

The 2026 NC MATTERS Maternal Mental Health Fellowship is now accepting applications!

Purpose: Mobilize and empower regional leaders across North Carolina to improve access to resources and support for families during pregnancy, postpartum, and early parenting.

Made possible through Health Resources and Services Administration (HRSA) funding to the North Carolina Department of Health and Human Services, Division of Public Health in partnership with UNC and Duke, this program is designed to be interprofessional and include all six perinatal care regions.

Objectives:

- **Equip clinicians with the tools and knowledge to effectively screen, assess, and manage perinatal mental health and substance use disorders in pregnant and postpartum patients.**
- **Foster confidence in delivering evidence-based interventions and creating individualized care plans to address the unique needs of parents experiencing behavioral health challenges during the perinatal period.**
- **Learn how to effectively communicate with patients about sensitive topics related to mental health and substance use, building trust, and improving patient engagement.**
- **Develop skills to advocate for systemic changes for patients struggling with perinatal mental health and substance use issues, both within healthcare settings and in the broader community.**
- **Partner with the NC MATTERS team to support local initiatives and improve community resources for families, focusing on creating accessible, culturally competent care options.**

Applications close on February 13th, and accepted fellows will be notified Monday, March 2nd. Join us in advancing perinatal mental health and substance use care across North Carolina!

Availability:

Please review the dates and times of the planned training sessions and confirm that you will be able to participate fully. Fellows are expected to attend all scheduled sessions. In addition, Fellows will collaborate on a region-specific initiative outside of these dates and times.

Because this Fellowship is built around teamwork and shared learning, consistent participation helps the whole group stay connected and move their regional projects forward. We also have a limited number of spots, so we want to ensure that each Fellow has the opportunity to fully engage and benefit from the experience.

Before you proceed to the application, please review the agenda below. Only continue if you anticipate being able to participate in the Fellowship as designed.

Before April 1st, Fellows will complete the following pre-requisite online courses through Piedmont AHEC as purchased by NC MATTERS. Contact hours are available.

- a. Perinatal Mood and Anxiety Disorders: An Introduction to Supporting Mental Wellness During Pregnancy and Postpartum (1.5 contact hours)
- b. Addressing Substance Use Disorders in the Perinatal Period (1.5 contact hours)

Training Dates/Times:

- Thursday April 23rd, 9am-3pm: NC MATTERS MMH Fellowship kick-off [meals included]
- Tuesday May 19th @ 12pm: Virtual training (1.5 hour)
- Tuesday June 16th @ 12pm: Virtual training (1.5 hour)
- Tuesday July 21st @ 12pm: Virtual training (1.5 hour)
- August 13th-14th: NC MATTERS 2-day Fellowship retreat and Summit in Atlantic Beach [hotel & meals included; free CME/CEU provided]
- Tuesday September 15th: Virtual training (1.5 hour)

1. If accepted to join the 2026 NC MATTERS Fellowship, I expect that I will be able to fully participate in training sessions as scheduled. (YES/NO)

2. If accepted to join the 2026 NC MATTERS Fellowship, I expect that I will be able to fully participate in communication and/or additional meetings with other Fellows from my region to complete the regional project. (YES/NO)

Please share any information related to your availability or schedule that you think is relevant:

Are you self-employed or a solo practitioner? (YES/NO)

We ask for a supervisor's letter of support to ensure our schedule can accommodate the program and to help provide any needed organizational backing. Participation is voluntary, and the decision to apply rests entirely with you.

Please review the application carefully and complete all sections.

Demographics

1. First Name
2. Last Name
3. Personal Mailing Address
 - a. Address
 - b. Zip code
 - c. County
4. Please provide your preferred email address for communication:
5. If we are unable to reach you by email, please provide your preferred phone number:
4. Date of Birth
5. Gender
 - Female
 - Male
 - Non-binary
 - Prefer to self-describe: _____
6. Ethnicity:
 - Hispanic or Latino
 - Not Hispanic or Latino
7. Race (Check all that apply)
 - American Indian or Alaska Native
 - Asian/Far East/Indian
 - Black/African American
 - Native Hawaiian or Other Pacific Islander
 - White/Caucasian
 - Prefer Not to Answer
8. Please specify your profession. If more than one applies, please pick the one that best represents your primary professional role.
 - Physician
 - Advanced Practice Nurse/Nurse Practitioner
 - Certified Nurse Midwife
 - Physician Assistant
 - Nurse
 - Behavioral Health Clinician (Psychologist, Therapist, Counselor)
 - Care Coordinator/Patient Navigator/Health Educator
 - Doula
 - Administrator/Program Manager
 - Other (Please Specify Below)
9. If you are a provider, please specify your practice specialty.
 - Obstetrics and/or Gynecology
 - Family Medicine

- Primary Care
- Internal Medicine
- Neonatology
- Pediatrics
- Psychiatry
- Addiction Medicine
- Other (please specify):

10. Please list your credentials/licensure/certifications (ex., MD, PhD, LCSW, PMH-C) as they would appear behind your name. _____

11. Years of practice

- 0-3 years
- 4-6 years
- 7-10 years
- 10+ years
- 20+ years

We'd like to learn a little more about your work:

1. Which Perinatal Care Region do you primarily work in? (link to care region map here)
a. (Drop Down Menu of 1-6)

2. Organization

3. Organizational Address

4. Job Title

5. Does your organization accept:

- a. Self-pay
- b. Medicaid/NC Health Choice
- c. Medicare
- d. Private or Commercial
- e. Tricare/Other Military
- f. Other Payer
- g. None

6. NC MATTERS is funded by HRSA to improve access to mental health and substance use treatment services for underserved and minoritized populations who are particularly at risk of higher rates of maternal morbidity and mortality.

Does your work engage individuals who may hold any of the following identities? (Check all that apply):

- Black or African American
- Native American or Tribal Communities
- Hispanic or Latino
- Immigrant Communities

- Insured by Medicaid
- Without health insurance
- Live in a rural community
- Military families
- Impacted by incarceration
- Impacted by homelessness

NC MATTERS Engagement

7. Indicate here if you were an applicant last year (yes/no/not sure)
8. Have you engaged with NC MATTERS in any of the following ways? (select all that apply)
 - Called the access line
 - Encouraged a colleague to call the access line
 - Requested a free one-time assessment for my patient
 - Utilized toolkits to inform my practice
 - Shared resources with my patients
 - Requested a perinatal health training or presentation
 - I have not engaged with NC MATTERS previously

Short Answers:

1. Please briefly explain why you are interested in becoming an NC MATTERS Maternal Mental Health Fellow, including why maternal mental health is important to you, and how it connects to your work.
2. As part of the Fellowship, each perinatal care region will identify and work toward a goal focused on improving maternal mental health and substance use concerns in their community. Please share some insights on the strengths and challenges your community faces in relation to these issues.