

## New Perinatal Telepsychiatry Program Description UW Department of Psychiatry & Behavioral Sciences

The UW Maternal-Child Mental Health program aims to inform, support, and shape maternal and child health care and support systems through evidence based and innovative interventions that promote the mental health and emotional well-being of pregnant and parenting mothers and their families.

In the spring of 2020, the UW Department of Psychiatry and Behavioral Health Maternal-Child Mental Health Program received funds to launch a new perinatal telepsychiatry service in response to the COVID-19 pandemic. In our clinical practice, we are seeing spikes in COVID-19 related anxiety, depression, and other mental health problems due to fears about the virus itself and stress related to finances, childcare, food security, and physical isolation.

We can see your patients for a consultation/assessment visit, then provide you and your patient with treatment recommendations based on the session. We provide follow up visits if needed. Our navigator will register your patient and schedule the telemedicine visit. We accept many insurance plans (including Medicaid). Please refer to the graphic below that describes the referral process, and let us know if you have any questions or concerns at [mcmh@uw.edu](mailto:mcmh@uw.edu).

### Referring to the UW Perinatal Telepsychiatry Clinic

STEP 1: EVALUATING WHO TO REFER	Providers can refer pregnant/postpartum patients who would benefit from a one-time telepsychiatry psychiatric evaluation, have questions related to their mental health (e.g. medication safety in pregnancy), and are <b>not</b> in crisis.
STEP 2: HOW DO I REFER?	A referral can be made through this <a href="#">online referral form</a> . <u>Many insurances</u> are accepted, including most Apple Health insurances (click "accepted insurance plans"). Insurance plans accepted subject to change.
STEP 3: WHAT HAPPENS AFTER I REFER?	Our navigator will call the patient, check for insurance coverage, assess need for and provide technology support, register them in the UW Medicine system, and schedule the appointment.
STEP 4: WHAT HAPPENS AFTER THE APPOINTMENT?	After the telepsychiatric assessment, the psychiatrist will provide recommendations to the patient and the referring provider in writing and/or by phone. We can see the patient for a limited number of follow up appointments if needed.

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