

MATERNAL MENTAL HEALTH AT A GLANCE



110,000 births
per year



22,000 families
impacted by MMH conditions

\$528 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



13% postpartum depression rate¹
42% births covered by Medicaid²
28 deaths per 100,000 births³
maternal mortality rate

¹ CDC PRAMS

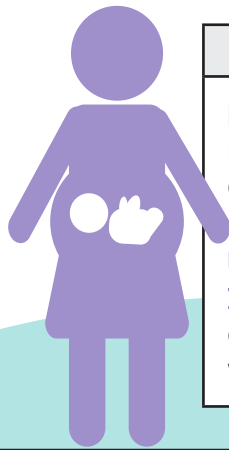
² March of Dimes

³ CDC Wonder Online Database

STATEWIDE EFFORTS

✓	Coalition/Task Force	Michigan Statewide Perinatal Mood Disorder Coalition (site moved to PSI - Michigan)
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Michigan Maternal Mortality Surveillance (MMMS) Program
✓	Perinatal Quality Collaborative	The Michigan Collaborative Quality Initiative (MICQI)
✓	Psychiatry Access Program	MC3 Perinatal (University of Michigan School of Medicine)
✓	Postpartum Support International Chapter	PSI Michigan Chapter Includes local volunteers and support groups. Amy Lawson (main contact) - South-Central Michigan 734-358-3376, amypsi01@gmail.com
✓	Proclamation or Resolution	May 2019 – Perinatal Mood and Anxiety Disorders Awareness Month May 2012 – Postpartum Depression Awareness Month
✓	State Legislation or Policy <ul style="list-style-type: none"> ✓ Requires screening ✓ Requires education ✓ Was funded 	April 2019 – Black Maternal Health Week
✓	Other	Maternal Mental Health Report (2012–2014) Mother Infant Health and Equity Improvement Plan





TREATMENT PROGRAMS

Pine Rest Mother-Baby Program (Grand Rapids) – Offers a short-term, intensive day program for women experiencing significant symptoms of postpartum depression and other perinatal mood and anxiety disorders (PMAD).

University of Michigan Women and Infants Mental Health Program/Zero to Thrive (Ann Arbor) – Consists of outpatient clinical care, research, training, education, and outreach focused on improving and maintaining the mental health of women and infants.

RESEARCH PROGRAMS

University of Michigan Women and Infants Mental Health Program/Zero to Thrive (Ann Arbor) – Researching topics include depression, anxiety, and trauma, parenting and fatherhood, infant mental health and outcomes and screening, access to care, and clinical outcomes

COMMUNITY RESOURCES

Tree of Hope Foundation (Detroit) – Offers support groups in Metro Detroit area.

Tiny Feet Wellness (Detroit) – Counseling services and support groups.

Moms Bloom (Grand Rapids) – Offers in-home support; provides online virtual villages for new parents.

Honey For Moms (Oakland) – Provides private therapy, group support, and education for moms, dads, couples, and kids.

Strong Roots/Mom Power (Statewide) – Strengths-based, empowering framework to support mothers in parenting and self-care skills, make connections with other moms, and engage with local resources. Also has [program for fathers](#).

Ann Arbor Baby Beginnings (Ann Arbor) – Provides evidence-based prenatal education and support for families including childbirth education, infant care, support groups, and counseling services.

Treetown Doulas (Ann Arbor) – Collective of doulas offering support to new parents and families; offers a new moms support group.

Ann Arbor Birth and Family (Ann Arbor) – Provides doulas, education, counseling, and support groups for new parents.

The Breastfeeding Center of Ann Arbor (Ann Arbor) – Offers education and support for breastfeeding mothers.

The Women's Center of Southeastern Michigan (Ann Arbor) – Support group for expectant/new moms (virtual due to COVID).

Birth Kalamazoo (Kalamazoo) – Connects families with doulas, birth and breastfeeding classes, and other services.

