

MATERNAL MENTAL HEALTH AT A GLANCE



12,000 births
per year

2,400 families
impacted by MMH conditions



\$58 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



13% postpartum depression rate¹

39% births covered by Medicaid²

24 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, Fetal and Infant Mortality Review Panel
✓	Perinatal Quality Collaborative	Northern New England Perinatal Quality Improvement Network
x	Perinatal Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Maine Chapter
x	Proclamation or Resolution	
✓	State Legislation or Policy x Requires screening x Requires education	SP-0241: An Act Concerning Postpartum Mental Health. Efforts Concerning Postpartum Mental Health Education (2008)



RESOURCES

Maine Maternal Counseling (Portland) – Offering counseling and psychotherapy to individuals in-person in Portland or online throughout the state of Maine.

Maine Association of Psychiatric Physicians (Manchester) Postpartum Depression Project (Statewide) – The focus of the PPD Project is to provide training programs across medical and mental health specialties and easy access to educational materials to aid in the screening, assessment, and treatment of women who experience maternal mental health conditions.

Maine Mother Company (Brunswick) – Provides a variety of for-fee services through a monthly membership, such as practitioners focused on new mothers' physical and mental health, postpartum doula supports, sleep training and more.

Birth Roots (Portland) – Birth Roots is a non-profit organization providing community-based education, support, classes, events, and resources focused on pregnancy through the early years of parenting.

