




MATERNAL MENTAL HEALTH AT A GLANCE



42,000 births per year 

8,400 families impacted by MMH conditions

\$202 million cost of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby 

12% postpartum depression rate¹
45% births covered by Medicaid²
20 deaths per 100,000 births³
maternal mortality rate

¹ CDC ² March of Dimes ³ PRAMS
*Cost is calculated as follows:
(8,400) X (0.75 remain untreated) x (\$202,000 cost) = \$58 million

STATEWIDE EFFORTS		
✓	Coalition/Commission/Task Force	Maternal Mental Health Initiative (Dweschutes County)
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Maternal Mortality and Morbidity Review Committee
✓	Perinatal Quality Collaborative	Oregon Perinatal Collaborative
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Oregon Chapter
✓	Proclamation or Resolution	Maternal Mental Health Month
✓	State Legislation or Policy x Requires screening ✓ Requires education	HB 2235 - Maternal Mental Health Patient and Provider Education Program
✓	Other	State Obstetric and Pediatric Research Collaboration (STORC)



COMMUNITY RESOURCES
Baby Blues Connection (Portland) – Supports parents and their families coping with pregnancy and postpartum mood disorders, with information, resources, and community; and connect and support the volunteers, staff and professionals who serve them.
Compass Perinatal Peer Support (Salem) - Peer-led support groups to connect with other parents during the perinatal period (pregnancy and postpartum).
Well Mama Oregon (Eugene) - Provides support, information, advocacy, and access to appropriate treatment to people who may be suffering from perinatal mood or postpartum anxiety as well as mental health conditions related to all reproductive health events.

RESEARCH + TREATMENT
ICBT for Maternal Depression: Community Implementation in Head Start – Partnering with Head Start agencies to deliver a highly effective treatment for maternal depression and healthy child behavior in Oregon, Idaho & Washington.
WOHSU, Center for Women's Health - Perinatal Mental Health (Portland) - Provides mental health assessment, treatment and consultation, medication management and psychotherapy during pregnancy and postpartum, second opinions on prenatal medication management and pregnancy - related psychiatry.