



A free resource for health care providers and professionals caring for pregnant and postpartum women struggling with mental health and/or substance use disorders.

## Services Available to Providers



Real-time teleconsultation between a provider and a perinatal psychiatrist.



Education related to the treatment and diagnosis of perinatal mental health disorders.



Information on available community resources in Wisconsin to support perinatal mental health.

“The perinatal psychiatrist was calm and explained things so clearly. I really feel like I can **more effectively treat my patient and manage her care appropriately because of the guidance I received.**”

Jenna Sarvaideo, DO

## Contact

Monday through Friday, 8am to 4pm CST,  
excluding holidays.

*The Periscope Project does not provide services  
directly to patients.*



877.296.9049



theperiscopeproject@mcw.edu



the-periscope-project.org

*The Periscope Project is a program of the Medical  
College of Wisconsin (MCW) Department of Psychiatry  
and Behavioral Medicine.*



PERINATAL SPECIALTY CONSULT PSYCHIATRY EXTENSION

Connecting health care providers to  
perinatal psychiatrists within 30 minutes

877.296.9049



## Efficient access for providers to perinatal psychiatric specialists

### How it Works

1. Health care provider contacts The Periscope Project Monday - Friday, 8 am to 4 pm CST with questions or concerns regarding the mental health of a perinatal patient.
2. A coordinator answers calls and emails to gather information. The coordinator can provide community resource information.
3. A perinatal psychiatrist returns the provider's call within 30 minutes. Emails are returned within one business day. Tele-consults typically last 8 minutes.
4. Providers build their capacity to care for perinatal patients. Most often, patients remain in the care of their provider.

Teleconsultations provide evidence-based education and an array of general recommendations to eligible providers related to screening, diagnosis, and treatment of perinatal mental health disorders.

### Examples of When to Call

- Newly pregnant patient with a history of depression, stable on psychiatric medication. Call to discuss risks and benefits of medication management during pregnancy and lactation.
- Pregnant patient discloses she is using illicit substances. Call for up to date information on risks of substance use during pregnancy, treatment options, and local AODA treatment centers.
- Postpartum patient scores high on a depression screening. Call to discuss next steps for diagnosis and possible treatment.

**Pre-enroll online!** It takes less than 2 minutes and saves you time during your first call.  
[the-periscope-project.org/enroll](https://the-periscope-project.org/enroll)

### Who Can Call?

Health care providers or professionals caring for pregnant and/or postpartum women.

Including, but not limited to:

- Physicians
- Midwives
- Advanced practice providers
- Registered nurses
- Psychologists
- Psychotherapists
- Family support workers
- Social workers

*All consultations remain within the scope of practice of the calling provider.*

*"Overall great experience. I am amazed at how **fast they return my call, that the information is of high quality** and very thorough."*

**Tracy Wandtke-Herrmann, CMN**

### Educational Opportunities

Visit [the-periscope-project.org/provider-tools](https://the-periscope-project.org/provider-tools) to download the provider toolkit, learn about screening recommendations, and watch videos at no added cost.

Interested in an in-person didactic presentation to your provider group? Contact us for more information!

### Beyond our Scope

The Periscope Project **does not**:

- Provide services directly to patients
- Prescribe medications
- Provide tele-medicine services