

## MATERNAL MENTAL HEALTH AT A GLANCE



**21,000 births**  
per year



**4,200 families**  
impacted by MMH conditions

**\$101 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby



**22%** postpartum depression rate<sup>1</sup>  
**37%** births covered by Medicaid<sup>2</sup>  
**33** deaths per 100,000 births<sup>3</sup>  
**maternal mortality rate**

<sup>1</sup> CDC    <sup>2</sup> March of Dimes    <sup>3</sup> CDC Wonder Online Database

### STATEWIDE EFFORTS

|                                     |  |  |
|-------------------------------------|--|--|
| <input checked="" type="checkbox"/> | Coalition/Commission/Task Force                        |  |
| <input checked="" type="checkbox"/> | Medicaid Expansion                                     |  |
| <input checked="" type="checkbox"/> | Maternal Mortality Review                              | <b>Maternal Mortality Review Committee</b> |
| <input checked="" type="checkbox"/> | Perinatal Quality Collaborative                        | <b>Idaho Perinatal Project</b>             |
| <input checked="" type="checkbox"/> | Perinatal Psychiatry Access Program                    |  |
| <input checked="" type="checkbox"/> | Postpartum Support International Chapter               | <b>PSI Idaho Chapter</b>                   |
| <input checked="" type="checkbox"/> | Proclamation or Resolution                             |  |
| <input checked="" type="checkbox"/> | State Legislation or Policy                            |  |
|                                     | <input checked="" type="checkbox"/> Requires Screening |  |
|                                     | <input checked="" type="checkbox"/> Requires Education |  |



### TREATMENT

**Eastern Idaho Regional Medical Center Behavioral Health Center** (Idaho Falls) – Provides in-patient and intensive outpatient services, including medication management, therapy and psychological testing..

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

**St. Alphonsus Perinatal Mental Health Services** (Boise) – PEACE Program (Perinatal Emotional Adjustment, Counseling and Evaluation) is designed to help women and families develop skills to manage depression, anxiety, stress and self-esteem/confidence issues related to pregnancy and the postpartum period. Also provides several support groups.

**St. Luke's** (Twin Falls) – Offers excellent overview of postpartum depression. Its **SUPPORT** program (Substance Use, Pain, Psychiatric and Obstetrical Resource Team) brings together a physician and a care coordinator who collaborate to offer medication-assisted therapy, referrals, review and recommendations of medications, consultations for substance abuse and assistance in pain management coordination.

