

FACT SHEET

Perinatal Psychiatry Access Programs

KEY POINTS

- > Perinatal mental health (PMH) conditions are the most common complications of pregnancy and the year following pregnancy, affecting 1 in 5 perinatal individuals (800,000 people each year in the United States).¹⁻³
- > PMH conditions include mood, anxiety, trauma-related, and substance use disorders.¹⁻³
- > Perinatal individuals will see a frontline healthcare provider (obstetric, pediatric, or primary care provider) 20-25 times during a routine pregnancy and first year of baby's life, providing ample opportunity for these providers to detect and address PMH conditions.
- > Frontline healthcare providers, however, do not always have the training, knowledge, or resources to address PMH conditions, nor are they typically reimbursed for doing so.⁵
- > There are not enough psychiatric providers to care for individuals experiencing PMH conditions.⁵
- > Perinatal Psychiatry Access Programs provide education, consultation, and resource and referral to increase the capacity of frontline healthcare providers to address PMH, thereby leveraging scarce psychiatric resources and increasing access to timely and evidence-based care.⁵

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perinatal individuals will experience a PMH condition during pregnancy or the first year following pregnancy.¹⁻³



of those who experience PMH symptoms go untreated⁴



perinatal individuals will see a healthcare provider up to 25 times during the two-year timeframe from conception to baby's first birthday

HOW PERINATAL PSYCHIATRY ACCESS PROGRAMS WORK

ACCESS PROGRAMS

TRAIN FRONTLINE PROVIDERS TO

- Screen for PMH conditions with validated tools
- Assess and treat mild to moderate PMH conditions



FRONTLINE PROVIDERS CONTACT

THE ACCESS PROGRAM FOR

- Consultation for expert clinical guidance and support
- Mental health resources and referrals



SOME ACCESS

PROGRAM PSYCHIATRISTS CAN PROVIDE FACE-TO-FACE CONSULTATION FOR THE MOST COMPLEX CASES

BUILDING CAPACITY

Perinatal Psychiatry Access Programs build the capacity of frontline providers to address PMH conditions through:



EDUCATION

Trainings and toolkits for providers and staff on evidence-based guidelines for screening, triage, and referral; risks and benefits of treatment; and discussion of screening results and treatment options.



CONSULTATION

Real-time psychiatric consultation for frontline providers serving perinatal individuals including obstetric, pediatric, primary care, and psychiatric providers



RESOURCES & REFERRALS

Linkages with community-based mental health resources including individual and group therapy, support groups, and other resources to support the well-being of perinatal individuals.

Perinatal Psychiatry Access Programs address a critical public health issue through an innovative, creative, cost-effective approach to address mental health in frontline healthcare settings.



