

## MATERNAL MENTAL HEALTH AT A GLANCE



**81,000 births**  
per year

**16,000 families**  
impacted by MMH conditions



**\$384 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby



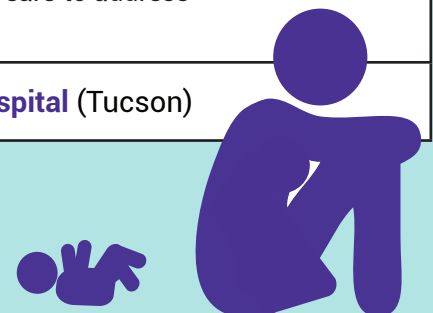
**53%** births covered by Medicaid<sup>1</sup>

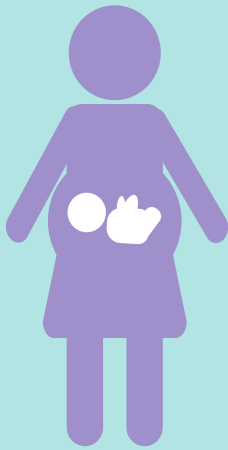
**27** deaths per 100,000 births<sup>2</sup>  
maternal mortality rate

<sup>1</sup> March of Dimes      <sup>2</sup> CDC Wonder Online  
Database

### STATEWIDE EFFORTS

✓	Coalition/Commission/Task Force	<b>Maternal Mental Health Taskforce</b>
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>Arizona Maternal Mortality Review Program</b>
✓	Perinatal Quality Collaborative	<b>Arizona Perinatal Trust</b>
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	<b>PSI Arizona Chapter</b> Email <a href="mailto:azwarmline@gmail.com">azwarmline@gmail.com</a>
✓	Proclamation or Resolution	<b>HCR 2038</b> (2018) - Established Maternal Mental Health Day.
✓	State Legislation or Policy x Requires screening x Requires education	<b>SB 1040</b> (2019) - Established Advisory Committee on Maternal Fatalities and Morbidity. Read the committee's <a href="#">report</a> . <b>SB 1290</b> (2020) - Established a Maternal Mental Health Advisory Committee.
✓	Other	<b>Maternal Health Innovation Grant</b> (2019) - Arizona is one of only nine states awarded this competitive federal grant and will receive \$2.1 million per year for five years to address maternal mortality.
✓	Zulresso Treatment Site	<b>Tucson Emergency Room and Hospital</b> (Tucson)





## COMMUNITY RESOURCES

**Cihuapactli Collective** (Phoenix) – Provides healing for Indigenous women and their families by sharing stories, connecting resources, revitalizing Traditional Knowledge and wisdom, and by promoting health and wellness. Has created the “Collective Birth Fund” to provide full spectrum birth support to families and birth workers due to pandemic related loss of employment and support.

**TMC Healthcare** (Tucson) – Provides the following support groups: breastfeeding, pregnancy and postpartum depression, and substance use recovery for new mothers.

**Tucson Postpartum Depression Coalition** (Pima County) – Non-profit committed to improving the emotional health of pregnant and postpartum mothers by promoting maternal emotional health through education, support & advocacy. Provides a comprehensive resource list of support groups and mental health providers.

## TREATMENT

**Perinatal Psychiatry Clinic, University of Arizona** (Tucson) – Focuses on helping women with pre-existing psychiatric disorders, and/or women who take psychotropic medications. Services include treatment planning and medication management. Includes links to additional resources such as support groups.

**Women's Health Innovations of Arizona** (Statewide) – Provides telehealth counseling and support services for mothers and families in need during pregnancy, the postpartum period and parenthood. Provides support groups, therapy groups, lists of therapists and peer support specialists, and the ROSES postpartum prevention program.

**Highland Springs Clinic** (Gilbert) – Staff includes mental health providers who specialize in treating postpartum depression and related maternal mental health conditions.

