

MATERNAL MENTAL HEALTH AT A GLANCE



145,000 births
per year



29,000 families
impacted by MMH conditions

\$696 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



9.3% postpartum depression rate¹
41% births covered by Medicaid²
22 deaths per 100,000 births³
maternal mortality rate

¹ CDC PRAMS ² March of Dimes ³ CDC Wonder Online Database

STATEWIDE EFFORTS

✓	Coalition/Task Force	Postpartum Depression Alliance of Illinois (PPDIL)
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Illinois Maternal Mortality Review Committee Illinois Maternal Mortality Review Committee — Violence (reviews deaths in first year following pregnancy caused by suicide, intimate partner violence, and substance use)
✓	Perinatal Quality Collaborative	Illinois Perinatal Quality Collaborative
✓	Psychiatry Access Program	DocAssist
✓	Postpartum Support International Chapter	PSI Illinois Chapter Charlene Sanuade, Chair of the Board psi.il.chair@gmail.com
✓	Proclamation or Resolution	Governor's Proclamation: May as Maternal Mental Health Awareness Month
✓	State Legislation or Policy <ul style="list-style-type: none"> ✓ Requires screening ✓ Requires education ✓ Was funded 	<p>Public Act 095-0469 (2008) - Creates Perinatal Mental Health Disorders Prevention and Treatment Act. Requires educating new mothers about maternal mental health conditions and encourages providers to screen for these illnesses.</p> <p>Public Act 100-0574 (2018) - Amends Code of Criminal Procedure to allow postpartum illnesses like depression and psychosis to be mitigating factors in sentencing.</p> <p>HB 2438 (2019) - Requires insurance providers to develop maternal mental health programs to promote quality and cost-effective outcomes.</p> <p>HB 3511 (2019)- Creates the Maternal Mental Health Conditions Education, Early Diagnosis, and Treatment Act. Requires education for healthcare providers and new mothers.</p>
✓	Other	HOTLINE (1-866-364-MOMS). Offers confidential 24-hour support, information, and resources. Flyer on Postpartum Depression in Illinois



COMMUNITY RESOURCES

Beyond the Baby Blues (Evanston) – Provides therapeutic support groups.

RESEARCH PROGRAMS

Northwestern University, Asher Center for the Study and Treatment of Depressive Disorder. (Chicago) – Conducting research to study optimizing medication management for women who take antidepressants during pregnancy.

The University of Illinois, College of Applied Health Sciences (Champaign) – Conducting multiple research projects studying mental health of women during pregnancy and throughout the first year postpartum.

The University of Illinois, School of Social Work (Urbana) – IDEA (Identifying Depression through Early Assessment) team's mission is to improve maternal health through early identification of risk factors during pregnancy and the postpartum period.

The University of Illinois at Chicago, Women's Mental Health and Reproductive Psychiatry (Chicago) – Studying the human microbiome and perinatal depression and the implementation of an evidence-based E-Health intervention for perinatal depression.

TREATMENT PROGRAMS

The University of Illinois at Chicago, Women's Mental Health and Reproductive Psychiatry Service. (Chicago) – Offers both inpatient and outpatient women's mental health services, including specific services to pregnant women.

Northwestern University, Collaborative Care Model for Perinatal Depression Support Services (COMPASS). (Chicago) – Provides coordinated clinical mental health care, including therapy and medication management, embedded within perinatal care offices.

NorthShore University HealthSystem. (various locations) – Provides universal screening during pregnancy and postpartum. Offers confidential 24-hour hotline (1.866.364.MOMS) that provides support, information, and resources.

Amita Health Perinatal Mood Disorders Program (various locations) – Includes Intensive Outpatient Program (IOP), medication management, therapy, support groups, and additional education and stress management programs.

