

# Center for Reproductive Mental Health



## ***Growing Access to Perinatal Support (GAPS) Initiative***

*A partnership model for integrated perinatal mental health care.*

**About the Center for Reproductive Mental Health:** We provide compassionate, evidence-based care for individuals and families navigating fertility treatment, pregnancy, pregnancy loss and termination, postpartum, early parenting, and family planning. We proudly serve diverse family – including adoptive families, birthing and non-birthing partners, single parents, LGBTQIA+ families, and all people building or reimagining family life.

## What We Know & Why It Matters



**1 in 5 birthing people** experience Perinatal Mood & Anxiety Disorders (PMADs).



**75% go untreated**, despite frequent contact with healthcare providers.



Mental health conditions are the **leading cause of maternal death** in the U.S.



**Untreated PMADs cost appx. \$32,000 per mother-baby dyad** in healthcare & productivity losses.

And yet, **most OB and fertility clinics lack integrated mental health services**, often leaving patients screened but unsupported.



## Let's bridge the GAPS



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# What is GAPS?

## The GAPS Solution

The GAPS Initiative embeds perinatal-trained behavioral health clinicians within OB/GYN, fertility, and early family education settings to close the gap between screening and care.

By partnering with Minnesota Mental Health Clinics, clinics bring specialized mental health expertise directly to where patients already receive medical support.

## Core Services

- **Screening & Brief Assessment:** EPDS, PHQ9, GAD-7, plus 15 - 30 minute clinical interview
- **Care Coordination:** Warm hand-offs, telehealth & in-person options
- **Group & Psychoeducation Services:** Weekly perinatal support/process groups, monthly topic-based groups
- **Staff Consultation & Training:** CEU-eligible education and monthly provider consults

## Ways to Partner with MMHC?



### **Collaborative** Partnership Model

A *consultative collaboration* focused on staff training, case consultation, and early intervention. Ideal for clinics building internal capacity to identify and respond to perinatal mental health needs.

- Monthly staff training and consultation focused on screening, early identification, and response to perinatal mental health concerns.
- Patient support groups, with referral coordination and follow-up for ongoing therapy, psychiatry, or program services.

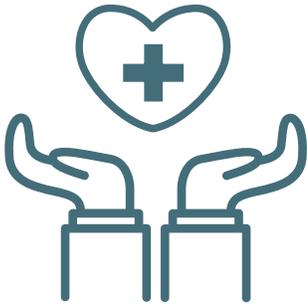


### **Embedded** Partnership Model

A *fully embedded model* that brings a perinatal therapist directly into your practice – streamlining screenings, referrals, and continuity of care for your patients.

- Embed a MMHC perinatal therapist or IOP program therapist in-clinic
- On-site or telehealth screening integrated into standard prenatal, postpartum, and fertility appointments
- Staff training and consultation group

## Why Partner with MMCH?



- **Improved patient outcomes** and reduced postpartum complications
- **Streamlined** screenings-to-care pathways
- Increased **patient satisfaction and retention**
- **Meets emerging standards** for integrated behavioral health
- CEU opportunities and ongoing **staff support**

## What are the next steps?

**Meet with our team** to explore partnership options

**Set a timeline** for pilot implementation

**Define process** for billing and referrals

**Identify key contacts** for communication and feedback

## Who to contact to get started?

**Sandra Maurer, MA, LPCC, PMH-C**  
Senior Director, CRMH

Sandra Maurer is a licensed professional clinical counselor specializing in reproductive and perinatal mental health. She leads the GAPS Initiative to expand access to integrated, compassionate care for individuals and families navigating fertility, pregnancy, postpartum, and loss.

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**Marilyn Galloway**  
Community Engagement Manager

A seasoned outreach and marketing strategist passionate about building connections that make a difference. Representing Minnesota Mental Health Clinics, she works to expand access, foster collaboration, reduce stigma and ensure outpatient mental health care is within reach for everyone.

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