

## MATERNAL MENTAL HEALTH AT A GLANCE



**71,000 births**  
per year



**14,000 families**  
impacted by MMH conditions

**\$341 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby



**12%** postpartum depression rate<sup>1</sup>

**40%** births covered by Medicaid<sup>2</sup>

**25** deaths per 100,000 births<sup>3</sup>  
maternal mortality rate

1 CDC 2 March of Dimes 3 PRAMS

### STATEWIDE EFFORTS

✓	Coalition/Commission/Task Force	<b>Maryland Maternal Health Innovation Program Task Force to Study Maternal Mental Health – Report (2016)</b>
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>Maternal Mortality Review Program</b>
✓	Perinatal Quality Collaborative	<b>Maryland Perinatal Neonatal Quality Care Collaborative</b>
✓	Psychiatry Access Program	<b>MACS for Moms</b> – Specifically for pregnant and postpartum patients with substance use disorders
✓	Postpartum Support International Chapter	<b>PSI Maryland Chapter</b>
x	Proclamation or Resolution	
✓	State Legislation or Policy <ul style="list-style-type: none"> <li>✓ Requires screening</li> <li>✓ Requires education</li> </ul>	<b>HB 775/SB 600 (2017)</b> Maternal Mental Health Legislation
✓	Safer Childbirth Cities	<b>Baltimore Healthy Start</b> is participating in the Safer Childbirth Cities program; the goal of this initiative is to help end preventable maternal deaths by reducing disparities, promoting health equity, providing doula and perinatal support, and bolstering the care system around women during pregnancy, childbirth, and postpartum.
✓	Zulresso Treatment Location	<b>Johns Hopkins Hospital (Baltimore)</b>
✓	Other	<b>Healthy New Moms (Statewide)</b> – Program of the Mental Health Association of Maryland and works to raise awareness of perinatal mood and anxiety disorders and offer support and resources to mothers, families, and providers across the state.



### RESOURCES

The following databases provide information about mental health providers and support groups:

- **Maryland PMH Providers List (Statewide)**
- **DMV Perinatal Mental Health Resource Guide (DC-MD-VA metropolitan area)**



### RESEARCH AND TREATMENT

**The Johns Hopkins Center for Women's Reproductive Mental Health (Baltimore)** - Provides training and education, including a reproductive psychiatry fellowship program; offers clinical services; conducts research; provides Zulresso treatment.

**University of Maryland's Women's Mental Health Program – Perinatal Mood and Anxiety Disorders (Baltimore)** – Provides training and education, offers clinical services, and conducts research. Includes **list of women's mental health specialists**.