

# Care Management for High-Risk Pregnancies (CMHRP) Resources & References

## Agencies

### **NC Division of Public Health (DPH)**

“North Carolina Division of Public Health works to promote and contribute to the highest level of health for the people of North Carolina.”

<https://publichealth.nc.gov/>

### **Women’s Health Branch (WHB)**

The DPH Women's Health Branch (WHB) develops and promotes programs and services that protect the health and well-being of infants and of individuals during their child-bearing years. The goal is to improve the overall health of individuals, reduce infant sickness and death, and strengthen families and communities.

<http://whb.ncpublichealth.com/>

The Women's Health Branch also offers guidance, consultation and training for professionals who provide health services to individuals who are pregnant. A five-member team comprised of four regional social work consultants and a program manager provide training, consultation, technical assistance and oversight for Care Management for High-Risk Pregnancies (CMHRP) services statewide, as well as developing policy and program guidance to improve birth outcomes in NC. A state clinical social work consultant is also available within the WHB for training, consultation, technical assistance and oversight of health and behavior interventions, which are provided by some local health departments.

The **Care Management for High-Risk Pregnancies (CMHRP)** Program Toolkit is available on the WHB website: <http://whb.ncpublichealth.com/provPart/pubmanbro.htm>

### **NC Division of Health Benefits (DHB) (also known as Medicaid)**

<https://medicaid.ncdhhs.gov/>

In 2015, the NC General Assembly enacted legislation directing the Division of Health and Human Services (DHHS) to transition Medicaid and NC Health Choice from fee-for-service to managed care. Under managed care, the state contracts with private insurance companies, which are paid a predetermined set rate per enrolled person to provide all services. In July 2020, legislation authorized NC Medicaid Managed Care to begin July 1, 2021. More information may be found here:

<https://medicaid.ncdhhs.gov/transformation>

# Care Management for High-Risk Pregnancies (CMHRP)

## Resources & References

### NC Medicaid Managed Care Health Plans

There are six health plan contracts to deliver Medicaid services to eligible North Carolina beneficiaries:

<https://medicaid.ncdhhs.gov/transformation/health-plans>

\* **Health Plan Contacts and Resources:**

<https://medicaid.ncdhhs.gov/transformation/health-plans/health-plan-contacts-and-resources>

**Pregnancy Management Program (PMP)** (*previously referenced as Pregnancy Medical Home*) website:

<https://medicaid.ncdhhs.gov/transformation/care-management>

**NC Medicaid Ombudsman Program:** This program helps North Carolina Medicaid and NC Health Choice beneficiaries understand the Medicaid programs and changes occurring as the State transitions to NC Medicaid Managed Care.

**Care managers** assist members in calling the Ombudsman when:

- Members are not getting care needed
- They have questions about a notice or bill received
- Members have talked with their provider and/or health plan and have not been able to solve the problem
- Member has questions about the complaint or appeals process

You can call 877-201-3750 from 8 a.m. to 5 p.m., every Monday through Friday except for State holidays.

<https://ncmedicaidombudsman.org/>

The NC Division of Health Benefits (Medicaid) **Clinical Coverage Policies** are located on the Division of Health Benefits (DHB) website. Search the full current clinical coverage policies:

<https://medicaid.ncdhhs.gov/search?keys=Medicaid+clinical+coverage+index>

\* **Obstetrics and Gynecology Policy (including Pregnancy Medical Home/PMP):**

<https://medicaid.ncdhhs.gov/obstetrics-and-gynecology-clinical-coverage-policies>

# Care Management for High-Risk Pregnancies (CMHRP) Resources & References

## Topic Areas

### **Healthy Pregnancy**

#### **UNC Center for Maternal and Infant Health**

[www.mombaby.org](http://www.mombaby.org)

The goal of the UNC Center for Maternal and Infant Health is to improve the health of North Carolina's infants and individuals who are pregnant. This site provides information on a variety of health topics such as 17P, safe sleep, folic acid, prevention of preterm mature births, etc., with portals for patients & families as well as health care professionals.

#### **March of Dimes – North Carolina Chapter**

[www.marchofdimes.com/northcarolina/](http://www.marchofdimes.com/northcarolina/)

This site provides information about the March of Dimes, conferences, health education materials, pregnancy related information and links to other helpful sties. You can sign up to become involved in their advocacy network.

#### **Text For Baby**

[www.text4baby.org](http://www.text4baby.org)

Individuals who are pregnant can sign up to receive for free educational text messages about pregnancy and their baby's first year of life.

#### **Babycenter.com**

<http://babycenter.com>

This site contains a short video on the stages of labor. Individuals who are pregnant can sign up to receive e-mail newsletters that contain specific information on the stage of their baby's fetal development. The site also contains various trackers, suggestions for baby names, as well as a variety of other useful information.

#### **MothersMatterNC**

<http://www.facebook.com/mothersmatternc>

A Facebook page sponsored by the Mothers Matter Advisory Group for new parents.

#### **Healthy Pregnancy – CDC Gateway**

<https://www.cdc.gov/pregnancy/index.html>

Multiple webpages with information for before, during, and after pregnancy.

#### **Organization of Teratology Information Specialists (OTIS) Fact Sheets**

<https://mothertobaby.org/benefits-otis/>

This site provides fact sheets on various exposures of concern. These fact sheets answer frequently

# Care Management for High-Risk Pregnancies (CMHRP) Resources & References

## **March of Dimes Prematurity Campaign**

<https://www.marchofdimes.org/mission/march-of-dimes-prematurity-campaign.aspx>

In 2003, the March of Dimes launched the Prematurity Campaign to address the crisis and help families have full-term, healthy babies. They fund lifesaving research and speaking out for legislation that improves care for parents and babies.

## **March of Dimes Prematurity Prevention Resource Center**

<https://www.marchofdimes.org/giving/prematurity-prevention-resource-center.aspx>

Articles, screening tools and other resources dealing with preterm birth.

## **Substance Use**

**Perinatal Substance Abuse** – The NC Division of Public Health’s Perinatal Substance Use Specialist, Judith Johnson-Hostler, can provide consultation regarding member substance use concerns, and can assistance to professionals in linking their clients with perinatal substance use services. You can contact Judith at the Alcohol and Drug Council of NC directly at 1-800-688-4232 to speak with Judith or e-mail her at [Judith.johnsonhostler@dhhs.nc.gov](mailto:Judith.johnsonhostler@dhhs.nc.gov)

## **North Carolina Pregnancy and Opioid Exposure Project**

<https://ncpoep.org/>

This site provides information on the Perinatal Substance Abuse Treatment programs across North Carolina.

## **Methadone in Pregnancy**

[www.methadoneandpregnancy.com](http://www.methadoneandpregnancy.com)

Information on methadone and pregnancy.

## **Fetal Alcohol and Drug Program**

<https://www.proofalliancenc.org/>

Provides direct and indirect prevention, education, and support services to youth, adults, educators, and helping professionals relative to prenatal exposure to alcohol, tobacco, and other drugs. 1-800-532-6302.

## **Alcohol/Drug Council of North Carolina (ADCNC)**

<https://www.alcoholdrughelp.org/>

This agency provides information regarding alcohol and drug treatment as well as educational programs and materials to businesses, community groups, families, and individuals. 1-800-688- 4232.

# Care Management for High-Risk Pregnancies (CMHRP)

## Resources & References

### **Alcoholic Anonymous (AA)**

<https://aa-intergroup.org/>

An international fellowship of individuals who are in recovery from issues related to alcohol. It is nonprofessional, self-supporting, nondenominational, multiracial, apolitical, and almost omnipresent. Membership is open to anyone who wants to address their alcohol use or drinking problem. Membership is free. For in person groups/meetings go to the website or call Alcohol/Drug Council (1-800- 688-4232).

### **Narcotics Anonymous (NA)**

<https://www.na.org/meetingsearch/>

An international fellowship of individuals who are in recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. Narcotics Anonymous, is not meant to imply a focus on any specific drug; NA's approach makes no distinction between drugs including alcohol. Membership is free. For in person groups/meeting call NA (818-773- 9999) or visit the website.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

<https://www.samhsa.gov/find-help/disorders>

A site that provides written information, posters and research on alcohol and drug use in English and Spanish.

## **Tobacco Use**

### **You Quit Two Quit**

<https://youquittwoquit.org/>

The You Quit Two Quit Project is implemented by the University of North Carolina Center for Maternal and Infant Health in partnership with the Women and Tobacco Coalition for Health, the NC Division of Public Health Tobacco Prevention and Control Branch, and Community Care of The Lower Cape Fear. The goal of the You Quit Two Quit project is to ensure that there is a comprehensive system in place to screen and treat tobacco use in pregnant and postpartum individuals. This project is unique in its focus on low-income individuals, new parents and recidivism prevention.

### **QuitlineNC**

<http://www.quitlinenc.com>

1-800-QUIT-NOW (1-800-784-8669), Spanish 1-855-Dejelo-Ya (1-855-335-3569) 24 hours, 7 days a week. English, Spanish, and other languages available. Free, confidential smoking cessation counseling for all NC adults and youth. The line is staffed by professionally trained expert tobacco cessation coaches. The staff use a specialized protocol for individuals who are pregnant.

### **“A Guide for Helping to Eliminate Tobacco Use and Exposure for Women” 2016.**

This manual outlines the components of the tobacco cessation best practice - 5A's Smoking Cessation Counseling Method, which is required to be done with each prenatal patient seen by local health departments. The manual is available for download at <https://whb.ncpublichealth.com/docs/2016->

# Care Management for High-Risk Pregnancies (CMHRP)

## Resources & References

[GuideforCounselingWomenWhoSmoke.pdf](#) (You may have to cut and paste the link above into an internet browser to get to guide to open.)

If you have questions about the manual, DVD or about perinatal smoking cessation, please contact Lolita Smith-Moore at [Lolita.Smith-Moore@dhhs.nc.gov](mailto:Lolita.Smith-Moore@dhhs.nc.gov)

### **5As Free Online Training through NorthWest AHEC (\$20 fee if CEUs are required)**

Registration for the *Counseling for Change* online course is available at: At this site, type tobacco in the search engine to locate the training.

<https://rducounselingforchange.com/>

<https://northwestahec.wfubmc.edu>

### **Tobacco Cessation Resources**

A list of tobacco cessation resources is available at <https://www.quitlinenc.com/health-professionals/practice-resources/tobacco-treatment-training.html>

### **Centers for Disease Control (CDC)**

<https://www.cdc.gov/features/pregnantdontsmoke/index.html>

A site that provides information on the impact of tobacco use during pregnancy.

### **Smokefreemom Text:** <https://women.smokefree.gov/smokefreemom.aspx>

A mobile text messaging service designed for individuals who are pregnant across the US to help them top tobacco usage. . The program provides 24/7 encouragement, advice and tips to quitting tobacco and preventing relapse. .

### **Division of Public Health, Tobacco Prevention and Control Branch**

<http://www.tobaccopreventionandcontrol.ncdhhs.gov/>

This site provides a variety of information including downloads for brochures and forms, resource information and links to other health related sites.

### **Centers for Disease Control Smoking and Tobacco Use**

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

The site provides a variety of information and downloadable publications on smoking and tobacco use, as well as links to other health related sites. The Surgeon General's Report on Health and Smoking and fact sheets addressing smoking risks for particular population groups concerned about reproductive health can be found at this site.

# Care Management for High-Risk Pregnancies (CMHRP)

## Resources & References

### **Pregnancy and Motherhood**

<https://women.smokefree.gov/pregnancy-motherhood.aspx>

A website with guides, tools and links to help quit tobacco and prevent relapse during pregnancy and beyond.

### **Violence/Abuse**

#### **North Carolina Injury Prevention and Control Branch**

<http://www.injuryfreenc.ncdhhs.gov/preventionResources/SexViolence.htm>

This site has a number of links and resources regarding sexual assault and abuse.

#### **North Carolina Coalition Against Domestic Violence**

<https://nccadv.org/>

This site provides information and resources regarding interpersonal violence prevention.

**“Reporting Child Abuse and Neglect in North Carolina”, Second Edition, NC Institute of Government, Third Edition, 2013 with 2016 Supplemental Chapter by Janet Mason. Available for download at:**

[https://www.sog.unc.edu/publications?keys=Child+abuse+and+neglect&content\\_type=All&role\\_s=All&topics=All&author=&sort\\_by=score](https://www.sog.unc.edu/publications?keys=Child+abuse+and+neglect&content_type=All&role_s=All&topics=All&author=&sort_by=score)

#### **North Carolina Women’s Health Branch 2020 Mandatory Reporting of Child Abuse and Neglect Webinar**

The Women’s Health Branch encourages NEW and CURRENT Family Planning/Title X staff to review the Mandatory Reporting of Child Abuse and Neglect Webinar Q&A handout on Intimate Partner Violence

<https://whb.ncpublichealth.com/provpart/training.htm>

### **Behavioral Health**

#### **Post Partum Support International**

[www.postpartum.net](http://www.postpartum.net) – 1-800-944-4PPD

This site provides information on perinatal mood and anxiety disorders. It also provides phone support to those who are pregnant and postpartum as well as their family members.

#### **North Carolina LME/MCO Directory: (800)849-6127**

<https://www.ncdhhs.gov/providers/lme-mco-directory>

# Care Management for High-Risk Pregnancies (CMHRP)

## Resources & References

### **Family Planning**

#### **Be Smart – NC Medicaid Family Planning**

<https://www.ncdhhs.gov/assistance/pregnancy-services/family-planning>

The Be Smart Family Planning Program (BSFP) is designed to reduce unintended pregnancies and improve the well-being of children and families in North Carolina. It provides family planning and birth control services for free to those who qualify. For more information, contact your local Department of Social Services or Local Health Department.

#### **CDC Reproductive Health**

<http://www.cdc.gov/reproductivehealth/>

This site provides links to a variety of reproductive health topics such as reproductive life planning, family planning methods, infertility, teen pregnancy and unintended pregnancies.

#### **Bedsider.org**

[www.bedsider.org](http://www.bedsider.org)

This site contains easy to understand information about available birth control methods. It also allows an individual to set up reminders for their family planning appointments and to take their birth control as scheduled.

### **Preconception/Interconceptional Health**

#### **Every Woman NC (NC March of Dimes Preconception Health Campaign)**

<http://everywomannc.com/>

The March of Dimes North Carolina Preconception Health Campaign is a statewide initiative aimed at improving birth outcomes in North Carolina by reaching out to individuals in their child-bearing years, with important health messages before they become pregnant. The Campaign formerly functioned as the North Carolina Folic Acid Campaign, a nationally recognized, award-winning campaign created to improve infant and maternal health by promoting the benefits and consumption of folic acid.

The goals of the March of Dimes North Carolina Preconception Health Campaign (NCPHC) are to reduce infant mortality, birth defects, premature birth, and chronic health conditions in individuals, while also aiming to increase intended pregnancies in North Carolina. To achieve their mission, the NCPHC seeks to raise awareness and inspire positive action among the general public, health care professionals and community agencies through a fully integrated educational and media campaign.

# Care Management for High-Risk Pregnancies (CMHRP) Resources & References

## Additional Helpful Links

### **The NC State Center for Health Care Statistics**

<http://www.schs.state.nc.us/>

This site provides a wealth of public health statistics on both the state and county levels. Birth Certificate, Pregnancy Risk Assessment Monitoring System (PRAMS), and Behavioral Risk Factor Surveillance Survey (BRFSS) data is also available at this site.

### **First Candle**

<http://www.firstcandle.org/>

This site provides information on SIDS, miscarriages, and fetal loss. It has educational information and links to other helpful sites.

### **Safe to Sleep Campaign**

<http://www.nichd.nih.gov/sts/Pages/default.aspx> This

site provides information on safe sleep.

### **Period of Purple Crying**

<https://www.dontshake.org/purple-crying>

This site provides information on the period of purple crying, including parenting tips, video clips, research articles and more. You can sign up to receive their electronic newsletter.

### **North Carolina Cooperative Extension - Just in Time Parenting**

[www.parentinginfo.org](http://www.parentinginfo.org)

This site provides parenting information, e-newsletters and advice.

### **Family Support Network of North Carolina**

<https://fsnnc.org/>

This site provides free information, and referral assistance for professionals and families seeking support services for children with special needs. 1-800-852-0042, M-F 8:00 a.m. to 5:00 p.m. in English and Spanish.

### **North Carolina Healthy Start Foundation**

[www.nchealthystart.org](http://www.nchealthystart.org)

This site provides information and educational resources for families pertaining to the period before, during, and after pregnancy and infant care. The site also includes information on how to obtain free or low-cost insurance for children and teens who qualify.

# Care Management for High-Risk Pregnancies (CMHRP) Resources & References

## **North Carolina Institute of Medicine**

[www.nciom.org](http://www.nciom.org)

This site lists a variety of publications it has produced, and the task forces the institute is currently involved with. The NC Child Health Report Card can be downloaded and printed from this site. You can sign up to receive their e-mail newsletter.

## **NC Child**

[www.ncchild.org](http://www.ncchild.org)

This site provides a link to the NC Child Health Report Card (found under data, NC data) and includes several reports on child health and safety issues. It also provides county specific reports regarding child health and economic indicators. Sign up to receive their advocacy alerts.

## **NC Justice Center**

<http://www.ncjustice.org/>

This site provides information on public policy issues impacting North Carolina's most vulnerable citizens. Sign up to receive their e-mails and advocacy alerts.

## **Shift NC (Sexual Health Initiatives for Teens)**

[www.appcnc.org](http://www.appcnc.org)

This site posts statistics, newsletters, announcements regarding continuing education programs, advocacy information and educational resources for professionals interested in the subject of adolescent pregnancy prevention.

## **NC Institute of Government Legal Guide Series on Teen Pregnancy (Total of 4 Guides) written by Anne Dellinger**

<https://www.sog.unc.edu/resource-series/adolescent-pregnancy-project-legal-guides>

All 6x9 in books are available to download free.

- 1) "Health Care for Pregnant Adolescents" -
- 2) "Social Services for Pregnant and Parenting Adolescents"
- 3) "Public Schools and Pregnant and Parenting Adolescents"
- 4) "Pregnancy and Parenting - A Legal Guide for Adolescents" – available in English & Spanish

## **Safe Surrender Program:**

<https://www.ncdhhs.gov/assistance/pregnancy-services/safe-surrender>

This site provides information on North Carolina's Safe Surrender Law.

# Care Management for High-Risk Pregnancies (CMHRP) Resources & References

**US DHHS Office of** <https://www.ncdhhs.gov/assistance/pregnancy-services/safe-surrender>  
**Women's Health**

[www.womenshealth.gov](http://www.womenshealth.gov)    [www.girlshealth.gov](http://www.girlshealth.gov)

These sites provide information on a variety of topics concerning the health of women and girls.

**Center for Women's Health Research**

[www.cwhr.unc.edu](http://www.cwhr.unc.edu)

This site contains the NC Women's Health Report Card which can be downloaded.

**The Immigrant Legal Resource Center**

[www.ilrc.org](http://www.ilrc.org)

This site provides a variety of information and free publications on immigration issues including the publication, "A Guide for Immigrant Youth".

**NC DHHS Customer Service Line – 1-800-662-7030 – M-F 8 AM to 5 PM (except state holidays)** The customer service line is an automated line which links callers to a variety of NC DHHS programs and agencies (i.e., Food Stamps, Medicaid, Veteran's Services, etc.).

If a caller is experiencing a mental health crisis, they are referred from this number to the National Suicide Prevention Line – 1-800-273-8255.