

# MC3

## Pediatrics | Perinatal



### 1 IN 7 WOMEN

cared for by perinatal providers  
suffer from depression or anxiety



### 1 IN 6 CHILDREN

have at least one diagnosable  
mental health condition



ONLY **15%** OF WOMEN  
**AND HALF OF CHILDREN**  
receive medical help

**MC3** offers psychiatry support to pediatric and perinatal providers in Michigan who are caring for patients with behavioral health problems. This includes children, adolescents, young adults through age 26, and women who are contemplating pregnancy, pregnant or postpartum (up to one year). Psychiatrists are available through same-day phone consultations to offer guidance on diagnostic questions, safe medications, 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?

Providers in Michigan are eligible to participate in the program. This includes MDs, DOs, NPs, PAs, and CNMs in family medicine, pediatric, 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

Whitney, D., Peterson, M. (2019) US National and State-Level Prevalence of Mental Health Disorders and Disparities of Mental Health Care in Children. JAMA Pediatrics. 173(4):389-391. doi:10.1001/jamapediatrics.2018.5399



## 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



Emergent local & 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
- U of M psychiatrists do not prescribe medication or provide ongoing treatment
- MC3 will offer referrals to local or regional clinicians when/if required

## Clinical Provider Satisfaction

*"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." - MC3 Enrolled Provider*



### MC3 Perinatal Expansion

*The MC3 Perinatal Program was recently awarded funding from the State as part of the Governor's Healthy Moms, Healthy Babies initiative to make psychiatry consultations and integrated tele-health screening more widely available.*

The funding will be used to expand universal screening in pre-natal clinics via a tablet-based technology (Mommy Checkup App) that screens for behavioral health issues (mental health, substance use) with immediate linkage to care coordination and brief interventions delivered by specially trained behavioral health consultants (BHCs).

For more information and additional provider testimonials, please visit our website at [mc3.depressioncenter.org](http://mc3.depressioncenter.org); send us an email at: [mc3-admin@med.umich.edu](mailto:mc3-admin@med.umich.edu); or call: 734-474-0078.

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[www.mc3.depressioncenter.org](http://www.mc3.depressioncenter.org)