

# Operationalizing Integration by Addressing Maternal Mental Health

## Maternal Mental Health (MMH) <sup>1,2,3,5,7</sup>

**1 in 5** Pregnant/postpartum people are impacted by MMH conditions

**75%** Of people impacted by MMH conditions remain untreated

**>80%** Of maternal deaths due to MMH conditions are preventable

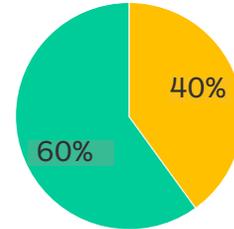


Individuals who experience racial or economic inequities, are more likely to experience maternal mental health conditions, but less likely to get help.

**Annual MMH costs in the U.S. = \$14.2 billion**

\$32,000 per parent/child dyad

Per **parent** cost:  
\$19,520  
(Lost wages and productivity)



Per **child** cost:  
\$12,480  
(Treating impact)

### Untold Costs



Impact on relationships with partner, other children



May choose not to have additional children

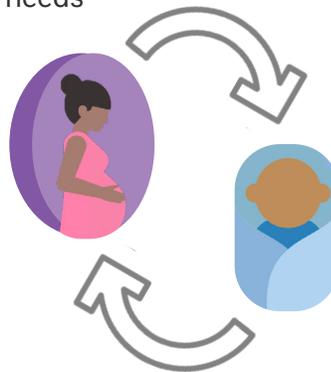
## Impact on Mother and Baby

Women with untreated MMH **during pregnancy** are more likely to:

- Experience more barriers to prenatal care
- Have inadequate diets/nutritional needs
- Use substances (alcohol, tobacco, drugs)
- Experience physical, emotional, and sexual abuse

Women with untreated MMH **postpartum** are more likely to:

- Be less responsive to baby's cues
- Have fewer positive interactions with baby
- Experience breastfeeding challenges
- Question their competence as mothers



Children born to mothers with untreated MMH are at higher risk for:

- Low birth weight
- Small head size
- Pre-term birth
- Stillbirth
- Longer stay in the NICU

Children living with mothers with untreated MMH are at higher risk for:

- Excessive crying
- Impaired parent-child interactions
- Behavioral, cognitive, or emotional delays
- Adverse Childhood Experiences (ACEs)

# Meadowlark Initiative

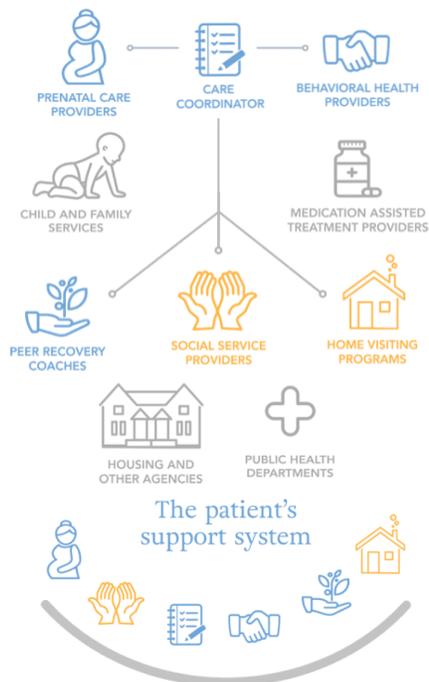


The Meadowlark Initiative fostered the collaboration of clinical and community teams to provide integrated prenatal and behavioral health care and coordinate community-based support services that families need.

Universal and routine screenings for mental illness and substance use disorders were provided to all women during prenatal and postpartum appointments as the new standard of pregnancy care.

Improved Maternal and Neonatal Outcomes:

- Reduction in newborn drug exposure
- Reduction in foster care use



## High-Level Legislative Solutions

### Federal Legislation

#### Bringing Postpartum Depression Out of the Shadows Act of 2015

- Elevated a successful state program in Massachusetts
- Provided grants to 7 states to replicate this program

#### Into the Light for Maternal Mental Health and Substance Use Disorder Act of 2022

- Reauthorized and expanded the program
- 12 states received a total of \$12 million

### State Legislation and Initiatives

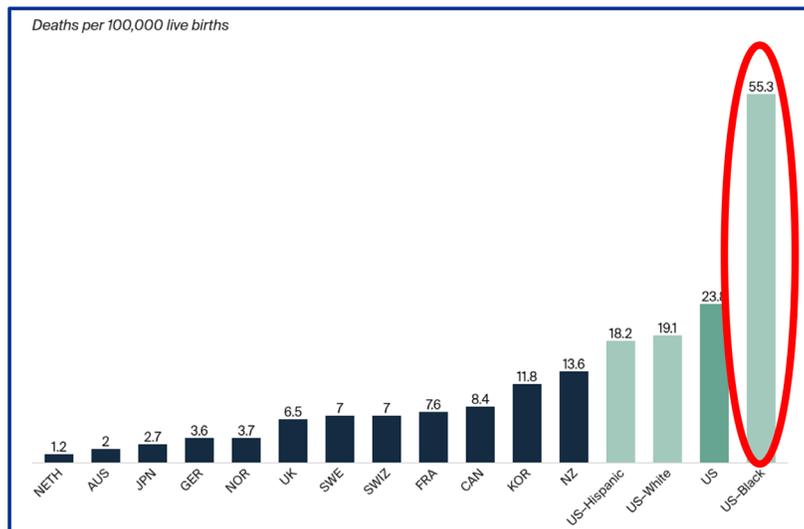
- Maternal Mortality Review Committees
- Perinatal Quality Collaboratives
- Coalitions or Task Forces
- Proclamations or Resolutions
- Awareness Campaigns
- Screening Requirements
- Educational Requirements
- Intensive Treatment Programs
- Medicaid Extension

## Equity in Action <sup>4,6,8</sup>

U.S. maternal mortality rate is the worst of all developed countries. The rate of maternal mortality for black women in the U.S. is more than double the national average. Women of color and women that live in low income neighborhoods are disproportionately impacted by MMH.

Solutions and Next Steps:

- To achieve health equity, we must change the systems and policies that have resulted in the generational injustices that give rise to racial and ethnic health disparities.
- Examine your own biases in order to recognize and reduce them.
- Commit your organization to anti-racist and patient-centered philosophies and policies by conducting ongoing assessments.
- Believe black women.



## Key Takeaways



Prioritize the needs of the birthing person and provide care that is patient-centered.



Utilize a team based approach to integrated care.



Prioritize universal mental health screenings.



Historically marginalized populations are disproportionately impacted by lack of access and lower rates of screening and treatment in association with maternal mental healthcare.



Increase your advocacy and lobby your legislators.

## References

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8. Taylor, J., Novoa, C., & Hamm, K. (2019, May 2). Eliminating Racial Disparities in Maternal and Infant Mortality. *American Progress*. <https://www.americanprogress.org/article/eliminating-racial-disparities-maternal-infant-mortality/>

## National Council for Mental Wellbeing Resources

- [Center of Excellence for Integrated Health Solutions](#)
- [The Meadowlark Initiative](#)
- [Montana Healthcare Foundation](#)
- [Integrating Substance Use Disorder and OB/GYN Care Brief](#)
- [Maternal, Infant, and Child Health – Healthy People 2020](#)
- [Perinatal Mental Health Alliance for People of Color](#)
- [Perinatal Depression: Preventive Interventions](#)
- [WNY Postpartum Connection Inc: Directory of Mental Health and Support Services for Pregnant and Post Partum People of Color](#)

## Additional Resources

- [Maternal Mental Health Leadership Alliance \(MMHLA\)](#)
- [Postpartum Support International \(PSI\)](#)
- [Policy Center for Maternal Mental Health](#)
- [U=U \(Undetectable=Untransmittable\): Black Women Accessing Care Our Way and Being in Charge of Our Health](#)
- [Maternal Mental Health Hotline](#)
  - 1-833-TLC-MAMA
  - 24/7 voice and text
  - English, Spanish, and over 60 other languages
  - Mental health providers, maternal-child health providers, and certified peer specialists available