Addressing Treatment Gaps in MMH: A Fireside Chat on New Initiatives from the APA & ACOG

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2020Mom.org
Meet Joy

Joy Burkhard
Executive Director
2020 Mom
Who is 2020 Mom?

Mission: To close gaps in Maternal Mental Health Care.

We believe if families, employers and society are paying for health care benefits, the health care system should detect and treat MMH disorders.
Thank You!
Learn more:
www.briibio.com/areas.php
Meet Our Panelists

Diana E. Clarke, MSc, PhD
Managing Director of Research, Senior Epidemiologist & Research Statistician
American Psychiatric Association and Adjunct Assistant Professor, Department of Mental Health.
Johns Hopkins Bloomberg SPH

Tiffany A. Moore Simas, MD, MPH, MEd, FACOG
Chair of Obstetrics & Gynecology & Professor OB/GYN, Pediatrics, Psychiatry, Population and Quantitative Health Sciences
University of Massachusetts Chan Medical School / UMass Memorial Health
APA and ACOG’s History Addressing MMH

ACOG:
2017 Establishes Perinatal Mental Health Expert Workgroup
2018 Convenes Focus Groups
2018 **Recommends Screening for Depression (and in 2020 Anxiety)**
2019-current Partners with Lifeline for Moms Team from UMass Chan Medical School for development of resources that have been licensed to ACOG

Council on Patient Safety in Women’s Health developed an MMH “Bundle”

1. **Readi**ness - Recognition and Prevention
2. **Response** - Reporting and Systems Learning

1 sciencedirect.com/science/article/abs/pii/S0884217517300011
APA and ACOG’s History Addressing MMH

Joint Actions:
2009: Joint APA/ACOG Guidelines for Treatment of Depression During Pregnancy

APA:
2020 Recommends Screening for Depression and Anxiety
2020 Position on Medicaid Coverage for Maternal Postpartum care
2020 Committee on Women’s Mental Health
American College of Obstetricians & Gynecologists

2022 ACOG endorsement of the UMASS Chan Medical School, Lifeline for Moms Perinatal Mental Health Toolkit for Obstetric providers

Resources:

Toolkit Content Highlights:
- Screening Tools & Algorithms for Depression, Anxiety, PTSD, Bipolar Disorder and Suicide Risk
- Risk/Benefits of treatment alternatives including detailed guidance on pharmacotherapy
- Guidance on assessing intrusive thoughts and risk of self-harm and harm to baby

E-modules

Implementation Resource Guide

Perinatal Psychiatry Access Programs

20/20 moms
Visionaries for the Future of Maternal Mental Health
American College of Obstetricians & Gynecologists
2022 ACOG endorsement of the UMASS Chan Medical School, Lifeline for Moms Perinatal Mental Health Toolkit for Obstetric providers

Challenges:
Reimbursement outside of the maternity care capitation rate

Lack of Data/Measurement (HEDIS measure rates being reported in Sept.)

Forthcoming Updates:
Suicide Risk Assesment
American Psychiatric Association

Ongoing Research: Mental Health Needs Assessment in the Management of Perinatal Psychiatric Disorders

Goal: To Better Understand Patient Psychiatry Access Issues

Research Process:
- Focus groups with & survey of pregnant persons to understand access issues
- Focus groups with & surveys of psychiatrists & non-physician behavioral health providers (NPBHPs) to understand standard of care & identify gaps in care for pregnant persons with mental health or substance use problems
- Survey of chairs/directors of psychiatry residency & NPBHP clinical internship or fellowship programs to understand training opportunities and gaps

Outputs:
- Update existing recommendations for clinical management of pregnant persons w/ preexisting or perinatal mental or substance use disorder
- Create educational & training webinars on perinatal mental health care for psychiatrists and other NPBHPs.
Fireside Chat
Learn More

Visionaries for the Future of Maternal Mental Health

2020mom.org