

MATERNAL MENTAL HEALTH AT A GLANCE



25,000 births
per year

5,000 families
impacted by MMH conditions



\$120 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



12% postpartum depression rate¹

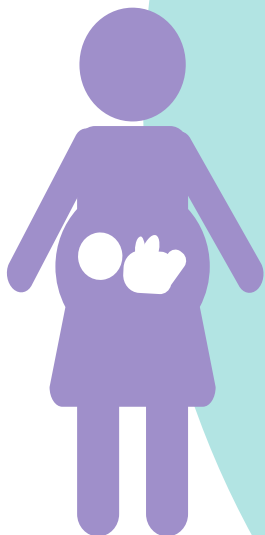
35% births covered by Medicaid²

23 deaths per 100,000 births³
maternal mortality rate

1 CDC 2 March of Dimes 3 PRAMS

*Cost is calculated as follows:
(5,000) X (0.75 remain untreated) x (\$32,000 cost) = \$120 million

STATEWIDE EFFORTS	
x	Coalition/Commission/Task Force
✓	Medicaid Expansion
✓	Maternal Mortality Review Nebraska's Maternal Mortality Review Committee Maternal Mortality Report 2021
✓	Perinatal Quality Collaborative Nebraska Perinatal Quality Improvement Collaborative (Facebook Page)
x	Psychiatry Access Program
✓	Postpartum Support International Chapter PSI Nebraska Resource Page
x	Proclamation or Resolution
x	State Legislation or Policy x Requires screening x Requires education



COMMUNITY RESOURCES, TREATMENT OPTIONS, & ADDITIONAL INFO
Bryan Health - Information about perinatal mood disorders, including a Podcast .
Butterfly Kisses (Papillion) – Offers therapy and support groups focused on maternal mental health.
Nebraska Breastfeeding Coalition - A network of individuals and partners dedicated to improving the health of Nebraskans through education, advocacy, and collaboration around breastfeeding.
Nebraska Medicine - Reproductive Psychiatry (Omaha). Offers mental health assessments, consultations, treatment plans and more for mood and anxiety disorders during pregnancy and postpartum. Also provides a virtual support group for pregnant mothers and mothers with babies under 12 months.