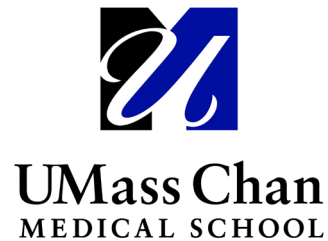




# How Access Programs Can Interface and Create Synergy with Direct Perinatal Mental Health Services

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# Housekeeping

**Participants enter the meeting muted with their webcams off, but feel free to turn them on**

**If you have background noise, we ask that you mute yourself**

**This meeting is being recorded**

**Technical difficulties? Email**

**[Deirdre.Logan@umassmed.edu](mailto:Deirdre.Logan@umassmed.edu) or use the chat box**

# Upcoming Network activities

## Monthly convenings – 2<sup>nd</sup> Tuesday

**November 9, 2021**

**Topic: Program Exchange**

**3:00 – 5:00 p.m. EST**

**December 14, 2021**

**Topic: TBD**

**4:00 – 5:00 p.m. EST**

# **Announcements**

**SAVE THE DATES: Spring 2021 Virtual Summit**

**March 2 & March 3, 2022**

**Topic: TBD**

**Time 12:00 – 4:30 p.m. EST**

**Maternal Mental Health Hotline**

**Launching in 2022**



## **Uruj Kamal Haider, MD**

Director, Women's Mental Health Outpatient Clinic  
Assistant Professor, Psychiatry,  
UMass Chan Medical School  
Perinatal Psychiatrist, MCPAP for Moms



## **Amritha Bhat, MBBS, MD, MPH**

Co-Director & Perinatal Psychiatrist, Partnership Access Line for Moms (PAL for Moms)

Assistant Professor, Department of Psychiatry and Behavioral Sciences, University of Washington



## **Mary Claire Kimmel, MD**

Medical Director, NC Maternal Mental Health MATTERS Program

Assistant Professor and Co-Director, Perinatal Psychiatry Program, UNC



## **Christina L. Wichman, DO**

Medical Director, The Periscope Project

Professor, Psychiatry & Obstetrics and Gynecology, Medical College of Wisconsin

Director, Women's Mental Health, Medical College of Wisconsin

# UW Perinatal Psychiatry Consultation Line for Providers (PAL for Moms)



AMRITHA BHAT, MD, MPH

MATERNAL-CHILD MENTAL HEALTH PROGRAM

UW DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

9.22.2021

# UW Perinatal Psychiatry Consultation Line for Providers - “PAL for Moms”

WEEKDAYS 9:00 – 5:00PM | ☎ 877-725-4666 (PAL4MOM) | ✉ PPCL@UW.EDU

**Who can call?** All providers in WA who care for perinatal (preconception through 1-year postpartum) patients

## How does it work?

- Call 877-725-4666 (PAL4MOM) M-F 9-5
- Complete a brief intake with our navigator
- Connected with a UW perinatal psychiatrist (typically immediately or within 1 business day)
- After your telephone consultation, you will receive written recommendations via email (typically within a couple of hours or within 1 business day)

**What kind of questions can I ask?** Any mental health-related question for patients who are pregnant, planning pregnancy, in the first year postpartum, or who have pregnancy-related complications (e.g., pregnancy loss, infertility). Topics may include:

- Depression, anxiety, other psychiatric disorders (e.g., bipolar disorder, post-traumatic stress disorder), substance use disorders, or co-occurring disorders
- Pregnancy loss, complications, or difficult life events
- Weighing risks and benefits of psychiatric medication, non-medication treatments
- Assistance with local resources & referrals



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**Deb Cowley,  
MD**  
PAL for Moms  
Medical  
Director



**Amritha Bhat,  
MD, MPH**  
PAL for Moms  
Co-Medical  
Director



**Carmen Croicu,  
MD**



**Aba Nduom,  
MD**



**Katherine  
Palm-Cruz,  
MD**



**Laurel  
Pellegrino,  
MD**



**Ramanpreet  
Toor, MD**



**Kelly Wurzel,  
MD**



**Nadejda  
Bespalova,  
MD**



**Alicia Kerlee,  
MSW**  
Perinatal  
Mental Health  
Navigator



**Jamie Adachi,  
MPH**  
Maternal-Child  
Mental Health  
Program Manager



**Mollie Forrester,  
MSW, LICSW**  
Director of Patient  
& Family  
Experience

# UW Maternal-Child Mental Health (MCMH) program vision & mission

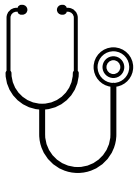
**Vision:** All people with childbearing-related mental health and substance use concerns receive effective, equitable, and culturally appropriate care.



**Mission:** Transform perinatal mental health and SUD delivery systems through excellence in clinical consultation, education, and health services research.

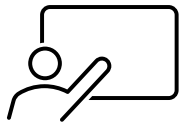
# UW Maternal-Child Mental Health Program Updates

## CLINICAL



- Perinatal Psychiatry Consultation line for providers "PAL for Moms"
- Colocated and specialty mental health clinics
- Telepsychiatry clinic

## TRAINING



- MAP ECHO perinatal psychiatry case conference series
- Statewide trainings for frontline providers and residents/trainees
- Women's Mental Health fellowship
- Psychiatry resident training

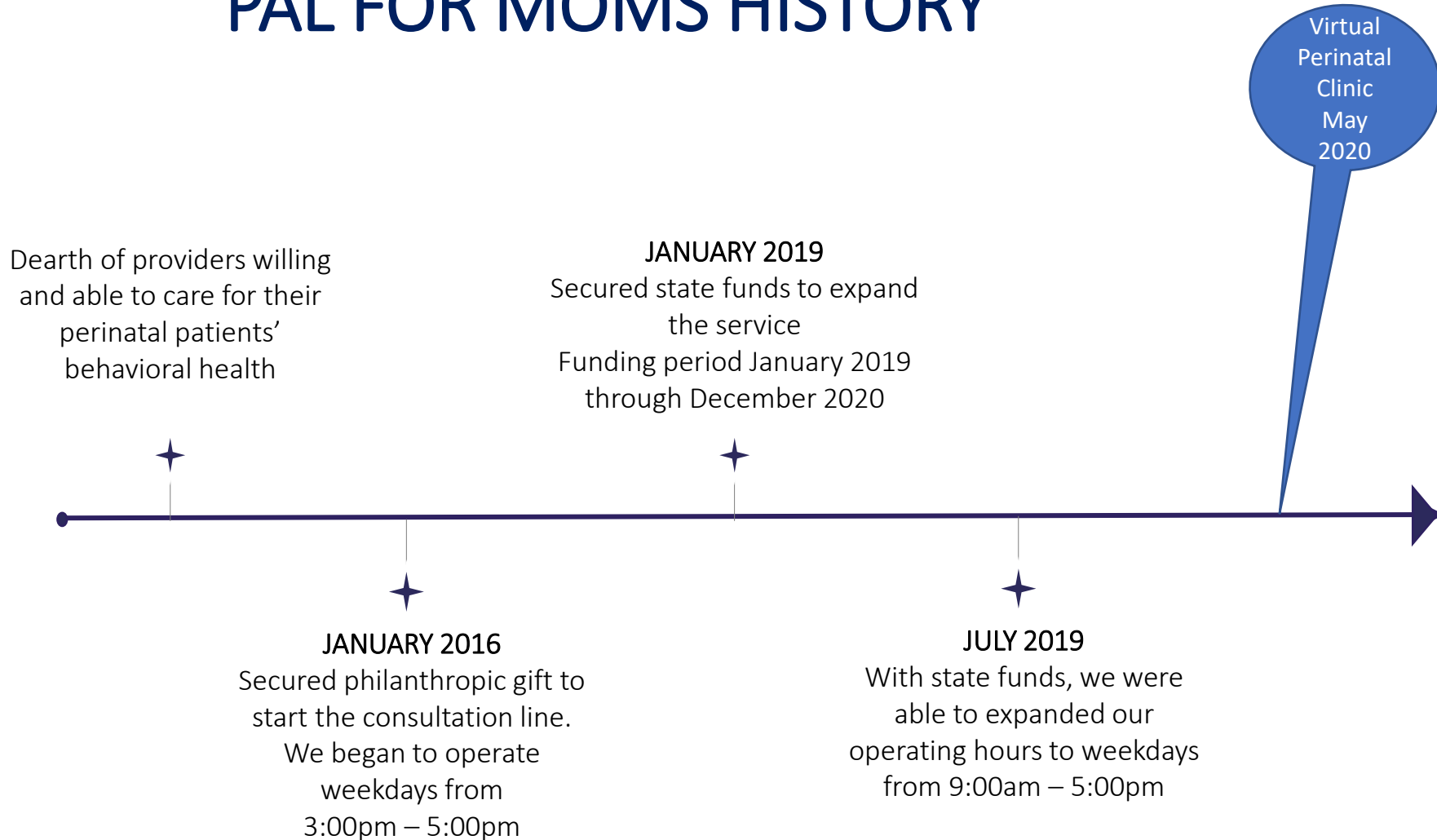
## RESEARCH



- Parenting in perinatal collaborative care
- Program evaluations

Funders: Cambia foundation, HCA, NIMH, The Perigee Fund

# PAL FOR MOMS HISTORY



# PAL FOR MOMS: CALL WORKFLOW

Call answered by  
navigator

78% direct  
connection to  
psychiatrist

Remainder  
within minutes  
to 2-3 hours

Note sent  
by next  
morning

# Telepsychiatry Service Offering Overview



**Project goal:** Expand telepsychiatry access that is responsive to COVID-19

**Referral network:** Began with home visiting programs in WA and PS-WA, then connected with organizations/clinics that serve racial ethnic minority populations and populations with lower income (e.g. Open Arms, Yakima Community Foundation, Room One, Carolyn Downs Family Medical Center, SeaMar CHC, American Indian Health Commission etc.)

**Referral process:**

1. Provider evaluates who to refer
2. Provider fills out intake form
3. Navigator calls patient to check for coverage, assess need for technology support, register and schedule the appointment
4. Telepsychiatry assessment
5. Loop back with the referring provider

# VIRTUAL PERINATAL PSYCHIATRY CLINIC WORKFLOW

PAL for  
Moms call

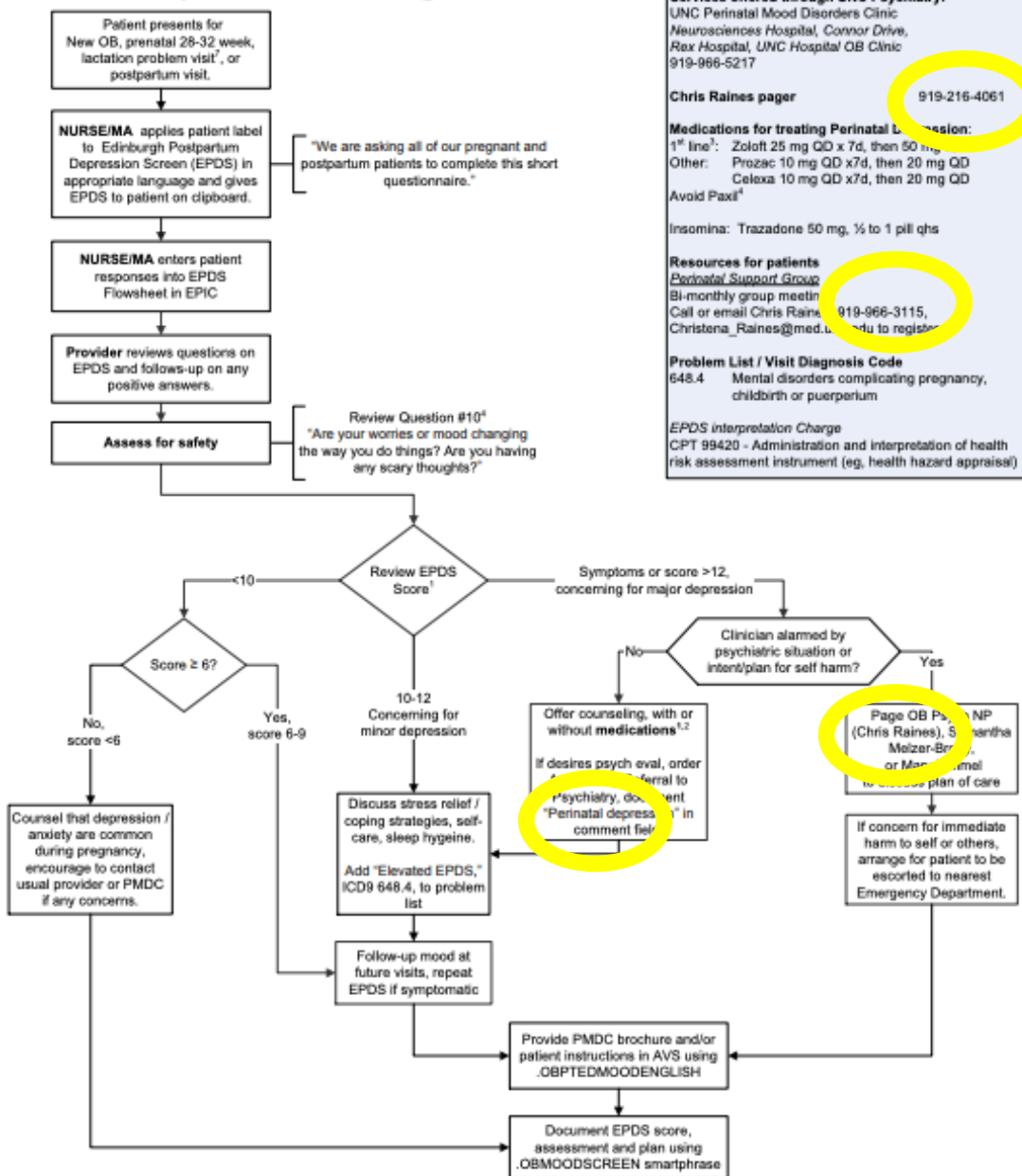
Psychiatrist  
recommends /  
caller requests  
one time  
consult

Online  
referral form

Registration  
and  
scheduling by  
navigator

Telemedicine  
assessment and  
recommendations

## Perinatal Depression Screening and Treatment



**Services offered through UNC Psychiatry:**  
 UNC Perinatal Mood Disorders Clinic  
 Neurosciences Hospital, Connor Drive,  
 Rex Hospital, UNC Hospital OB Clinic  
 919-966-5217

**Chris Raines pager** 919-216-4061

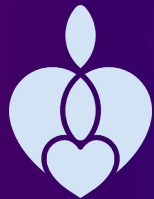
**Medications for treating Perinatal Depression:**  
 1<sup>st</sup> line<sup>3</sup>: Zoloft 25 mg QD x 7d, then 50 mg  
 Other: Prozac 10 mg QD x7d, then 20 mg QD  
 Celexa 10 mg QD x7d, then 20 mg QD  
 Avoid Paxil<sup>4</sup>

Insomnia: Trazadone 50 mg, ½ to 1 pill qhs

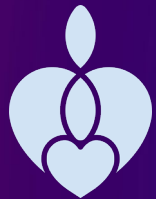
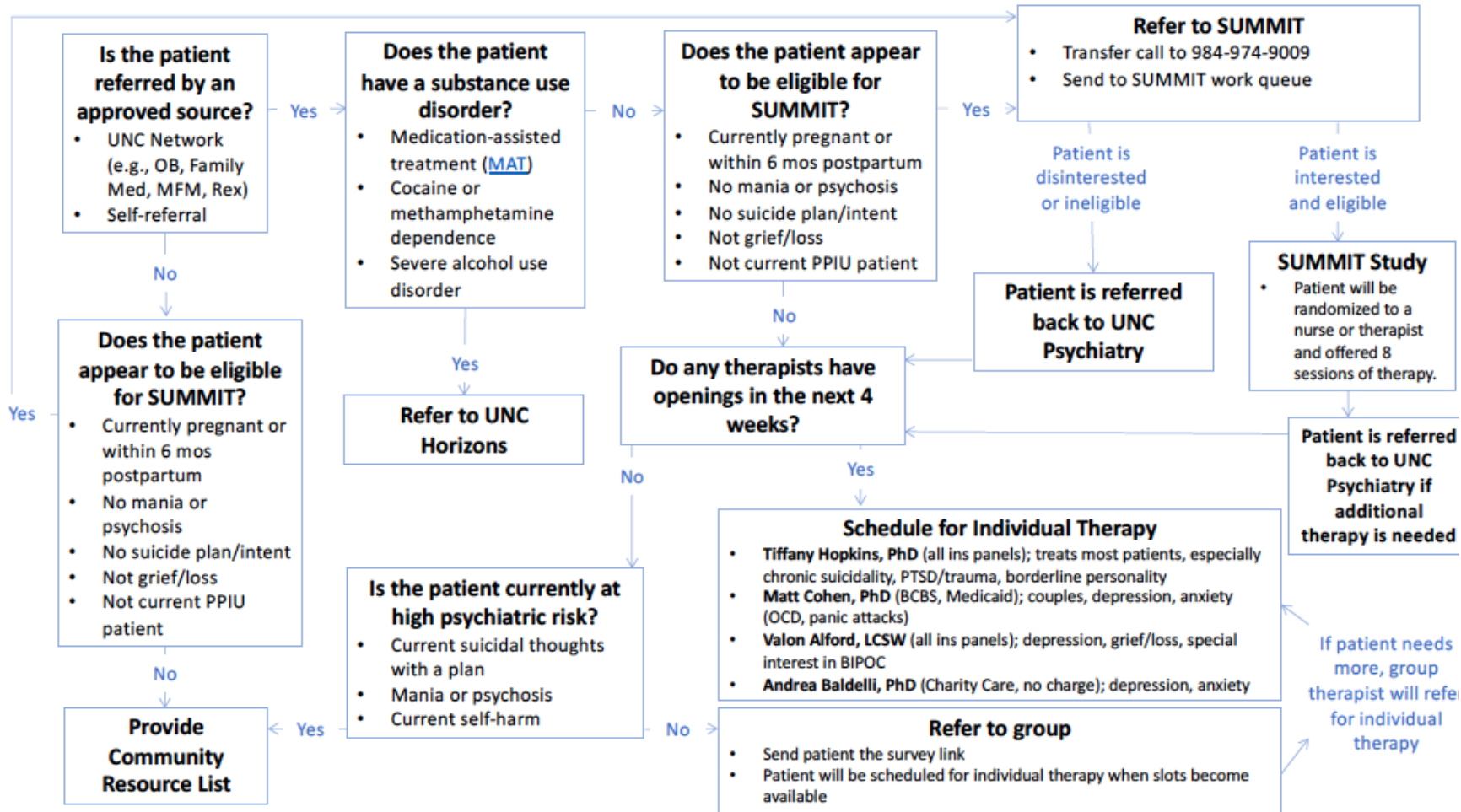
**Resources for patients**  
**Perinatal Support Group**  
 Bi-monthly group meeting  
 Call or email Chris Raines 919-966-3115,  
 Christena\_Raines@med.unc.edu to register

**Problem List / Visit Diagnosis Code**  
 648.4 Mental disorders complicating pregnancy,  
 childbirth or puerperium

**EPDS interpretation Charge**  
 CPT 99420 - Administration and interpretation of health  
 risk assessment instrument (eg, health hazard appraisal)







# Challenges

- Referring providers were comfortable with one phone number/one person for psychiatric support within UNC Health System
- The pandemic + staff reductions within psychiatry/WMD further constrained resources, frustrating referring providers
- Pushback re: use of MATTERS as more time consuming and less helpful than traditional referral methods

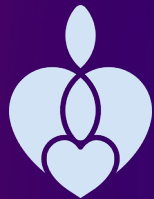
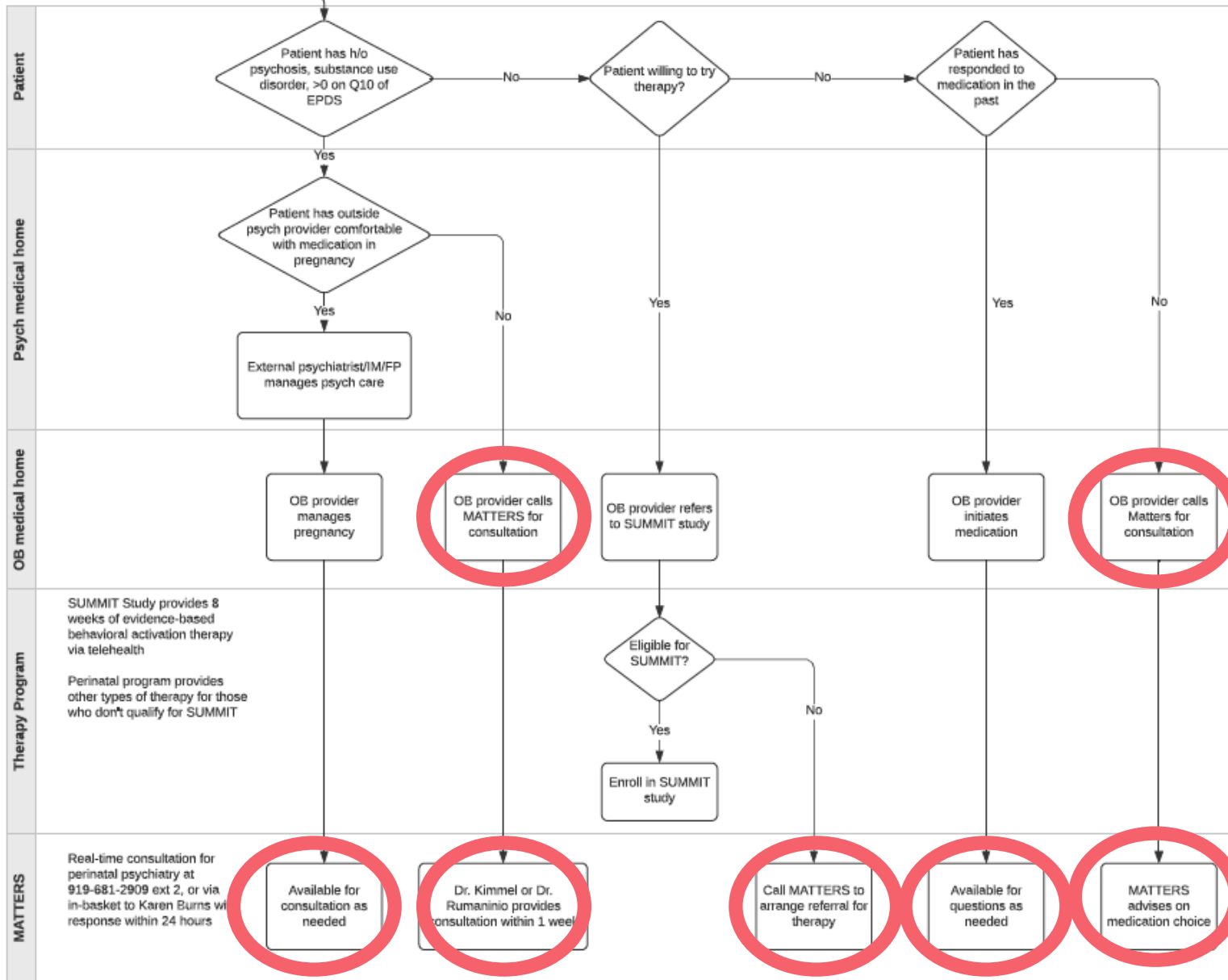
# Solutions

- Scheduling team eager to work with NC MATTERS in effort to redirect flow of referrals
- MATTERS team collaboration with WMD schedulers to feed some patients back into the UNC clinic, when possible
- Providers' increasing willingness to work with NC MATTERS to get more immediate support, and to share info with colleagues
- Support from MFM and Psychiatry leadership to encourage NC MATTERS as a first step before referral to WMD

# Pregnancy mental health wellness

Alison Stuebe | April 19, 2020

**Pregnant patient with mental health need:**  
 EPDS >9  
 Anxiety questions >5  
 Current or past substance use disorder  
 Current or past psychiatric disorder  
 Needs mental health services



## Academic



Department of Psychiatry and Behavioral Medicine



Medical Director & Responding Psychiatrist

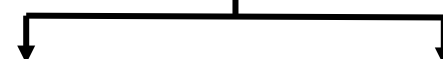
## Clinical



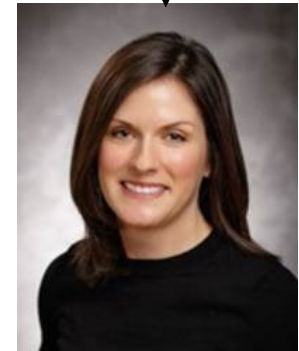
Department of Obstetrics and Gynecology



Women's Mental Health Clinic



Psychiatrist



Psychologist



THE  
**PERISCOPE**  
PROJECT  
PERINATAL SPECIALTY CONSULT PSYCHIATRY EXTENSION



**Real time consultation between eligible provider and perinatal psychiatrist**



**Community resource information**



**Educational materials (live didactic, web-based presentations, toolkit)**

**\*no face to face or patient evaluation component**

