

MBHP

Massachusetts Behavioral
Health Partnership

A Carelon Behavioral Health Company

Maternal Mental Health: Bridging Specialties to Improve Outcomes

A virtual integration and quality forum presented by the
Massachusetts Behavioral Health Partnership (MBHP)

Wednesday, November 1, 2023 | 9 a.m. – 1 p.m.

Program Booklet

Annual MBHP Integration and Quality Forum

Maternal Mental Health: Bridging Specialties to Improve Outcomes

Wednesday, November 1, 2023 | 9 a.m. – 1 p.m.

9 - 9:25 a.m.

Welcome, Introductions, and Opening Remarks

Viveka Prakesh-Zawisza, MD, MS, MBA, FACOG

Medical Director, MassHealth PCC Plan

Nancy Norman, MD, MPH

Medical Director of Integration, Massachusetts Behavioral Health Partnership (MBHP)

Maria Yerstein, MD

Associate Medical Director of Quality, MBHP

9:25 - 10:50 a.m.

Panel 1: Transforming the Delivery of Maternal Care

Chloe Zera, MD, MPH

Chief, Division Maternal-Fetal Medicine and Director, Obstetrics Population Health, Beth Israel Deaconess Medical Center (BIDMC); Associate Professor of Obstetrics, Gynecology, and Reproductive Biology, Harvard Medical School; Director of Quality for the Department of Obstetrics and Gynecology, BIDMC

Kylie O'Donoghue, MPH

Manager of Perinatal Health Programs, Steward Health Care Network

Jennifer Jo Averill Moffitt, RN, CNM

Perinatal Services Manager, Family Health Center of Worcester; Director of Community Partnerships and Senior Faculty, Mindful Birth and Parenting Foundation

Ha Toohey

OB Advocate, Family Health Center of Worcester

Rosha Forman, CNM, MSN

Director of Midwifery Services; Assistant Professor, Boston University Chobanian and Avedisian School of Medicine

10:50 - 11 a.m.

Break

11 - 11:20 a.m.

MBHP Support for Quality Services for Maternal Health

Maria Yerstein, MD

Associate Medical Director of Quality, MBHP

Susan Garrels, LICSW

Director of Quality Management and Process Improvement,
MBHP

11:20 a.m. -

12:50 p.m.

Panel 2: Maternal Mental Health Care Services

Leena Mittal, MD, MS, FACLP

Chief, Division of Women's Mental Health, Brigham & Women's Hospital; Medical Director of Equity, Substance Use, and Community Partnerships, MCPAP for Moms

Emily Miller, MD, MPH

Associate Professor of Obstetrics and Gynecology and Division Director of Maternal-Fetal Medicine, The Warren Alpert Medical School of Brown University and Women and Infants Hospital; 2022 Aspen Institute Ascend Fellows, Providence, Rhode Island

Ana Sofia De Brito, MSN, CNM

Certified Nurse-Midwife at Care New England Medical Group Division/Women and Infants Academic Midwifery, Brown University OBGYN Department

Divya Kumar, LICSW, SCM, PMH-C

Co-founder of the Perinatal Mental Health Alliance for People of Color; Board Chair of the Massachusetts Chapter of Postpartum Support International

12:50 - 1 p.m.

Closing Comments

Welcome, Introduction, and Opening Remarks

Viveka Prakesh-Zawisza, MD, MS, MBA, FACOG



Dr. Viveka Prakash-Zawisza is an experienced physician leader and innovator with a passion for exploring how policy and systems impact healthcare delivery and social justice. She is an Assistant Professor of Obstetrics and Gynecology and of Family and Community Medicine at UMass Chan Medical School. She also holds a degree in global health and has enjoyed providing clinical services in under-resourced settings in the US and internationally. She currently serves as Senior Associate Medical Director at MassHealth (Massachusetts Medicaid) with the Payment and Care Delivery Innovation team. She is the clinical lead for maternal/perinatal health policy and is guiding the creation of a population health program at MassHealth. She also helps to lead health equity initiatives such as gender-affirming care and Member and community engagement. She is President of the National Perinatal Association which brings together advocates and providers from all sides of the perinatal landscape to collaborate and advocate for parents, babies, and families. Dr. Prakash-Zawisza is passionate about actively addressing health inequities and disparities and creating an efficient healthcare system that promotes justice and wellness for all people.

Nancy Norman, MD, MPH



Dr. Nancy Norman, a native Bostonian, is the Medical Director of Integration for MBHP, a Caredon Behavioral Health company. She has served in this role for 11 years, primarily focusing on working with city and state public health officials, medical providers, consumer advocates, and business leaders to improve health outcomes by improving healthcare systems.

Her keen appreciation of the interdependency of medical, behavioral, and social dimensions of health has informed a career spent implementing actionable, practical strategies for health improvement and system redesign. The major focus of her work is to look at ways to better integrate behavioral health with physical healthcare, partly by focusing on payment reform and health system redesign efforts.

Prior to joining MBHP, Dr. Norman was Chief Medical Officer for the Boston Public Health Commission, the health department for the City of Boston.

Nancy Norman, MD, MPH (cont.)

In this capacity, she oversaw the clinical functions of the Commission and developed initiatives to address emerging health problems. One of her major responsibilities was the restructuring and expansion of the City's work to eliminate racial and ethnic health disparities. She was instrumental in realigning the Commission's focus to one of health equity and social justice, including a focus on the negative impact of systemic racism on health outcomes. Prior to this transition to more population-focused work, Dr. Norman spent nine years as a primary HIV care provider and Director of Women's Health at Fenway Community Health Center in Boston.

Dr. Norman completed her internship and residency, including chief residency in internal medicine at Faulkner Hospital, after receiving a BA in biology from Bowdoin College and an MD from Boston University School of Medicine. She later received an MPH from Harvard University School of Public Health and completed a clinical fellowship in Community-Oriented Primary Care/Preventive Medicine at Carney Hospital. Dr. Norman has spent her career building coalitions, sustaining relationships, and exerting influence to effect change. She strives to achieve this in her work at MBHP and as a Trustee of the Board of Directors of Beth Israel/Lahey Health (BILH) and a member of the leadership team of Massachusetts' new Health Equity Compact.

Maria Yerstein, MD



Dr. Maria Yerstein is Associate Medical Director of Quality at MBHP. A graduate of Harvard University and the University of Massachusetts Chan Medical School, Dr. Yerstein completed her training in psychiatry at the University of California, Los Angeles, and Brigham and Women's Hospital (BWH) in Boston. Dr. Yerstein has an impressive track record of improving healthcare quality and reducing disparities, having led numerous initiatives at BWH and St. Elizabeth's Medical Center in Boston. A passionate advocate for health equity, Dr. Yerstein has taught numerous courses in quality improvement and contributed to projects aimed at enhancing healthcare access and outcomes for underserved populations. She has also served as a member of the American Medical Association's Center for Health Equity, where she contributed to policies and initiatives that have had a lasting impact on the industry. Her work has been recognized through numerous publications in peer-reviewed journals.

Panel 1:

Chloe Zera, MD, MPH



Dr. Chloe Zera is the Chief of the Division of Maternal-Fetal Medicine (MFM) and Director of Quality for the Department of Obstetrics and Gynecology at Beth Israel Deaconess Medical Center. She is also Associate Professor of Obstetrics, Gynecology, and Reproductive Biology at Harvard Medical School.

Dr. Zera attended medical school at the University of Minnesota and completed her OB/GYN residency and MFM fellowship at Brigham and Women's Hospital, during which she completed a Master of Public Health degree from the Harvard School of Public Health. She is board certified in OB/GYN, MFM, and obesity medicine and provides comprehensive preconception and prenatal care for birthing people with complex pregnancies, particularly for those with chronic medical conditions. She leads several ongoing clinical research and quality improvement projects aimed at developing better systems of care, reducing disparities, and improving outcomes for birthing people. Motivated by her clinical experiences, Dr. Zera has also become a recognized advocate for comprehensive and equitable reproductive healthcare policy through her leadership roles within the American College of Obstetricians and Gynecologists and the Society for Maternal Fetal Medicine.

Kylie O'Donoghue, MPH



Kylie O'Donoghue is the Manager of Perinatal Health Programs at Steward Health Care Network. She has been in this role since June of 2022. Kylie has her Master's in Public Health from Boston University School of Public Health where she concentrated in maternal/child health as well as community assessment and program design, implementation, and evaluation. She also is a BACE-certified childbirth educator and teaches Getting Ready for Birth classes at Newton-Wellesley Hospital. Kylie is a trained birth Doula and enjoys supporting people during the perinatal time. At Steward Health Care Network, Kylie oversees the Healthy Beginnings program and Doula program alongside three care coordinators who provide direct contact with pregnant and postpartum Steward Health Choice members.

Kylie O'Donoghue, MPH (cont.)

These programs work closely with the three Steward maternity hospitals in Massachusetts, Saint Elizabeth's Medical Center, Good Samaritan Medical Center, and Holy Family Hospital, as well as Steward's internal care management programs for behavioral health, SDOH, and medical needs.

Jennifer Jo Averill Moffitt, RN, CNM



Jen Moffitt has been a nurse-midwife since 2003 and the Perinatal Services Manager at Family Health Center of Worcester since 2010. She serves as the Director of Community Partnerships and as a senior faculty member of the Mindful Birthing and Parenting Foundation. Jen's priority is to decrease health disparities in perinatal care and explore the intersectionality of mindfulness, birth, early parenting, and health equity – as both intervention and prevention. The mother of two spirited teenagers, and auntie of many more, Jen brings a wealth of personal experience, humility, and passion to her work.

Ha Toohey



Ha Toohey is a Vietnamese woman who came to the USA in 1989 from a Philippines refugee camp, where she worked for one year in the medical field to help the Vietnamese community in the camp. She graduated from the Saigon University of Science with an Engineer of Geology degree and attended medical school in Vietnam. She also graduated from Quinsigamond Community College. Ha is certified as a childbirth educator and a medical interpreter. She has over 30 years of experiences in the Human Services field. She has worked at Family Health Center of Worcester since 1990 to the present as a perinatal advocate, to help all pregnant people who come to clinic for prenatal care, including refugees who recently came to the US. Ha works 24/7 on call as Doula support during labor and delivery. She does outreach as a Community Health Worker and provides education and home visits to patients. In 2005, she got an outstanding Massachusetts Health Center Employee award from the Massachusetts League of Community Health Centers.

Rosha Forman, CNM, MSN



Rosha Forman, CNM, is the Director of Midwifery Services at Boston Medical Center where she has worked as a midwife for the past 14 years. She leads a team of 28 talented, diverse, and driven midwives to provide evidence-based care in a large academic safety-net hospital and affiliated community health centers. She is dedicated to promoting and protecting a midwifery model of care and strives to do so with excellent traditional care as well as innovative programs. Her most recent projects include helping to develop the first tri-lingual pregnancy app, advising on content for a text message-based educational program for pregnant people, and getting a dyadic mobile van on the road to serve moms and babies after birth. When she is not at work, she enjoys nagging her three children (and loving on them too), biking and walking all over Cambridge and Boston, and has aspirations to pick up her knitting again one day.

MBHP Support for Quality Services for Maternal Health

Susan Garrels, LICSW



Susan Garrels is the Director of Quality at MBHP. After completing her undergraduate degree, she continued at Boston College and obtained her master's degree in Social Work. She has spent the last 10 years designing and implementing population health-based programs and interventions for a large integrated health system. While her work has spanned care management and medical programs, a large focus has been on improving outcomes for individuals with behavioral health and/or substance use disorder. Susan also has a strong focus on health equity and reducing disparities in care through analyzing quality data to identify inequities and drive innovative approaches to working with historically underserved populations.

Panel 2: Maternal Mental Health Care Services

Leena Mittal, MD, MS, FACLP



Dr. Leena Mittal is the Associate Vice Chair for Diversity, Equity, and Inclusion (DEI), the Chief of the Division of Women's Mental Health in the Department of Psychiatry at Brigham and Women's Hospital (BWH), and an instructor in Psychiatry at Harvard Medical School. Additionally, she serves as the Program Director for the Women's Mental Health Fellowship at the Brigham and co-chairs the Justice Equity, Diversity, and Inclusion committee in the Department of Psychiatry at BWH. Dr Mittal also serves as the Medical Director for Equity, SUD, and Community Partnerships for the Massachusetts Child Psychiatry Access Program for Moms (MCPAP for Moms), an innovative statewide consultation service for providers seeing pregnant and postpartum women with mental health and substance use conditions. Dr Mittal has numerous publications and speaks nationally on the treatment of mental health and substance use conditions throughout pregnancy and the postpartum period as well as racial equity in maternal mental health. Dr Mittal is a leader in DEI and women's mental health at the program, state, and national level. Dr. Mittal is board-certified in Psychiatry, Consultation-Liaison Psychiatry, and Addiction Medicine.

Emily Miller, MD, MPH



Dr. Emily Miller is an Associate Professor in Obstetrics & Gynecology at the Alpert Medical School of Brown University. She is the Division Director of Maternal Fetal Medicine at Women & Infants Hospital of Rhode Island. She is committed to improving mental health care for pregnant and postpartum people, with the overarching goal of equitable access to holistic wellness for all new families.

She was nominated to the American College of Obstetricians and Gynecologists (ACOG) Maternal Mental Health Expert Work Group and has led the development of multiple national consensus statements to guide care provision for perinatal mental health. By bringing attention to gaps in health services for perinatal mental health care, she has challenged the paradigm of our current obstetric model of perinatal mental health care and transformed care delivery.

Emily Miller, MD, MPH (cont.)

Dr. Miller is currently Principal Investigator of three National Institutes of Health-funded studies focused on dissemination of the collaborative care model as a health services intervention to equitably and sustainably integrate mental health care into obstetric settings. Her work focuses around digital health tools to scale postpartum collaborative care, implementation strategies to optimize collaborative care workflow, and prevention of perinatal depression programs with the collaborative care model for individuals with childhood adversity.

Ana Sofia De Brito, MSN, CNM



Ana Sofia Barber De Brito (she/hers) is a certified nurse-midwife at Care New England Medical Group Division/ Women and Infants Academic Midwifery at Brown University OBGYN Department. Ana Sofia completed her undergraduate degree in Latin American, Latino, and Caribbean Studies at Dartmouth College and her graduate degree at Yale University School of Nursing. She has been in practice since 2017, and her clinical and academic interests include racial health disparities, anti-racism in medicine, LGBTQ healthcare, trauma-informed care, and perinatal mental health disorders. Outside of midwifery work, she enjoys traveling, seeing the world through her three-year old's eyes, cozy bookstores, trying new foods, and dancing.

Divya Kumar, LICSW, SCM, PMH-C



Divya Kumar is a South Asian-American psychotherapist with a public health background who specializes in perinatal mental health, trauma, and the life transitions related to pregnancy, childbirth, and parenting. She is especially passionate about holding space for folks of color and folks who identify as first- and second-generation immigrants as they navigate the transition to parenthood and explore how race, racial identity, and culture intersect with parenting. Before becoming a therapist, Divya's work focused on connecting clinical services with public health by addressing unmet needs in direct perinatal mental health care and the structure and delivery of perinatal support services. Currently, she participates in initiatives to improve perinatal mental health services and systems of care at both the state and national levels. Divya is a Co-Founder of the Perinatal Mental Health Alliance for People of Color and a Commissioner on the Ellen Story Commission for Postpartum Depression. She also writes and speaks on the intersections of perinatal mental health, race, and culture.

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Financial Interests or Relationships

Faculty Member	Individual's Role	Relationship	Name of Corporation/Manufacturer
Viveka Prakash-Zawisza- MD, MS, MBA, FACOG	Facilitator	N/A	None
Leena Mittal- MD, MS, FACLP	Panelist	N/A	None
Chloe Zera- MD, MPH	Panelist	Research, Research, Royalties, Consultant	Donaghue Foundation, CVS Foundation, UptoDate, BCBS of MA
Divya Kumar- LICSW, MSW, Sc.M., PMH-C	Panelist	N/A	None
Emily Miller- MD, MPH	Panelist	N/A	None
Ana Sofia De Brito- MSN, CNM	Panelist	N/A	None
Jennifer Moffitt- BA, CNM, RN, MSN	Panelist	N/A	None
Ha Toohey- BA	Panelist	N/A	None
Rosha Foreman- CNM, MSN	Panelist	N/A	None
Kylie O' Donoghue- MPH	Panelist	N/A	None

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Nancy Norman, MD, MPH - Director	None	N/A
Maria Yerstein, MD- Co-Director	None	N/A
Amy Rosenstein, MBA – Planning Committee	None	N/A
Andrea Royo, BS – Planning Committee	None	N/A
Susan Garrels, MSW- Planning Committee	None	N/A
Clara Carr, MS, CAGS, LMHC – Planning Committee	None	N/A
Danielle Shea, MSW, LICSW- Planning Committee	None	N/A
Ellen Youngclaus O'Brien, BA– Planning Committee	None	N/A
Shannon Russo– Planning Committee	None	N/A
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