

MoodrHealth

Vandalia Health

CASE STUDY



Key Metrics



5,000+

Patients Engaged
(100% of Birthing Population)



85%

Engagement Rate
(vs. 7-8% National Average)



43%

Improvement in Mood
Disorder Scores



150,000+

Clinician-Patient Messages
(Annually)



2,000,000+

Data Points Processed
(Annually)



Personalized Engagement. Proven Outcomes.



<https://moodrhealth.com/>



Morgantown, WV

CHALLENGE

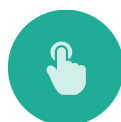


Perinatal mental health remains widely under-recognized. Fewer than 1 in 4 women with perinatal mood disorders receive appropriate care, which is especially challenging in rural regions like Appalachia. Vandalia Health needed a scalable way to maintain ongoing contact and ensure patients receive timely follow up.

SOLUTION



The P3 Program partnered with Moodr Health to strengthen outreach and support clinicians in coordinating postpartum care. The platform enables proactive check ins, faster referrals, and efficient, reimbursable care. Clinicians who once managed about 100 patients annually can now stay connected with 1,000.



**Proactive
Outreach**



**Efficient
Referrals**



**Risk
Stratification**

RESULTS



1

High Patient Engagement

The program engaged 5,000+ patients with an 85% engagement rate, reaching the full birthing population.

2

Measurable Clinical Improvement

Patients who received treatment demonstrated a 43% reduction in mood disorder scores based on EPDS, PHQ 9, and GAD 7 assessments.

3

Increased Operational Efficiency

Clinicians exchanged 150,000+ messages annually and reviewed 2+ million data points, improving referral timeliness and workflow management.

Case Study: Vandalia Health & Moodr Health

Moodr Health's platform supports clinicians at Vandalia Health's Progressing through Postpartum (P3) Program at Mon Health.

Clinicians Reported

- 5,000+ patients engaged
- 85% patient engagement rate
- 43% improvement in mood disorder scores with treatment
- 150,000+ clinician-patient messages annually
- 2+ million data points processed annually in real time

The Challenge

Perinatal mental health remains one of the most under-recognized areas of patient care. Traditional maternal health programs often struggle with engagement, with studies showing that only 20–30% of perinatal mood and anxiety disorders are even identified by clinicians, leaving most patients outside the care pathway (NIH, 2006). Nationally, research confirms that fewer than 1 in 4 women with perinatal mood disorders receive adequate treatment, with the vast majority going untreated or undertreated (Wisner et al., 2013; Byatt et al., 2015). These gaps are magnified in rural regions like Appalachia, where access to perinatal care is especially scarce. For Vandalia Health, this meant not only addressing limited access to maternal mental health care, but also overcoming the long-standing norm of insufficient engagement that has left too many patients unsupported until it's too late.

The Solution

Vandalia Health's Progressing through Postpartum (P3) Program at Mon Health is "a comprehensive maternal mental health follow-up program through Mon Health's OB/GYN offices." The P3 Program partnered with Moodr Health, a digital engagement platform used by the health system's clinical team to provide proactive, personalized care.

Clinicians at the P3 Program utilized Moodr Health's solution, which combines real-time messaging and remote screenings with automated analysis of millions of clinical signals. The platform also supports risk stratification, faster referrals, and more efficient, reimbursable care, making the program both sustainable and effective. By streamlining these processes, the platform empowered seamless coordination across care teams. Vandalia Health clinicians have always been able to identify at-risk patients, but managing this consistently at scale was a challenge. With Moodr Health's solution, that changed. Jennifer B., a perinatal nurse navigator, recalls that she once managed about 100 patients annually, and now she stays connected with nearly 1,000, providing timely support.

Clinician Testimonial

"Moodr is truly a care manager's dream. It streamlines patient outreach, enhances communication, and empowers us to focus on what truly matters—delivering personalized, proactive care. The platform's ability to identify at-risk patients in real-time allows us to intervene earlier, improving outcomes and transforming how we manage our caseloads. I can't imagine working without it."

- Jennifer B., RN-C, IBCLC

The Results

Since implementation, Vandalia Health's Progressing through Postpartum Program has engaged more than 5,000 patients, representing the entirety of the health system's birthing population. With an 85% engagement rate, the P3 Program's engagement rate is significantly higher than the national average of 7-8%. Patients receiving treatment have further delineated a 43% improvement in mood disorder scores, measured through standardized surveys such as the GAD-7, EPDS, and PHQ-9.

Moodr Health's SaaS-based platform strengthened relationships between patients and clinicians, with clinicians exchanging over 150,000 messages annually and analyzing over 2 million behavioral and clinical data points in real time. The platform streamlines referrals, bolsters risk stratification, and helps care teams prioritize high-need patients efficiently.

Clinicians reported higher satisfaction, notable time savings, and greater confidence in managing their caseloads. By supporting documentation and proactive engagement, Moodr has helped care teams unlock financial reimbursements and boost Quality Improvement metrics.

Mon Health was chosen as a Moodr Health Early Innovator Grantee¹, reflecting its forward-leaning approach to tackling maternal mental health and behavioral health challenges in Appalachia. The grant was designed to support innovative organizations addressing critical care gaps by equipping them with Moodr's engagement and analytics platform. As a Moodr Health Early Innovators Grantee, Vandalia Health and the P3 Program have also been recognized nationally for their achievements, including being awarded the Highmark Health Award.

Patient Testimonial

"I chose to manage my symptoms on my own at first, but my nurse recognized my needs without me having to ask, providing relief just knowing support was there if I needed it. This was the most helpful care I received.

- Patient of Vandalia Health's P3 Program

About Moodr Health

Moodr Health is a HIPAA compliant communication and engagement platform that blends human outreach with intelligent workflows to improve care engagement, satisfaction, and outcomes. Built on a healthcare CRM, it integrates with existing systems to help care teams deliver scalable, coordinated outreach across patient populations. Moodr supports healthcare, education, and community organizations in reducing barriers to care. Learn more at moodrhealth.com.

About Vandalia Health

Mon Health, a subsidiary of Vandalia Health, runs the P3 Program, "Progressing Through Postpartum," which supports pregnant and postpartum families with emotional and

¹ Moodr Health Early Innovators Grant - The Early Innovators Grant helps forward-thinking organizations bring proactive mental health and wellness support to the communities they serve while helping them take the first step toward innovation, even in challenging operating environments.

educational resources. It addresses perinatal mental health concerns such as anxiety and depression through early screening, ongoing follow-ups, and referrals to specialized care, while offering virtual support groups and connections to community resources. Learn more at monhealth.com/main/p3.