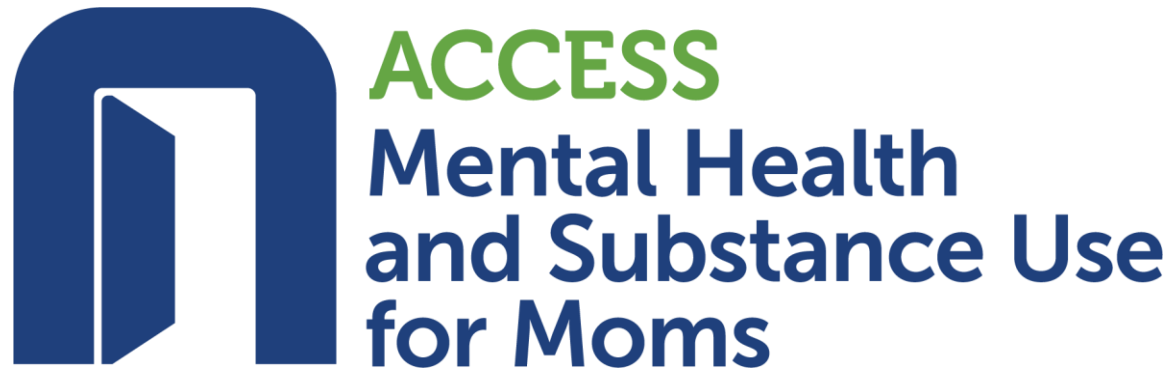




*Your Link to Psychiatric Consultation, Support, and Resources*

Presented by: Beth Garrigan  
May 6, 2025

# Overview

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FREE, real-time psychiatric consultation with seasoned reproductive psychiatrists to help providers treat their patients with mental health and/or substance use concerns.

- Front-line treating providers (i.e. obstetricians, primary care providers, psychiatrists)
- Pregnant or postpartum individuals up to 12 months post-delivery, regardless of insurance
- Statewide – Monday-Friday 9am-5pm
- Trainings and toolkits on mental health and substance use screening and treatment

# Model

*Provider: Obstetric, Primary Care, Psychiatry*



Treating Provider feels stuck and isn't sure what do next?



Provider calls **833-978-6667** and talks directly with perinatal psychiatrist every call



Perinatal psychiatrist provides diagnostic clarification, psychopharmacology and counseling recommendations and, if needed, offers resource and referral support to patient



Resource and Referral Support team outreaches to patient to help them find services



Face-to-face consultation

# Training

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Join our ACCESS Mental Health and Substance Use for Moms Hub Team Reproductive Psychiatrists for a free, monthly educational discussion on a variety of mental health and substance use topics for obstetrical providers. Monthly meetings will be virtual through the Webex platform and will provide a short, structured didactic followed by an open discussion.

Second Thursday of Every Month 12:30pm – 1:30pm

## [REGISTER FOR CLINICAL CONVERSATIONS SERIES](#)

- January 9, 2025: Cannabis in Pregnancy
  - [view recording](#)
- February 20, 2025: Psychotic Disorders in Pregnancy and Postpartum Psychosis
  - [view recording](#)
- March 13, 2025: Disparities in Perinatal Mental Health
  - [view recording](#)
- April 10, 2025: The Effects of Substance Use on Pregnancy and Infant Outcomes
  - [view recording](#)
- May 8, 2025: Management of Substance Use Disorders in Pregnancy and Postpartum: A How-To Guide for Clinicians
- June 12, 2025: What to Do When Someone Screens Positive for Hypomania?
- July 10, 2025: Alcohol Use in Pregnancy and Postpartum
- August 14, 2025: Is This Depression or Something Else?
- September 11, 2025: How Do You Prescribe Lamotrigine in Pregnancy?

ACCESS Mental Health Perinatal Mental Health and Substance Use Toolkit –  
Spring 2025



# Outcomes

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Obstetricians, Midwives, Pediatricians, and Adult Psychiatrists have called requesting support!

June 2022 – December 2024:

- ✓ 2,667 psychiatric consultations have been provided benefitting 439 perinatal individuals (about half were Medicaid members).
- ✓ 344 perinatal individuals received resource and referral support at the request of their physician and connected to vital services addressing mental health, substance use, medication management, parenting, and social factors.
- ✓ 24 live training sessions have been provided and recorded since the start of the series. [www.accessmhct.com/moms/training/](http://www.accessmhct.com/moms/training/)

# Provider Feedback

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*“The ability to call and get guidance has been a game changer for me!” ~ Midwife, Fairfield County*

*“Whenever I have used this program, I have felt so reassured by the help I have received. Thank you!” ~Obstetrician, Windham County*

*“It’s an amazing service. To be able to get medication advice and referrals for patients with a single phone call is remarkable.” ~APRN, Fairfield County*

*“She [AMH for Moms Hub team psychiatrist] was amazing. That was one of the best experiences consulting. She was kind, intelligent and had so much wisdom to share.” ~ Obstetrician, New Haven County*

*“Resources are EXCELLENT!!!!” ~Obstetrician, Fairfield County*

*“I feel better about knowing how to respond to a positive screen” ~Midwife, Fairfield County*

# Patient Feedback

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*“...Thank you so much again. Just knowing your program exists made me feel less alone and gave me hope in my hardest days so far.” Mom after receiving resource and referral support, New Haven County*

*“You have been so helpful to me at a time in my life when I really needed it- so thank you. Sincerely - thank you for continuing to check in with me because I probably would have never sought out the help I needed.” ~Mom after receiving resource and referral support, New London County*

*“Thanks for checking in on me. I was just confirmed for a therapy appointment. That was so fast and painless. I truly appreciate your help in getting me there.” ~Mom after receiving resource and referral support, New Haven County*

# Questions

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1-833-978-6667

Monday – Friday

9am – 5pm

<https://www.accessmhct.com/moms/>