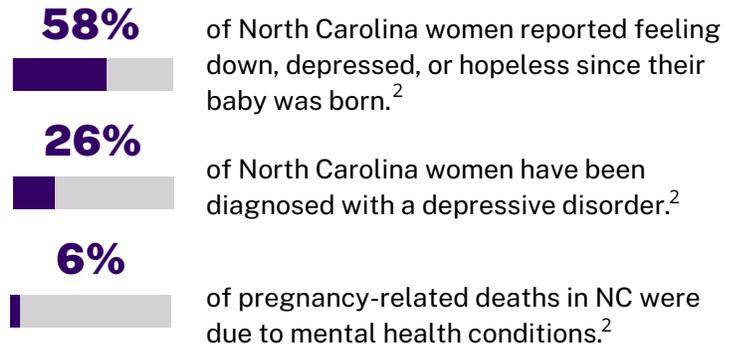


## MATERNAL MENTAL HEALTH IN NORTH CAROLINA<sup>1</sup>

Nearly half a million women per year will develop a perinatal mood and anxiety disorder (PMAD), yet few are diagnosed, treated, or achieve remission of symptoms. In North Carolina, an estimated 23,800 families are impacted by maternal mental health conditions each year, costing \$571 million in lost wages, decreased productivity, and poor health outcomes for the mother and the baby.



**North Carolina Maternal Mental Health MATTERS (NC MATTERS)** is a free consultation and training resource for health care professionals caring for pregnant and postpartum individuals struggling with behavioral health concerns.



**354** health care professionals made **834** calls to NC MATTERS with clinical questions and requests for patient resources



**76%** of calls included resource and referral services for patients to community providers



**50%** of calls for psychiatric consultation involved a recommendation for medication initiation, change, or discontinuation



**17%** of calls reduced the need for use of mobile crisis or emergency services

We build capacity and confidence in front line health care professionals through

Resource & referral services linking patients with mental health and supportive resources

Real-time telephone consultation between health care professionals and a perinatal psychiatry provider

Training and outreach related to screening and treatment of perinatal psychiatric conditions

One-time psychiatric consultations for perinatal patients at no cost

*"I have received significant benefit with access to expert perinatal psychiatric consultation through NC MATTERS. The consultants are engaging providers experienced in perinatal psychiatric medicine who have **effectively informed my treatment decisions through factual and evidenced-based treatment recommendations.** This always gave me greater confidence in the care management of perinatal psychiatric patients in my practice. **NC MATTERS is an indispensable service to the region given the shortage of perinatal psychiatric providers.**"*

- S. Jones, Psychiatric Nurse Practitioner, Fayetteville

## NC MATTERS' PSYCHIATRIC ACCESS PROGRAM IS ALIGNED WITH RECOMMENDATIONS FROM:

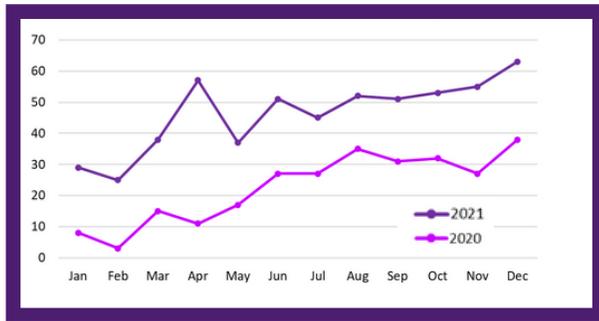
- 2021 NC Maternal Mortality Review Report
- 2022 – 2026 NC Perinatal Health Strategic Plan
- White House Blueprint for Addressing the Maternal Health Crisis
- Maternal Mental Health Leadership Alliance

### REFERENCES

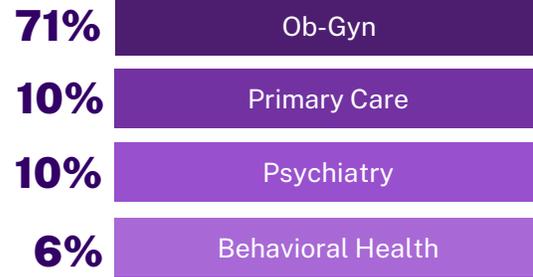
<sup>1</sup> Maternal Mental Health Leadership Alliance, 2021; <sup>2</sup> NC Women's Health Report Card, 2022; <sup>3</sup> Malowney, M., Keltz, S., Fischer, D., & Boyd, J. W. (2015). Availability of outpatient care from psychiatrists: A simulated-patient study in three U.S. cities. *Psychiatric Services (Washington, D.C.)*, 66(1), 94–96. <https://doi.org/10.1176/appi.ps.201400051>

## CONSULT REQUESTS ARE INCREASING

## SERVING A VARIETY OF PROFESSIONALS

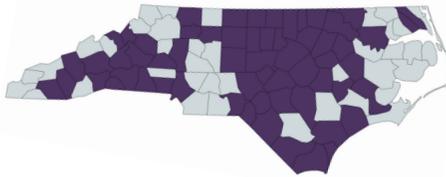


Calls by month, Jan 2020-Dec 2021



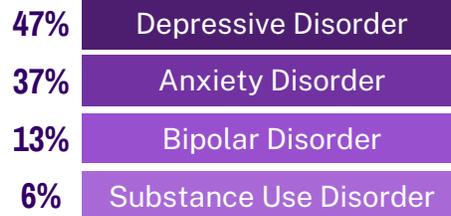
Percentage of calls by provider type, Nov 2019-Dec 2021

723 patients from 61 counties served



7% with no insurance  
41% with Medicaid/Medicare  
35% living in rural areas

83% of patients at the time of call had a current mental health diagnosis



90 patients received a psychiatric consultation with an average wait time of 7 days compared to the national average of 25 days<sup>3</sup>



1471 professionals reached through 86 educational presentations



225 mental health and early childhood professionals connected to the **Attachment Network of NC** for learning and peer support

**LEARN MORE**

[ncmatters.org](http://ncmatters.org)

[attachmentnetworknc.org](http://attachmentnetworknc.org)

Call the access line: 919-681-2909

## PROVIDERS SAY NC MATTERS IS A "WONDERFUL RESOURCE"

97% felt satisfied with the consultation they received  
92% felt their concerns about the patient were addressed  
72% felt more knowledgeable in identifying relevant community resources and referrals for their patient  
65% feel more confident treating patients for behavioral health concerns

Provider satisfaction data, Nov 2019-Dec 2021

*"When feeling a bit stuck with addressing a client's mental health needs, it is a relief knowing NC MATTERS is just a phone call away. We use it for help finding mental health practitioners for clients and to provide education and support for ourselves, as nurses working in the field of maternal and child health."*  
- K. Halpin, Home Visiting Nurse in Durham



NC MATTERS is a collaboration among the NC Department of Health and Human Services, UNC School of Medicine, and Duke Department of Psychiatry and Behavioral Sciences aimed at enhancing systems for screening, assessment, and treatment of depression, substance use, and other behavioral health disorders in pregnant and postpartum patients.

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