

Barriers to Behavioral Health Service Use Among Medicaid-Eligible Racial and Ethnic Minority Women with Pre-Existing Psychiatric Disorders in Philadelphia County

Community Behavioral Health

The Challenge

CBH claims data revealed an unmet need for behavioral health services among African-American perinatal women with pre-existing psychiatric disorders and child protective services involvement- lowest rate of use and intensity of use during pregnancy and the postpartum period.



Our Approach

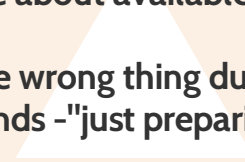
Created a Sense of Urgency - Discussions with CBH Executive Staff & City of Philadelphia Department of Public Health, Maternal, Child & Family Health

Conducted Focus Groups & Telephone Interviews with Racial and Ethnic Minority Perinatal Women



Barriers Identified

Cultural - "Don't talk about it," Tough it out"
Lack of support - family or partner
Lack of transportation
Being a high risk pregnancy
lack of knowledge about available resources
Lack of child care
Fear of "saying the wrong thing during the visit"
Competing demands - "just preparing to give birth"



Findings

High Risk Women - Severe Psychiatric Disorders

High Risk Pregnancy

LBW among offspring

Willing to take medication during pregnancy and the postpartum period

Individual therapy helpful, not group therapy

Policy & Treatment Implications

Home-based behavioral health services

Integration of behavioral health services into pediatric and obstetrics clinics

Integration of peer support services

Foster resilience among mothers and their offsprings - CPP & PCIT across CBH network

Adopt a public health approach