



We support health care professionals in addressing perinatal mental health and substance use disorders



BROCHURE FOR CLINICIANS



***MCPAP for Moms*** helps maternal and child health clinicians to effectively prevent, identify, and manage perinatal mental health and substance use disorders.

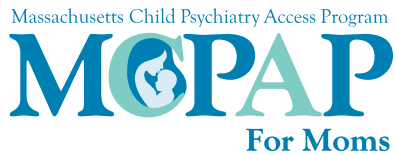
Professional societies recommend that front line providers serving perinatal individuals address mental health and substance use disorders during pregnancy and the postpartum period.

Medical professionals 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 resource and referral for providers serving pregnant and postpartum perinatal individuals. The program is free and available to all clinicians serving pregnant or postpartum people throughout Massachusetts.

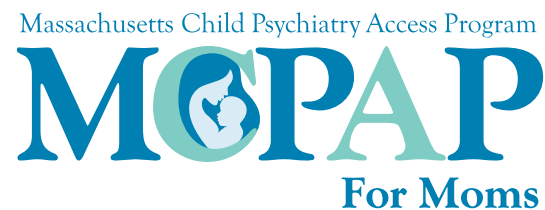
One out of every five individuals experience a mental health or substance use disorder during pregnancy or the postpartum period. Many health care professionals are on the front lines serving these individuals and their families with limited access to the mental health supports they need. ***MCPAP for Moms*** is a statewide program designed to bridge this gap. Clinicians working with non-gestational 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.



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 individuals access and engage in mental health and substance use treatment.



# Promoting Mental Health During and After Pregnancy

## Clinician Resources



**Trainings and toolkits** for clinicians and their staff based on evidence-based guidelines for: mental health and substance use disorder 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, and substance use disorder pediatric clinicians serving pregnant and postpartum individuals. Pediatricians should refer caregivers with mental health concerns or positive screening results to their obstetric or primary care clinicians 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 individuals.



## Family Resources

**MCPAP for Moms** partners 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 disorders. Encourage your patients to visit the new tab name: birthing individuals and families at [www.MCPAPforMoms.org](http://www.MCPAPforMoms.org) for support and resource information. We encourage perinatal individuals to talk with their health care professionals about MCPAP for Moms. Clinicians can then call MCPAP for Moms for consultation.

## MCPAP for Moms Services

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

A resource and referral specialist will answer the clinician's call and help determine the need for a telephone consult with a **MCPAP for Moms** psychiatrist. Following the telephone consultation, the **MCPAP for Moms** psychiatrist will:

- Address the clinician's question(s)
- Recommend next steps such as an evaluation with the patient
- Refer the clinician and the patient/family to a resource and referral specialist for assistance connecting with resources in the patient's community as indicated



**MCPAP for Moms** is available to provide on-site training for obstetric, pediatric, primary care, and substance use disorder clinicians. Please email [mcpap@beaconhealthoptions.com](mailto:mcpap@beaconhealthoptions.com) to schedule a training or grand rounds.

**At least one in five individuals** experience a mental health or substance use disorder during pregnancy or in the first year postpartum. Depression during this time is twice as common as gestational diabetes.

