

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

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[2020Mom.org](http://2020Mom.org)

# Meet Joy



## Joy Burkhard

Executive Director

2020 Mom



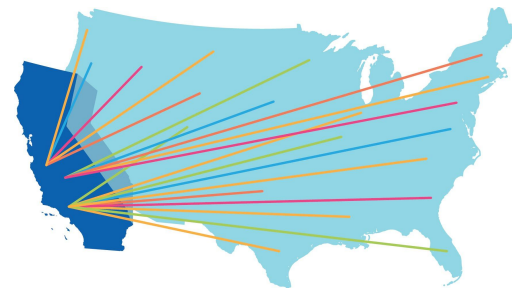
Visionaries for the Future of Maternal Mental Health

# Who is 20/20 Mom?

**Mission: To close gaps in Maternal Mental Health Care.**



Visionaries for the Future  
of Maternal Mental Health



We believe if families, employers and society are paying for health care benefits, the health care system should detect and treat MMH disorders.



Visionaries for the Future of Maternal Mental Health

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# 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*



Visionaries for the Future of Maternal Mental 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"<sup>1</sup>  
***Readiness - Recognition and Prevention***  
***Response - Reporting and Systems Learning***

<sup>1</sup> [sciencedirect.com/science/article/abs/pii/S0884217517300011](https://www.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





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## Challenges:

Reimbursement outside of the maternity care capitation rate

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

## Forthcoming Updates:

Suicide Risk Assessment



# 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



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