**Maternity Support Services (MSS)**

**DID YOU KNOW?**

**Data**

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

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

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:

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

\(^2\) Results Washington. Goal 4: Healthy & Safe Communities, Goal Map, Healthy People.
• Community Health Nurse (RN)
• Behavioral Health Specialist (BHS)
  o Licensed mental health counselor
  o Licensed independent clinical social worker
  o Licensed social worker
  o Licensed marriage and family therapist
  o Licensed psychologist
  o Associate mental health counselor
  o Associate independent clinical social worker
  o Associate social worker
  o Associate marriage and family therapist
  o 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:

<table>
<thead>
<tr>
<th>Provider specialty</th>
<th>Office</th>
<th>Home or alternate site</th>
</tr>
</thead>
<tbody>
<tr>
<td>RN, BHS, or RD</td>
<td>$25 per unit</td>
<td>$35 per unit</td>
</tr>
<tr>
<td>CHR/CHW</td>
<td>$14 per unit</td>
<td>$18 per unit</td>
</tr>
</tbody>
</table>

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.Weiher@hca.wa.gov.