



Your link to psychiatric consultation, support, and resources

Presented by:  
Shelly Nolan, Director of Women's Services, DMHAS  
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# Maternal Health-National Impact

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- United States continues to see the loss of approximately 700 birthing persons during pregnancy and in the post partum period
- Considerable racial disparities exist: American Indian, Alaska Native, and Black women are 2-3x more likely to die of pregnancy-related causes than White women
- Two out of three deaths are identified as preventable- understanding risks, access to early diagnosis, and treatment are essential
- Mental health & substance use disorders can play a role in this
- CDC Campaign [HEAR HER Campaign | CDC](#)

# Maternal Mortality

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**20% of  
postpartum fatalities**

in depressed women are  
due to death by suicide



**1 in 5 women**

will experience a mental  
health or substance use  
disorder in pregnancy or  
postpartum



**75% of women**

who screen positive  
for depression do not  
access treatment

# Stigma

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- Substance use disorder is a chronic medical condition
- Mental health and substance use disorders are treatable conditions
- In 2021, 1531 lives were lost due to overdose
- Substance use during pregnancy is taboo, hidden, and under treated
- High levels of trauma/ high ACES scores
- Screening for substance use during pregnancy is not universal
- Birthing person's stability during pregnancy helps both birthing person and fetus

# Mission

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- The Connecticut Department of Mental Health and Addiction Services (DMHAS) is a health care agency whose mission is to promote the overall health and wellness of persons with behavioral health needs through an integrated network of holistic, comprehensive, effective, and efficient services and supports that foster dignity, respect, and self-sufficiency in those we serve.
- DMHAS promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment throughout Connecticut.

# Connecticut

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- In 2017, DMHAS, in collaboration with Beacon Health Options & other state agencies, applied for a HRSA grant to fund this project – did not win the award
- President Biden signed the American Rescue Plan Act of 2021 (ARPA)- able to utilize these monies to support the launch of the ACCESS Mental Health for Moms program in CT
- DMHAS has targeted \$3.1 million for the pilot through 2025
- Soft launch of the program at the end of June 2022 with the first consultation call in July 2022
- Joins the continuum of DMHAS services aimed at supporting women, birthing persons and families with behavioral health needs [Women's and Children's Services \(ct.gov\)](#)

# CT Collaboration

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Yale School of Medicine



# Foundation

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## ACCESS Mental Health for Moms is:

- Modeled after the perinatal psychiatric consultation program in Massachusetts – MCPAP for Moms (est. 2014)
- Expanding on the pediatric psychiatric consultation program in Connecticut – ACCESS Mental Health for Youth (est. 2014)
- Part of the National Lifeline Network

# Core Components

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- FREE, real-time psychiatric consultation to help providers treat their pregnant and postpartum patients with mental health and/or substance use concerns. Phone consultations may entail:
  - ✓ Diagnostic clarification
  - ✓ Psychopharmacology and counseling recommendations
  - ✓ Resource and referral support to patients
- Trainings and toolkits on mental health and substance use screening and treatment

# Model

*Provider: Obstetric, Primary Care, Behavioral Health*



Provider feels stuck and isn't sure what do next?



Provider calls **833-978-6667** and talks directly with perinatal psychiatrist every call



Perinatal psychiatrist provides diagnostic clarification, psychopharmacology and counseling recommendations and, if needed, offers resource and referral support to patient



Resource and Referral Support team outreaches to patient to help them find services

# The Team

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## **Psychiatry Team**

Dr. Ariadna Forray, MD – Hub Team Medical Director

Dr. Katrina Furey, MD – Hub Team Perinatal Psychiatrist

Dr. Jennifer McMahon, MD – Hub Team Perinatal Psychiatrist

## **Central Administration Team**

Beth Garrigan, LPC – AVP and Statewide Program Director, Beacon Health Options

Dr. Sandrine Pirard, MD, PhD, MPH – Medical Director, Beacon Health Options

Kimberly Karanda, PhD, LCSW- Director of Statewide Services, DMHAS

Shelly Nolan, MS, LPC – Director of Women's Services, DMHAS

Jennifer Lombardi, LCSW- Program Manager, Women's Services, DMHAS

## **Resource and Referral Support Team**

Nicole Milner, LMFT - Clinician, Beacon Health Options

Anna Monroe, BA – Coordinator, Beacon Health Options

# Website

- Training
- Toolkits
- Community Resources

[www.accessmhct.com/moms/](http://www.accessmhct.com/moms/)



**ACCESS Mental Health Connecticut** offers real-time psychiatric consultation to medical providers when patients present with mental health and substance use concerns. It is free to you and your patients, regardless of insurance. Administered by Beacon Health Options, the program supports providers working with youth and perinatal women through community-focused expertise and resource coordination.



## ACCESS Mental Health for Youth

- Pediatric and Family Care Providers
- Youth up to age 22, regardless of insurance

[LEARN MORE](#)

## ACCESS Mental Health for Moms

- Obstetric, pediatric and adult primary care, and psychiatric providers
- Pregnant and postpartum women up to one-year post delivery, regardless of insurance

[LEARN MORE](#)



# Hours of Operation

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CALL NOW!

Monday – Friday from 9am – 5pm

Toll-free 833-978-MOMS (6667)

# Contact Information

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[Shelly.Nolan@ct.gov](mailto:Shelly.Nolan@ct.gov)

[www.accessmhct.com/moms/](http://www.accessmhct.com/moms/)