



# The Meadowlark Initiative

HEALTHY PREGNANCIES  
& SECURE FAMILIES

## INTEGRATING PRENATAL AND BEHAVIORAL HEALTH TO MEASURABLY IMPROVE MATERNAL AND NEONATAL OUTCOMES

Substance use disorders (SUDs) and mental health issues such as depression and anxiety affect thousands of pregnant women and their babies in Montana each year. These illnesses cross all demographics and often go unnoticed and untreated. Unfortunately, the problem is on the rise and contributes to poor outcomes for many Montana families.

Based on research and examples from other states, implementing a supportive, team-based approach to prenatal and postpartum care, along with better coordination between health care providers and social service agencies, offers a powerful way to improve these outcomes.

The Meadowlark Initiative provides funding and technical assistance to allow medical practices that provide prenatal and postpartum care to implement a coordinated, team-based approach that improves outcomes for women with SUDs and mental illness. The initiative will support at least one prenatal practice in each Montana community that delivers babies. More information about the Meadowlark Initiative and how to join can be found at [mthcf.org/the-meadowlark-initiative](http://mthcf.org/the-meadowlark-initiative).

### Participating sites include:

- Benefis Health System
- Blackfeet Tribal Health
- Bozeman Health
- Community Hospital of Anaconda
- Community Medical Center
- Helena OB/GYN & Associates
- Livingston HealthCare
- Providence St. Patrick Hospital
- St. James Healthcare
- St. Peter's Health
- St. Vincent Healthcare

The Meadowlark Initiative brings together clinical and community teams to help you:

**PROVIDE** the right care at the right time for your patients and their families.

**IMPROVE** maternal and family outcomes.

**REDUCE** newborn drug exposure, neonatal abstinence syndrome, and perinatal complications.

**KEEP FAMILIES TOGETHER** and children out of foster care.

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# The Meadowlark Initiative System of Care

## A NEW STANDARD OF PREGNANCY CARE FOR MONTANANS

A simple, team-based system of prenatal care can improve perinatal outcomes and strengthen families. In the Meadowlark Initiative System of Care, a clinical team and community team collaborate to provide integrated prenatal and behavioral health care, and coordinate community-based support and services that families need. This simple system has been shown to reduce newborn drug exposure, improve maternal and neonatal outcomes, and reduce the need for foster care placement.

### Here's how it works



**1** Mothers and their families receive care through prenatal care and behavioral health providers and are connected with a care coordinator. These three make up the core of the patient's **Clinical Team**.

The prenatal care provider screens all incoming prenatal patients for SUDs and mental illness. Patients who screen positive receive a same visit "warm hand-off" to the behavioral health provider.

The behavioral health provider assesses the patient and provides a brief counseling intervention, outpatient therapy, or an appropriate referral to higher-level care.

**2** The care coordinator works with patients to identify social factors that may impede their treatment and continually facilitates the right care at the right time. This is done by utilizing a variety of resources to augment the **Clinical Team** and to establish a **Community Team** of social service providers, peer recovery coaches, and related caregivers. This group provides critically needed support for pregnant and postpartum women and their families.

### Your patient's support system



**3** The Clinical Team and Community Team work collaboratively to form a support system for the patient and their family.