

## MATERNAL MENTAL HEALTH AT A GLANCE

**135,000 births**  
per year 

**27,000 families**  
impacted by MMH conditions 

**\$648 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby 

**42%** births covered by Medicaid<sup>2</sup>


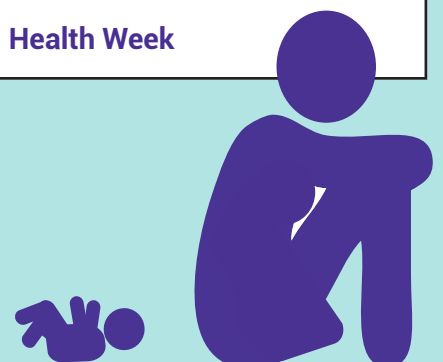
**25** deaths per 100,000 births<sup>3</sup>  
maternal mortality rate

postpartum depression rate unknown<sup>1</sup>

1 CDC 2 March of Dimes 3 CDC Wonder Online Database

### STATEWIDE EFFORTS

✓	Coalition/Task Force	<b>Ohio Council to Advance Maternal Health</b> <b>Maternal Mental Health Task Force</b> launching 2022. Contact <a href="mailto:poem@mhaohio.org">poem@mhaohio.org</a>
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>Ohio Pregnancy-Associated Mortality Review</b>
✓	Perinatal Quality Collaborative	<b>Ohio Perinatal Quality Collaborative</b>
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	<b>PSI Ohio Chapter</b> <b>POEM - Mental Health For Moms</b>
x	Proclamation or Resolution	
x	State Legislation or Policy x Requires screening x Requires education	
✓	Other	<b>Resolution for Black Maternal Health Week</b>

## COMMUNITY RESOURCES

### **The POEM Program at Mental Health America of Ohio**

Connection information and referral service.

### **Moving Beyond Depression** (Southwestern Ohio)

In-home visiting programs that are designed to establish strong working relationships between home visitors and therapists, who collaborate closely through treatment. Doctoral-level team leaders also provide weekly support to therapists.

### **ONE Health Ohio, Baby on Board Program** (Northeastern Ohio)

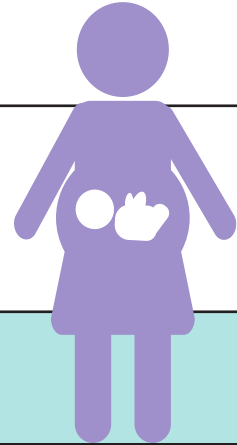
Provides specialised counseling in maternal mental health and maternal addiction.

### **Holding Space Psychotherapy** (Westlake)

Large private practice specializing in treating pregnant and postpartum patients; offers psychotherapy, psychiatric services, and support groups.

### **Columbus Women's Wellness** (Gahanna and Powell)

Large private practice specializing in treating pregnant and postpartum patients; offers psychotherapy, psychiatric services, and support groups.



## RESEARCH

### **The Gur Laboratory at Ohio State University** (Columbus) – **Maternal Stress & Microbiome Study**

Through this longitudinal observational study, the aim is to improve and better understand how maternal stress experienced during pregnancy impacts psychological, gestational, and microbial outcomes in mom and baby.

This Fact Sheet was made possible with a donation  
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