

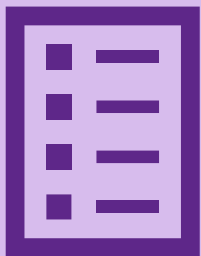
# NC MATTERS

Making Access to Treatment, Evaluation, Resources, and  
Screening Better

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Research Instructor  
University of North Carolina at Chapel Hill

*Ms. Burns has no conflicts of interest to disclose.*

# NC Maternal Mental Health MATTERS



## Screening, Assessment, & Treatment

Enhance systems for screening, assessment and treatment of mental health & substance use disorders in pregnant and postpartum patients



## Continuing Education

Support local providers through training and in the integration of maternal mental health into primary care practice

# Integrating mental and physical health screening



Physical Health Screening/Tests Timeline

A dark blue horizontal arrow pointing to the right, representing the timeline for physical health screening and tests.



First  
Trimester

A purple chevron arrow pointing to the right, representing the first trimester of pregnancy.




Second  
Trimester

A medium purple chevron arrow pointing to the right, representing the second trimester of pregnancy.



Third  
Trimester

A dark purple chevron arrow pointing to the right, representing the third trimester of pregnancy.



Postpartum (1, 2, 4, and 6  
Months)

A light blue chevron arrow pointing to the right, representing the postpartum period with screenings at 1, 2, 4, and 6 months.



Mental Health Screening Timeline

A dark purple horizontal arrow pointing to the right, representing the timeline for mental health screening.

# Benefits of Enrollment

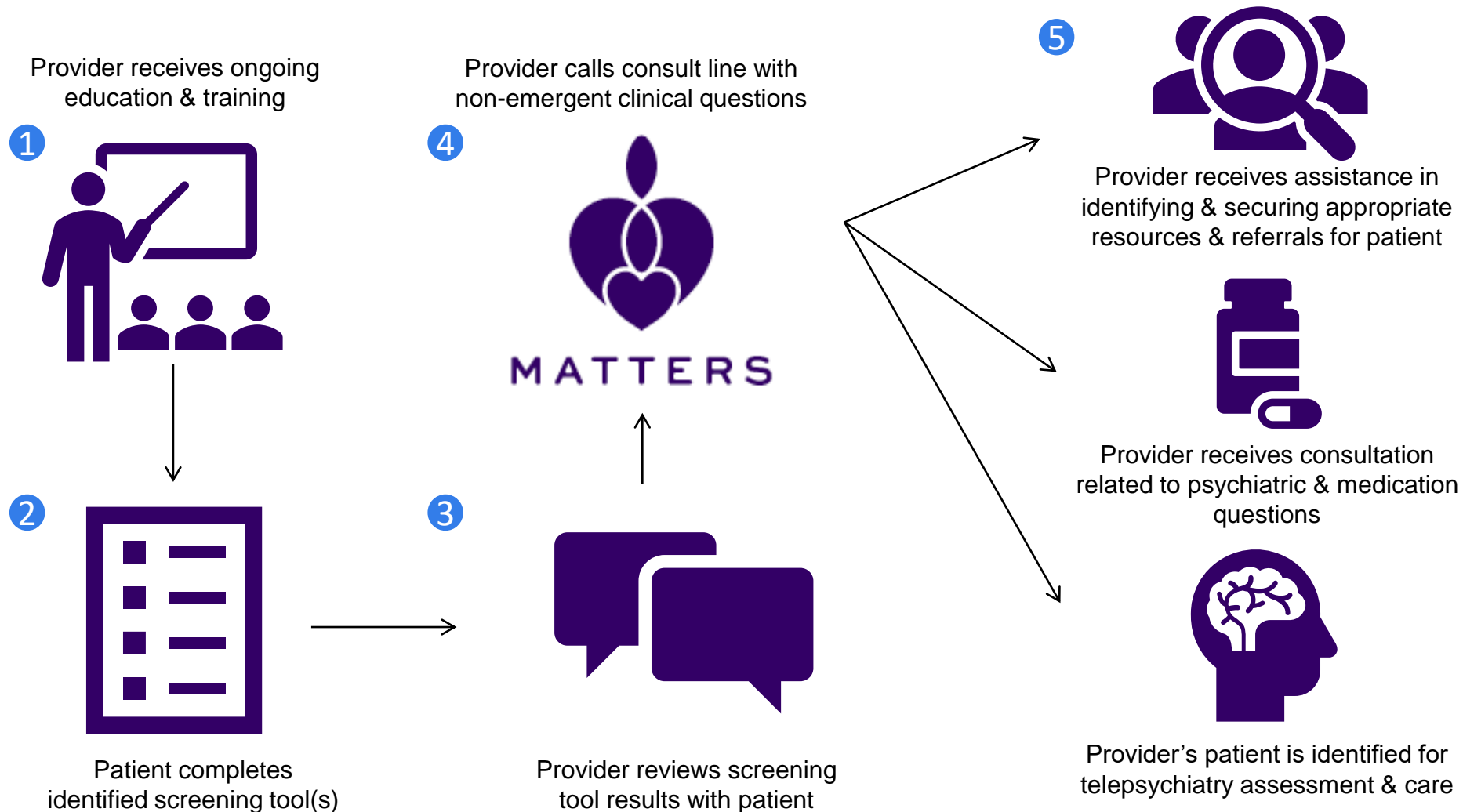
## Enrolled Practices

- Access to ECHO model case discussions
- Case consultation / check-in calls with a perinatal mental health specialist
- Weekly access to telepsychiatry assessments
- TA around screening and development of a patient registry
- Agree to track and share practice screening rates

## Enrolled Providers

- Access to NC-PAL M-F 8-5
- Access to resources on [ncmatters.org](http://ncmatters.org)
- Access to AHEC online courses for CE/CEU credit
- Performance data collected from NC-PAL phone calls
- Agree to complete annual survey of screening and referral/treatment practices

# Calling NC MATTERS for Consult

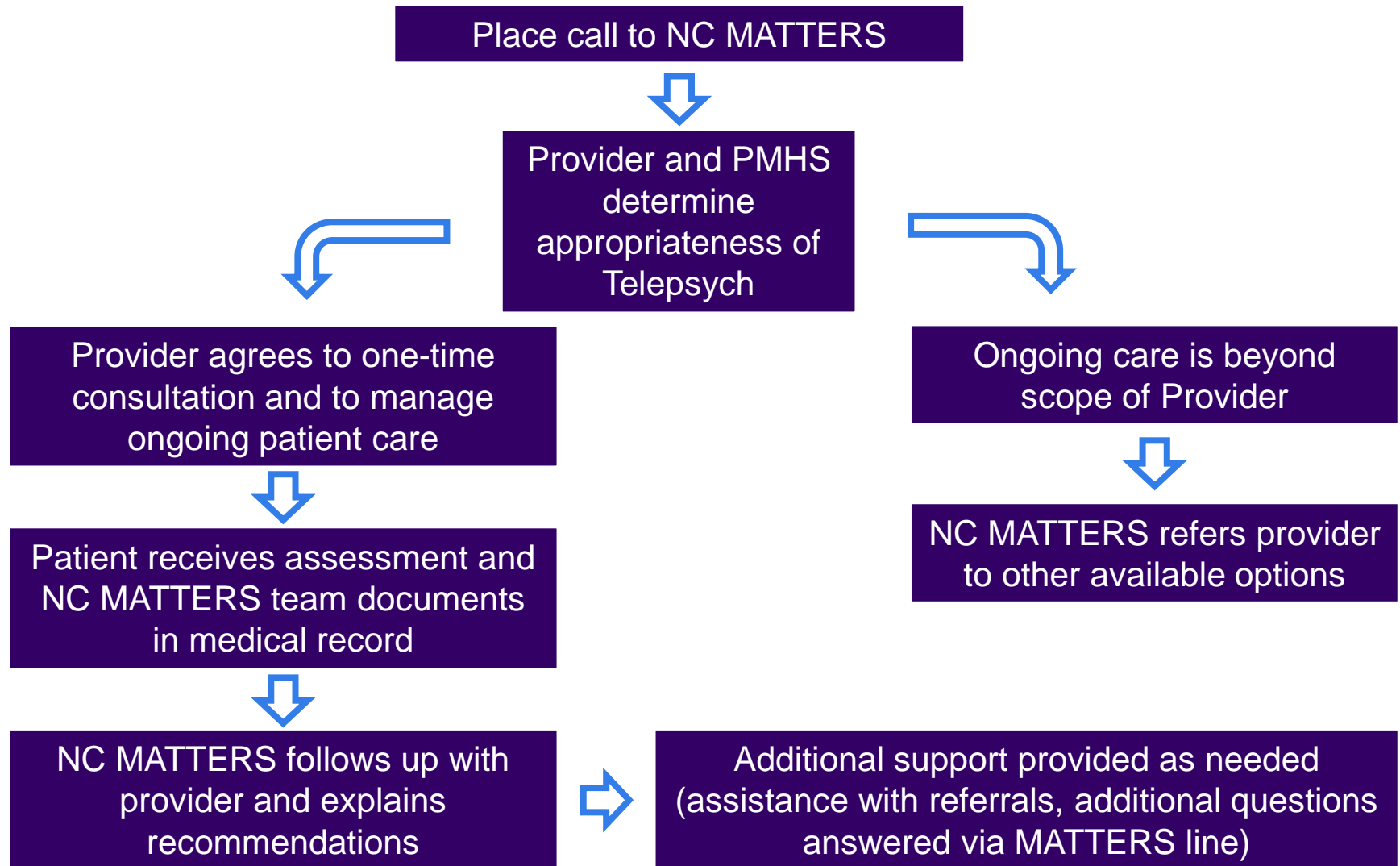


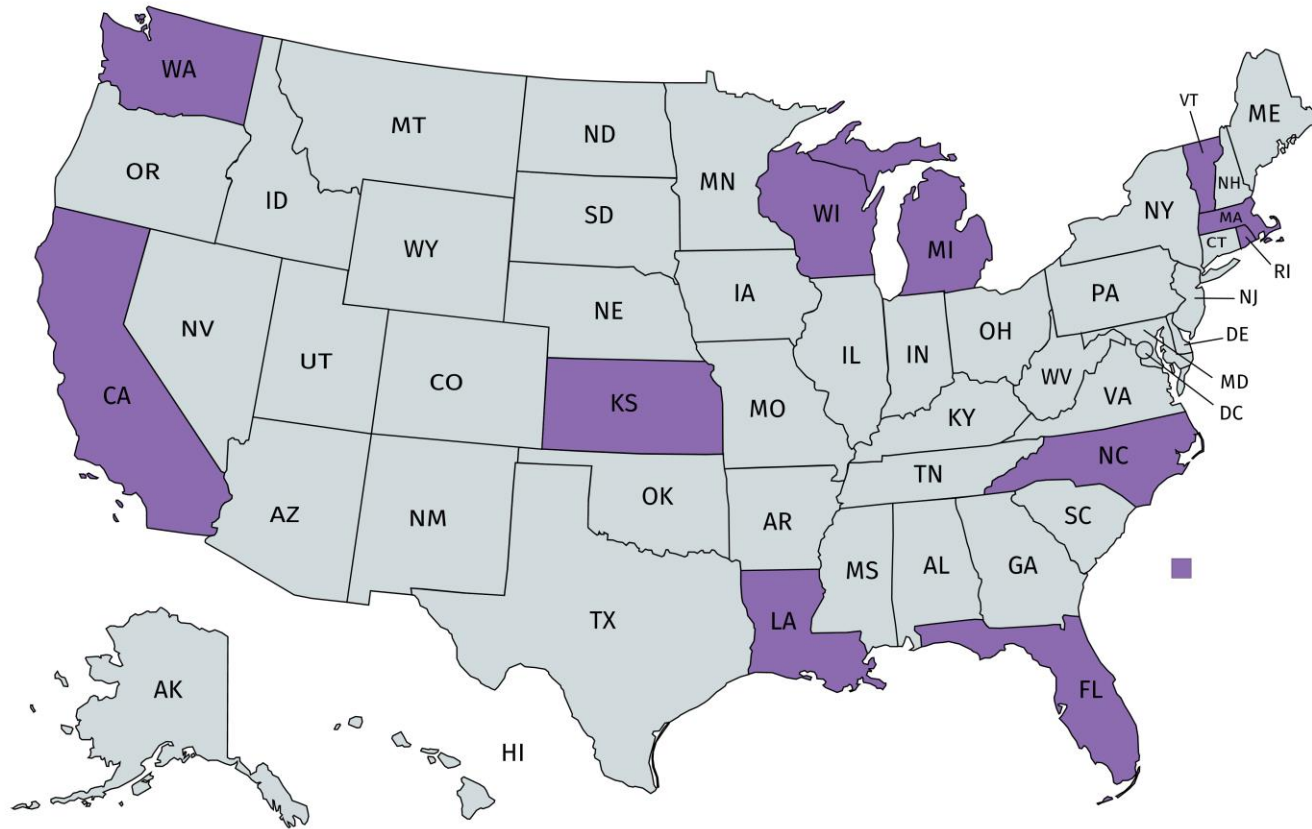
# How Can We Help?

- Diagnostic questions
  - Screening guidance and clarification
- Medication management and algorithm questions
  - Selection, side effects, needing a second opinion
- Questions about various forms of support
  - General help with accessing mental health community resources, referrals
  - Identifying appropriate resources and referrals for specific behavioral health concerns

# NC Maternal Mental Health MATTERS

## Telepsychiatry Protocol





Created with mapchart.net ©

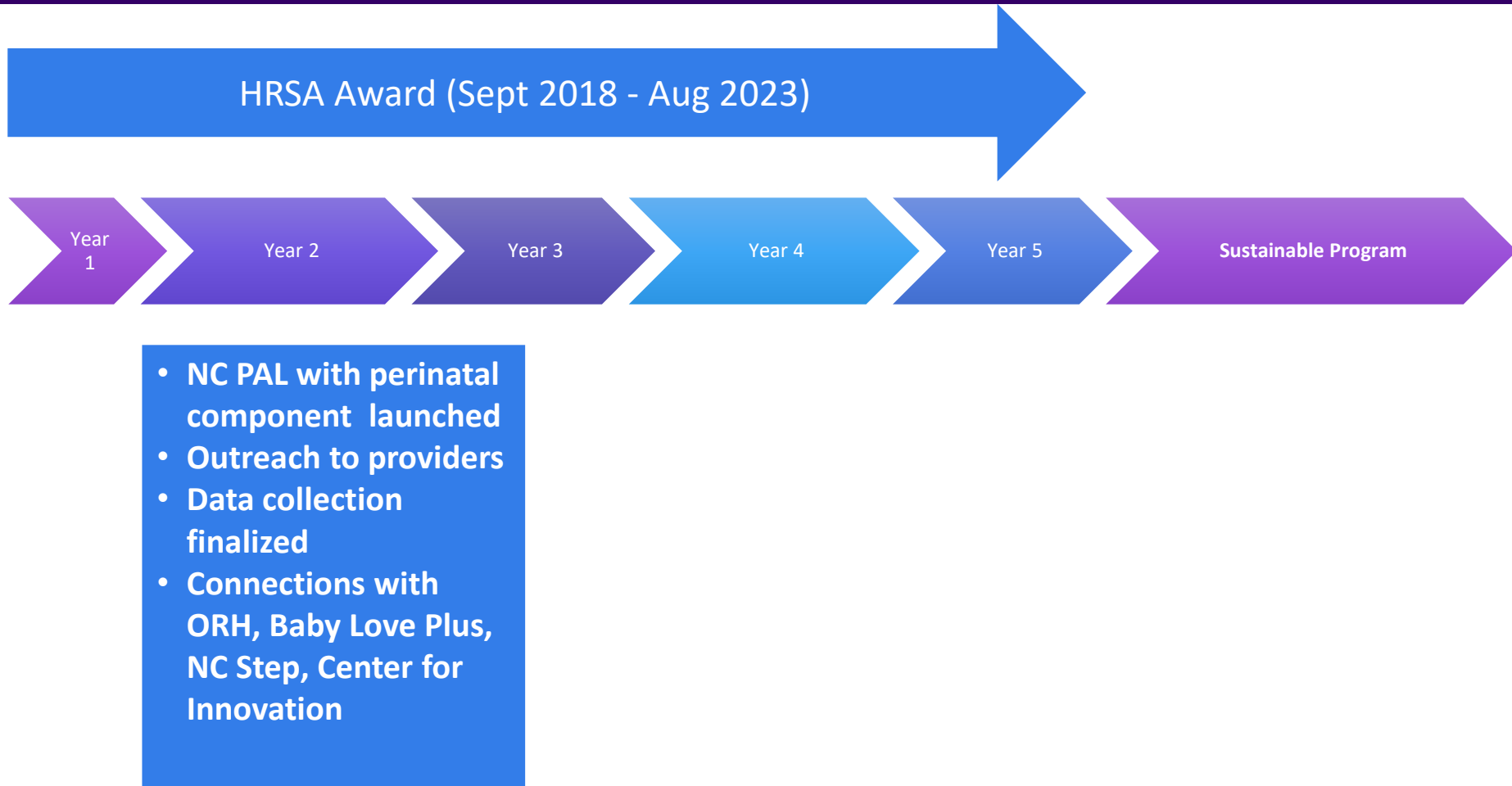


# MATTERS Timeline

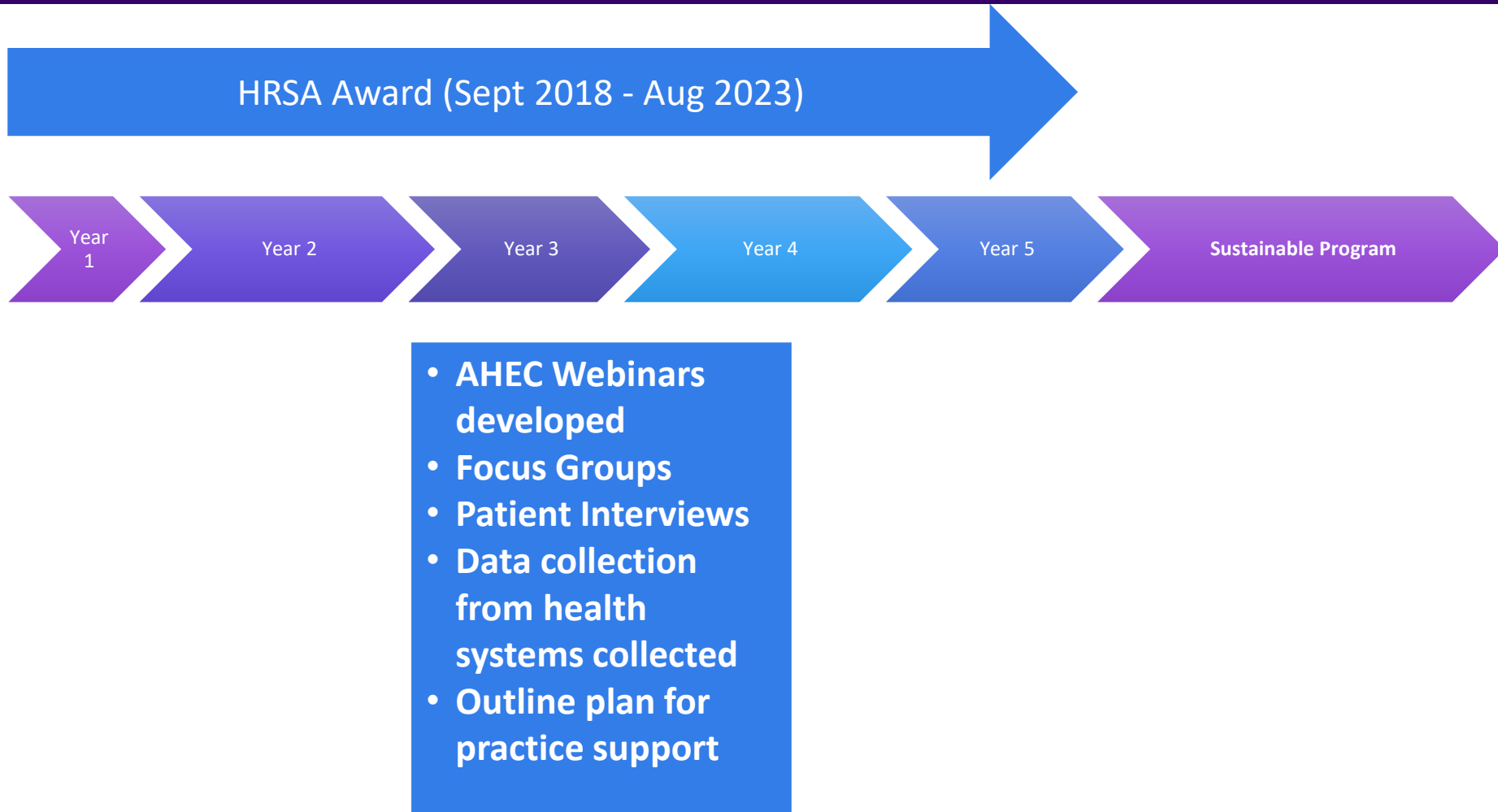


- Staff hired
- Screening Toolkit developed
- Data collection protocol developed
- Health dept outreach
- Implementation Team created and convened

# MATTERS Timeline



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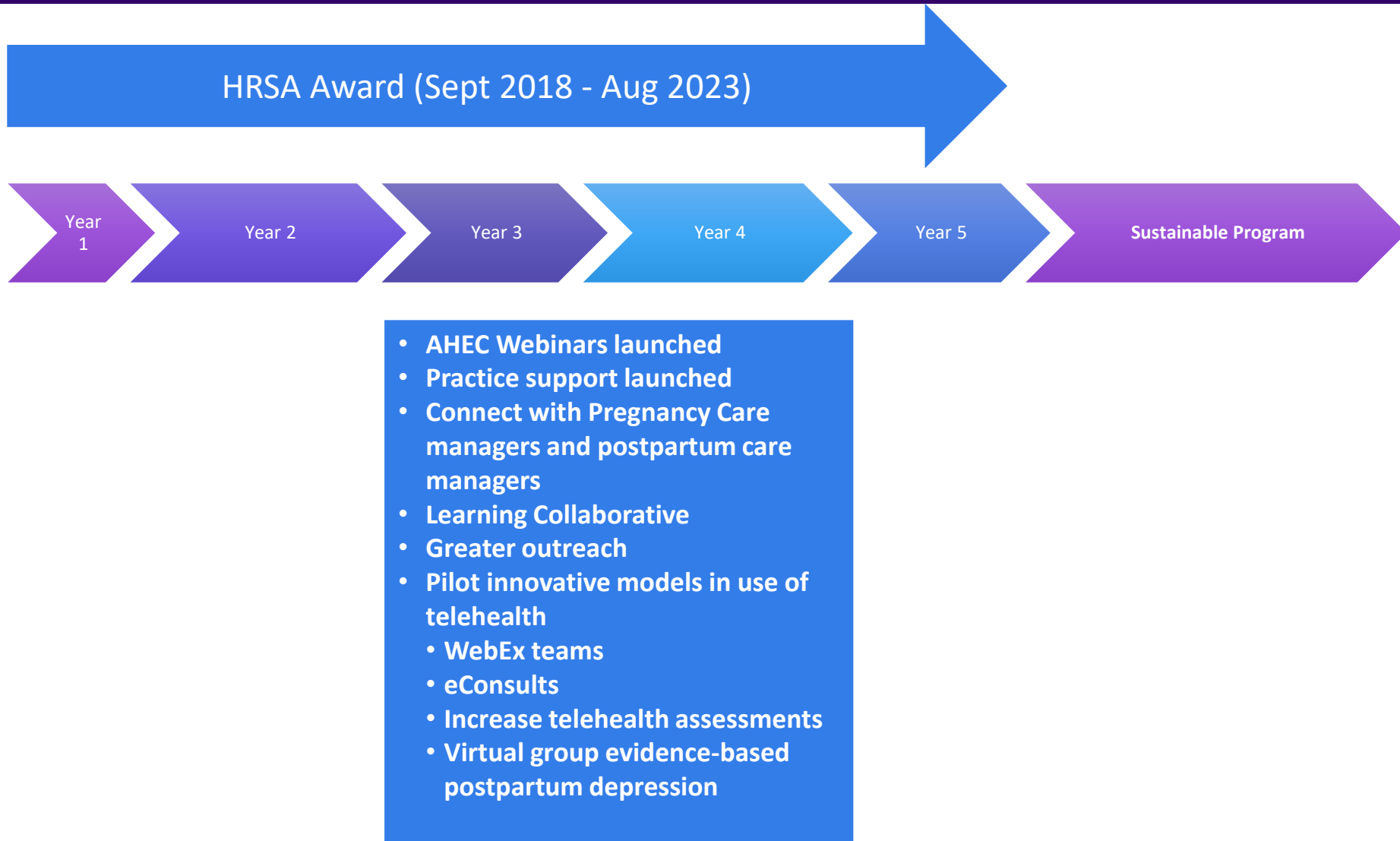


# MATTERS Timeline



- AHEC Webinars developed
- Focus Groups
- Patient Interviews
- Data collection from health systems collected
- Outline plan for practice support

# MATTERS Timeline



# MATTERS Timeline



- Adjustments for NC Sustainable Program
- Consider role of billing
- Cost-effectiveness analyses completed
- Work with Medicaid and Private Insurers
- Stronger relationships with those serving uninsured, underinsured, health departments where we have less callers, lower provider self-efficacy

# MATTERS Timeline

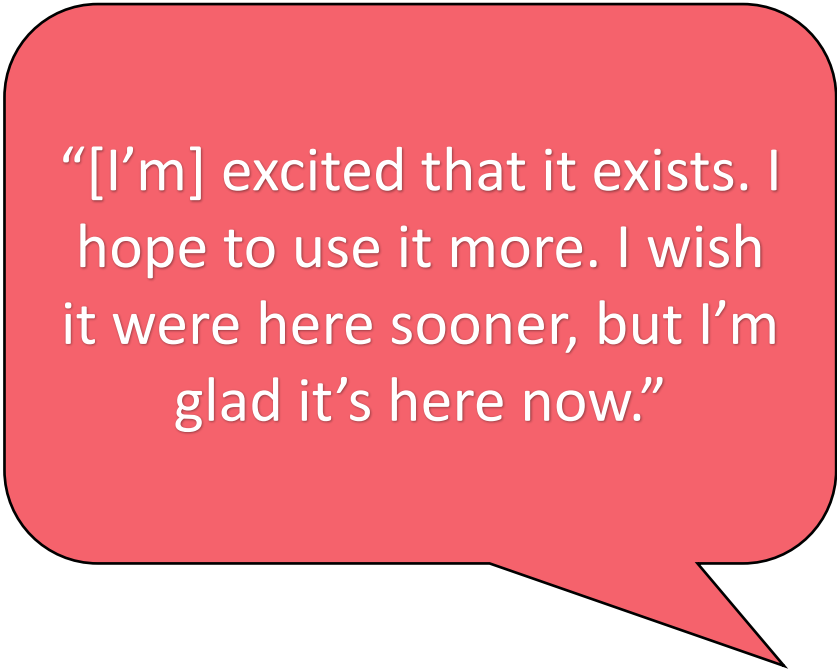


## Vision for Maternal AND Family Mental Health

- Each woman has her own mental wellness plan for herself and her family and a tool kit to help monitor her mental health throughout the perinatal period
- A team for each patient suited to her family's needs
- Capitalization on telehealth to increase access
- Getting a woman to the right level of care to meet her needs

# Program Successes

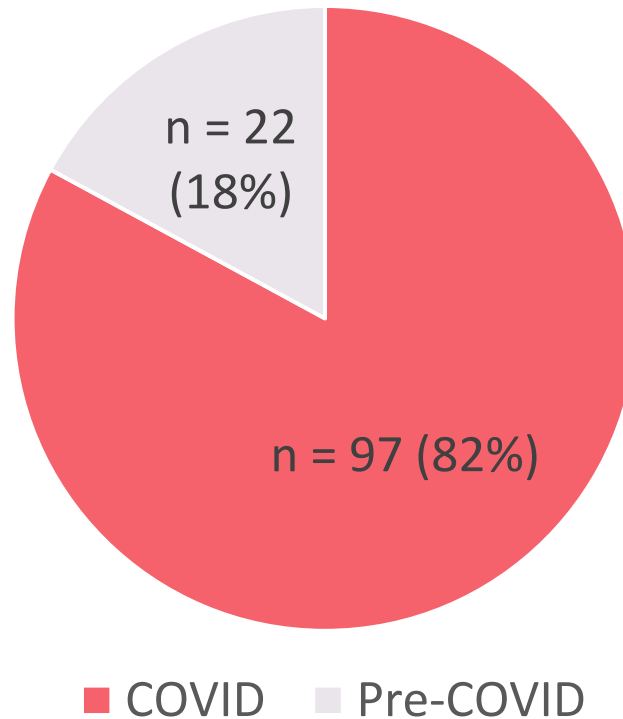
- **153 consultations and 25 psychiatric assessments since November 2019**
- **97% of providers report being “satisfied” or “very satisfied” with the service received**
- **84% of providers report that consultation reduced the patient’s need for a higher level of psychiatric care**
- **Providers want to see more telepsychiatry and teletherapy offered to their patients**



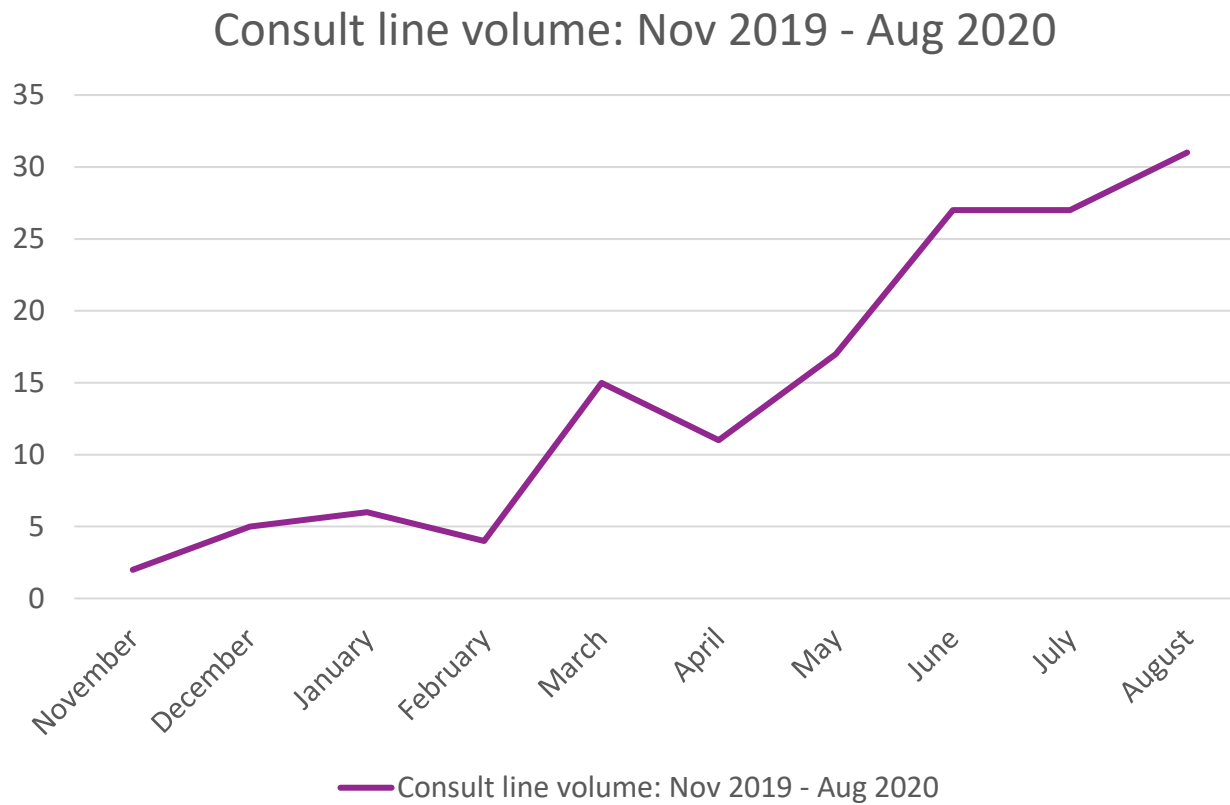
“[I’m] excited that it exists. I hope to use it more. I wish it were here sooner, but I’m glad it’s here now.”



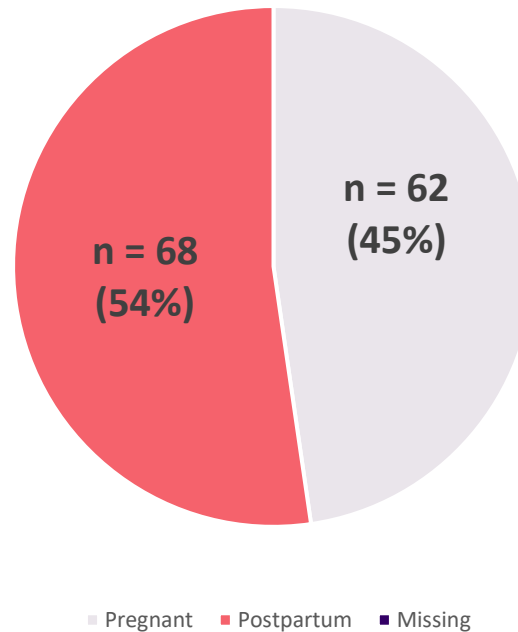
## Call volume has increased significantly since COVID



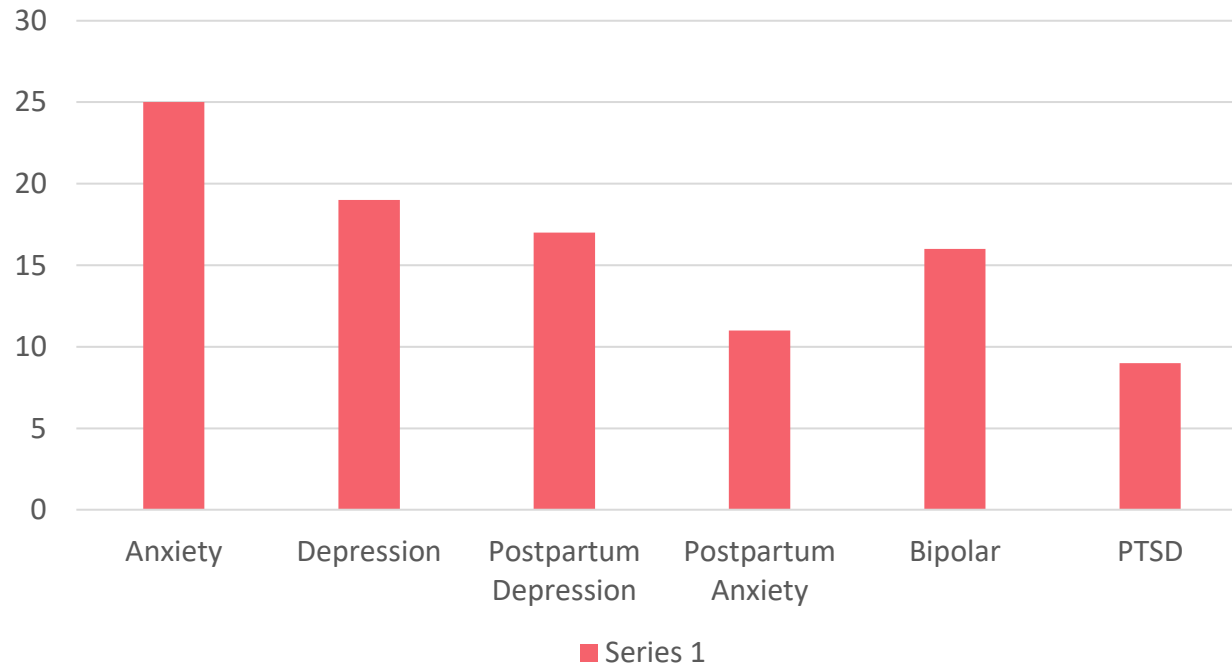
# Call volume has increased significantly since COVID

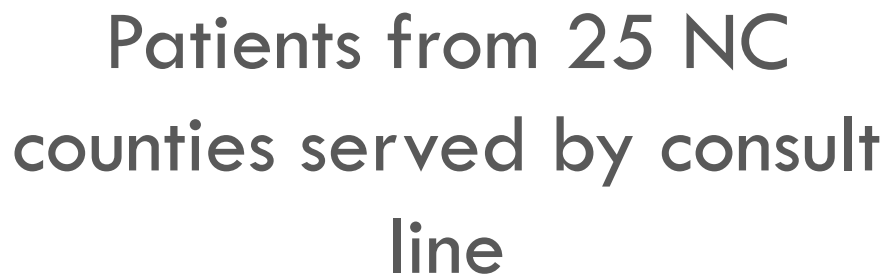


## A slight majority of calls are for postpartum patients



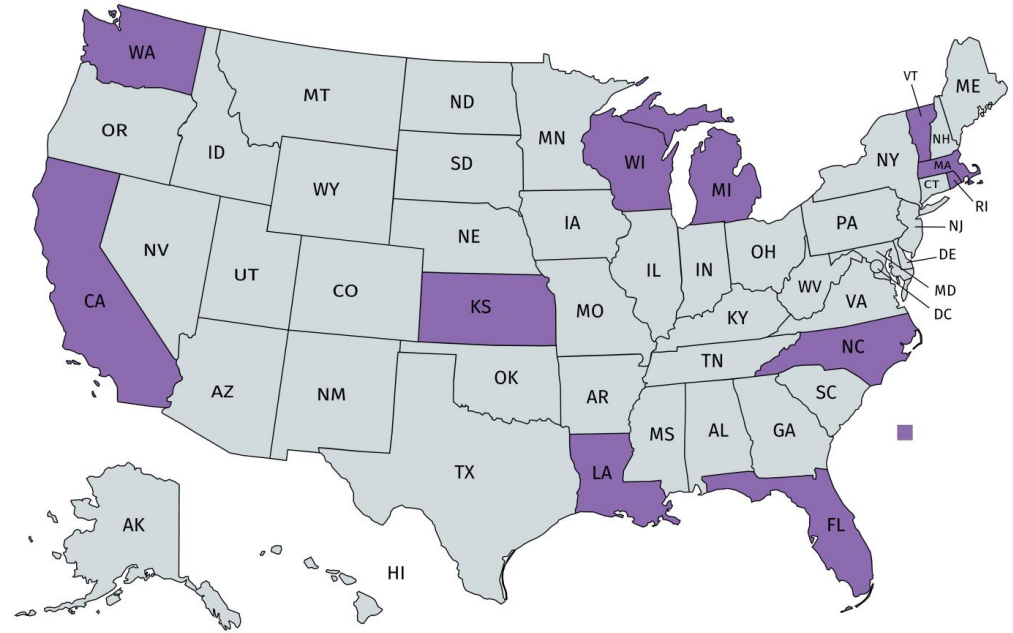
## Most MD/NP consults are about depression and anxiety disorders





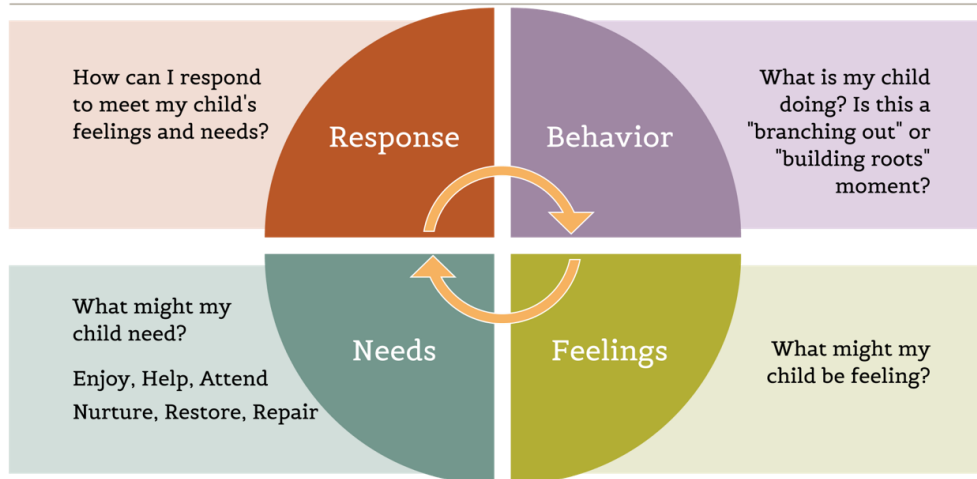
# Upcoming Projects

- Focus groups with stakeholders and health care providers
- Semi-structured interviews with women with lived experience
- Launch online perinatal mental health lecture series with Greensboro AHEC
- Launch virtual learning collaboratives with Center of Excellence for Integrated Health
- Strengthen alignment with state telehealth initiatives
- Technical assistance to support screening, assessment, and care planning in practices who serve perinatal women



## MOM POWER

The Wondering and Response Wheel





## NC Maternal Mental Health MATTERS

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If you are a **healthcare provider who works with pregnant and postpartum women**, you may be eligible to participate in an online focus group. We are interested in learning about how women access care for mental health and substance use issues during the perinatal period in North Carolina.

Participants will attend a one-time focus group discussion and complete a brief survey assessing interest and knowledge related to perinatal mental health. You will receive a \$30 gift card for your time.

For more information, please contact  
Program Manager Karen Burns  
[karen\\_burns@med.unc.edu](mailto:karen_burns@med.unc.edu)



## NC Maternal Mental Health MATTERS

Making Access to Treatment, Evaluation, Resources & Screening Better

NC MATTERS is looking for individuals who experienced mental health (e.g., depression, anxiety) or substance use concerns during pregnancy or up to one year postpartum. We would like to invite you to participate in an interview about your experience. We are interested in learning about how women in North Carolina access care for mental health and substance use issues during the perinatal period.

Participants will complete a one-time phone interview.  
You will receive a \$30 gift card for your time.

For more information, please contact  
Program Manager Karen Burns  
[karen\\_burns@med.unc.edu](mailto:karen_burns@med.unc.edu)



# NC Maternal Mental Health MATTERS

## Have a question about behavioral health?

Call the NC Psychiatry Access Line!

### (919) 681-2909

Choose 1 for child or 2 for perinatal

**Please have on hand:**

- Patient Name
- Patient DOB
- Patient Zip/County of Res
- Patient Insurance



Child  
Psychiatry



Perinatal  
Psychiatry

[ncmatters.org](https://ncmatters.org)  
[ncpal.org](https://ncpal.org)

# The MATTERS Care Team

## Care Coordinators:

Carolina Alford, LCSW; Karen Burns, MSW; Johanna Contreras, MSW



## Perinatal Mental Health Specialists:

Rebecca Bottom, MD; Liz Cox, MD; Mary Kimmel, MD; Susan Myers, PMHNP; Anne Ruminjo, MD; Marla Wald, MD



# Thank you!

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