



MHAP Description

The Maternal Health Access Project (MHAP) is a statewide perinatal psychiatry access program. MHAP is designed to increase the capacity of perinatal care providers throughout Missouri to diagnose and treat their pregnant and postpartum patients' mild to moderate mental and behavioral health conditions. In Missouri, mental and behavioral health conditions are one of the leading underlying causes of death during pregnancy and in the 12 months following delivery. Missouri does not have enough psychiatrists or other mental health professionals to meet the mental and behavioral health care needs of its perinatal residents. MHAP is intended to help bridge this gap by equipping more perinatal care providers with the knowledge and resources they need to meet their patients' needs in-house. MHAP is open to anyone anywhere in Missouri providing health care and/or social services to pregnant and postpartum individuals, including (but not limited to) OB/GYNs, primary care physicians, advanced practice practitioners, nurses, home visitors, community health workers, behavioral health clinicians, social workers, midwives, and doulas.

MHAP has three main components: psychiatric consultation; resource and referral services; and education and training. Providers registered in MHAP may access real-time phone consultations with a perinatal psychiatrist. MHAP contracts with three perinatal psychiatrists. Together, they provide consultation coverage Monday through Friday from 9:00 a.m. to 4:30 p.m. Providers may request an on-demand consultation call during these hours, or they may schedule a consultation at their convenience. For providers requesting resource and referral services for their patients, MHAP has two care coordinators who can work directly with patients to connect them with appropriate community-based mental and/or behavioral health services if specialty care is needed. Finally, MHAP is developing trainings and toolkits on a range of topics related to perinatal mental and behavioral health to increase providers' knowledge of and confidence in the diagnosis and treatment of perinatal mental and behavioral health conditions.

All MHAP services are provided at no cost to providers or their patients. MHAP is funded through a five-year federal Health Resources and Services Administration (HRSA) grant and through a contract with the Missouri Department of Health and Senior Services (DHSS).