



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

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Disclosure Statement: Nancy Byatt, DO, MSCI, MBA



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- Advisory Boards, consultant and speaker honoraria, Sage Therapeutics or their agents

GLG

- Council Member, Gerson Lehman Group



- Perinatal Depression Advisory Board, Janssen / Johnson and Johnson

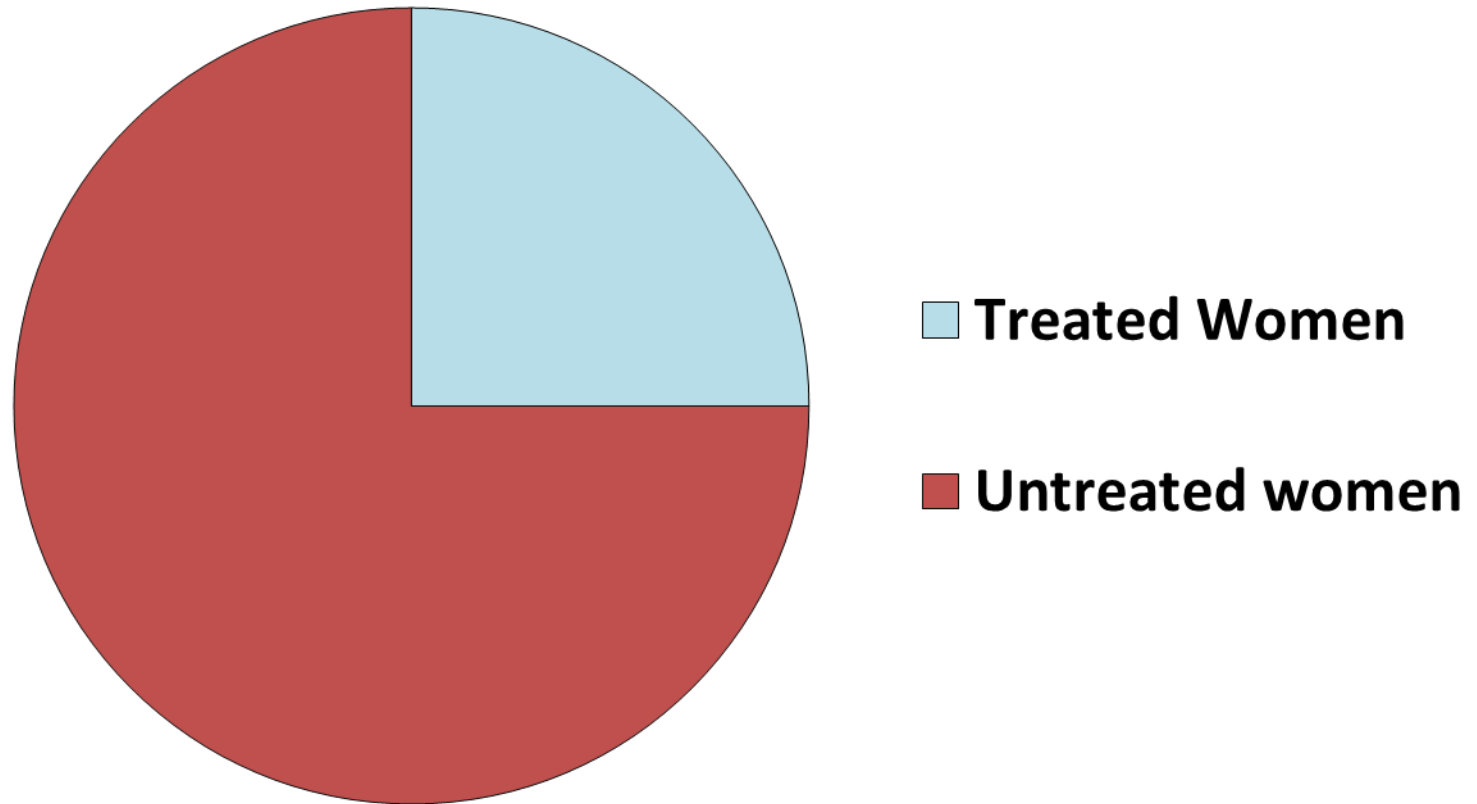
Medscape

- Steering Committee on Clinical Advances in Postpartum Depression, Medscape

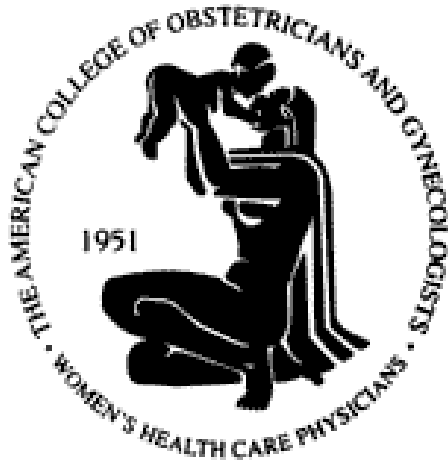
oviahealth™

- 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

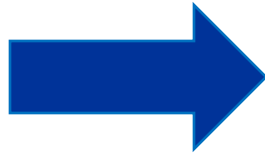
Regular opportunities to screen and engage women in treatment

Ob/Gyn providers have a pivotal role

Most depression is treated by primary care providers



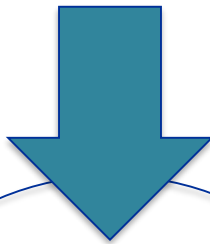
Transforming obstetric care to include mental health care can provide an innovative solution



Massachusetts Child Psychiatry Access Program

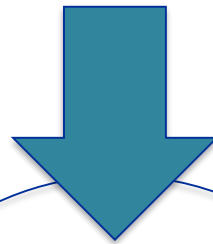


For Moms



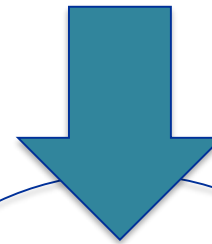
Education

**Toolkits
Grand Rounds
Practice Learning**



Perinatal Psychiatry Consultation

**Staffed at cost of 1 full
time psychiatrist**



Resources and Referrals

**Staffed by 2.2 full
time care
coordinators**

Telephone Consultation



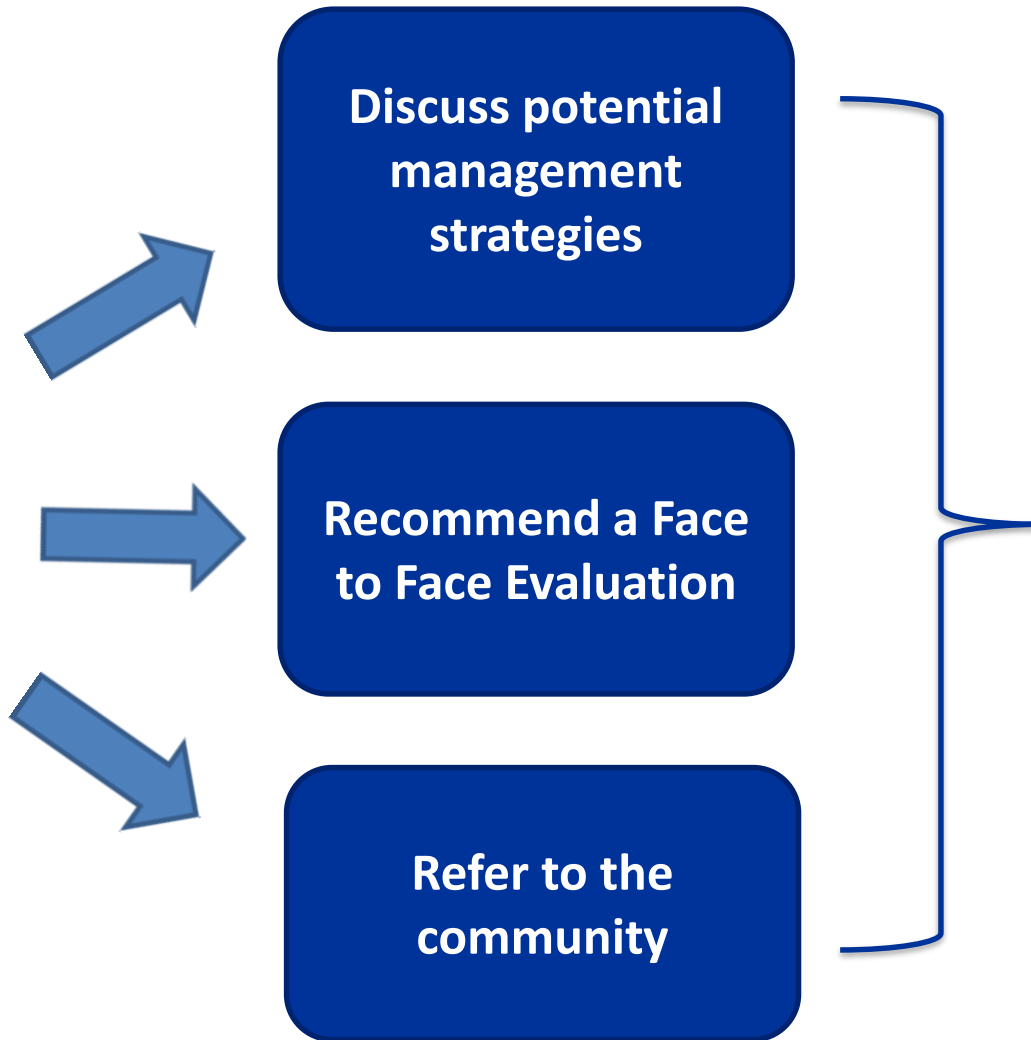
**Obstetric
providers/
Midwives**

**Family
Medicine**

**Psychiatric
providers**

**Primary
care
providers**

**Pediatric
providers**



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



Support the wellness and mental health of perinatal women

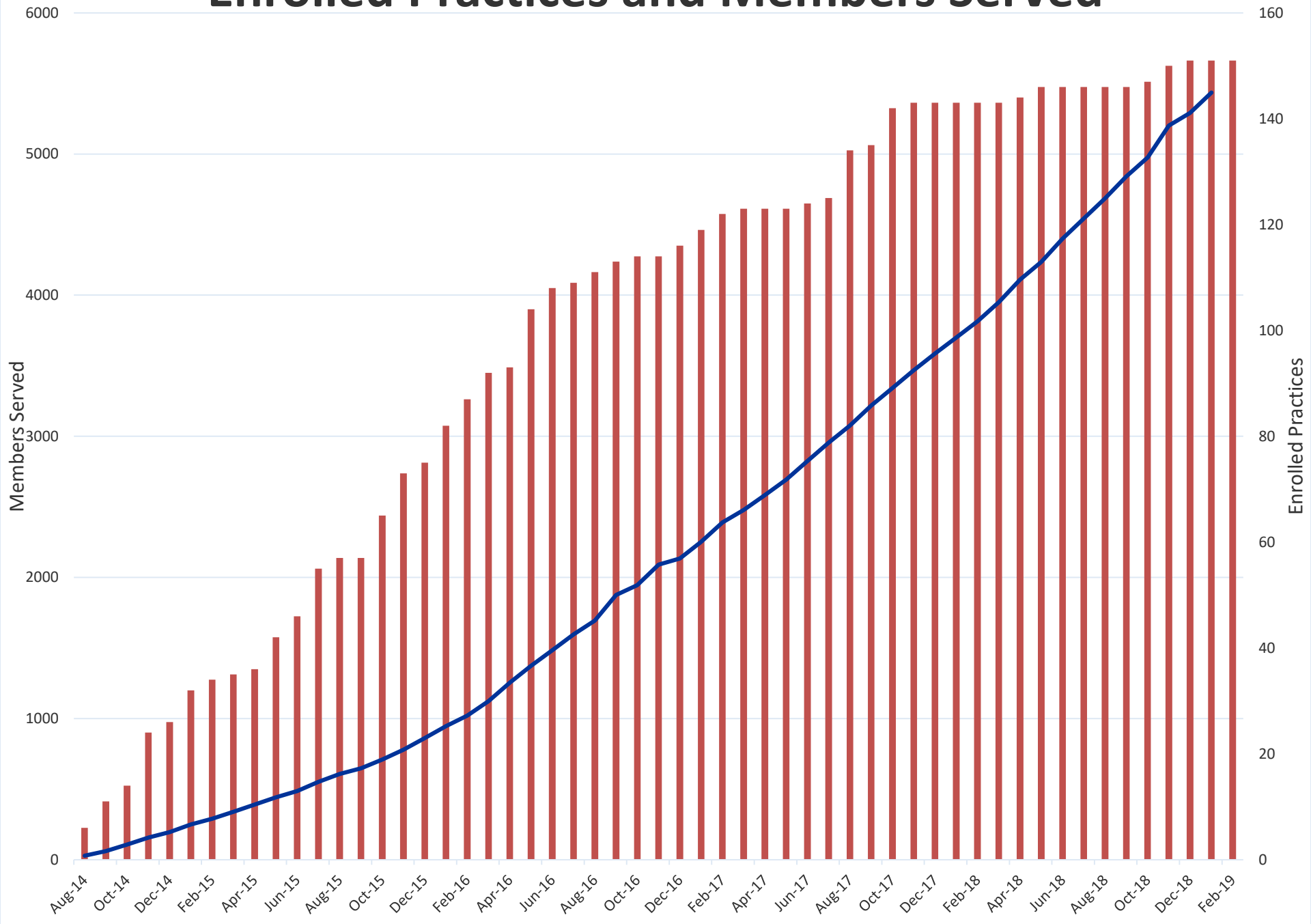
Since our launch in July 2014, MCPAP for Moms has served many providers and parents

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**

Utilization
of Treatment

**Prepared providers,
with resources**

Improved Outcomes

Untreated depression comes at a high cost

\$22,000/yr



\$192,400,000/yr



Our costs our low

\$22,000/yr



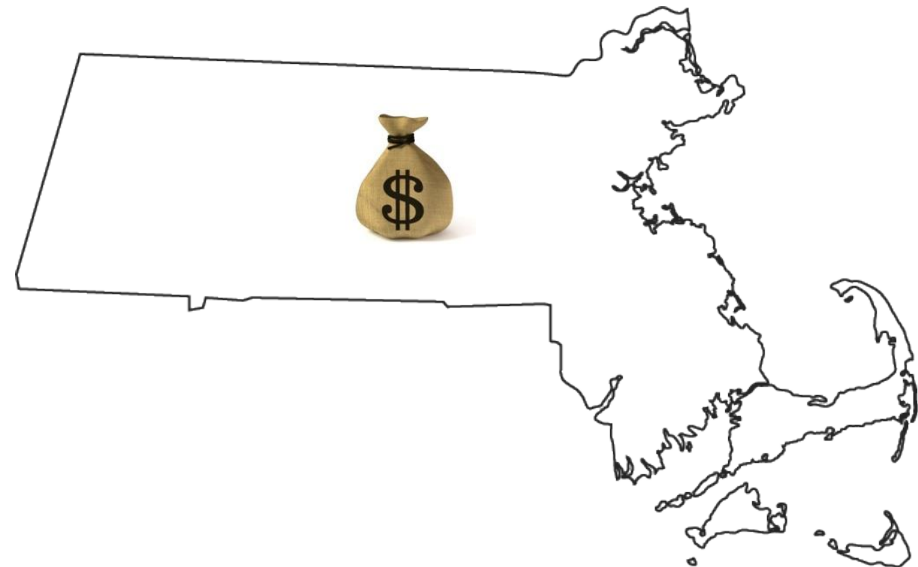
\$11.81/yr
\$0.98/month



\$192,400,000/yr



\$850,000/yr



50% is recuperated through legislated surcharge to commercial insurers

\$22,000/yr



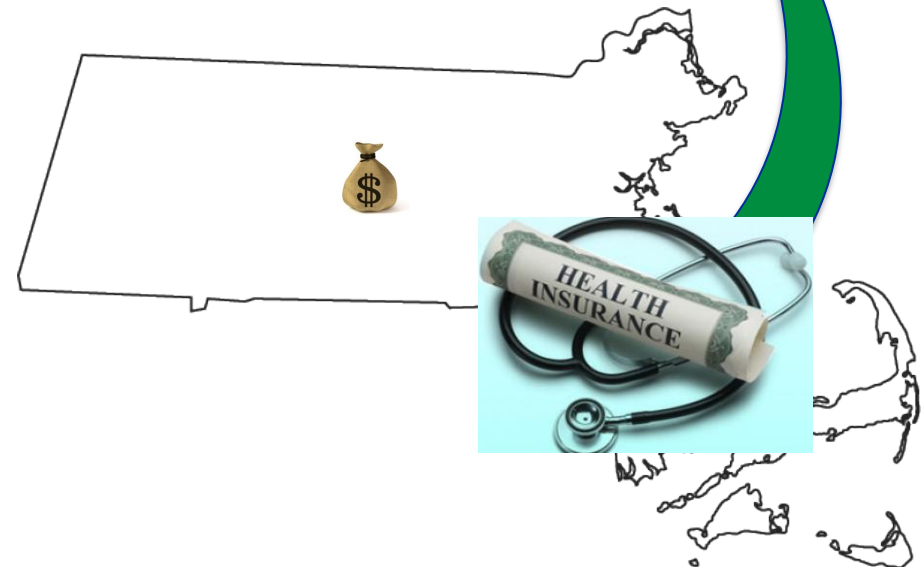
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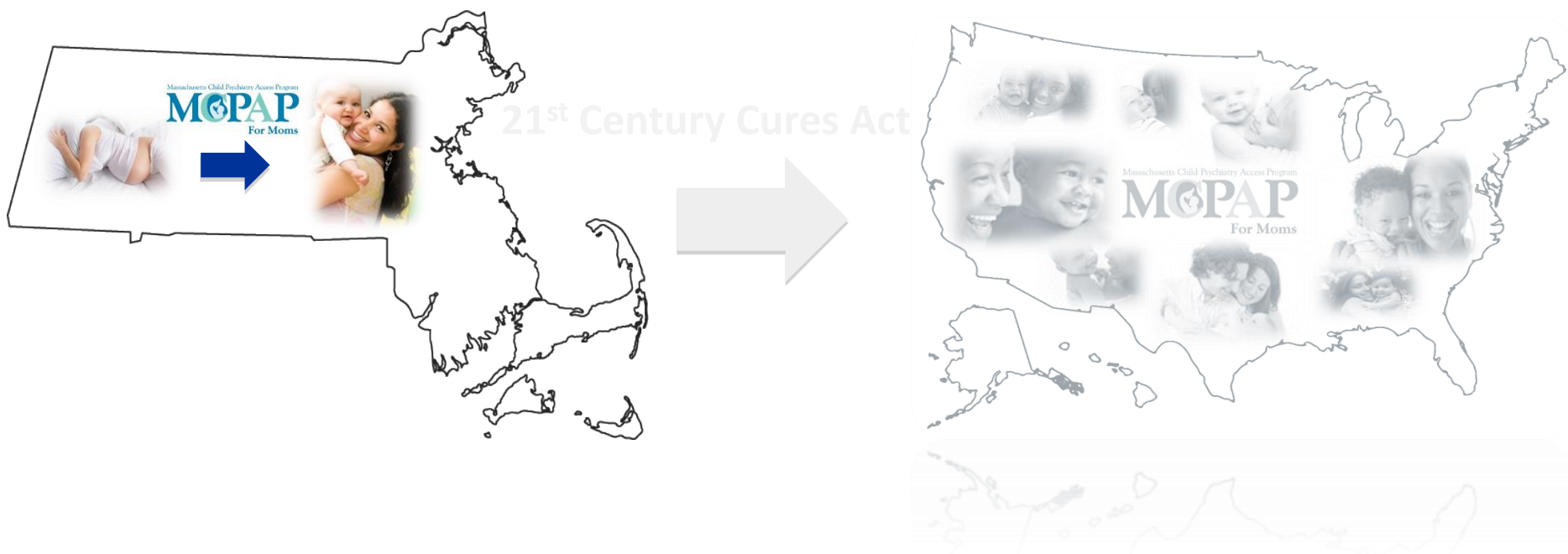
~\$200 Million/yr

\$850,000/yr

50%

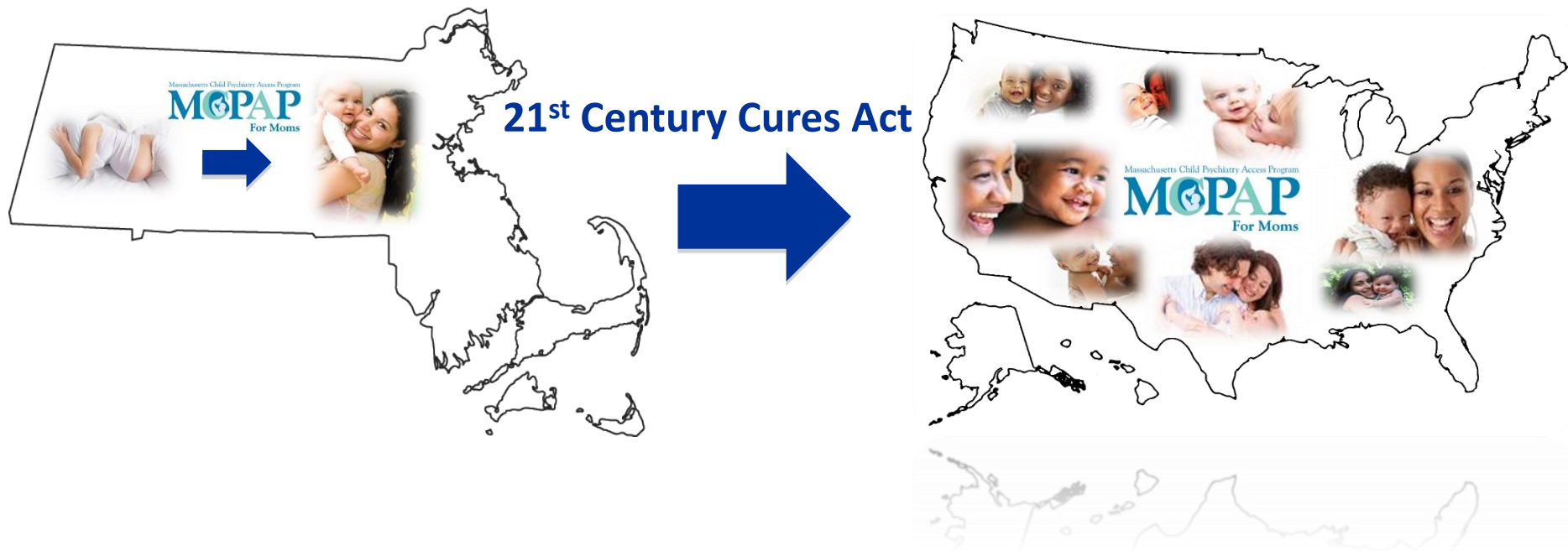


With MCPAP for Moms, all perinatal women across MA have access to psychiatric treatment



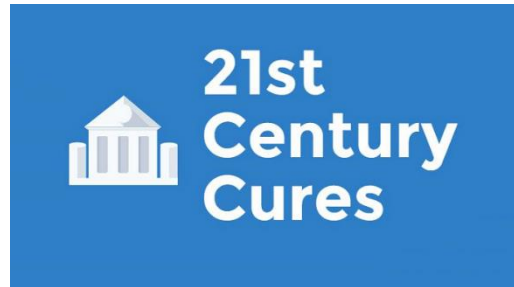
MCPAP for Moms can serve as model for other states in the US

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](#)



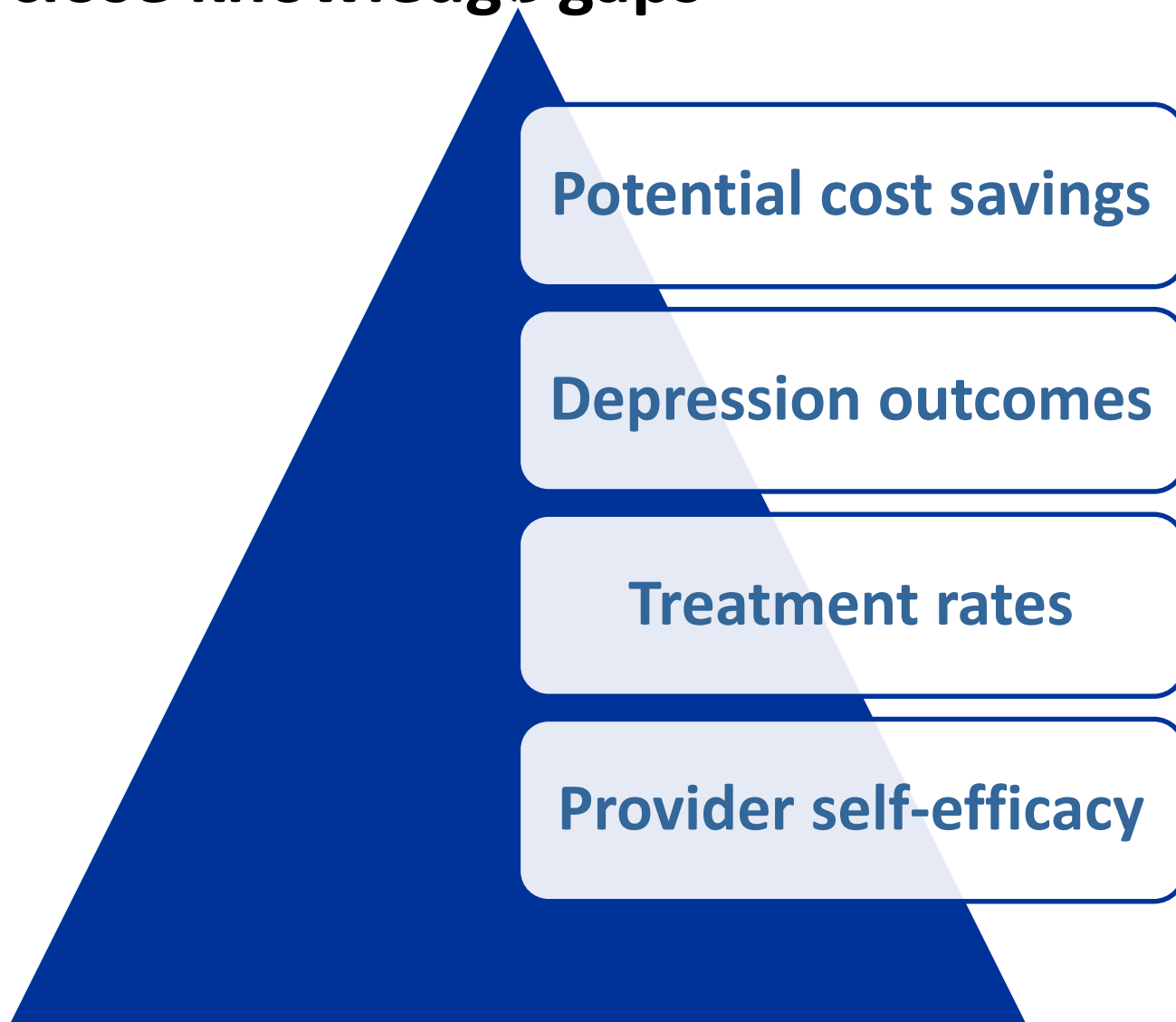
Why Choose Us?

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.

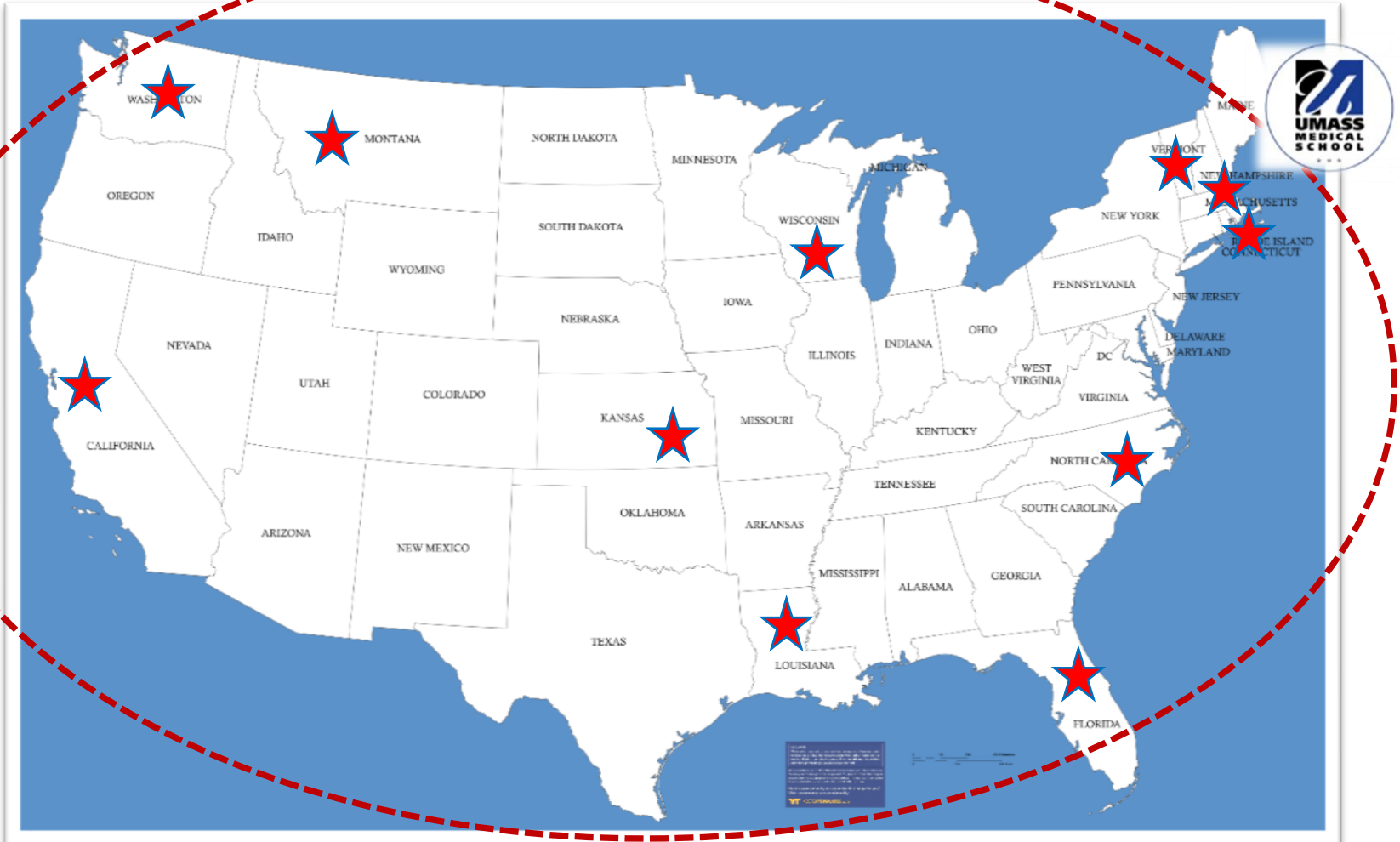


[Learn More](#)

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



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

MCPAP

For Moms

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Thank you!

QUESTIONS?



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Thank you!