



Los Angeles Maternal Mental Health Access (LAMMHA): Improving Perinatal Mental Health Care in LA County Community Clinics

About Los Angeles Maternal Mental Health Access (LAMMHA):

- Perinatal depression – occurring in pregnancy and the year postpartum – is the most common disorder of this period and suicide is the largest modifiable cause of maternal mortality
- Supported by The California Health Care Foundation (CHCF), LAMMHA was developed with community stakeholders and will support health centers in Los Angeles to identify and treat perinatal mood and anxiety disorders (PMAD) and risk of suicide
- Building on years of implementation experience in community health centers, participating clinics in LA will implement the team based Collaborative Care Model (CoCM or IMPACT; see Figure 2)
- Award of \$75,000 per site to support the full implementation of CoCM over 24 months
- Tailored practice coach support, clinical training webinar/case calls and financial sustainability support
- Additional provider support via virtual ECHO case series with didactic and case consultation support
- This is a 5-year initiative (2021-2025) supporting several site cohorts
- Participation for full CoCM support will be based on a competitive application and review process

Project Objectives for CoCM Sites

Metrics	Details	PHC Reporting Frequency	Goal
Clinical Quality Measures	Preventive Care and Screening: Screening for Depression and Follow-Up Plan	Monthly	Achieve and maintain $\geq 80\%$ screening rate
	Prenatal and Postpartum Care (PPC), Postpartum Care Follow-Up & Care Coordination		
	Prenatal Depression Screening & Follow-up, Postpartum Depression Screening & Follow-up		
Implementation Outcomes	Depression response rate of CPMD patients	Quarterly	40% of caseload achieves a $\geq 50\%$ decrease in depression symptoms after ≥ 10 weeks
	Systematic case review	Quarterly	$\geq 80\%$ of caseload

CoCM Implementation Support - Application Eligibility and Requirements

- Assign existing staff member to be trained as CoCM Care Manager (min 30% FTE) and willing to engage
- Psychiatric Consultant engagement (existing or through new contract supported by LAMMHA)
- Prenatal and pediatric care with Comprehensive Perinatal Service Program (CPSP)
- Commitment of core team of up to 6 members (leadership and clinicians), with assigned program lead
- Report data on operational and quality metrics
- Provide time for internal meetings, practice coaching calls, site visits and trainings
- Participate in individual interviews and focus groups reflecting on your experiences
- Sign AIMS Caseload Tracker license agreement, MOU and DUA

Benefits of CoCM Implementation Support Participation

- Financial support (\$75,000/ per site) for implementing CoCM for perinatal depression
- Dedicated tailored support to target care delivery quality metrics based on the specific goals of the clinic
- Support to build effective workflows for screening and evaluation of perinatal women
- Capacity building with staff to create a clinical team addressing support of mothers with depression and anxiety to enhance patient care and reduce staff burnout
- On site coaching from CoCM experts to implement the IMPACT model within clinics
- Fiscal consultation to implement a reimbursement model for sustainment (revenue neutral goal)
- Clinical training for each of the major roles associated with the model (e.g., physician, social worker, psychiatrist, psychologist, nurses, medical assistant, etc.)
- Access to AIMS Caseload Tracker (2-year license provided) - a secure web-based registry for managing behavioral health caseloads in integrated care settings. It is used alongside your EHR to provide powerful tracking and reporting functions.

LAMMHA Support Opportunities:

ECHO Case Series: Registered CA providers participate in 10 monthly ECHO sessions for didactic and case consultation, CME credits will be provided. Sites will have access to the LAMMHA website, recorded ECHO sessions, case recommendations, learning and community discussion board, and additional resources for perinatal mental health care.

Full CoCM Implementation: Awarded clinical sites work on a full implementation of CoCM. If selected, sites will receive \$75,000 in funds and tailored practice coaching support for 2 years, option to participate in ECHO sessions, and have access to the resources listed under ECHO.

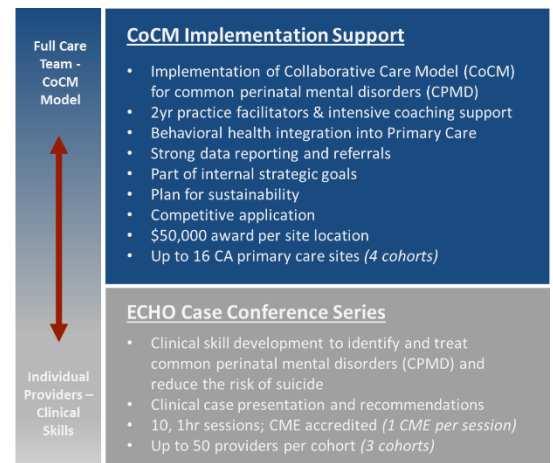


Figure 1: LAMMHA Support Levels

What is the Collaborative Care Model (CoCM)?

CoCM is an evidence-based, team approach to common mental disorders in non-specialty settings that is 2-3 times more likely to improve patient outcomes than usual care, including patients with PMAD. Collaborative care involves all the care providers and staff who interact with mothers and their infants with the addition of two new roles: a care manager and a psychiatric consultant. CoCM reimbursement codes are now required to be reimbursed by Medicare and Medicaid insurance plans in California.

LAMMHA Initiative Partners

- Community Clinic Association of Los Angeles County
- Elevation Health Partners
- Maternal Mental Health Now
- Concert Health
- University of Washington

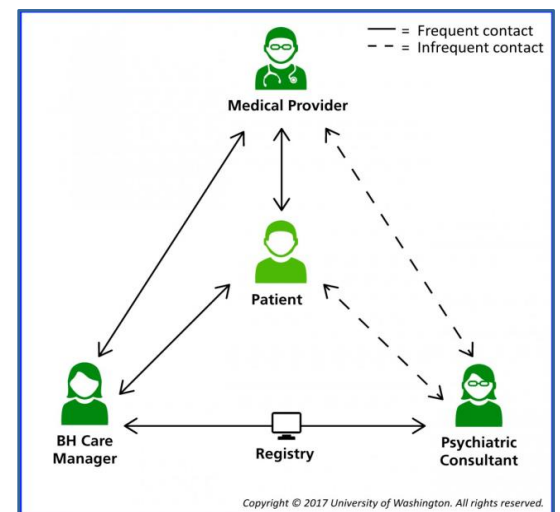


Figure 2: Collaborative Care Model

If you have any questions regarding the LAMMHA program, please contact us lammha@ccalac.org