



Expecting & New Moms

..... RESOURCE GUIDE

MassHealth is committed to helping providers offer quality, well-informed care to pregnant and postpartum patients. That's why we've created the following list of resources, which will help providers connect their patients with statewide programs that offer **food and housing assistance**, help with **quitting smoking**, as well as other **support**.

This document also provides a link to clinical guidelines and resources, such as rapid access to behavioral health services or live resources for decision support regarding the risks and benefits of medications during pregnancy and breastfeeding.



MassHealth joins many other health plans in supporting the [Perinatal Care Guidelines](#), which have been developed by Massachusetts Health Quality Partners (MHQP). Links within the guidelines take clinicians to a range of tools and resources that will help them provide quality perinatal care.



Be sure to download this Guide. The resources it contains may be a supplement to any locally based resource listings you may have.

MASSHEALTH BENEFITS



MassHealth enrolled members who are pregnant may qualify for an expanded benefit package. *Make sure the member notifies MassHealth of her pregnancy by calling (800) 841-2900. (TTY: (800) 497-4648)*

Health plan benefits

All MassHealth health plans provide care management services. Make sure the member asks the health plan about special programs (such as care management) during pregnancy.

Transportation

Provider requests may be made [online](#) for transportation to medical appointments for MassHealth enrolled women.

NON-CLINICALLY BASED RESOURCES

Food insecurity

[Women, Infants and Children \(WIC\) Nutrition Program](#)

(800) 942-1007

WIC provides healthy foods, nutrition education, breastfeeding support, and many other services free of charge. Call WIC as soon as you think you are pregnant.

[Project Bread Food Source Hotline](#)

(800) 645-8333

Provides information and referrals to food resources in Massachusetts and assists with applications for SNAP (formerly food stamps).

Phone access

[Lifeline](#)

A program that offers discounts to qualifying low-income customers on telephone and internet service.

Housing

[Local Housing Authorities](#)

Information on applying for public housing.

[Massachusetts Department of Housing and Community Development](#)

Help with emergency housing. Offers financial support and other services through community partnerships.

Community support

[The Massachusetts Association for Community Action](#)

Provides information on local community action agencies and the programs they offer, such as fuel, housing and child care resources.

Domestic violence

[Jane Doe, Inc.](#)

[Directory](#) for resources related to sexual and domestic violence for Massachusetts communities.

Safelink Hotline

(877) 785-2020

24 hour multilingual hotline. Advocates can help with safety planning, and finding resources for shelter, domestic violence support groups, and many other needs.

Smoking cessation

[MA Smoker's Helpline](#)

(800) QUIT-NOW (800) 784-8669

Call for free personalized quit coaching and information.

Drug and alcohol abuse

[MA Substance Use Helpline](#)

(800) 327-5050

Confidential counseling, referrals and information available.

Informal supports

[Massachusetts Child Psychiatry Access Program \(MCPAP\) for Moms](#)

Pregnancy can be a stressful time, and talking to others who have “been there” may help. Many birthing hospitals offer support groups.

Join a support group at your birthing hospital.

The MCPAP for Moms website provides links to local support groups or other services.

- [Support groups for mothers and expectant mothers](#)
- [Parenting and family supports](#)

CLINICAL SUPPORT

Medication use during pregnancy

Nine out of 10 women take medication during pregnancy. The Organization of Teratology Information Specialists' (OTIS) website, [MothertoBaby](#), offers an up-to-date, searchable tool for information about medication safety as well as free live consultation. Providers or mothers can call (866) 626-6847 for information on specific medications and risk during pregnancy and lactation.

Perinatal depression screening

MassHealth encourages providers delivering care to pregnant and postpartum women to screen for perinatal mood disorders such as depression. Information regarding screening tools, coding and reimbursement can be found on the [MassHealth website](#). (See May 2016 Transmittal Letters: AOH-37, CHC-105, PHYS-148.)

[MCPAP for Moms](#)

The Massachusetts Child Psychiatry Access Project (MCPAP) for Moms provides real-time consultation and care coordination to help providers effectively prevent, identify, and manage depression and other mental health and substance use concerns in pregnant and postpartum women. To access these services, call (855) Mom-MCPAP (855) 666-6272).

The [MCPAP for Moms](#) website provides links to local support groups or other services.

Behavioral health services

Pregnant patients may need fast access to services and support. Behavioral health services, in addition to routine appointments, are available:

- **Urgent outpatient** – assessment and intervention for urgent concerns and immediate symptoms. Available within one to two business days to address issues that can't wait for a routine appointment. Call the behavioral health services number of the woman's health plan.
- **Emergency services** – 24/7 access to Emergency Services Program (ESP). ESPs can meet with patients needing immediate help at the provider's office, at home, or at an ESP office location and provide a crisis assessment and intervention within 60 minutes of being contacted. To learn more or to access contact information for your local program, call the statewide [Emergency Services Program](#) (ESP) line at (877) 382-1609.

Maternal substance use resources

A large stakeholder group of the Massachusetts Perinatal Quality Collaborative developed an online [Maternal Opioid Use during Pregnancy Toolkit](#).

The toolkit helps guide clinicians as to the medical, psychological and social needs of pregnant women with opioid use disorders with the goal of improving maternal and newborn health outcomes. It has been developed to help maternal health providers advance the clinical interventions by highlighting best practices, outlining screening and planning protocols, and includes an extensive resource list for both state and national supports.

The [Journey Project](#), an interactive web-based resource for pregnant and parenting women with substance use disorders. The site, featuring informational slideshows, video testimonials and links to resources, is designed to increase access to treatment and provide support, guidance, and encouragement to women in recovery.