

MC3 Perinatal



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

The **MC3 Perinatal** program offers psychiatry support to perinatal providers in Michigan who are caring for women who are contemplating pregnancy, pregnant, or postpartum (up to one year). Perinatal psychiatrists are available through same-day phone consultations to offer guidance on diagnostic questions, safe medications in pregnancy and while breastfeeding, and appropriate psychotherapy.

How does MC3 work?



**PCP/delegate
contacts MC3 BHC**



**BHC triages call and
provides resources**



**Psychiatrist and
PCP connect**



**Consult summary
sent to PCP**

MC3 Process

- Call can be initiated by anyone in the practice with knowledge about the patient
- Call with psychiatrist will need to be with the prescribing provider
- Behavioral Health Consultants (BHCs) can provide resource-only consults

Who is eligible to participate?

Perinatal providers in Michigan are eligible to participate in the program. This includes MDs, DOs, NPs, PAs, and CNMs in family medicine and OB/Gyn practices. Non-prescribers are not required to formally sign up; they can participate in educational trainings, access resources, and utilize BHCs for referrals and local resources.

Sources: National Institute of Mental Health, 2018, CDC, PRAMS, 2018



Additional Key MC3 Offerings



Virtual telepsychiatry patient evaluations



Live and remote trainings offered regionally and statewide



Workflow analysis to better integrate screening, care coordination, and MC3 services



Local and regional behavioral health resource and referral navigation



Scheduled educational group case consultation with MC3 psychiatrist

What is not included in MC3?

MC3 is not an emergency service. Emergency consultations over the phone or in person are not provided. If a perinatal provider calls about a case requiring an urgent intervention, the Behavioral Health Consultant can offer appropriate local resource recommendations. U of M psychiatrists do not prescribe medication or provide ongoing treatment, but rather support perinatal providers as they provide care. For those cases that require more complex care, the BHC and psychiatrist will offer referrals to local or regional clinicians.

Clinical Provider Satisfaction

Enrolled providers from across Michigan trust MC3 for psychiatry support and share their positive experiences with the MC3 program:



I can't even express how this service has enhanced the care I can provide. In the past, we'd screen and diagnose and then send moms out. We'd place referrals and hope that folks could navigate the complex system. Now, with MC3, I can collaborate with psychiatry; start meds or treatment and access community resources that I am confident they will be able to access. It's really been invaluable.



For more information, please visit our website at mc3.depressioncenter.org; send us an email at: mc3-admin@med.umich.edu; or call: 734-474-0078.

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