




## MATERNAL MENTAL HEALTH AT A GLANCE



**68,000 births**  
per year 

**13,600 families**  
impacted by MMH conditions

**\$326 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby 

**11%** postpartum depression rate<sup>1</sup>

**32%** births covered by Medicaid<sup>2</sup>

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

1 PRAMS    2 March of Dimes    3 CDC

STATEWIDE EFFORTS		
✓	Coalition/Commission/Task Force	<b>Maternal and Child Health Advisory Task Force</b> (Report 2020)
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>Minnesota Maternal Mortality Review</b>
✓	Perinatal Quality Collaborative	<b>Minnesota Perinatal Quality Collaborative</b>
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	<b>PSI Minnesota Chapter</b>
✓	Proclamation or Resolution	<b>"May is Maternal Mental Health Awareness Month"</b> Proclamation
✓	State Legislation or Policy <ul style="list-style-type: none"> <li>✓ Requires screening</li> <li>✓ Requires education</li> </ul>	<b>Postpartum Depression Education and Information</b> <b>Minnesota State Sec 145.906</b>
✓	Other	Minnesota Department of Health provides several resources: <ul style="list-style-type: none"> <li>• <b>Guidance for Maternal Mental Health Screening and Treatment</b></li> <li>• <b>Information for Professionals</b></li> <li>• <b>Maternal Mental Health Information Sheet and Wellbeing Plan</b> (available in 7 languages)</li> <li>• <b>Medicaid Coverage of Maternal Depression Screen Within Infant Well Baby Checks</b></li> <li>• <b>Webinar: Pregnancy and Postpartum Mental Wellbeing</b></li> </ul>
✓	Zulresso/Brexanolone Treatment Location	<b>M Health Fairview University of Minnesota Medical Center – West Bank Hospital</b>



## RESOURCES

**Allina Health** (Statewide) - Provides various support groups for new parents.

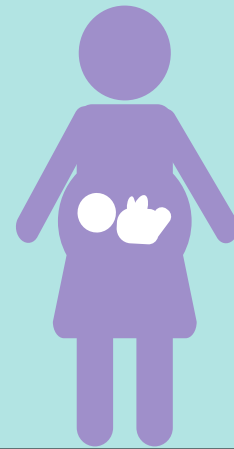
**Women's Wellbeing Program** (Minneapolis) – University of Minnesota program that provides medication management and therapy.

**Pregnancy and Postpartum Support Minnesota** (Statewide) – Nonprofit organization providing support, training, and resources.

## TREATMENT OPTIONS

Intensive Outpatient/Day Treatment Programs, specifically for perinatal mental health:

- **Prairie Care** (Brooklyn Park) - Perinatal Mental Health Clinic
- **Nystrom & Associates Mother Baby Program** (Eden Prairie, Otsego, Brainerd/Baxter)



## COUNSELING GROUPS

Counseling groups with therapists treating PMADs:

- **Iris Mental Health** (Burnsville)
- **Mindful Wellbeing/Families** (Edina and Coon Rapids)
- **Wild Tree Wellness** (St. Paul, White Bear Lake, Eagan)
- **Park Nicollet** (Twin Cities)
- **Psychotherapy Healing & Associates** (Twin Cities)
- **Family Development Center** (St. Paul)
- **Healing Moments Counseling** (Monticello, Byron & Sauk Rapids)
- **PPSM "Find Help" section** lists a variety of providers

