

Bree Perinatal Behavioral Health Workgroup
Adopted January 24th, 2024



Working together to improve health care quality, outcomes, and affordability in Washington State.

**Perinatal Behavioral Health
Appendix F Pregnancy and Post-partum Care Providers**

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Title	Role	Can Deliver the Baby?	Prescribe Medications?	Licensed/ Certified	Notes
OB Physician	Obstetricians are physicians that specialize in caring for people during preconception, pregnancy, childbirth and several weeks postpartum (after childbirth).	Y	Y	Y	
Family Medicine Physician	Family medicine physicians can provide comprehensive care for low to high-risk pregnancies from preconception through postpartum.	Y	Y	Y	
Primary Care Clinician	Similar to Family Medicine Physicians, can provide comprehensive care for low to high-risk pregnancies from preconception through postpartum care. Primary care clinicians can include Nurse Practitioners, Physician Assistants and other Advanced Practice Providers (APPs), whose scope of practice may vary from physicians.	Y/N	Y	Y	
Certified Nurse Midwife	Advanced practice nurse practitioners who specialize in pregnancy, childbirth, and postpartum care. They can also provide gynecological care, family	Y	Y	Y	

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	planning and primary care services.				
Licensed Midwife	Healthcare providers specializing in pregnancy, childbirth, and postpartum care. However, under Washington law they do not have full prescriptive power	Y	N	Y	Also often carry a certified professional midwife (CPM) credential
Registered Nurse	Registered nurses perform many functions across the healthcare system. Perinatal nurses specialize in caring for individuals during pregnancy, childbirth and postpartum, providing education, support and monitoring.	N	N	Y	Registered nurses are typically found in hospital labor and delivery units, antenatal units, postpartum units and newborn units
Doula	In Washington state, birth doulas are defined as, <i>“a person that is a nonmedical birth coach or support person trained to provide physical, emotional, and informational support to birthing persons during pregnancy, antepartum, labor, birth, and the postpartum period. Birth doulas advocate for and support birthing people and families to self-advocate by helping them to know their rights and make informed decisions. Birth doulas do not provide medical care.”</i>	N	N	Y/N	Washington State recently implemented a voluntary certification process, but individuals can practice as a birth doula without obtaining certification.
Lactation Specialist/Consultant	Lactation Specialists/Consultants are professionals that specialize in breastfeeding and chestfeeding. They offer support, advice, and	N	N	Y	Certified through the International Board of Lactation Consultant Examiners (IBLCE)

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	guidance on common nursing problems.				
Perinatal Psychologist	Mental health professionals that specialize in providing diagnosing mental health conditions, developing and implementing treatment plans and providing therapy to pregnant and postpartum individuals.	N	N	Y	
Psychiatrist	Medical physicians that specialize in the diagnosis, treatment and management of behavioral health conditions. They can prescribe medication, assist in coordinating care plans, provide psychosocial interventions and collaborate with other care team members.	N	Y	Y	
MAT-Provider	Clinicians authorized to prescribe buprenorphine for opioid use disorder treatment, including physicians and advanced practice providers.	Y/N	Y	N	The X Waiver requirement was recently removed, so all Washington physicians and advanced practice providers now can prescribe buprenorphine
Substance Use Disorder Specialist	Behavioral health professionals that specialize in providing evidence-based practices around screening and interventions for individuals with substance use disorder, including pregnant and postpartum individuals.	N	N (generally)	Y	They can be certified. The National Certification Commission for Addiction Professionals has three foundational credentials for addiction counselors
Behavioral Health Therapist	Licensed mental health professional who works with clients to provide support,	N	N	Y	

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	guidance, and therapeutic interventions to assist with behavioral health conditions. In Washington state they must have a master’s or doctoral degree in counseling, or field related to mental health counseling.				
Certified Peer Counselor	In Washington, they work with individuals and parents of children receiving behavioral health services, assist in identifying services and activities that promote recovery, assist in developing goals and serve as advocates.	N	N	Y	In Washington, certified peer counselors must go through an HCA approved CPC training and pass oral and written exams, and often their employer requires them to become credentialed through the Department of Health as an agency affiliated counselor. ¹
Licensed Clinical Social Worker	Can specialize in perinatal behavioral health, aiding in diagnosis, treatment and management of perinatal patients with behavioral health conditions	N	N	Y	Trained to provide a range of services like individual and group therapy, case management, advocacy and crisis intervention

¹ Healthcare Authority - Washington State. (2023). Program Information for Providers: Peer Counselors. Retrieved from <https://www.hca.wa.gov/billers-providers-partners/program-information-providers/peer-counselors>