

MATERNAL MENTAL HEALTH AT A GLANCE



119,000 births
per year



23,800 families
impacted by MMH conditions

\$571 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



12% postpartum depression rate¹

43% 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	North Carolina Perinatal Association
x	Medicaid Expansion	
✓	Maternal Mortality Review	North Carolina Maternal Mortality Review Committee Learn more from the NC Medical Journal.
✓	Perinatal Quality Collaborative	Perinatal Quality Collaborative of North Carolina
✓	Psychiatry Access Program	NC Maternal Mental Health MATTERS (Making Access to Treatment, Evaluation, Resources & Screening Better). HRSA funded
✓	Postpartum Support International Chapter	PSI North Carolina Carrie Banks, Co-Chair – Carrboro, NC. cbanks@postpartum.net, 919-428-7119 TEXT OR CALL
✓	Proclamation or Resolution	Maternal Mental Health Month (2020)
x	State Legislation or Policy	
✓	Other Support	North Carolina's Perinatal Health Strategic Plan (2016-2020)



COMMUNITY RESOURCES & TREATMENTS

Prenatal and Postpartum Center of the Carolinas (several locations). Therapy related to infertility, loss, pregnancy, and postpartum; support groups; educational classes; professional consultation, training, and supervision.	NC 211. A statewide information and referral service provided by United Way of North Carolina. Families and individuals can receive free and confidential information on health and human services and resources within their community.
Nurse-Family Partnership (26 counties). An evidence-based community health program that sends trained nurses to regularly visit young, first-time moms-to-be, starting in early pregnancy and continuing through the child's second birthday.	NCCARE360. A statewide network that enables a coordinated, community-oriented, person-centered approach for delivering care in North Carolina. NCCARE360 helps health care providers electronically connect their patients to community resources, receive feedback, close the loop on referrals made
Emerald Doulas, LLC (Triangle area). Doula services, classes, support groups.	Anchor Perinatal Wellness (Raleigh). A perinatal intensive outpatient program (IOP) providing outpatient therapy.
Pregnancy Medical Home (several locations). Aims to enhance access to comprehensive prenatal care and improve birth outcomes for Medicaid recipients by promoting evidence-based, best practice care.	Baby Love Plus (several counties). Aims to decrease infant mortality and morbidity by linking pregnant women and their partners with health services, education, and case management.

TREATMENTS & HELPLINES

HopeLine. A statewide crisis and suicide prevention helpline that offers crisis intervention, supportive and non-judgmental discussion, and referrals to appropriate community resources.

Birth Compass. Offers free text-based support to safely navigate pregnancy, birth, and postpartum care. Perinatal educators answer questions about COVID safety, local resources, mental health, and local health policies.

Brexanalone Locations: University of North Carolina—Chapel Hill, New Hope Specialty Clinic

PROGRAMS AT THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

The Center for Women's Mood Disorders

PATIENT SERVICES

- **Perinatal Psychiatry Inpatient Unit** (Chapel Hill). The country's first inpatient unit specifically for women suffering severe perinatal psychiatric issues. Provides Zolresso treatment.
- **Perinatal Psychiatry Outpatient Clinics** (Chapel Hill and Raleigh). Provide therapy and medication management.

RESEARCH

- **Perinatal Research.** The Baby Brain Development Research Study will study mothers and babies from the third trimester through baby's first year of life.
- **Postpartum OCD Research.** The Mom2Be Study seeks to better understand the risks and predictors of postpartum OCD, depression, and the interrelatedness of these conditions.
- **Postpartum Depression Research.**
 - *The Chickadee Study* is a clinical trial evaluating the safety, efficacy, and tolerability of brexanolone IV in the treatment of adolescent moms with postpartum depression.
 - *The Mom Genes Fight PPD Research App* study seeks to improve detection, treatment, and prevention of postpartum depression and psychosis by finding the genetic basis of these disorders.

The 4th Trimester Project

Focuses on changing the way new mothers are treated. Connects new mothers, healthcare providers, researchers, public health professionals, community leaders, and others to identify unmet postpartum health needs, build knowledge, and create solutions. Supported by UNC's Schools of Global Public Health, Medicine, and Social Work.

The Maternal Health Learning and Innovation Center (MHLIC)

- Serves as a national hub for maternal health, bringing together experts in maternal health, policy, innovations, engagement, and implementation.
- Aims to advance federal and state-level efforts to eliminate preventable maternal deaths and reduce severe maternal morbidity, using equity as the cornerstone of all services.
- Supports 12 HRSA-funded partners in 9 states and 3 rural regions with information and capacity-building.
- Partners include UNC's Schools of Global Public Health, Medicine, and Social Work, along with American College of Obstetricians and Gynecologists (ACOG), Association of Maternal and Child Health Programs (AMCHP), Georgia Health Policy Center, R.A.C.E. for Equity, and Reaching Our Sisters Everywhere.

