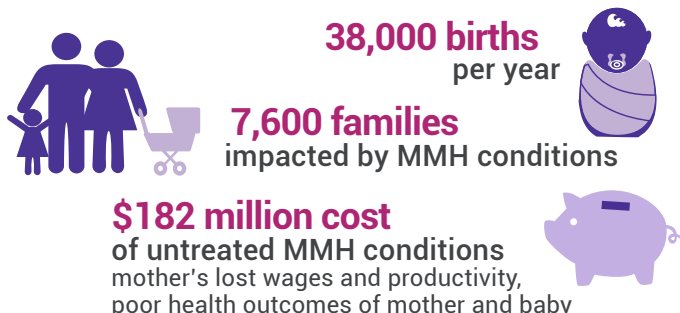


MATERNAL MENTAL HEALTH AT A GLANCE



7% postpartum depression rate¹

40% births covered by Medicaid²

27 deaths per 100,000 births³
maternal mortality rate

1 CDC

2 March of Dimes

3 PRAMS

STATEWIDE EFFORTS

x	Coalition/Commission/Task Force	
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Maternal Mortality Review Committee
✓	Perinatal Quality Collaborative	Iowa Maternal Quality Care Collaborative (IMQCC) Statewide Obstetric Task Force – Contact Dr. Stephanie Radke
x	Perinatal Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Iowa Chapter
x	Proclamation or Resolution	
x	State Legislation or Policy x Requires Screening x Requires Education	
✓	Other	Maternal Health in Iowa, includes Maternal Health Strategic Plan

RESOURCES

Beyond The Blues – Iowa's Perinatal Depression Project home page.

Broadlawn Medical Center, Christine Young, LISW, PMH-C (Des Moines) – Certified Perinatal Mental Health Professional (PMH-C) specializing in postpartum depression and anxiety.

Compass Counseling and Behavioral Health (Dubuque) – Provides screenings, support, and individual and family counseling for the care of perinatal depression, anxiety and mood disorders.

Murray, Wilson & Rose Counseling and Behavioral Services (Hiawatha) – Provides counseling from counselors who have specialized training in areas of perinatal mental health, also offers support groups.

UnityPoint Health (Statewide) – Includes list of providers and support groups.

University of Iowa offers the following resources:

- **MomMoodBooster** – Free online treatment program to help women reduce symptoms of perinatal depression.
- **Women's Wellness and Counseling Service** – The only comprehensive perinatal mental health clinic in the state, offering both medication management and counseling services, and educating and training the next generation of perinatal mental health care providers.
- **Maternal Substance Use Disorder Clinic** – Clinic supports pregnant people in cutting down or stopping using substances during pregnancy, it provides a unique opportunity to get both comprehensive prenatal care and substance use treatment while pregnant.