



MCPAP for Moms: Promoting Maternal Mental Health During and After Pregnancy

One out of every eight 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 depression.

MCPAP for Moms is an exciting new statewide program designed to bridge this gap. It is an expansion of the successful Massachusetts Child Psychiatry Access Project (MCPAP), which has improved child mental health care in Massachusetts by offering pediatric primary care providers rapid access to child psychiatry consultation, education, and care coordination. MCPAP for Moms aims to promote 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 depression. Providers working with fathers and other caregivers experiencing postpartum depression can also access MCPAP for Moms.

MCPAP for Moms will have three core components:

- **Trainings and toolkits** for providers and their staff on evidence-based guidelines for: depression screening, triage and referral, risks and benefits of medications, and discussion of screening results and treatment options.
- **Real-time psychiatric consultation and care coordination** for obstetric, pediatric, primary care and psychiatric providers serving pregnant and postpartum women and their babies.
- **Linkages with community-based resources** including mental health care, support groups and other resources to support the wellness and mental health of pregnant and postpartum women. MCPAP for Moms is partnering with MotherWoman and MSPP Interface Referral Service to develop community resources and link women with depression to these supports across the state.

The MCPAP for Moms phone line is 855-Mom-MCPAP (855-666-6272).

Improving access to and engagement of pregnant and postpartum women in depression treatment leads to improved outcomes for mothers and their babies

For more information about MCPAP for Moms and/or to schedule a training or informational session at your practice, please contact:

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