



## MATERNAL MENTAL HEALTH AT A GLANCE




**101,000 births**  
per year



**20,200 families**  
impacted by MMH conditions

**\$485 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby



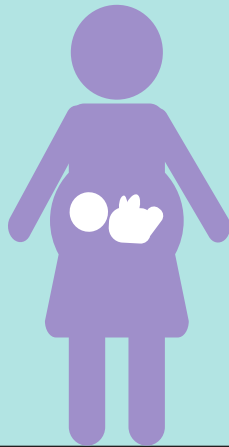
**13%** postpartum depression rate<sup>1</sup>  
**30%** births covered by Medicaid<sup>2</sup>  
**46** deaths per 100,000 births<sup>3</sup>  
maternal mortality rate

<sup>1</sup> CDC PRAMS    <sup>2</sup> March of Dimes    <sup>3</sup> CDC Wonder Online Database

### STATEWIDE EFFORTS

✓	Coalition/Task Force	<p><b>New Jersey Maternal-Child Health Consortia</b> offers a statewide resources and referral program for women and families impacted by maternal mental health conditions through the following organizations:</p> <ul style="list-style-type: none"> <li>• <b>Central Jersey Family Health Consortium</b></li> <li>• <b>Partnership for Maternal and Child Health of Northern New Jersey</b></li> <li>• <b>Southern New Jersey Perinatal Cooperative</b></li> </ul> <p>Also includes a 24/7 helpline: 1-800-328-3838</p>
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>New Jersey Maternal Mortality Review Committee</b>
✓	Perinatal Quality Collaborative	<b>New Jersey Maternal and Child Health</b>
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	<p><b>PSI New Jersey Chapter</b> Alexis Menken, PhD, co-president: alexisphd@gmail.com Deana Stevens, PsyD, co-president: drdstevens@gmail.com</p>
✓	Proclamation or Resolution	<b>Maternal Health Awareness Day in New Jersey (2018)</b>
✓	State Legislation or Policy <ul style="list-style-type: none"> <li>✓ Requires screening</li> <li>✓ Requires education</li> <li>✓ Was funded</li> </ul>	<b>S. 214 (2006)</b> – Requires mandatory maternal depression education and screening prior to discharge from the birthing facility and at the first few postpartum visits.
✓	Other	<p><b>Wilderman Center for Maternal Mental Health at Hackensack-Meridian Health and University Medical Center</b> – (Under development). Will include comprehensive maternal mental health treatment and services for all women and their families regardless of circumstance, as well as research and education for providers.</p> <p><b>Nurture New Jersey</b> is a statewide awareness campaign committed to reducing infant and maternal mortality and morbidity and ensuring equity in care and in outcomes.</p>





## RESEARCH PROGRAMS

**Rutgers University** – Study to see the effectiveness of mental health programs available to pregnant women across the United States suffering from depression.

## TREATMENT PROGRAMS

**Monmouth Medical Center, Center for Perinatal Mood and Anxiety Disorder** (Long Branch) – A multidisciplinary mother/baby treatment center providing medication management; individual, group, and family counseling; and support groups. Accepts all insurance including medicare and medicaid. Also the first center to receive the Platinum level Maternal Mental Health Friendly (MMHF) Certification in the United States.

**Zulresso Treatment Site** (Long Branch) – Monmouth Medical Center

## COMMUNITY RESOURCES

**CarePLus New Jersey - Maternal & Family Center** (Paramus and Fair Lawn) – Provides support groups, case management, care coordination, counseling, and medication management.

**The Wilderman Fund LLC** (Tenafly) – Provides support to advance education, resources, care and innovation in the field of maternal mental health to ensure MMH is woven into the fabric of healthcare itself.

Thank you to the Wilderman Fund for  
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New Jersey State Fact Sheet

