



# 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.**

# Maternal mental health affects mom, child, and family

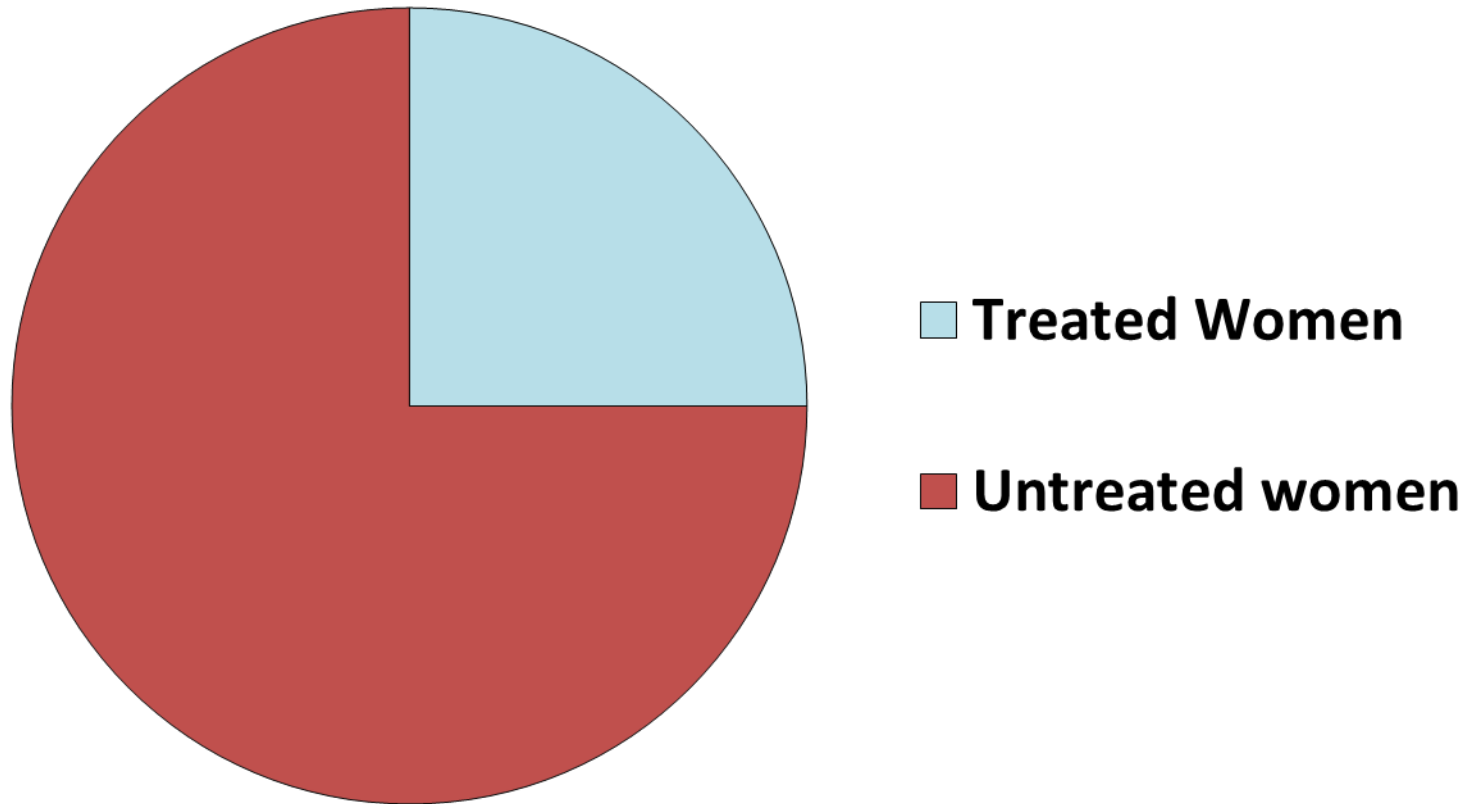
**Preterm delivery**  
**Low birth weight**  
**NICU admissions**



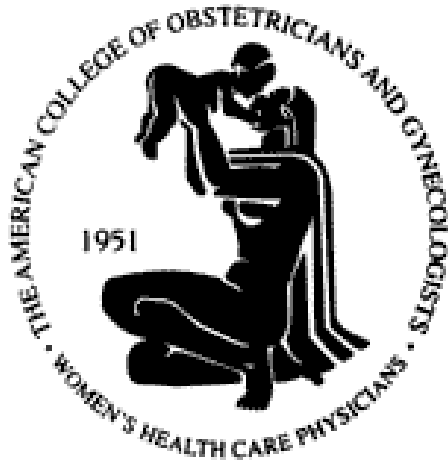
**Offspring cognitive delays**  
**Offspring behavioral problems**

**Preventable cause of maternal morbidity and mortality**

# Vast majority of perinatal depression is unrecognized and untreated



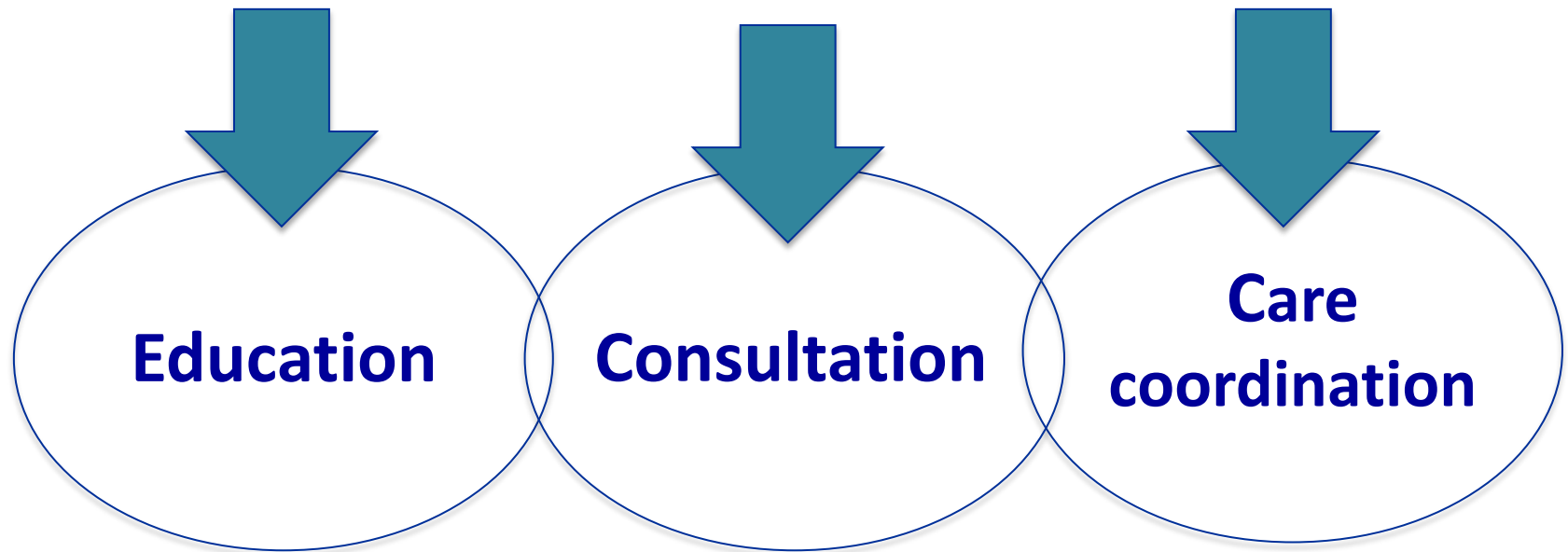
# Professional societies, policy makers, and stakeholders have consensus about screening and systems of care



Massachusetts Child Psychiatry Access Program

**MOPAP**

**For Moms**





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

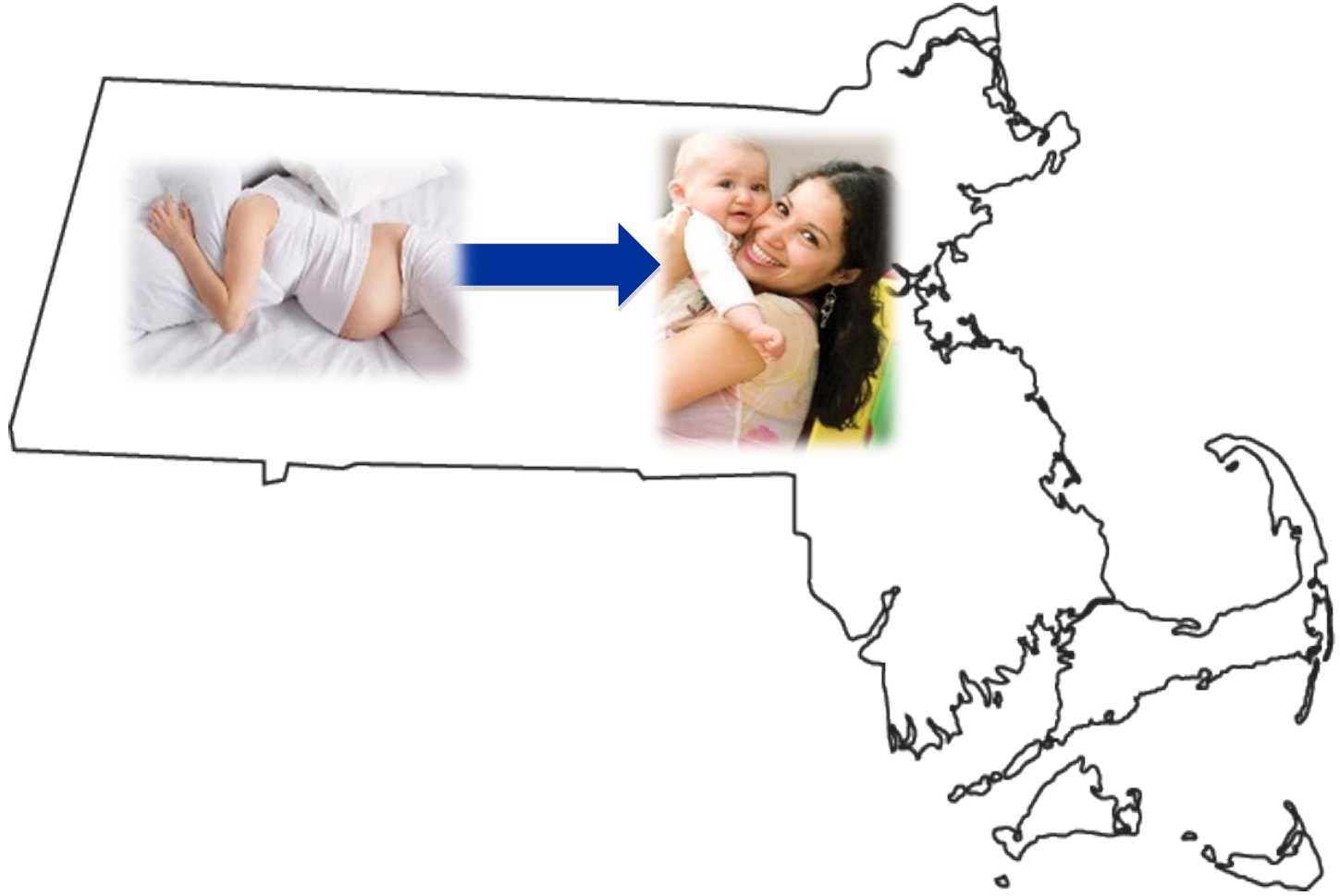
<b>OB Practices Enrolled</b>	143 (72%)
<b>Women Served</b>	3,467
<b>Doc-doc Telephone Encounters</b>	2,349
<b>Face to Face Evaluations</b>	208
<b>Care Coordination Encounters</b>	4,092



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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**



**21<sup>st</sup> 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.



### Training and Workforce Development

To help health care settings address maternal mental health and substance use disorders.



### 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.



### Research and Evaluation

To develop maternal mental health interventions and programs, and to assess their impact on individuals, providers, and systems.



### 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.



### 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.



**Thank you!**

Lifeline4Moms



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