

The High Touch-High Tech (HT²) program is designed to improve and integrate treatment services for pregnant women at risk for substance abuse and mental health.

1. The first goal of HT2 is to incorporate a mobile app used by all pregnant women while in the waiting area. Goals:
 - a. Easy to use
 - b. Identify substance use, depression, anxiety, and trauma
 - c. Motivate at-risk women to change and/or to seek treatment
 - d. Provide user-friendly report for providers

2. The second goal of HT2 is to increase access to specialized behavioral healthcare from an infant mental health specialist, with a particular goal of providing immediate access upon request through telehealth.
 - a. The availability of a live infant mental health counselor will be highlighted by the mobile app
 - b. Patients will be able to connect immediately if they wish, and will also be able to schedule subsequent sessions. They will have the option of doing so via:
 - i. Live chatting
 - ii. Live video
 - iii. Connect to community resources
 - c. Importantly, this resource can readily be scaled down or up to fit the needs of a given clinic.
 - d. Direct referrals from the providers are also possible later in the pregnancy or during the postpartum period.

We have set up a direct to patient way of accessing the app. Patients are emailed, texted a website or sent a flyer with a QR code to complete the app before their phone intake. The website has a link to the app that they can use on their phone or other device. **We would love to start this right away as a small pilot of a few people before the end of the grant period (7/31/20).**

