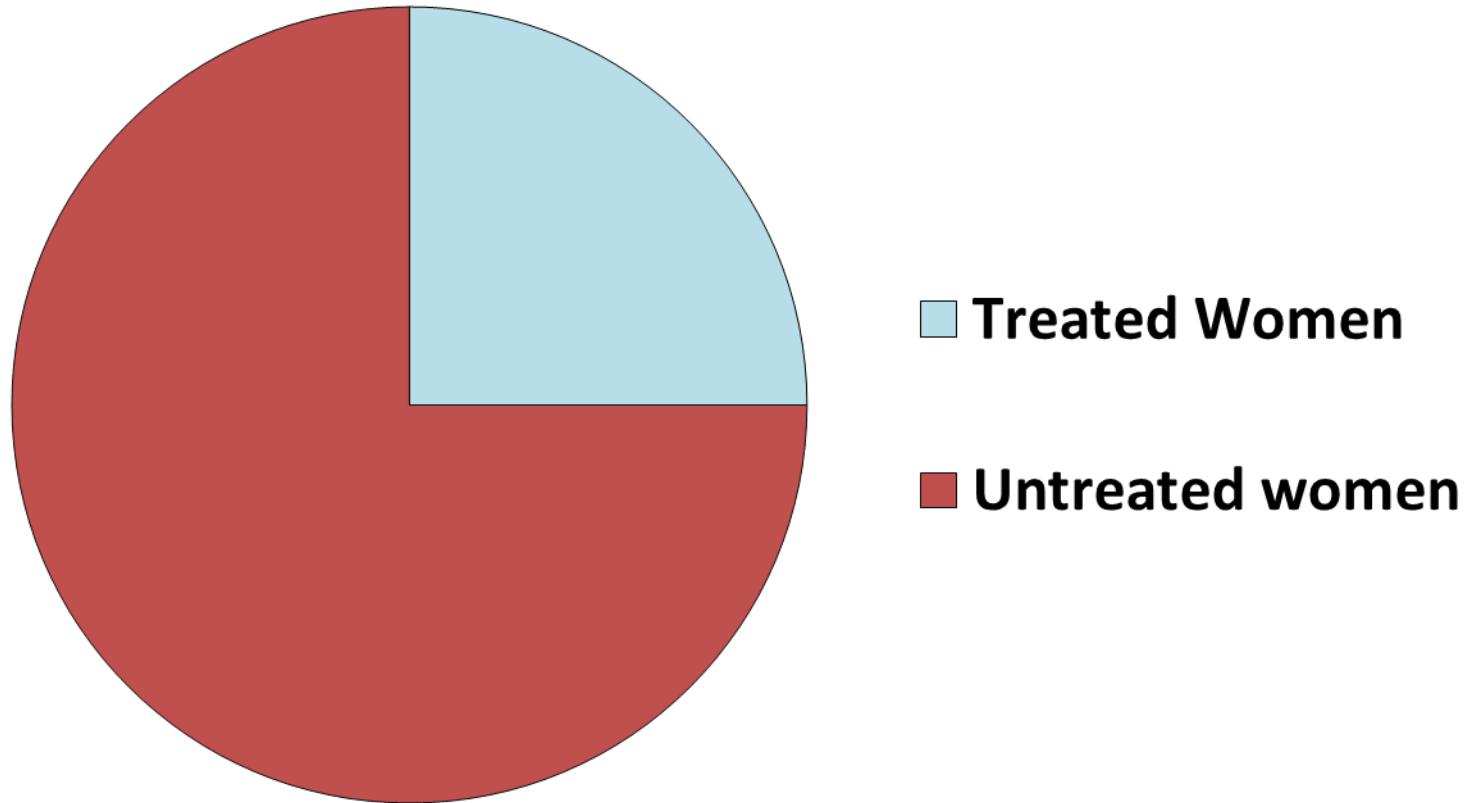
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Disclosure Statement: Nancy Byatt, DO, MSCI, MBA



- Medical Director, MCPAP for Moms, MA Department of Mental Health, Executive Director, Lifeline4Moms
- Advisory Boards, consultant and speaker honoraria, Sage Therapeutics or their agents
- Council Member, Gerson Lehman Group
- Perinatal Depression Advisory Board, Janssen / Johnson and Johnson
- Steering Committee on Clinical Advances in Postpartum Depression, Medscape
- Consultant, Ovia Health

The vast majority of perinatal depression is unrecognized and untreated



Perinatal depression is recognized as a major public health problem



The perinatal period is ideal for the detection and treatment of depression

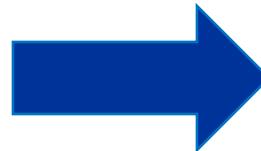
**Regular opportunities to screen
and engage women in
treatment**

**Ob/Gyn providers have a pivotal
role**

**Most depression is treated by
primary care providers**



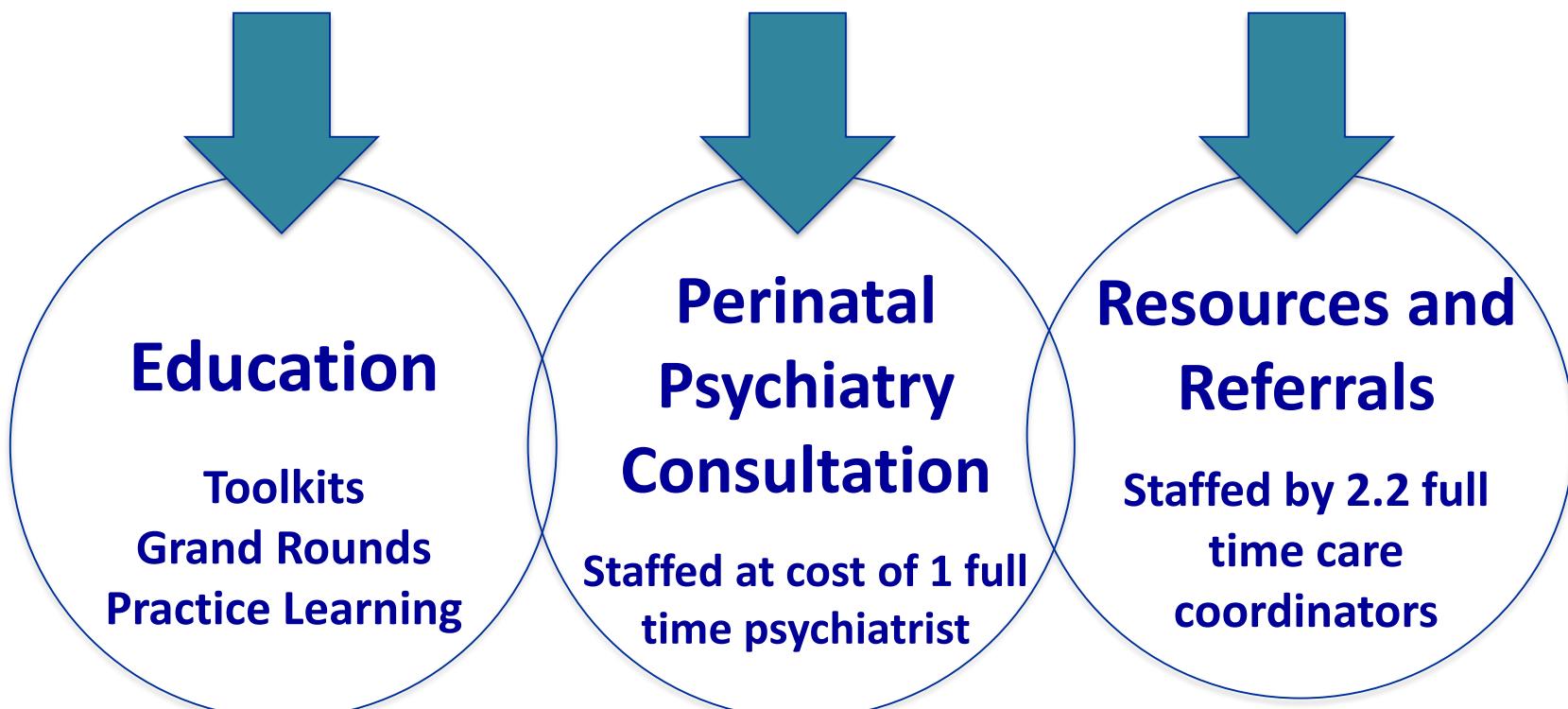
Transforming obstetric care to include mental health care can provide an innovative solution



Massachusetts Child Psychiatry Access Program

MOPAP

For Moms



Telephone Consultation



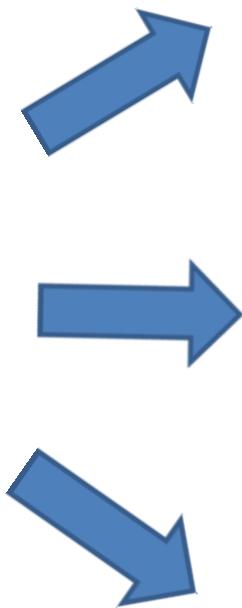
**Obstetric
providers/
Midwives**

**Family
Medicine**

**Psychiatric
providers**

**Primary
care
providers**

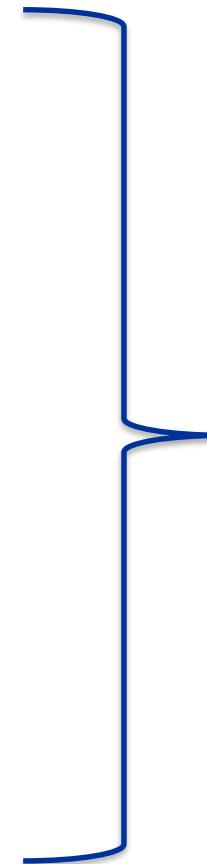
**Pediatric
providers**



Discuss potential management strategies

Recommend a Face to Face Evaluation

Refer to the community



Resources and referrals link women with therapy, support groups, and other community resources



WILLIAM JAMES
COLLEGE

INTERFACE Referral Service



Support the wellness and mental health of perinatal women

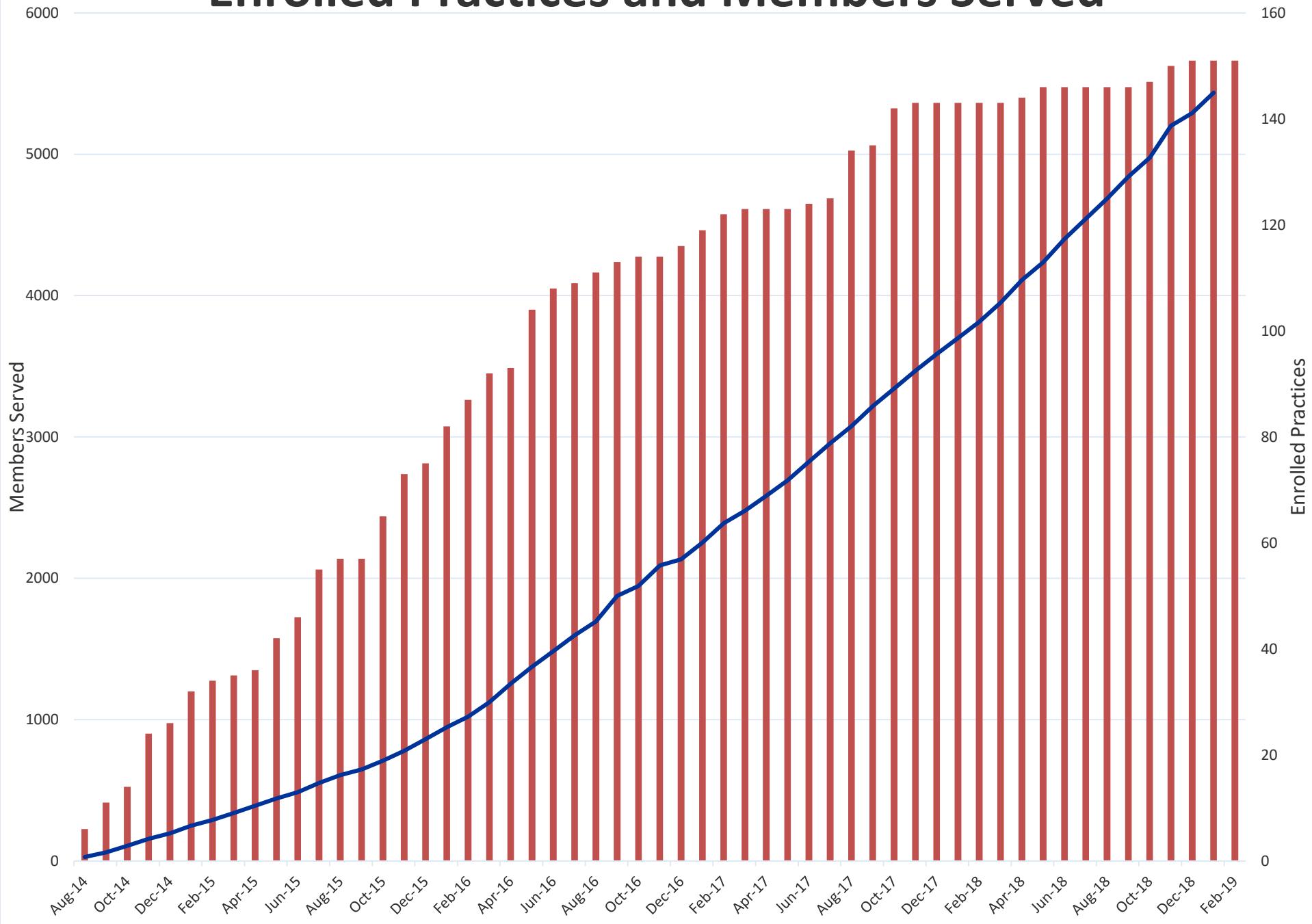
Since our launch in July 2014, MCPAP for Moms has served many providers and parents

OB Practices Enrolled	151 (72%)
Women Served	5,616
Doc-doc Telephone Encounters	3,546
Face to Face Evaluations	527
Resource and Referral Encounters	6,651

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Enrolled Practices and Members Served



Barriers to Treatment

Patient

Lack of education regarding treatment options

Lack of follow-up

Physical health prioritized over mental health

Provider

Discomfort with making psych

Undertrained

Low self-efficacy

Systems

Hard to integrate depression care into work flow

Not understanding how to use MCPAP for Moms

Facilitators to Treatment

Patient

Proactive education and treatment

Ob providing med treatment

Resources and referrals

Provider

Trainings and toolkit

Access to consultation

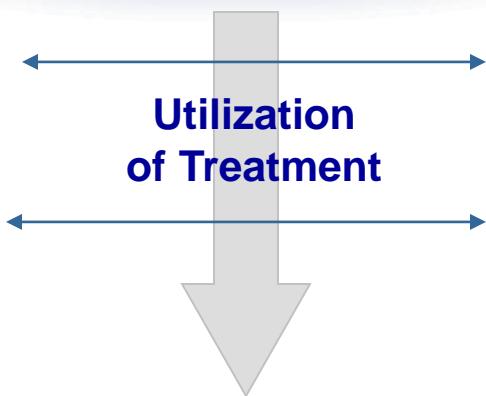
Patient psychoeducation

Systems

Access to resources and referrals

Routine screening

Women disclose symptoms And seek care



Improved Outcomes

Untreated depression comes at a high cost

\$22,000/yr



\$192,400,000/yr



Our costs our low

\$22,000/yr

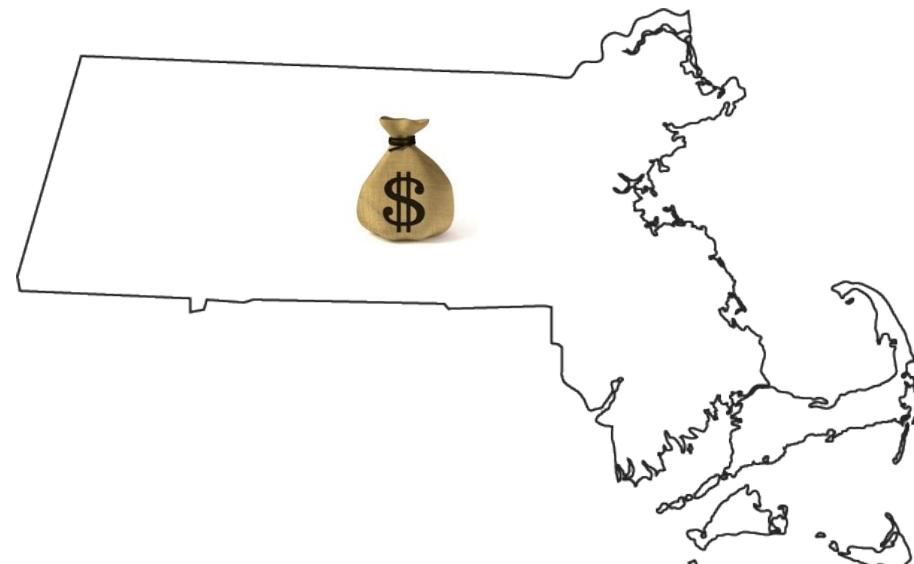


**\$11.81/yr
\$0.98/month**

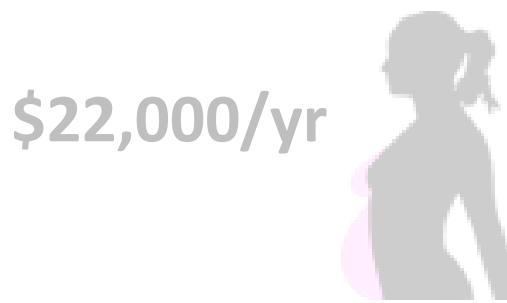


\$192,400,000/yr

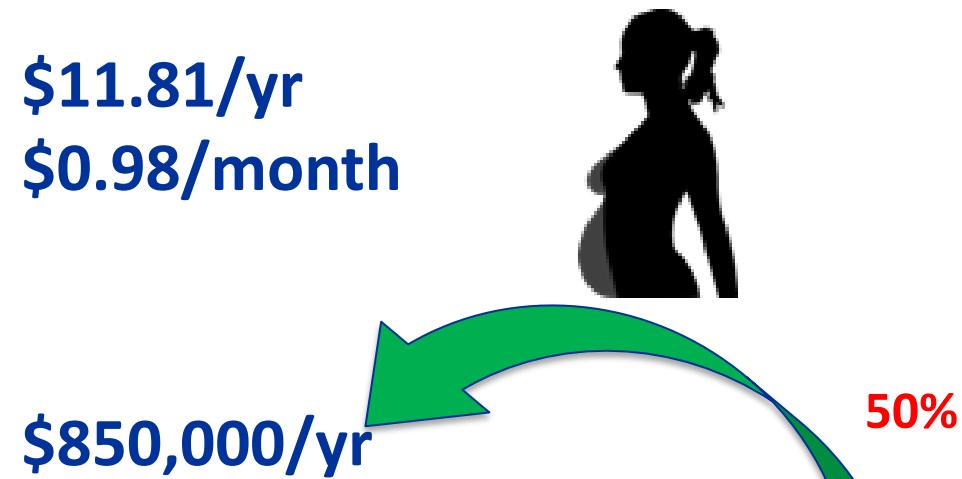
\$850,000/yr



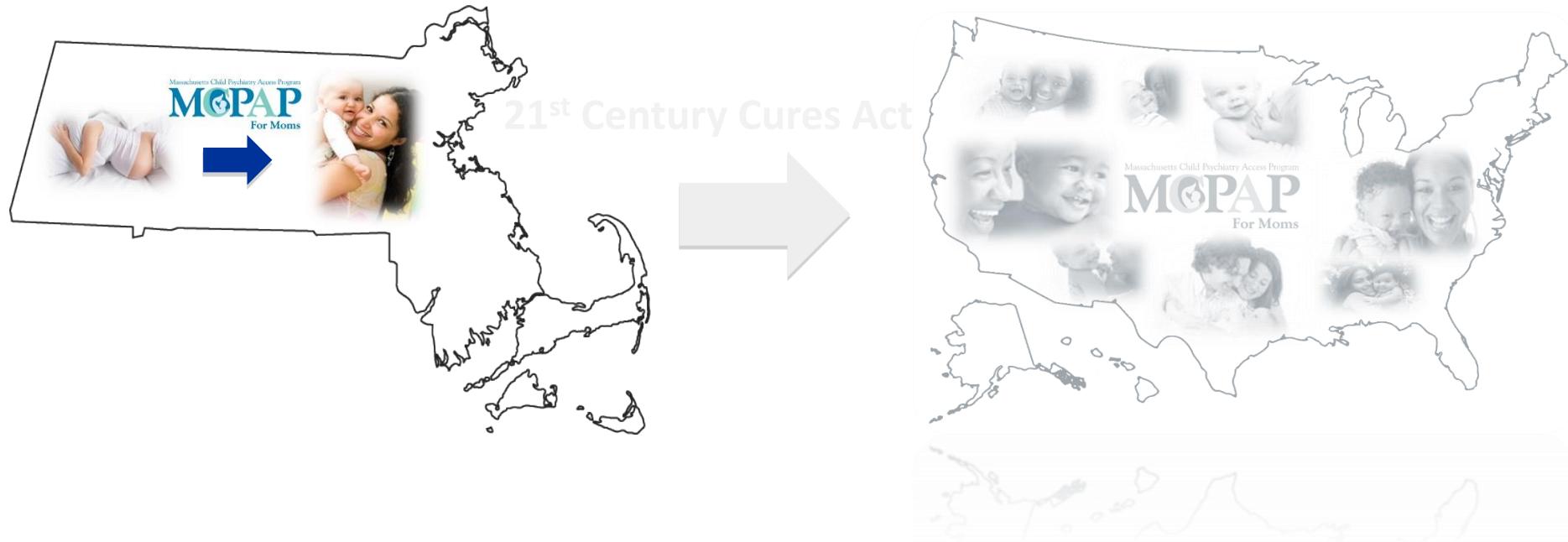
50% is recuperated through legislated surcharge to commercial insurers



~\$200 Million/yr

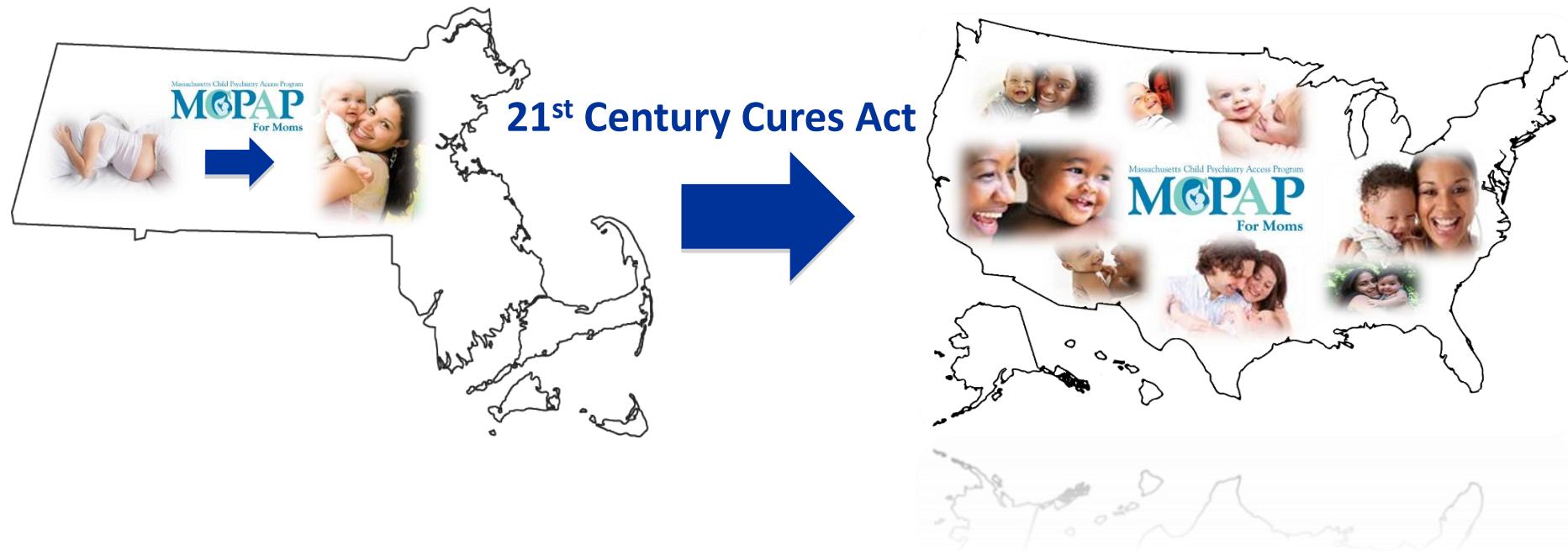


With MCPAP for Moms, all perinatal women across MA have access to psychiatric treatment



MCPAP for Moms can serve as model for other states in the US

With MCPAP for Moms, all perinatal women across MA have access to psychiatric treatment



MCPAP for Moms can serve as model for others states and countries

Soon 10 states will have similar programs





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 interventions and programs, and to assess their impact on individuals, providers, and systems.



[Learn More](#)



Our Team

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



[Learn More](#)



Why Choose Us?

Our team developed the Massachusetts Psychiatry Access Program (MCPAP) for Moms. **MCPAP 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](#)

Long-term goals include linkage with other data sets to close knowledge gaps



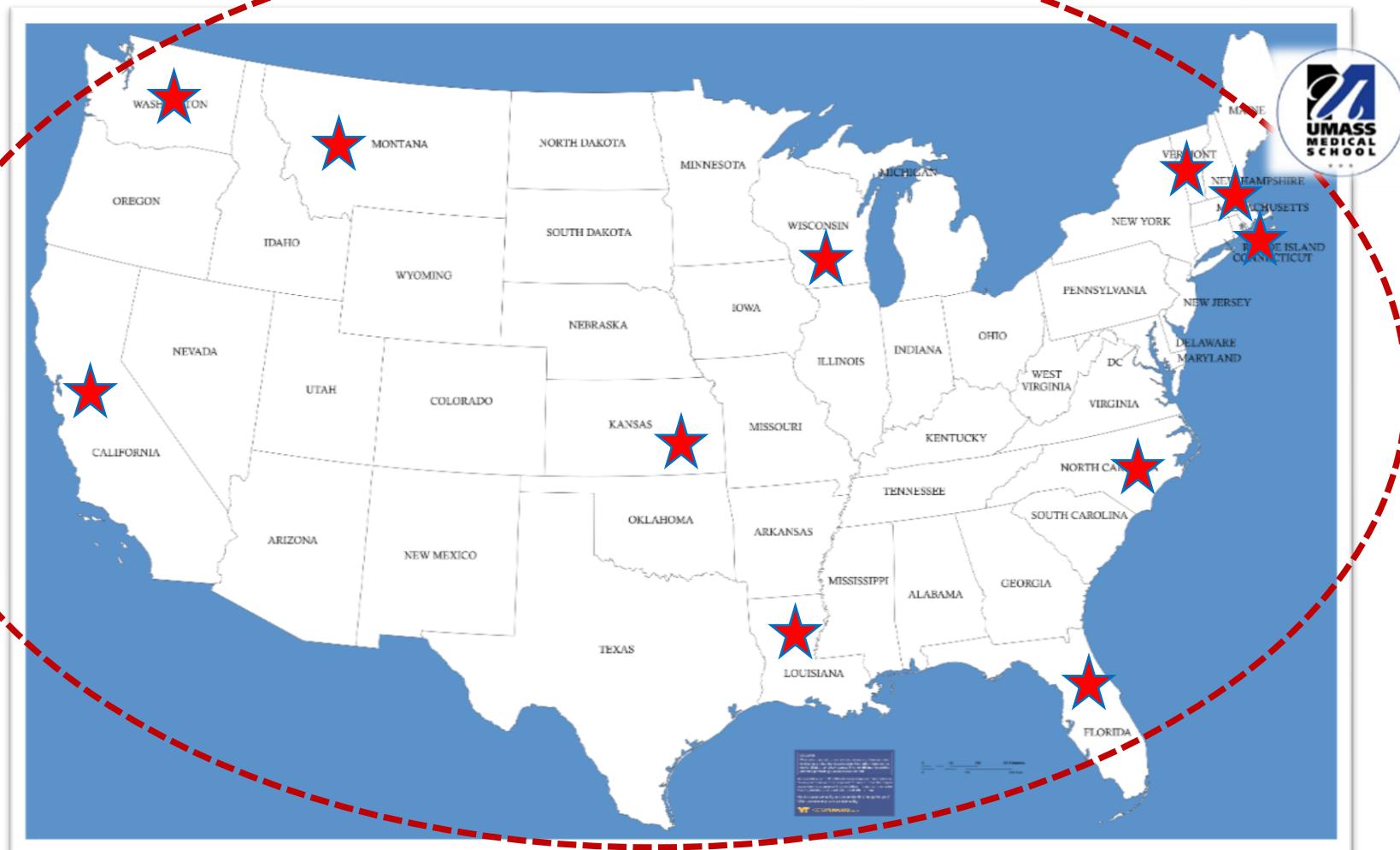
Potential cost savings

Depression outcomes

Treatment rates

Provider self-efficacy

Our vision is to unify programs across the US in the pursuit of a common mission



Our mission is to help improve maternal & child health through perinatal psychiatry access programs



Please contact me with questions

www.mcpapformoms.org

www.lifeline4moms.org

Massachusetts Child Psychiatry Access Program



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Thank you!

QUESTIONS?



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Thank you!