CA Maternal Mental Health Laws & Provider + Hospital Resources Webinar

June 24, 2019
2020mom™

Closing Gaps in Maternal Mental Health Care in the U.S. Health Delivery System

www.2020Mom.org

MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families

In Los Angeles County
www.MaternalMentalHealthNow.org
States Addressing MMH

CA, MA, MD
Ran state commissions in 2016/2017

CO, ME, MN, NJ, NY, OR, TX*, VA, WA, WV
Has addressed MMH screening/awareness in the past

PA
Adds PPD as an “at-risk condition” under existing Early Intervention (EI) Law

IL, TX
Infanticide law: pending in IL, attempted in TX

NY City
A jurisdiction that has addressed screening/awareness MMH in 2016/2017

CA, IL, MI, MN, TX, UT
State declarations of May as Maternal Mental Health Month

*Reimbursement to pediatricians for children w/ Medicaid or CHIP
Federal Legislation: Grants to States

- Began in 2016
- NCMMH/2020 Mom Sponsoring organization for:
  The Bringing Postpartum Depression Out of the Shadows Act (HR 3235/S 2311) “The MMH Act”
  Provides grants to at least 5 states for innovative solutions, like psychiatry access lines.
Passed in Nov. 2017 as part of
H.R. 34, the 21st Century Cures Act
Maternal Mental Health: CA’s Goals and Recommendations

Formed via Assembly Concurrent Resolution (ACR) 105 (2014), requiring a report be issued back to the Legislature.

Report was issued in 2018.
The Key Players

16 appointed multi-stakeholder members & additional standing contributors

Funded privately by The California Endowment & The California Health Care Foundation.
Provider Core Competencies
Identifies the skills and knowledge various providers should have who interact with women in the perinatal period

A Continuum of Care
Summarizes the 4 critical timeframes for providers to address MMH disorders

Screening: Score “Cut Offs” and Timing Recommendations
Developed by PSI at the urging of the task force to identify score cut-off for PHQ-9 and EPDS & Timing of Screens by PCP, Ob/Gyn and Pediatrician

A “Menu” of Treatment Options
Adapted from the MCPAP for Moms Toolkit to Include Full Range of Tx Options by Severity

Detailed Recommendations for All Stakeholders
Everyone can and must do something
5 Major Barriers & Calls to Action

No Home Base for Screening, Lack of Referral Pathways, Capacity & Support
Single provider type must always be on-point to screen, clear role must be defined (Ob/Gyn)
Must address knowledge gaps, capacity & treatment shortages

Mental Health and Medical Systems Are Not Integrated
Starting with Insurance Policies;
Accessing mental health care should be no different than heart care

No Measurement of Screening Rates:
We don’t address what we don’t see; Need a HEDIS Measure

Women Need More MMH Education & General Support:
To reduce risk & address stigma; Public Health Departments

No Framework for Change for All Key Stakeholders:
A clear path helps all of us get from A to B; See Paper Appendix

Screening Goal, 80% by the Year 2020
2018 California Legislation Signed by the Governor

AB 1893 Dept of Public Health to Explore and Apply For Federal Funding Including Bringing Postpartum Depression out of the Shadows Act

AB 2193 Obstetric/PCP Provider Screening & Insurer Programs
- Requires obstetric providers to confirm screening has occurred or perform Screening at least once during the perinatal period.
- Requires health insurers to develop MMH programs to support women and providers.

AB 3032 Hospital Maternal Mental Health, effective 1/1/2020
Requires hospitals to train clinicians and educate women about maternal mental health disorders and local treatment options, if any.
AB 1676 Telephyschiatry Consultation for Obstetricians, PCP and Pediatricians
-This bill did not pass out of Assembly Appropriations and will be reintroduced in 2020. Focused on mothers and children. Would have expanded the capacity of those providers noted above via a telephone number(s) to consult with reproductive and child psychiatrists.

AB 845 CA Medical Board: Optional Obstetric Provider Mental Health Training
Expected to be signed into law this fall and make training available to MDs, like obstetricians.
Sponsored by:

MOMSWELL

CA Maternal Mental Health Screening Compliance Made Easy

www.MomsWell.org
Resources:
Report from the California Task Force on the Status of Maternal Mental Health Care
www.2020mom.org

Bill Links, Screening Script and Resources One Pagers

Q&A + Thank you!