Improving Systems of Care for Perinatal Mental Health and Substance Use Disorders

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Overview

- Background
- Screening and Referral to Treatment
 - Listening to Women & Pregnant & Postpartum People (LTWP)
- Building Workforce and Access to Treatment
 - Moms IMPACTT: IMProving Access to maternal mental health & substance use disorder Care through Telemedicine and Tele-mentoring
- Questions



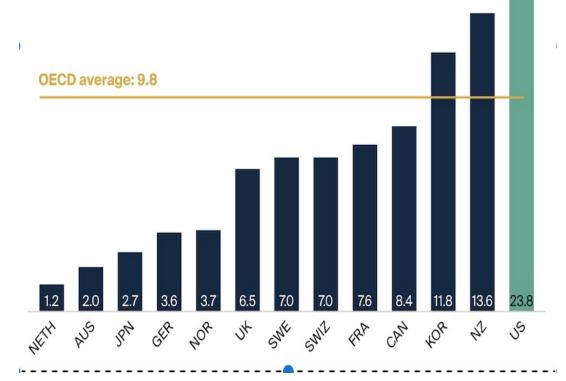
Maternal Mortality in the US is higher than any other developed country

High Income Countries 2020: 12 per 100,000 live births

United States 2020: 23.8 per 100,000 live births

United States 2021: 32.9 per 100,000 live births Maternal mortality, deaths per 100,000 live births

32.9 deaths per 100,000 live births (2021)1,205 maternal deaths in 20213 maternal deaths per day



Source: Munira Z. Gunja, Evan D. Gumas, and Reginald D. Williams II, U.S. Health Care from a Global Perspective, 2022: Accelerating Spending, Worsening Outcomes (Commonwealth Fund, Jan. 2023). https://doi.org/10.26099/8ejy-yc74

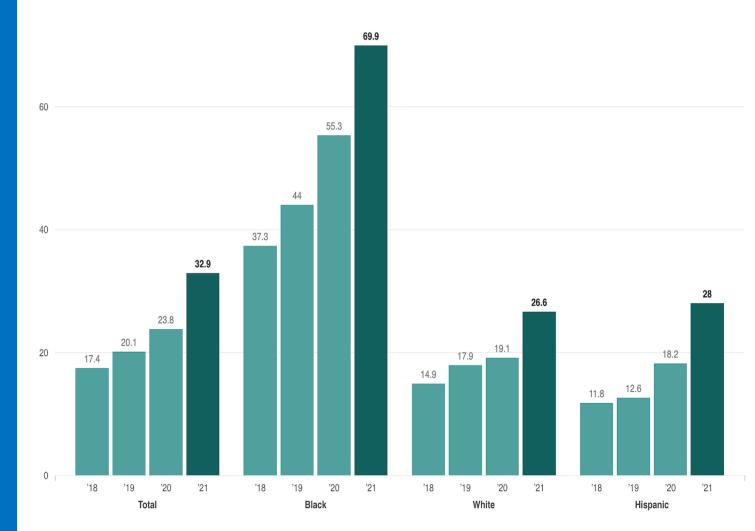
Racial Disparities in Maternal Mortality

White 2021: 26.6 per 100,000 live births

Black 2021: 69.9 per 100,00 live birth

American Indian 2021: 49.2 per 100,000 live births

Maternal Mortality By Race 2018-2021



Notes

The World Health Organization defines a maternal death as the death of a woman "from any cause related to or aggravated by pregnancy or its management (excluding accidental or incidental causes) during pregnancy and childbirth or within 42 days of termination of pregnancy."

Source: National Center for Health Statistics, Centers for Disease Control and Prevention

Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017–2019

Most frequent underlying causes of pregnancy-related death:

- Mental health conditions (22.7%)
- > Hemorrhage (13.7%)
- Cardiac and coronary conditions (12.8%)
- Infection (9.2%)
- Thrombotic embolism (8.7%)
- > Cardiomyopathy (8.5%)

84.2% deaths determined to be preventable

Trost SL, Beauregard J, Njie F, et al. Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017-2019. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2022.

Maternal Maternal Mental Health and Substance Use Disorders are...

...the Most Common Complication of Pregnancy & Childbirth

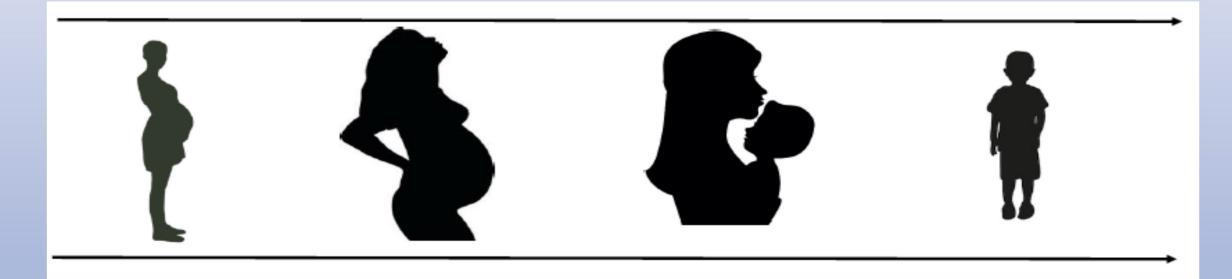


women around the world will suffer from a maternal mental health complication



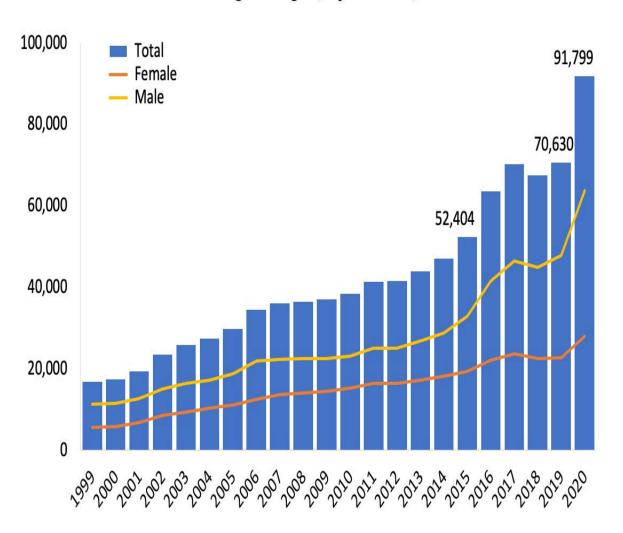
MATERNAL MENTAL HEALTH AFFECTS WOMEN & CHILDREN

Low Birth Weight Preterm Birth NICU Admissions C-sections Cognitive, Motor, Growth Delays. Behavioral, Academic, Mental Health Problems



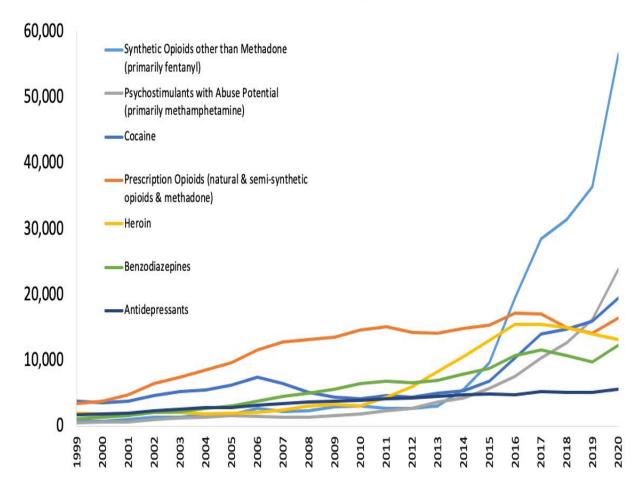
Poor Prenatal Care Smoking Substance Use Difficulty Bonding Less Breastfeeding More Divorce

Figure 1. National Drug-Involved Overdose Deaths* Number Among All Ages, by Gender, 1999-2020



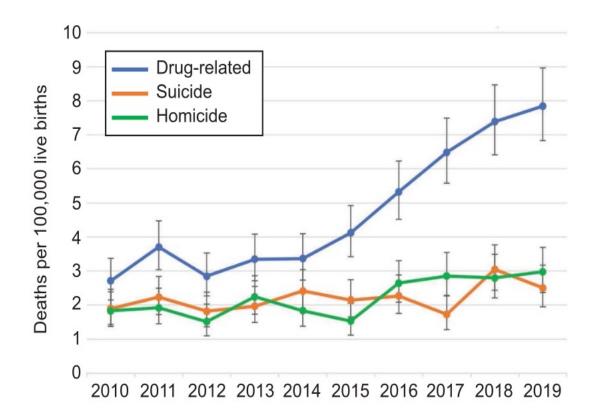
*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2020 on CDC WONDER Online Database, released 12/2021.

Figure 2. National Drug-Involved Overdose Deaths*, Number Among All Ages, 1999-2020



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2020 on CDC WONDER Online Database, released 12/2021.

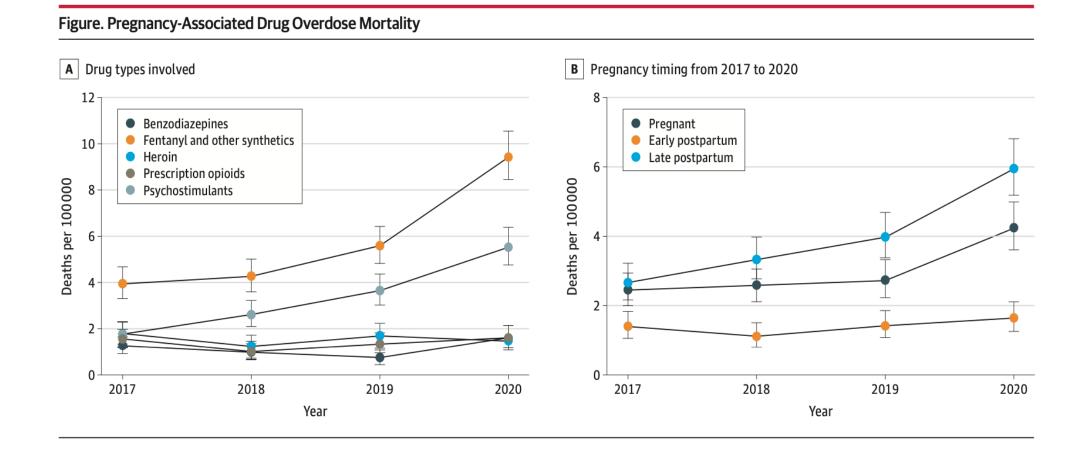
Pregnancy-Associated Deaths Due to Drugs, Suicide, and Homicide in the United States, 2010–2019 (n=11,792)



- 22.2% of all Maternal Deaths are due to:
- Drugs (11.4%)
- Suicide (5.4%)
- Homicide (5.4%)
- 2010-2019
- Drug-related deaths increased 190%
- Suicide increased 30%
- Homicide increased 63%

Margerison, Claire E. MPH, PhD; Roberts, Meaghan H. MA; Gemmill, Alison MPH, PhD; Goldman-Mellor, Sidra MPH, PhD Pregnancy-Associated Deaths Due to Drugs, Suicide, and Homicide in the United States, 2010–2019, Obstetrics & Gynecology: February 2022 - Volume 139 - Issue 2 - p 172-180

US Trends in Drug Overdose Mortality Among Pregnant and Postpartum Persons, 2017-2020



Bruzelius E, Martins SS. US Trends in Drug Overdose Mortality Among Pregnant and Postpartum Persons, 2017-2020. JAMA. 2022;328(21):2159–2161. doi:10.1001/jama.2022.17045

Maternal Mortality is a Complex Multifaceted Problem Requiring Targeted, Multi-level Interventions

Ecological Systems Theory

SOCIETAL

Structural Targets: Sexism, Racism, Determinates of Health (governing, economic, social policies that affect pay, working conditions, housing, education)

COMMUNITY

Environmental Targets: Low/ No Access Maternity Care, Quality Care in Rural and Low-Income Communities

INTERPERSONAL

Socio-Cultural Targets: Violence, Bias, Discrimination, Differential Providers

INDIVIDUAL Biological & Behavioral Targets: SDoH, Pregnancy, Postpartum Complications

Many Maternal Deaths due to Mental Health Conditions are Preventable

MATERNAL HEALTH

By Susanna L. Trost, Jennifer L. Beauregard, Ashley N. Smoots, Jean Y. Ko, Sarah C. Haight, Tiffany A. Moore Simas, Nancy Byatt, Sabrina A. Madni, and David Goodman

Preventing Pregnancy-Related Mental Health Deaths: Insights From 14 US Maternal Mortality Review Committees, 2008–17

Trost, SL, Beaurard, JL, Smoots, AN, Ko, JY, Haight SC, Moore Simas AS, Byatt N, Madni SA, Goodman, D. Preventing Pregnancy-Related Mental Health Deaths: Insights From 14 US Maternal Mortality Review Committees, 2008–17. Health Affairs Vo. 40, No. 10.

Screen & Referral to Treatment [Standard of Care]

> 1 in 8 women will be screened

Black individuals < likely to be screened than White individuals

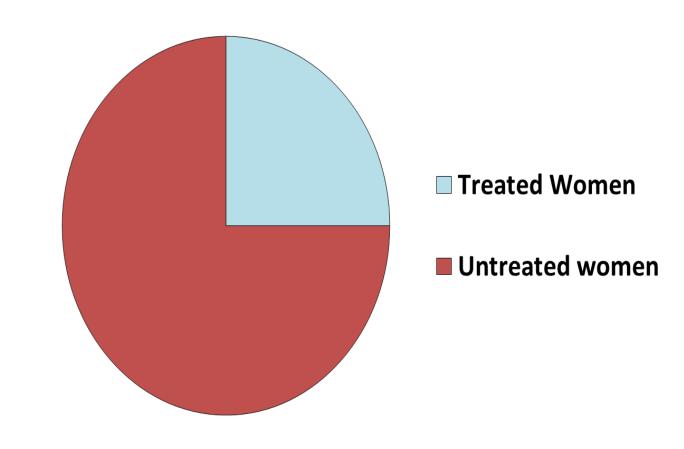


The majority of mental health problems are unrecognized and untreated.

1 in 4 women receive treatment

Black women < receive treatment compared to White women

Rural residence < likely to attend treatment than urban residence



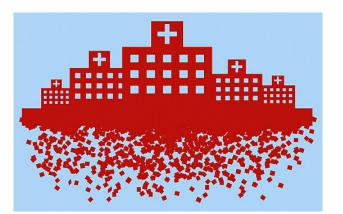
Haight SC, Byatt N, Moore Simas TA, Robbins CL, Ko JY. Recorded Diagnoses of Depression During Delivery Hospitalizations in the United States, 2000-2015. Obstet Gynecol. 2019 Jun; 133(6):1216-1223.

Bauman BL, Ko JY, Cox S, et al. *Vital Signs:* Postpartum Depressive Symptoms and Provider Discussions About Perinatal Depression — United States, 2018. MMWR Morb Mortal Wkly Rep 2020;69:575–581.

Barriers to Successful Screening & Effective Referral to Treatment







| Patient | Provider | Healthcare System | | | |
|---|---|---|--|--|--|
| Bias, Discrimination, Stigma, Racism | Bias, Discrimination, Racism | Structural Racism | | | |
| Social Determinants of Health | Insufficient time | Cost: Time & Re/Training | | | |
| Fear of social/legal consequences | Lack of MH/SUD knowledge | Separation of MH/SUD care | | | |
| Lack of available or accessible *MH/SUD treatment providers | Lack of available or accessible *MH/SUD treatment providers | Lack of available or accessible *MH/SUD treatment providers | | | |

*MH: Mental Health; SUD: Substance Use Disorder

Listening to Women and Pregnant and Postpartum People (Text/Phone Screening & Referral Program)

Listening to Women & Pregnant & Postpartum People











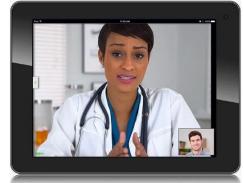


Referral to Treatment Telemedicine/ Office or Home Follow up





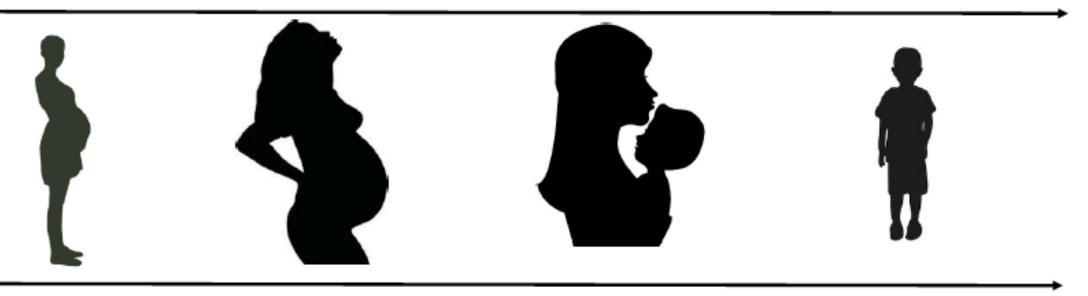
Communicate with Ob/Peds Team Screening information Referral and Tx Progress







Listening to Women & Pregnant & Postpartum People



Screening During Pregnancy and the Year Postpartum

- Pregnancy Screens:
 - 1st Prenatal Care Visit or Anytime After
 - Each Trimester of Pregnancy
- Postpartum Screens:
 - 1 Month Postpartum
 - Every 3 Months After Delivery Until 12 Months Postpartum

Case example

Patient 1- Perinatal Mood and Anxiety

LTWP Screening

What we knew

- 25 y/o, G1P1: 30 days postpartum
- Symptoms of depression and anxiety
- Rural location

Care Coordinator Intervention

What we learned

- Sx started in pregnancy, increased postpartum
- No psych history, no medications
- Passive SI, no intent or plan
- Mentioned only some symptoms to family
- Shame, guilt and fear of social consequences

Shared Decision Making

Creating a care plan together

- Validation of symptoms
- Home-based telemedicine services
- Linkage to resources

Randomized Clinical Trial

January 2021 to April 2023 Large Healthcare System in Southeast Electronic Health Record (EHR)

Usual Care (n=191)

Screened

• Text validated questionnaires (phone/email)

LTWP (Text/Phone)

(n=224)

Screened Positive

• Brief assessment, intervention and referral to treatment, if appropriate (<u>MSW</u>)

Referred to Treatment

• Co-located in Ob/Gyn Practice

Attended Treatment

• Psychiatrist, psychologist, or therapist in Ob/Gyn practice

Screened

• Verbal validated questionnaires (RN)

Screened Positive

• Brief assessment, intervention and referral to treatment, if appropriate (<u>CNM, Ob/Gyn</u>)

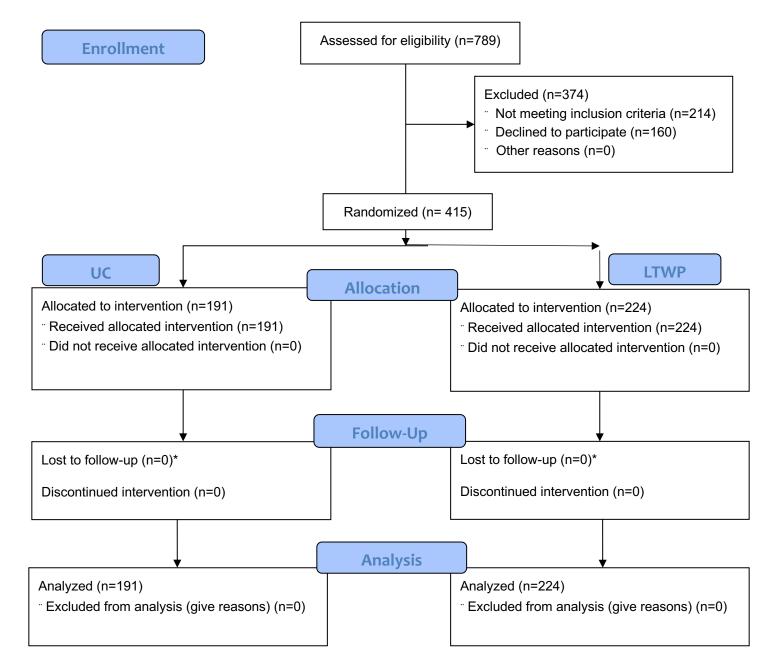
Referred to Treatment

• Co-located in Ob/Gyn Practice

Attended Treatment

• Psychiatrist, psychologist, or therapist in Ob/Gyn practice

Funding: HRSA- Telehealth COE



*Note: Follow-up data was extracted from the EHR and may not capture all participants that did not continue prenatal care in the study healthcare system.

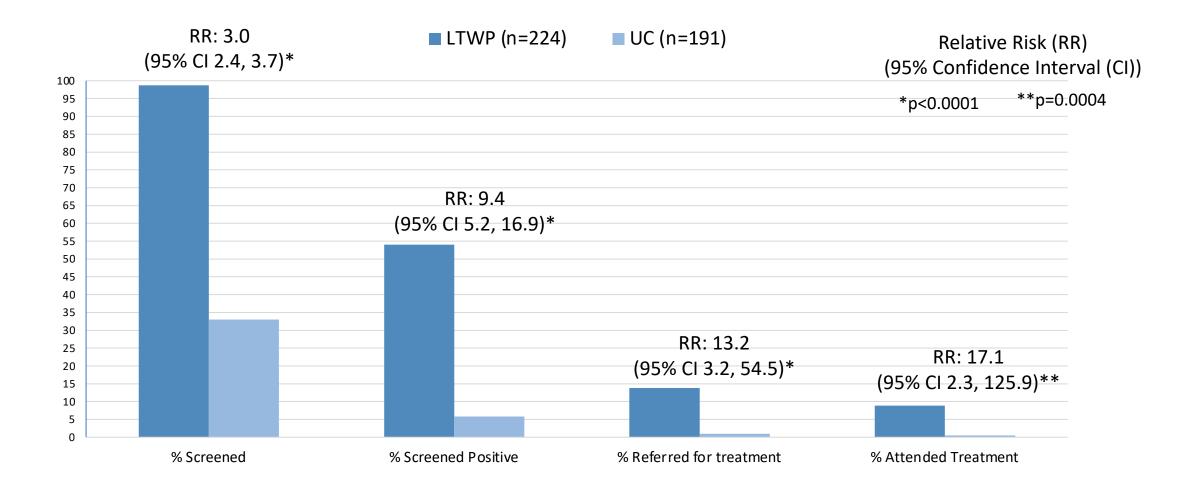
Demographics (No Group Differences)

| Characteristic | Statistics | LTWP (n=224) | UC (n=191) | P-value | Characteristic | Statistics | LTWP (n=224) | UC (n=191) | P-value |
|---------------------------|-----------------|---------------------|---------------------|---------|---|-----------------|---------------------|---------------------|---------|
| | | | | | Currently pregnant | n (%) | 102 (45.5%) | 85 (44.5%) | 0.83 |
| Age, years | median [IQR] | 31 [27.0 - 34.0] | 31 [26.0 - 34.0] | 0.55 | Number of week pregnant [†] | median [IQR] | 28 [20.0 - 33.0] | 28 [23.0 - 32.0] | 0.86 |
| Annual household income | | | | 0.26 | Months postpartum [‡] | median [IQR] | 2 [1.0 - 4.5] | 2 [1.0 - 8.0] | 0.99 |
| < \$25,000/year | n (%) | 46 (20.5%) | 31 (16.2%) | | Depressive Symptoms | median | 5 | 6 | 0.11 |
| ≥ \$25,000/year | n (%) | 178 (79.5%) | 160 (83.8%) | | (EPDS) | [IQR] | [2.0 - 8.0] | [3.0 - 9.0] | 0.11 |
| Number of living children | median [IQR] | 1 [1.0 - 2.0] | 1 [0.0 - 2.0] | 0.89 | Anxiety Symptoms (GAD-7) | median [IQR] | 3 [1.0 - 6.0] | 3 [1.0 - 7.0] | 0.69 |
| Number of | median | 2 | 2 | | | | | | |
| pregnancies | [IQR] | [1.0 - 3.0] | [1.0 - 3.0] | 0.37 | | | | | |

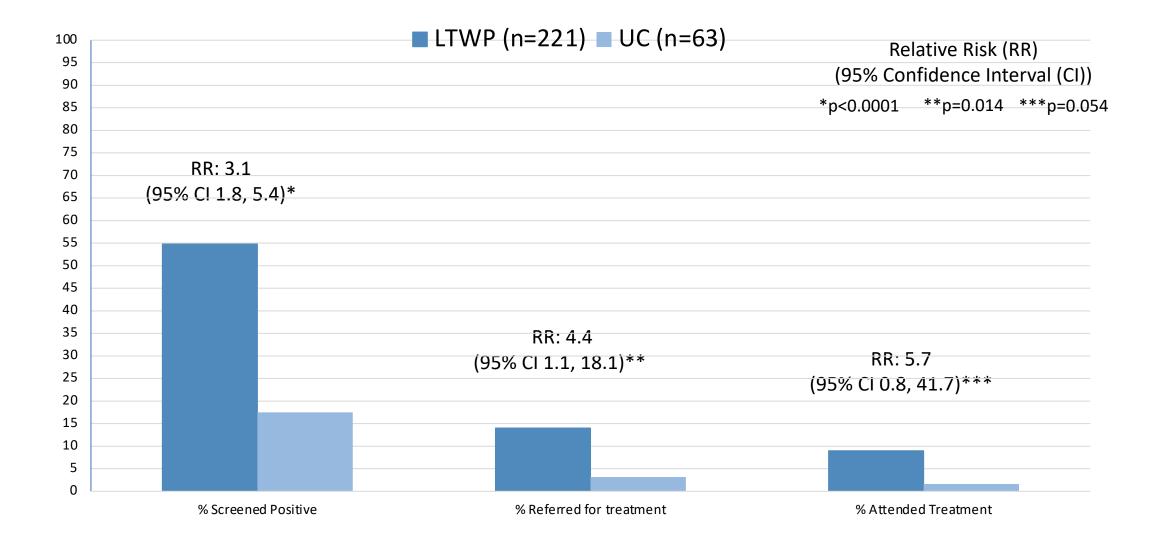
Demographics (No Group Differences)

| Characteristic | Statistics | LTWP (n=224) | UC (n=191) | P-value | Characteristic | Statistics | LTW/P (n=224) | UC (n=191) | P-value |
|-----------------------|------------|-----------------|---------------|---------|---------------------------|----------------|------------------|---------------|---------|
| Race/Ethnicity | | | | 0.32 | Self-reported psychiatric | | | | |
| Black, non-Hispanic | n (%) | 70 (31.3%) | 71 (37.2%) | | diagnoses | | | | |
| Hispanic | n (%) | 12 (5.4%) | 8 (4.2%) | | Mood disorder | n (%) | 35 (15.6%) | 27 (14.1%) | 0.67 |
| White, non-Hispanic | n (%) | 135 (60.3%) | 110 (57.6%) | | Anxiety disorder | n (%) | 67 (29.9%) | 52 (27.2%) | 0.55 |
| Other | n (%) | 7 (3.1%) | 2 (1.0%) | | Substance use disorder | n (%) | 21 (9.4%) | 9 (4.7%) | 0.07 |
| Rurality of residence | | | | 0.28 | Psychotic disarder | n (%) | 0 (0.0%) | 0 (0.0%) | 0.99 |
| Rural | n (%) | 14 (6.7%) | 18 (9.6%) | | None | n (%) | 141 | 129 | 0.33 |
| Partially rural | n (%) | 154 (73.3%) | 141 (75.4%) | | None | н (<i>убу</i> | (63.0%) | (67.5%) | 0.00 |
| Non-rural | n (%) | 42 (20.0%) | 28 (15.0%) | | | | | | |

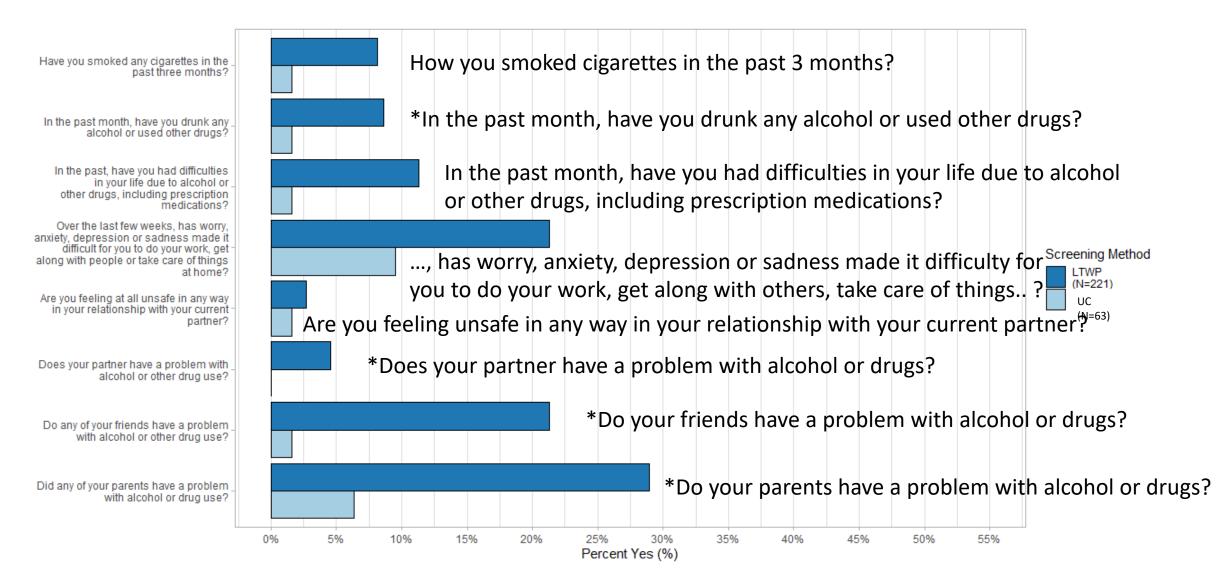
Primary Outcomes: % of LTWP vs. UC Screened, Screened Positive, Referred to Treatment & Attended Treatment



Secondary Outcomes [Participants Completing a Screen]: % of LTWP vs. UC Participants Screened Positive, Referred to Treatment & Attended Treatment

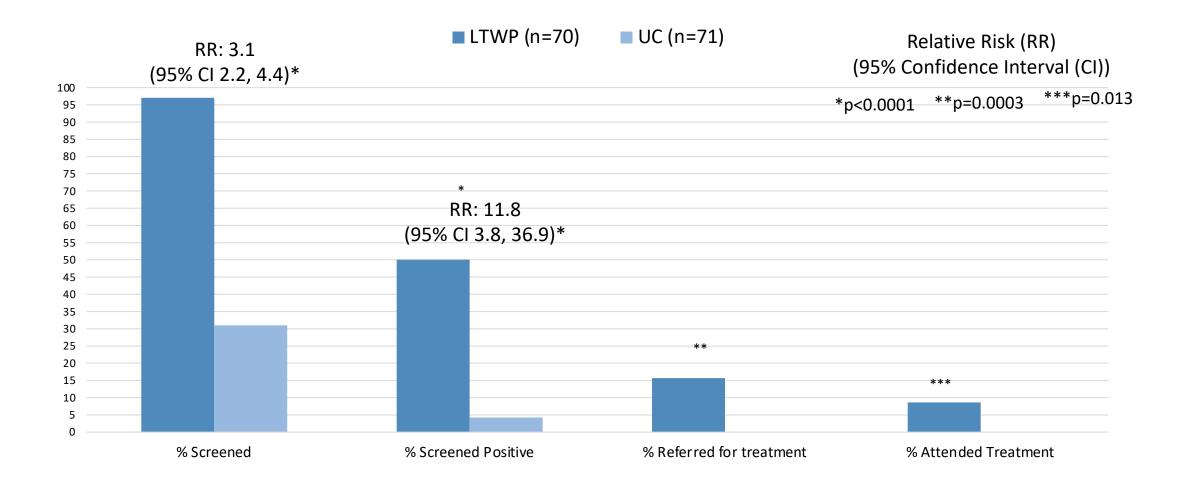


Percent of LTWP vs. UC Responding "Yes" to Each Screening Question



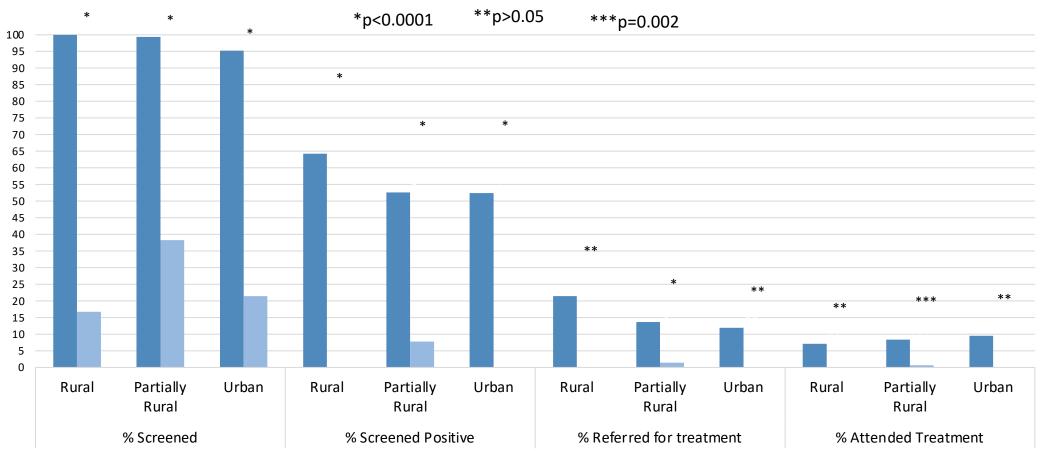
*4Ps: Substance use screening in pregnancy

Subgroup Analyses [Black, Non-Hispanic]: % of LTWP vs. UC Participants Screened, Screened Positive, Referred to Treatment & Attended Treatment



Subgroup Analyses [by Rural, Partially Rural and Urban Residence]: % LTWP vs. UC Participants Screened, Screened Positive, Referred to Treatment & Attended Treatment

■ LTWP (Rural n=14; Partially Rural n=154; Urban n=42) ■ UC (Rural n=18; Partially Rural n=141; Urban n=28)



Summary & Next Steps Listening to Women and Pregnant and Postpartum People

Summary

Compared to UC, LTWP participants were:

• 3X more likely to be screened

Among those that are screened, compared to UC, LTWP participants were:

- 3X more likely to screen positive
- 4.4X more likely to be referred to Tx
- 5.7X more likely to attend Tx

Findings consistent in Black, Non-Hispanic & Rural and Partially Rural Populations

Next Steps

Qualitative Research

- Hispanic & Spanish Speaking Populations
- American Indian Populations

Advocacy

- Healthcare system level changes, insurance payments, and policies to support adoption of text/phone screening and referral
- Support digital literacy, affordable internet service plans, access to broadband and devices with A/V capabilities

Current & Future Directions Listening to Women and Pregnant and Postpartum People (Text/Phone Screening & Referral Program)

Study Overview

- Study Goals: To improve Screening, and Attendance and Retention in Perinatal Mental Health and Substance Use Disorder treatment among pregnant and postpartum women (12 mo. postpartum).
- **Study Aims:** Compare LTWP Vs. UC to determine differences in rates of:
- Primary Outcome: Treatment attendance and treatment retention
 - EHR/Medicaid n=9,000
- Secondary Outcome: Patient Reported Outcomes (PROs) [n=4,500]
 - Patient Reported Outcomes: Pregnancy and 2, 5, 8, 11 mo postpartum (depression, substance use, maternal functioning/bonding)
- Process Evaluation
 - Barriers & Facilitators to Implementation of LTWP in trial and non-trial clinics

Patient Centered Outcomes Research Institute (PCORI)

Study Design

- Stepped Wedge Randomized Trial
- 13 Outpatient OB/GYN Clinics
- 3-4 Clinics Per Cluster, 4 Total "Wedges" Randomized to a LTWP Start Date

| Clinics | 1-6 | 7-12 | 13-18 | 19-24 | 25-30 | 31-36 | 37-42 | 43-48 | 49-54 | 55-60 | Active | Control |
|---------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------|
| dates | Oct | April | Oct | April | Oct | April | Oct | April | Oct | April | | |
| | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 2027 | | |
| 1-4 | | 450 | 450 | 450 | 450 | 450 | FU | FU | FU | | 1,800 | 450 |
| 5-7 | | 450 | 450 | 450 | 450 | 450 | FU | FU | FU | | 1,350 | 900 |
| 8-10 | | 450 | 450 | 450 | 450 | 450 | FU | FU | FU | | 900 | 1,350 |
| 11-13 | | 450 | 450 | 450 | 450 | 450 | FU | FU | FU | | 450 | 1,800 |
| Total | | | | | | | | | | | 4,500 | 4,500 |

• Orange(control/usual care); Dark Blue (active/LTWP); Light Blue (participants in follow-up)

Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017–2019

Most frequent underlying causes of pregnancy-related death:

- Mental health conditions (22.7%)
- > Hemorrhage (13.7%)
- Cardiac and coronary conditions (12.8%)
- Infection (9.2%)
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84.2% deaths determined to be preventable

Trost SL, Beauregard J, Njie F, et al. Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017-2019. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2022.

Current & Future Directions Listening to Women and Pregnant and Postpartum People (Text/Phone Screening & Referral Program)

Add other evidence-based screening & referral <u>H.E.A.R. 4 Mamas</u> <u>Healing, Equity, Advocacy and Respect for Mamas</u>

Alliance for Innovation on Maternal Health (AIM) Safety Bundles

Postpartum Discharge Transitions

- Summary of birth events
- Emergent/Urgent warning signs/symptoms & who to call
- Attending postpartum care visit
- Birth spacing & contraception
- Breastfeeding
- Well-being, mental health, substance use
- Social determinants of health
- Physical recovery, sleep/fatigue, sexual health, activity
- Medications & chronic conditions

Reduction in Racial and Ethnicity Disparities





won't go away or

gets worse over time



Dizziness

or fainting



Changes in

your vision

Trouble

Fever of 100.4°F or higher



Chest pain or fast beating heart



Severe swelling, redness or pain of your leg or arm



Overwhelming tiredness

CDC Early Warning Signs of Potential **Postpartum Complications**

PLUS Screening for Mistreatment & Disrespectful Care



Extreme swelling

of your hands

or face

Severe nausea and throwing up



Thoughts of

harming yourself

or your baby

Severe belly pain that doesn't go away



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy

breathing





slowing during

pregnancy



Baby's movement stopping or



H.E.A.R 4 Mamas



Daily Text Message Screening Postpartum Complications & Preventative Care





Brief Evaluation Remote Advanced Practice Provider (FNP)

Education, Treatment & Referrals to Treatment & Resources

Communicate with Ob/Peds Team Screening, Tx information Referral and Tx Progress



AIMs Safety Bundles

- Emergent/Urgent warning signs/symptoms & who to call
- Postpartum care visit
- Birth spacing, contraception
- Breastfeeding
- Well-being, mental health, SUD
- Social determinants of health
- Physical recovery, sleep/fatigue, sexual health, activity
- Medications & chronic conditions
- Racial and Ethnicity Disparities

Study Overview

- Study Goals: To improve detection of and timely care for complications during the first 6-weeks and 12-months postpartum for individuals experiencing significant health disparities.
- **Study Aims:** Compare H.E.A.R 4 Mamas Vs. Usual Care to determine differences in rates of:
- Avoidable Emergency Department (ED) visits, and attendance to preventative visits (i.e., postpartum care visit, primary or specialty care)
- Patient Reported Outcomes (PROs) (e.g., discrimination, well-being, functioning)

H.E.A.R. 4 MAMAS Recruitment Flyer

Patient Centered Outcomes Research Institute (PCORI)

H.E.A.R. 4 Mamas

<u>H</u>ealing, <u>E</u>quity, <u>A</u>dvocacy, and <u>R</u>espect

Participate in a study to learn if a new program can help keep mamas safe and healthy.

- 🕑 Mamas ages 18-49
 - Insured by Medicaid
- Delivering a baby at Roper St. Francis Health System
- Up to \$120 provided for time in completing surveys







Connect with us!

Call/Text: 843-998-5635

MUSC Research

HEAR4Mamas@musc.edu





Current & Future Directions Listening to Women and Pregnant and Postpartum People (Text/Phone Screening & Referral Program)

Add other evidence-based screening & referral <u>Newborn Health</u>

Listening to Women: Connecting Mom's & Baby's To Resources







Text Message Screening & Education



Education, Referral to Treatment & Resources

Communicate with Ob/Peds Team Screening information Referral and Tx Progress



Newborn Visitation Program

- Infant Feeding and Breastfeeding
- Infant Home and Safety
- Safe Sleep
- Crying, Colic, Soothing
- Bonding, Child Development
- Pediatric Visits
- Early Intervention
- Health Insurance
- Immunizations
- SDoH, MH/SUD/IPV concerns



Mom's IMPACTT: IMProving Access to maternal mental health and substance use disorder Care through Telemedicine and Tele-Mentoring Goal 1: Provider Building Frontline Provider Capacity

> Goal 2: Patient Access to MH/SUD Care

- Mom's IMPACTT has 3 components and provides:
- **Real-time psychiatric consultation for providers** to support them in effectively managing maternal mental health and substance use disorders.
- Mental health and substance use disorder trainings tailored to the needs of the hospital and/or outpatient practice's providers and staff.
- Brief Phone assessment by Care Coordinator to provide appropriate referral to treatment and community-based resources.



Mom's IMPACTT

IMProving Access to Maternal Mental Health and Substance UseDisorder Care Through Telemedicine and Tele-Mentoring



How Mom's IMPACTT Works [Building Provider Capacity: Training & Consultation]

843-792-MOMS (843)-792-6667



Doulas Midwifes Obstetricians Pediatricians Psychiatrists Community Health Workers Advance Practice Providers Primary Care/Family Practice



- Assessment
- Referrals & Resources
 - Care Coordination
- Referrals & Resources



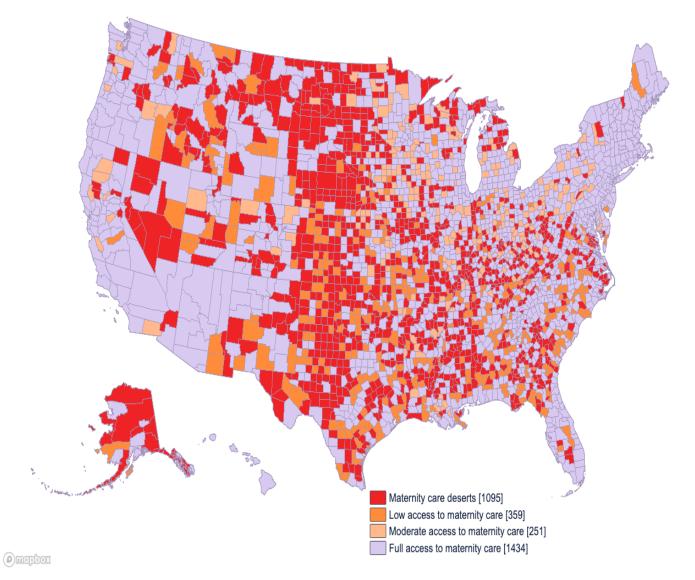
Provider-Provider Consultation



Provider Trainings

47.8% of SC counties have Low or No Access to Maternity Care.

Low/No Access to Maternity Care



Source: U.S. Health Resources and Services Administration (HRSA), Area Health Resources Files, 2019

How Mom's IMPACTT Works [Patients]



Pregnant



0-12 Months Postpartum





- Assessment
- Referrals to Resources
- Permission to Communicate with Provider for

Care Coordination

Patient-Provider Treatment

Case example

Patient 2- Perinatal Opioid Use Disorder

Self Referral to Moms IMPACTT

Concern: medication questions

- 35 y/o, white woman
- G1PO, 14 weeks
- Birth control failure
- 5 years sustained recovery with MOUD
- Provider stopped prescribing in pregnancy
- Experiencing withdrawal with craving
- No longer connected to recovery community support

Care Coordinator Intervention

Understanding stigma

- Home-based telemedicine services
 - Risk/benefits of options during pregnancy
 - Stabilized on MOUD
- OB Provider with adequate POUD training
- Delivery hospital with NOWS experience
- Coordination across health care systems
 - Training and education
- Linkage to community & recovery support services

Moms IMPACTT Outcomes: May 2022- April 2024

Goal 1: Provider Building Frontline Provider Capacity

Provider Trainings



MH/SUD trainings for 1,205 front-line providers

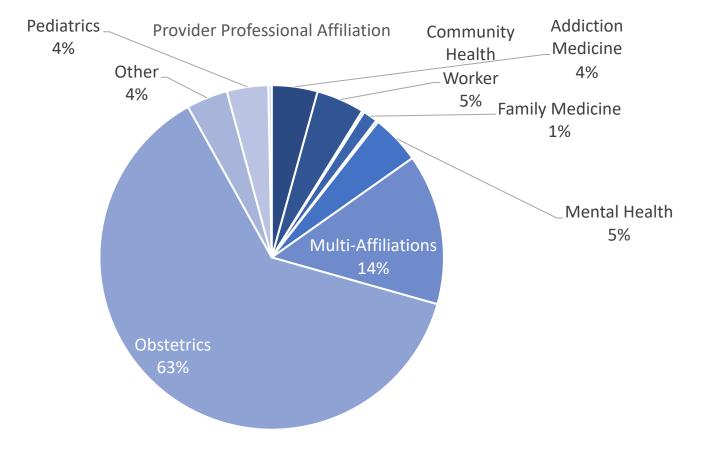
Provider-Provider Consultation



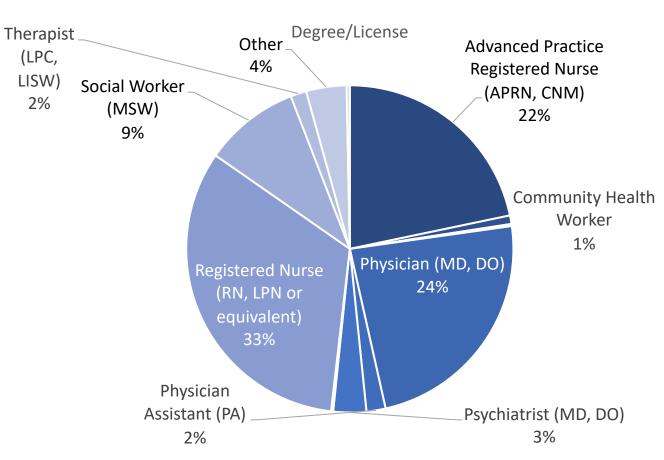
70 provider-to-provider consultations

Specialties of Providers Contacting Moms IMPACTT

Professional Affiliation



Professional Degree of Providers Contacting Moms IMPACTT

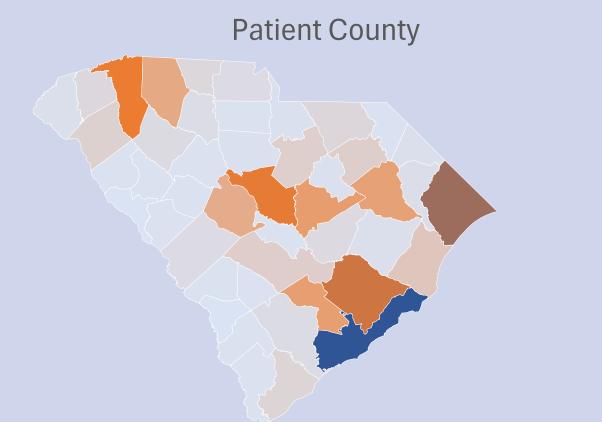


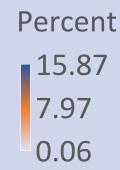
Professional Degree

Moms IMPACTT Patient (Self or Provider) Referrals by County May 2022- April 2024

Goal 2: Patient
Access to MH/SUD Care

Access to care for 2,055 pregnant and postpartum people from 100% of Counties in SC

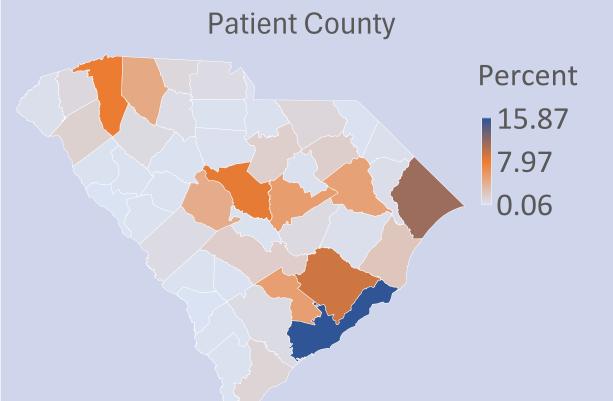




Powered by Bing © GeoNames TomTom Moms IMPACTT Patient (Self or Provider) Referrals by County May 2022- Present

Goal 2: Patient
Access to MH/SUD Care

Access to care for 2,055 pregnant and postpartum people from 100% of Counties in SC



Of the 2,055 people:

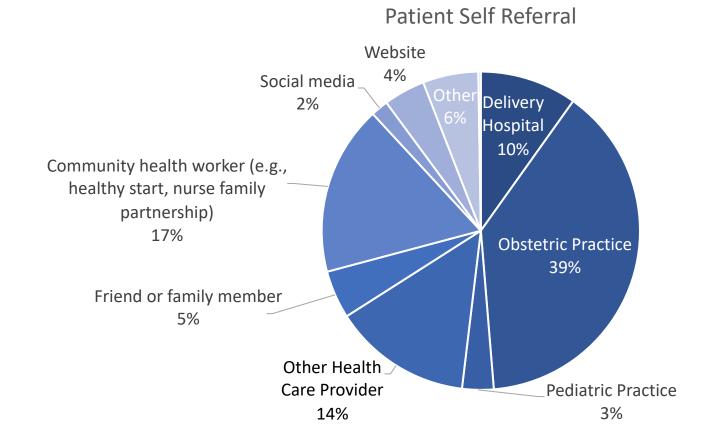
- 56.5% Patient Self-Referral
- 46.5% Provider Referral

Of the 2,055 people:

- 31% Referred to community
- 69.0% Received treatment in our outpatient clinic

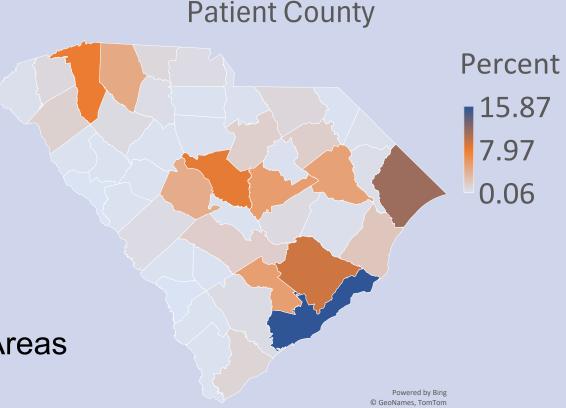
How Patients Hear about Moms IMPACTT

How did you hear about MOM's IMPACTT?

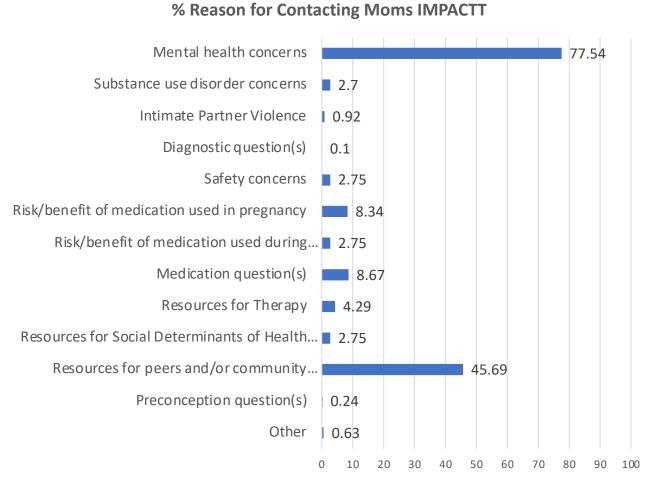


Moms IMPACTT Outcomes: May 2022- April 2024

- Access to care for 2055 pregnant/postpartum people from 100% of Counties in SC
- Average Age: 28.5 (range 14-45 years old)
- Race/Ethnicity
 - 61.1% White32.6% Black2% Native American8.0% Hispanic
- Insurance
 - 55.8% with Medicaid
- Location
 - 96.2% Fully Medically Underserved Areas 51.5% Rural Counties

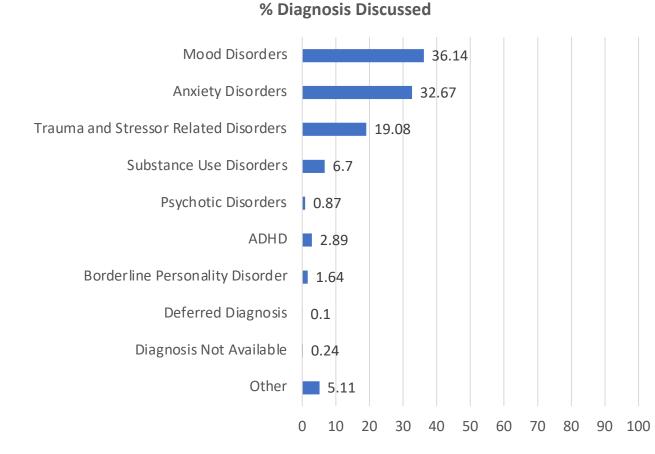


Patient (Self or Provider) Referral Reason for Contacting Moms IMPACTT



| Reason for Contacting Moms IMPACTT | Ν | % |
|---|------|-------|
| Mental health concerns | 1609 | 77.54 |
| Substance use disorder concerns | 56 | 2.7 |
| Intimate Partner Violence | 19 | 0.92 |
| Diagnostic question(s) | 2 | 0.1 |
| Safety concerns | 57 | 2.75 |
| Risk/benefit of medication used in pregnancy | 173 | 8.34 |
| Risk/benefit of medication used during lactation | 57 | 2.75 |
| Medication question(s) | 180 | 8.67 |
| Resources for Therapy | 89 | 4.29 |
| Resources for Social Determinants of Health - Community access | 57 | 2.75 |
| Resources for peers and/or community events or supports | 948 | 45.69 |
| Preconception question(s) | 5 | 0.24 |
| Other | 13 | 0.63 |

Patient (Self or Provider) Referral Diagnoses Discussed During Appointment with Psychiatrist



% **Diagnoses Discussed** Ν Mood Disorders 750 36.14 Anxiety Disorders 678 32.67 Trauma and Stressor Related Disorders 396 19.08 Substance Use Disorders 139 6.7 Psychotic Disorders 18 0.87 ADHD 60 2.89 Borderline Personality Disorder 34 1.64 2 **Deferred Diagnosis** 0.1 **Diagnosis Not Available** 5 0.24 Other 106 5.11

Summary & Next Steps Moms IMPACTT

Summary

Effective doorway into maternal MH/SUD Tx

Support Front-line Providers

- Specialties
- Affiliations
- Geographic Locations

Treatment and Access to Resources for Patients

- Race/Ethnicity
- Geographic Location
- Insurance Status

Next Steps

Targeted Outreach

- Referring practices
- Support Provider Trainings/Consultations

Advocacy

Healthcare system level changes, insurance payments, and policies to support adoption of access programs.

Support digital literacy, affordable internet service plans, access to broadband and devices with A/V capabilities

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Women's Reproductive Behavioral Health Team

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Questions?

