



We help providers address mental health and substance use disorders during and after pregnancy



BROCHURE FOR PROVIDERS



MCPAP for Moms promotes maternal and child health by building the capacity of providers serving pregnant and postpartum women and their children up to one year after delivery to effectively prevent, identify, and manage perinatal mental health and substance use disorders.

One out of every seven women experience depression during pregnancy or in the postpartum period. Many health care providers are on the front line serving these women and their families, often with limited access to the mental health resources and supports needed to address perinatal mental health and substance use disorders. **MCPAP for Moms** is a statewide program designed to bridge this gap. It is an expansion of the successful Massachusetts Child Psychiatry Access Program (MCPAP). Providers working with fathers and other caregivers experiencing mental health and substance use symptoms can also access **MCPAP for Moms**.

Funding for **MCPAP for Moms** is provided by the Commonwealth of Massachusetts Department of Mental Health and commercial payers.

There is a growing sense of urgency to address mental health and substance use disorders during pregnancy and the postpartum period.

Obstetric and primary care providers often have limited access to the expertise and resources needed to identify and manage their patients' mental health and substance use concerns.

MCPAP for Moms provides real-time psychiatric consultation and care coordination for providers serving pregnant and postpartum women. The program is free and available to all medical and psychiatric providers serving pregnant or postpartum women throughout Massachusetts.



855-MOM-MCPAP
mcpapformoms.org



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Our goal is to improve outcomes for babies, children, and families by helping pregnant and postpartum women access and engage in mental health and substance use treatment.

Promoting Maternal Mental Health During and After Pregnancy

Provider Resources



Trainings and toolkits for providers and their staff based on evidence-based guidelines for: mental health screening, discussion of screening results and treatment options, triage and referral, and risks and benefits of medications.



Real-time psychiatric consultation for obstetric, pediatric, primary care, and psychiatric providers serving pregnant and postpartum women. Pediatricians should refer moms with mental health concerns or positive screening results to their obstetric or primary care providers or call *MCPAP for Moms*.



Linkages with community-based resources including therapy, support groups, and other resources to support the wellness and mental health of pregnant and postpartum women.

Family Resources

MCPAP for Moms is partnering with the William James College Interface Referral Service to develop community resources and supports across the state for women with perinatal mental health and substance use symptoms. Encourage your patients to visit the “Mothers and Families” tab at www.MCPAPforMoms.org for support and resource information. We encourage mothers to talk with their providers about *MCPAP for Moms*. Providers can then call *MCPAP for Moms* for consultation.

MCPAP Services

To access *MCPAP for Moms* call:
855-MOM-MCPAP (666-6272)
Monday through Friday
9:00 a.m. – 5:00 p.m.

A care coordinator will answer the provider’s call and help determine the need for a telephone consult with a *MCPAP for Moms* psychiatrist. The following outcomes may result from a telephone consultation. The *MCPAP for Moms* psychiatrist may:

- Answer the provider’s question
- Recommend a face-to-face evaluation with the patient
- Refer the provider and the patient/family to a care coordinator for assistance connecting with resources in the patient’s community



MCPAP for Moms is available to provide on-site training at hospitals and obstetric and primary care practices. Please e-mail mcpap@beaconhealthoptions.com to schedule a training or grand rounds.

One in Seven

One out of every seven women experience depression during pregnancy or in the first year postpartum. Depression during this time is twice as common as gestational diabetes.

