

New UW Perinatal Telepsychiatry Program

NOW OFFERING MENTAL HEALTH & SUBSTANCE USE CARE

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 and substance use 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 for mental health and/or substance use concerns, 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.

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 and/or substance use (e.g. medication safety in pregnancy), and are not in crisis.
STEP 2: HOW DO I REFER?	A referral can be made through this online referral form . <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 your 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.

*This program is partly funded by the Perigee Fund

Frequently Asked Questions

How does the clinic work?

We are happy to see your patient for an assessment, clarification on diagnosis and/or questions about medication for one appointment and 1-2 follow up visits if needed.

What do we need to refer our patients?

Here's the [referral form](#). At a minimum, you will need the patient's name, phone number and insurance details.

Who are the providers?

Your patients will be seen by a member of our telepsychiatry team: Drs. Amritha Bhat, Mary Shickich, and Nadejda Bespalova. Any patients with substance-related needs will be seen by Dr. Bespalova, a specialist in perinatal addictions and mental health.

Who is appropriate for this service?

- Pregnant or postpartum with mental health or substance use problems needing psychiatric assessment or diagnostic clarification
- Pregnant or postpartum with questions about safety of psychiatric or addictions medications during pregnancy or breastfeeding
- Perinatal patients with mental health or substance use problems not responding to therapy or current doses of medications
- Pregnant client hesitant to take psychiatric medications and using cannabis to cope with depression, anxiety, or insomnia
- Pregnant client stabilized on MAT for opioid use disorder with questions about how this will affect their pregnancy and/or still struggling with mood, anxiety, sleep

What happens after the visit?

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.

Do you prescribe medications?

We can provide bridging prescriptions for a limited period of time if needed, but ideally will connect with the patient's PCP or prenatal provider to make recommendations.

Does client need to have children in their care?

No this is not a requirement.

Could we refer clients living out of state?

At this time we are only able to see patients residing in Washington State.

Will the clients receive the paperwork from their visit?

Yes, they will have access to their electronic medical record, which our navigator can help them access.