



A Brief Introduction to MC3 Perinatal

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The Challenge



1 IN 7 WOMEN

cared for by perinatal providers
suffer from depression or anxiety



Postpartum depression (PPD) and
mood disorders can affect the

WHOLE FAMILY



ONLY 15% OF WOMEN
with PPD or mood disorders
receive medical help

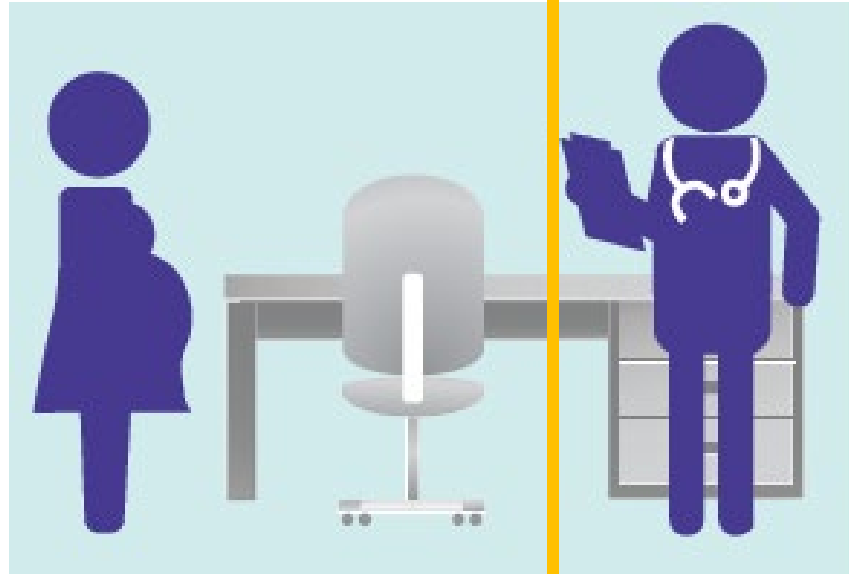
Screening. Access. Know-how.

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The Solutions: Patients and Providers

Mom –facing

- **eScreening** for risk using an app
- Instant **access** thru app to tele-mental health counseling (select geographic areas*)
- Resources for moms



Provider –facing

- **Know-how:** Same –day phone consult
- Scheduled tele-psychiatry consult
- Training and education opportunities
- Resources for providers



*funded by Healthy Moms, Healthy Babies initiative

Are you a primary care provider (PCP)
or OB/GYN treating
perinatal women in Michigan?

ENROLL TODAY!



Scan the QR code above or visit
<https://mc3.depressioncenter.org>
to enroll now.



Same-day phone-consult for providers



PCP/delegate
contacts MC3 BHC



BHC triages call and
provides resources



Psychiatrist and
PCP connect



Consult summary
sent to PCP

Now Available:
Online Consult Request Form

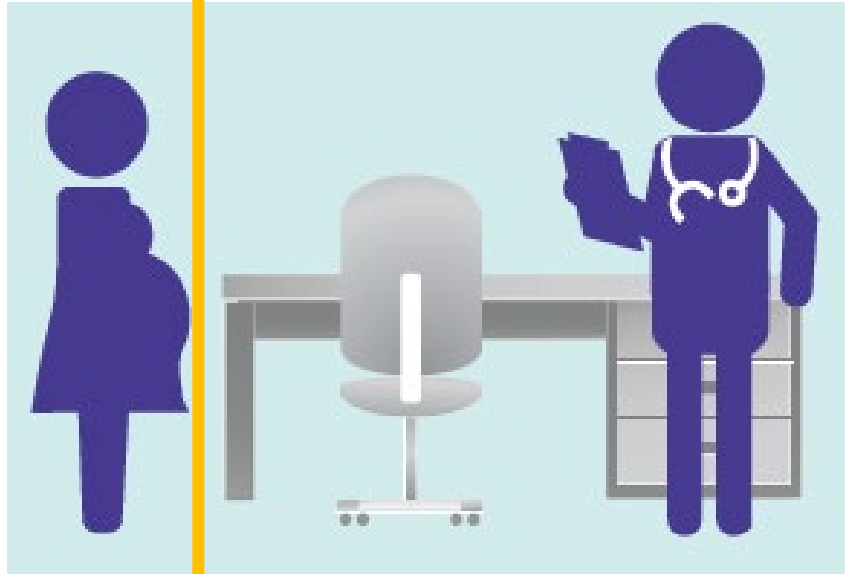


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The Mommy Checkup

THE MOMMY CHECKUP IS A QUICK SURVEY THAT WILL HELP YOUR DOCTOR CARE FOR YOU WHILE YOU ARE PREGNANT.

SCAN THE QR CODE BELOW, OR VISIT WWW.LINK.ORG TO COMPLETE THE CHECKUP.

How to Scan the QR code:

1. Open your phone camera
2. Point camera at QR code
3. Tap QR code to FOCUS
4. Tap the link that pops up



SCAN THE CODE
TO TAKE THE
SURVEY



MC3
Perinatal



Division of Public Health
College of Human Medicine
MICHIGAN STATE UNIVERSITY



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN



App starts with general questions

Mom's Checkup Intro

This check up has two parts. First, I'll ask questions from your doctors and nurses. Your answers will be shared with them. Second, I'll ask other questions that will only be shared with your doctor if you say it's okay. Please hit next to continue.



Mom's Checkup Intro



How do you feel about being pregnant?

- Very happy
- Pretty happy
- Not sure
- A little upset
- Very upset



Mom's Checkup Intro



How ready do you feel to have this baby?

- Not at all ready
- Very ready



App asks for risk across depression, anxiety, trauma and substance use



Behavioral Intervention in App

Mom's Checkup

I have been so unhappy that I have had difficulty sleeping

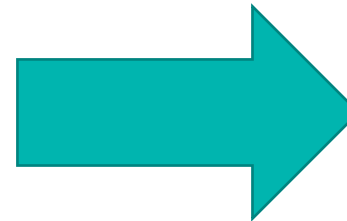
- Yes, most of the time
- Yes, sometimes
- Not very often
- No, not at all



 

Mom's Checkup

In the past month, how often did you have at least one drink containing alcohol?


- Never
- Once or twice
- About every week
- A few times
- Daily or almost daily



More about my pregnancy

Let's see a short video from Dr. Jones. It's the same for everyone, so she talks about a lot of different substances. You may only be using marijuana, but some will still apply to you. Please don't fast forward or hit the watch later button. Thanks!

 info from Dr. Jones



Feedback report

For: Test Participant

Date: 2021-04-13

Any domain with a + sign suggests possible risk in that area. The six domains on the right, if empty, may indicate either no risk or that the patient chose not to share her answers to those questions.



Depression



Anxiety



Pregravid
alcohol

Smoking

Rx pain



Marijuana

Heroin



PTSD



Violence
past year

Benzos

Home Visiting: not interested



A new way to get help

Pregnancy can be a stressful time. If you like, we can help you connect to a counselor with special training, using your own phone or computer. This means that you could get expert help where and when you need it, with no waiting or driving, and at no cost to you.

Let me know what you think.



That sounds good, thanks



No thank you, not right now

App connects mom to instant counseling option



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Results of Early HT2/MC3Peri Implementation Pilot

% screened

- Rates of introduction to the iPad range from 93-95%
- Patient refusal is low

% positive

- Approximately half of patients screen positive for ≥ 1 risk
- Most common: tobacco, marijuana, and depression

% getting brief intervention

- Between half and two-thirds of those at risk agree to a brief intervention
- Satisfaction: averages 4.4 using a 1-5 scale

Questions?

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