

MATERNAL MENTAL HEALTH AT A GLANCE



50,000 births
per year

10,000 families
impacted by MMH conditions



\$240 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



15% postpartum depression rate¹

52% births covered by Medicaid²

34 deaths per 100,000 births³
maternal mortality rate

¹ CDC

² March of Dimes

³ CDC Wonder Online Database

STATEWIDE EFFORTS

x	Coalition/Commission/Task Force	
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Oklahoma Maternal Mortality Review
✓	Perinatal Quality Collaborative	Oklahoma Perinatal Quality Improvement Collaborative
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Oklahoma Chapter
x	Proclamation or Resolution	
✓	State Legislation or Policy <ul style="list-style-type: none"> ✓ Requires Screening ✓ Requires Education 	Bill No. 419 – Requires Oklahoma hospitals and licensed health care professionals to educate their patients for perinatal mental health disorders. Licensed health care professionals are also required to screen for perinatal mental health disorders at prenatal, postnatal, and pediatric care visits.
✓	Zulresso Treatment Sites	LifeStance Health (Edmond, Norman) Oklahoma ER and Hospital (Edmond)
✓	Other	Oklahoma State Department of Health, Maternal Mental Health – Provides information and resources, including postpartum plan, fact sheets, and links to resources.



COMMUNITY RESOURCES

Oklahoma Pregnancy & Postpartum Support (Statewide) – Facebook group for pregnant and new parents; provides education and support for maternal depression and anxiety.
Nurturing Mamas Network (Statewide) – Specializes in maternal mental health counseling and offers a list of supportive services focused on pregnancy and the postpartum period.
Thrive Mama Collective (Oklahoma City) – Offers a comprehensive list of pregnancy and postpartum services.
Postpartum Concierge (Oklahoma City) – Provides in-home day and nighttime support.