

Mental Health Roundtable

Virginia Health Care Foundation

October 9, 2025



Agenda

Welcome!

The MOMnibus Package and Maternal Health

Denise Daly Konrad

Director of Strategic Initiatives • VHCF

Data, Guidelines, Resources, and How to Use Them

Shannon Pursell

Senior Director • Virginia Neonatal Perinatal Collaborative

VMAP for Moms+ is Almost 1! - Training and Consults for Perinatal Mental Health

Michelle Diehl, LPC

Licensed Mental Health Professional (LMHP) Lead • VMAP for Moms+

What's Next? Deeper Dive Opportunities in Perinatal Mental Health

Mandolin Restivo

Executive Director • Postpartum Support Virginia

It Takes A Village

Andrea Lancaster

Chief Program & Impact Officer • VHCF

Closing and Evaluation



Why a MOMnibus? Why Now?

- 1 in 8 Virginia mothers experience maternal mental health (MMH) conditions
- 62% increase in peripartum depression/anxiety rates since 2020 in Virginia
- Untreated MMH conditions contribute to poor outcomes, including maternal mortality
- ~8,250 babies born each year live in a Virginia Maternal Health Desert (2020)
 - 50 Virginia localities are Maternal Health Deserts
- Bipartisan support in the Executive and Legislative Branches to improve maternal health and MMH outcomes



MOMnibus 2025: Addressing Maternal Health



Workforce

- Independent practice for nurse midwives
- Expanded scope of practice for nurse midwives (newborn care in nurseries)
- Increase funds for doulas and community health workers

Health Insurance

- Direct pregnant women to apply for Medicaid programs via phone to expedite application review
- New special enrollment period for pregnancy on Marketplace



MOMnibus 2025: Addressing Maternal Health



New Initiatives to Improve Maternal and Infant Outcomes

- Maternal health remote monitoring pilot program for Medicaid members
- Mobile maternal health clinics
- Perinatal health hubs pilot
- Pregnancy mobile application
- Community grants for maternal mental health*
- Standard protocols for obstetric emergencies (hospitals, EDs, birthing centers)

Other

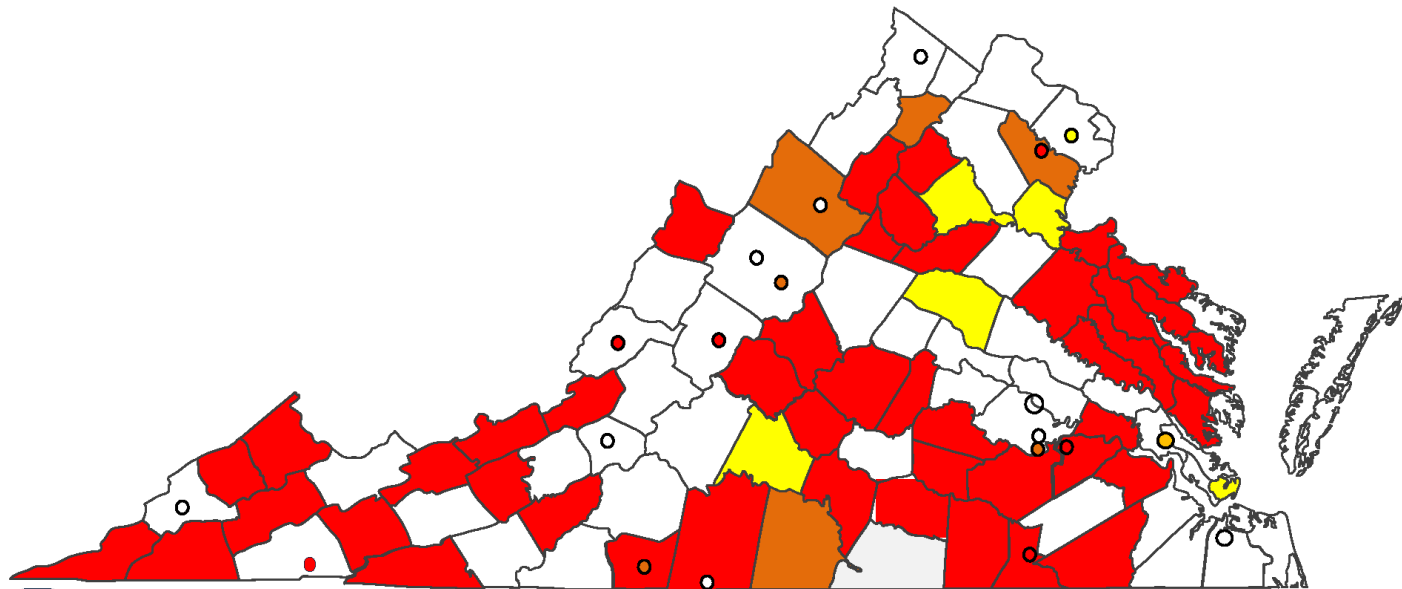
- Expedite Certificate of Public Need (COPN) review in medical deserts
- Establish Commission on Women's Health

*VHCF's *It Takes A Village*



50 Virginia Localities are Maternal Health Deserts (MHDs)

Virginia Maternal Health Deserts and Low Access to Care Localities
 March of Dimes, April 2025



- **Maternal Health Desert:** No obstetric providers; no hospital or birthing center with obstetric care; any uninsured women of child-bearing age.
- **Low Access:** <60 obstetric providers; <2 hospitals or birthing centers with obstetric care; ≥10% women of child-bearing age uninsured.
- **Moderate Access:** <60 obstetric providers; <2 hospitals or birthing centers with obstetric care; <10% women of child-bearing age uninsured.

Maternal Health Deserts

- Amelia
- Amherst
- Appomattox
- Bland
- Bristol
- Brunswick
- Buchanan
- Buckingham
- Buena Vista
- Caroline
- Charles City
- Charlotte
- Covington
- Craig
- Cumberland
- Dickenson
- Dinwiddie
- Emporia
- Essex
- Floyd
- Giles
- Grayson
- Greene
- Greensville
- Highland
- Hopewell
- King and Queen
- King George
- King William
- Lee
- Lunenburg
- Madison
- Manassas Park
- Mathews
- Middlesex
- Nelson
- Nottoway
- Orange
- Page
- Pittsylvania
- Powhatan
- Prince George
- Pulaski
- Richmond
- Russell
- Scott
- Smyth
- Southampton
- Surry
- Westmoreland

Low Access to Care Localities

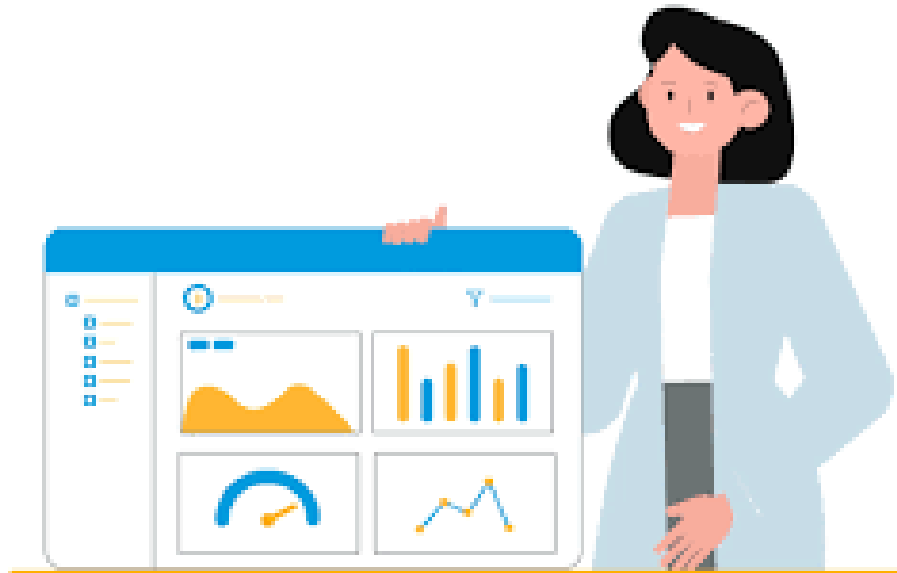
- Halifax
- Martinsville
- Petersburg
- Warren
- Waynesboro

Maternity Care Access Definitions		
Elements	Deserts	Low Access
Hospitals and Birthing Centers Offering Obstetric Care	<2	<2
Obstetric Providers/100,000 (physician, midwife)	0	<60
% uninsured women, 18-64	any	<10%

Source: <https://www.marchofdimes.org/peristats/data>



Maternal Health Data Sources



- ✓ Virginia Department of Health
- ✓ Virginia Perinatal Neonatal Collaborative
- ✓ Virginia Hospital & Healthcare Association
- ✓ March of Dimes
- ✓ Maternal Mental Health Leadership Alliance



Informing *It Takes A Village*

- ✓ Reviewed 30+ articles and reports
- ✓ Completed 16 stakeholder interviews
- ✓ Mapped workforce and service gaps
- ✓ Evaluated maternal mental health and Maternal Health Desert data



Questions?





It Takes a Village

It Takes a Village is a special initiative of the Virginia Health Care Foundation (VHCF) made possible through the generous support of the Virginia General Assembly.

www.vhcf.org

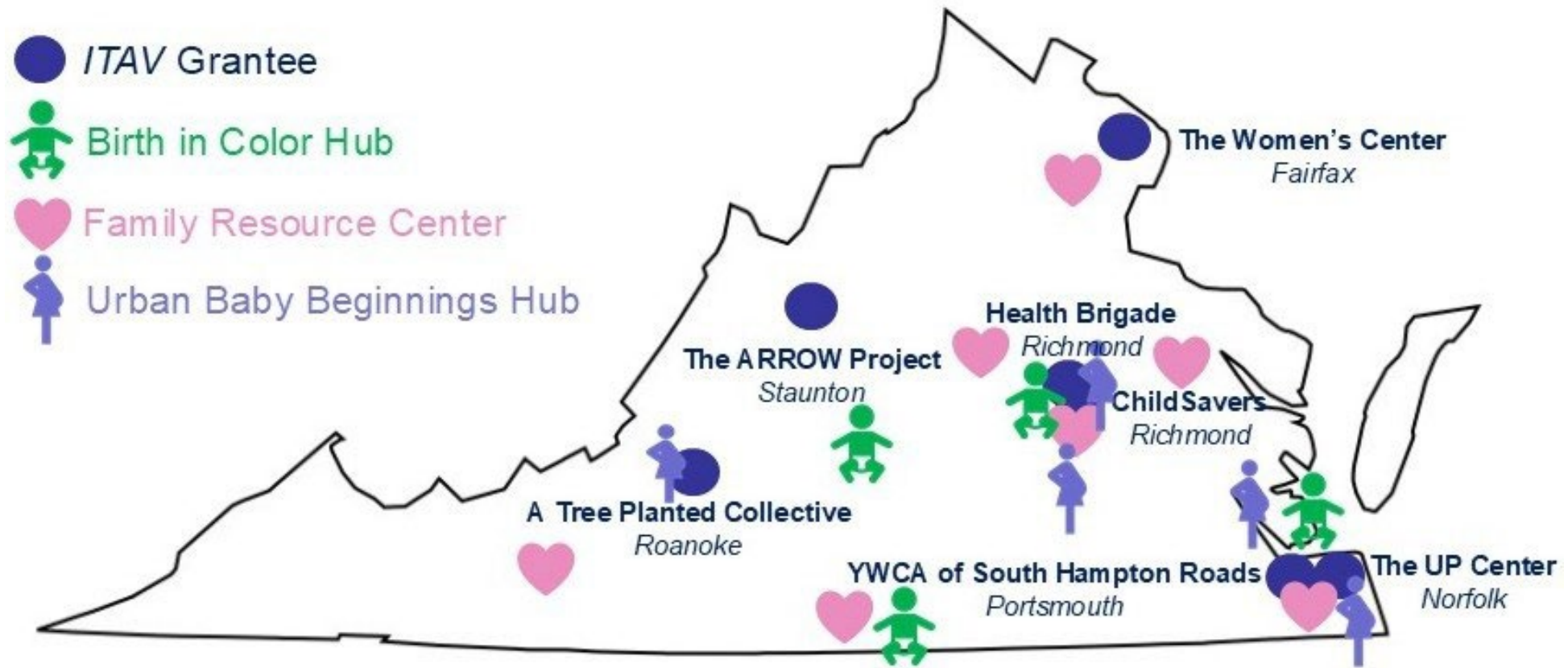




***It Takes a Village* is a three-pronged initiative to increase access to BH services for pregnant and postpartum Virginians in maternal health deserts and low-income communities:**

- **Grants for BH Service Delivery**
- **BH Workforce Training for Perinatal Support Organizations**
- **Community Education**

ITAV Grantees and Referring Regional Perinatal Resource Hubs

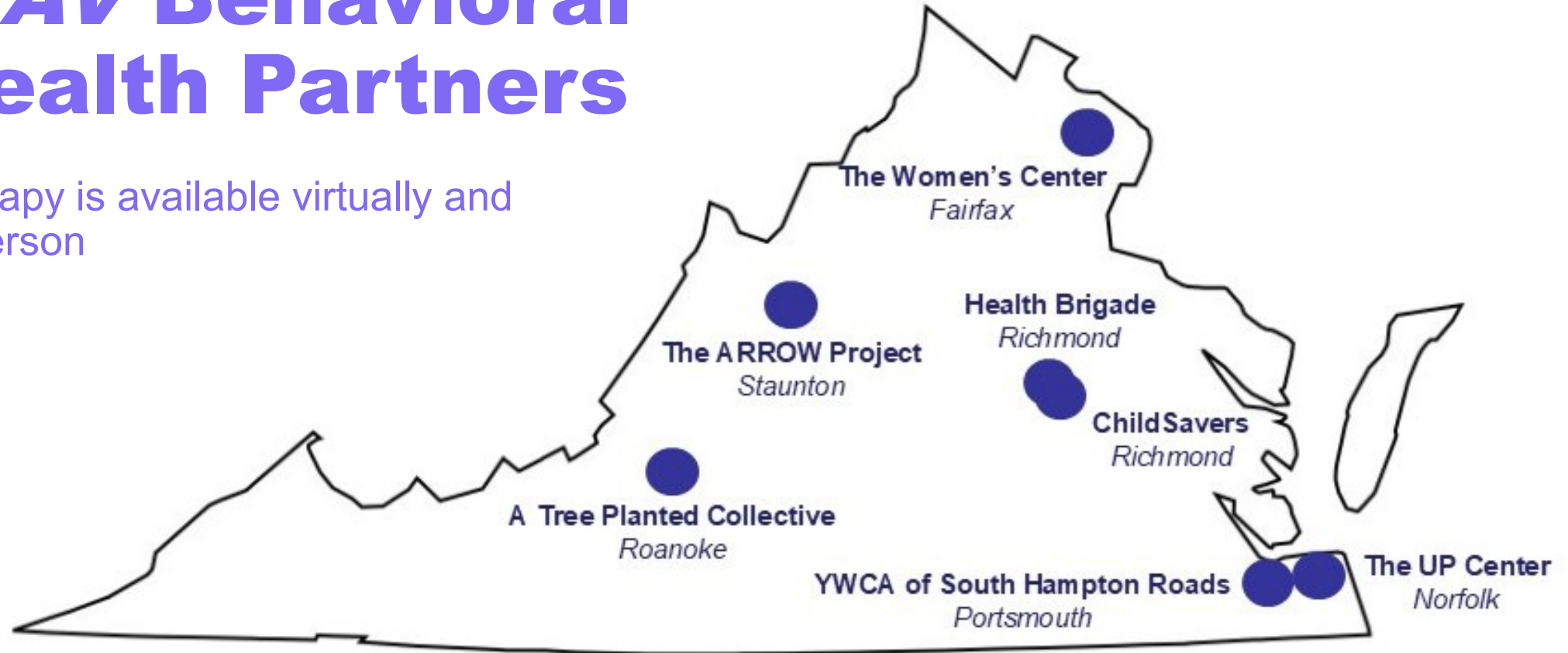


The Village



ITAV Behavioral Health Partners

Therapy is available virtually and in-person



eliminating racism
empowering women
ywca
South Hampton Roads

Child Savers
100

Augusta Resources for Resilience, Opportunity, and W



CONNECT • COLLABORATE • CULTIVATE
arrow-project.org



health brigade

the **UP** center
SINCE 1883



The Women's Center



What to Know

www.vhcf.org/ittakesavillage/

Maternal Mental Health – It Takes a Village

Maternal Mental Health Care

Are you pregnant or postpartum and experiencing persistent feelings of sadness, anxiety, loneliness, hopelessness, or confusion? You might benefit from mental health counseling for new or expecting mothers. In Virginia, 1 out of 8 mothers experience maternal mental health conditions.

It Takes a Village (ITAV) is a program of the Virginia Health Care Foundation, established in 2025, to give support to mothers across the Commonwealth. Whether you're pregnant or already home with your baby, ITAV partners with behavioral health providers to offer telehealth and in-person counseling to help you get better and be better for your child. Untreated maternal mental health conditions lead to poor outcomes, including maternal mortality.



It Takes a Village

ITAV is made possible by generous support from Commonwealth of Virginia via the 2025 bipartisan Omnibus package. This enables the program to be offered at locations throughout the Commonwealth and for low to no costs.

Participating organizations accept health *insurance* and offer a sliding fee scale if you don't have insurance. Care is available to you regardless of your income.

Available services

To make a counseling appointment, contact any of the following organizations. **Since telehealth appointments are available at each of them, you can access care no matter where you live in Virginia.** This is especially helpful to those in rural communities or if travel is restricted due to your pregnancy or needing to be home with your child.

Services are available in English and Spanish.

How to make an appointment

When you contact a participating organization, simply say you are pregnant or postpartum and looking for counseling services. You don't need a doctor's referral. If you are uninsured, you will be asked a few questions to determine your eligibility for a discounted fee.








If an appointment is unavailable in a format or timeframe that suits your needs, the participating organizations will assist in connecting you with one that does.



Important Information

- Each organization indicates how to make an appointment.
- Click here to find out what insurance the therapist(s) accept(s).
- Multiple therapists provide care in Spanish.

Participating Organizations

	<p>A Tree Planted Collective</p> <p>Appointments available virtually statewide or in-person in Roanoke. Accepts Medicaid and commercial health insurance <i>plans</i>.</p> <p>To schedule a telehealth or in-person appointment, call 540-701-3704.</p>
	<p>ChildSavers</p> <p>Appointments available virtually statewide and in-person in Richmond. Accepts all Medicaid health plans and some commercial health insurance <i>plans</i>.</p> <p>To schedule a telehealth or in-person appointment, call 804-644-9590. Terapia disponible en Español.</p>
	<p>Health Brigade</p> <p>Appointments available virtually statewide and in-person in Richmond. Accepts all Medicaid health <i>plans</i>.</p> <p>To schedule a telehealth or in-person appointment, call 804-358-6343. Terapia disponible en Español.</p>
	<p>The ARROW Project</p> <p>Appointments available virtually statewide and in-person in Staunton. Accepts all Medicaid health plans and commercial insurance <i>plans</i>.</p> <p>To schedule a telehealth or in-person appointment, call 540-255-0972 or complete this <i>form</i>.</p>
	<p>The Up Center</p> <p>Appointments available virtually statewide and in-person in Norfolk. Accepts some Medicaid and commercial health insurance <i>plans</i>.</p> <p>To schedule a telehealth or in-person appointment, call 757-354-3819 or email outpatientcounseling@theupcenter.org.</p>
	<p>The Women's Center</p> <p>Appointments available virtually statewide and in-person in Fairfax. Accepts all Medicaid health plans and commercial health insurance <i>plans</i>.</p> <p>To schedule a telehealth or in-person appointment, call 571-385-1625.</p>
	<p>YWCA South Hampton Roads</p> <p>Appointments available virtually statewide and in-person in Portsmouth. Accepts individuals without insurance only.</p> <p>To schedule a telehealth or in-person appointment, call 757-625-4248</p>

www.vhcf.org/ittakesavillage/





**Insurance Coverage for
Maternal Mental Health Care**



It Takes a Village

What Health Insurance Is Accepted?

- Nearly all *ITAV* therapists accept Medicaid and private health insurance.
- All *ITAV* therapists offer a sliding fee scale for uninsured clients.
- See *ITAV* website for a full list of accepted health insurance plans.

Below is a list of organizations in Virginia Health Care Foundation's It Takes a Village program for maternal mental health and the Medicaid and commercial health insurance plans they accept. For those without insurance, a sliding fee scale is offered.

It Takes a Village is made possible by generous support from the Virginia General Assembly.

	A Tree Planted Collective	Child Savers	Health Brigade	The ARROW Project	The Up Center	The Women's Center	YWCA South Hampton Roads
Aetna -Commercial	X	X		X	X	X	
Aetna Better Health of Virginia -Medicaid	X	X	X	X	X	X	
Anthem Blue Cross Blue Shield - Commercial	X	X		X	X	X	
Anthem Health Keepers Plus -Medicaid	X	X	X	X	X		
Care First Blue Cross Blue Shield - Commercial	X			X	X	X	
Cigna -Commercial		X		X	X	X	
Humana -Commercial				X	X	X	
Humana Healthy Horizons of Virginia - Medicaid		X	X		X		



Upcoming Perinatal Mental Health Learning Opportunities

Free Virtual Maternal Mental Health Trainings

Hosted by VHCF & Conducted by Postpartum Support Virginia

Learn to identify common maternal mental health conditions and how to engage effectively with clients who have mental health conditions, discuss treatment options with them, and refer them to a therapist. *Space is limited, register soon!*

- November 13, 2025, 10am – 3pm • *Full*
- December 4, 2025, 10am – 3pm • [Register here!](#)



Stay in the Loop

Register for VHCF's *Behavioral Health Hub*

- Get emails with resources, tips, and opportunities related to delivery of behavioral health services.
- Listserv members are invited and encouraged to actively share the things they are working on and any challenges they are facing.
- With 1,000+ members from all regions of Virginia and a variety of organizations, the Hub is the best way to keep connected and updated on the latest news and trends in behavioral health.

www.vhcf.org/behavioral-health-hub-subscribe-form/

