

MATERNITY SUPPORT SERVICES (MSS)

DID YOU KNOW?

Data

2013 data from the State of Washington - First Steps Database¹ shows, 1,030 American Indian and Alaska Native women receiving Washington Apple Health (Medicaid) delivered a baby and:

	American Indian/Alaska Native women enrolled in Medicaid	All Washington State women enrolled in Medicaid
Received prenatal care in the first trimester	54%	64.1%
Smoked during pregnancy	24.5%	14.6%
Babies born weighed less than 5.5 pounds	8%	6.9%
Babies born premature	15.1%	11%

Babies who weigh less than 5.5 lbs at birth are considered to have low birth weight and have a greater risk of serious health problems or even death. To address this issue, Governor Inslee's *Results Washington Goal 4: Healthy and Safe Communities* includes a goal to "Decrease percentage of infants born with low birth weight among American Indian/Alaska Native populations from 8.7% to 8.5% by 2016."²

Maternity Support Services (MSS)

American Indian/Alaska Native women who are pregnant or 60 days postpartum and covered under Washington Apple Health are eligible to receive **MSS** through the **First Steps** program. First Steps helps women have healthy pregnancies and healthy babies.

MSS covered services include:

- In-person screening and assessment to identify risk factors
- Education related to improving pregnancy and infant health outcomes
- Patient centered interventions for identified risk factors
- Brief counseling
- Basic health messages related to pregnancy and infant care
- Referral to community resources
- Case management and care coordination

All **MSS** providers must have an interdisciplinary team who coordinates and supports the medical provider's plan of care for the pregnant woman. **There is an exception for Tribes.** Instead of an interdisciplinary team, Tribes may have one or more of the following licensed or credentialed providers:

¹ Department of Social and Health Services, Research and Data Analysis, Washington State, First Steps Database, Characteristics of Women Who Gave Birth in Washington State.

²Results Washington. Goal 4: Healthy & Safe Communities, Goal Map, Healthy People.

- Community Health Nurse (RN)
- Behavioral Health Specialist (BHS)
 - Licensed mental health counselor
 - Licensed independent clinical social worker
 - Licensed social worker
 - Licensed marriage and family therapist
 - Licensed psychologist
 - Associate mental health counselor
 - Associate independent clinical social worker
 - Associate social worker
 - Associate marriage and family therapist
 - Certified counselor
- Registered Dietitian (RD)

If a Tribe has a RN, BHS, or RD, the Tribe may also be reimbursed for covered services provided by a **Community Health Representative (CHR)** or Community Health Worker (CHW) who meets the following requirements:

- Has a high school diploma or equivalent
- Has a minimum of one year of health care and/or social services experience
- Completed a training plan developed and implemented by the Tribe
- Carries out all activities under the direction and supervision of the RN, BHS, or RD or the supervisor of the RN, BHS, or RD

Reimbursement: Providers must bill for services delivered fee-for-service in 15-minute increments. All pregnant women who are American Indian/Alaskan Native are automatically eligible for the maximum of 30 units (7 hours and 30 minutes).

Reimbursement is as follows:

<i>Provider specialty</i>	<i>Office</i>	<i>Home or alternate site</i>
RN, BHS, or RD	\$25 per unit	\$35 per unit
CHR/CHW	\$14 per unit	\$18 per unit

As a result, a Tribe could receive up to between \$420 and \$1,050 for each pregnant woman for providing MSS covered services.

Group Services: Beginning July 1, 2015, group services will be a **MSS** covered service. Providers will be reimbursed \$25 per client, and a client may receive only one **MSS** group session per day. Group must consist of 3 to 12 **MSS** clients, and must be provided by a **MSS** RN, BHS, or RD for no less than an hour.

If you would like more information about **MSS** and the **First Steps** program, visit www.hca.wa.gov/medicaid/firststeps and contact Heather Weiher, Program Manager, at 360-725-1293 or Heather.Weisher@hca.wa.gov.