

MATERNAL MENTAL HEALTH AT A GLANCE



11,000 births
per year



2,200 families
impacted by MMH conditions



\$53 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby

12% postpartum depression rate¹

45% births covered by Medicaid²

17 deaths per 100,000 births³
maternal mortality rate

1 CDC 2 March of Dimes 3 CDC Wonder Online Database

NOTE: Delaware Maternal Mortality Review Committee reports that 1 in 3 women who died during pregnancy or in the first year postpartum had a known mental health condition

STATEWIDE EFFORTS

✓	Coalition/Commission/Task Force	Delaware Healthy Mother and Infant Consortium
✓	Medicaid Expansion - Legislation in committee as of 5/8/2022	
✓	Maternal Mortality Review	Child Death Review Commission (houses MMR) Child Death Review/MMR – Report – 2021 Fact Sheet
✓	Perinatal Quality Collaborative	Delaware Perinatal Quality Collaborative
x	Perinatal Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Delaware Chapter
✓	Proclamation or Resolution	Resolution No. 35 - Maternal Mental Health Awareness Day (May 5, 2021)
✓	State Legislation or Policy <ul style="list-style-type: none"> ✓ Requires Screening ✓ Requires Education 	Maternal Mental Health Amends the Code of Delaware and requires the following: <ul style="list-style-type: none"> • State to create and disseminate maternal mental health materials • Providers to evaluate and take action when they recognize symptoms of maternal depression in a woman or family



RESOURCES AND TREATMENT

Christiana Care Center for Women's Emotional Wellness (Newark) – Offers support to women suffering with PMADs and a comprehensive program available during pregnancy and after delivery. Individuals have an option to meet with a behavioral health specialist before leaving the hospital and can have their emotional and mental health needs assessed.

Christiana Care's 24-Hour Crisis Line on 302-320-2118

Dela-Well-Moms (Delaware Wellness Counseling and Resources for Moms) (Dover) – This website is dedicated to supporting women's mental health during pregnancy, the postpartum period, or after a perinatal loss.

Sonia Schorr Sloan Maternal Mental Health Program – Jewish Family Services of Delaware (JFS) has built a community-based, outpatient maternal mental health program to provide effective, evidence-based psychotherapy for women experiencing perinatal mood and anxiety disorders. The goal of the program is to double the number of PSI-trained and -certified mental health providers in the state.

