

MATERNAL MENTAL HEALTH AT A GLANCE



27,000 families
impacted by MMH conditions

136,000 births
per year



\$650 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



11% postpartum depression rate¹
34% births covered by Medicaid²
26 deaths per 100,000 births³
maternal mortality rate

¹ CDC ² March of Dimes ³ PRAMS

*Cost is calculated as follows:

(27,000) X (0.75 remain untreated) x (\$32,000 cost) = \$650 million

STATEWIDE EFFORTS

✓	Coalition/Commission/Task Force	Maternity Care Coalition (Southeastern PA) Pennsylvania Perinatal Partnership
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Pennsylvania Maternal Mortality Review Committee Philadelphia Maternal Mortality Review (2020 Report)
✓	Perinatal Quality Collaborative	Pennsylvania Perinatal Quality Collaborative
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Pennsylvania Resource Page
✓	Proclamation or Resolution	HR 306/SR 108 - "Postpartum Depression Awareness Month" in Pennsylvania (2019)
✓	State Legislation or Policy ✓ Requires screening x Requires education	SB 74 - An act requiring screening to be provided to a pregnant woman
✓	Safer Childbirth Cities Program	Health Federation of Philadelphia (Philadelphia) and its partners are strengthening surveillance and reporting, improving clinical care, integrating community voices in developing solutions, addressing racial disparities in maternal health outcomes, and increasing community-based support for childbearing women through development of a community action team. Jewish Healthcare Foundation (Pittsburgh) and its partners are improving coordination and quality of care among local service providers, educating midwives and other health professionals, and building a local maternal health movement.
✓	Zulresso Treatment Locations	St. Luke's Hospital (Easton) UPMC Pinnacle (Harrisburg) Moses Taylor Hospital (Scranton)



RESOURCES AND TREATMENT OPTIONS

The Children's Advocacy Project of Philadelphia (Philadelphia) – Maintains a **list of resources and referrals** to support pregnant people and new parents.

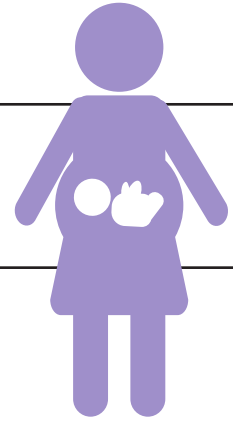
Penn Center for Women's Behavioral Wellness (Philadelphia) – Provides clinical consultation and treatment.

The Postpartum Stress Center (Rosemont) – Provides comprehensive clinical interventions for any woman who suffers from the range of prenatal and postpartum mood and anxiety disorders. Also offers specialized training for mental health professionals.

PPD Philly (Philadelphia) – Program of the Philadelphia Department of Public Health. Provides information and resources to address maternal mental health.

Postpartum Pittsburgh (Pittsburgh) – Provides comprehensive information and resources to address mental health related to childbearing for women and families in Western Pennsylvania.

UPMC Magee-Women's (Central Pennsylvania) – Offers a variety of resources, including **women's behavioral health specialists, support groups, pregnancy loss services,** and Zulresso treatment.



RESEARCH, COMMUNITY RESOURCES AND INTENSIVE OUTPATIENT PROGRAMS

University of Pittsburgh, Perinatal Behavioral Health Research Group (Pittsburgh) – Goal of the group is to improve the psychological, physical and emotional health and wellness of perinatal people through research, education and training.

Mother Baby Connections - Intensive Outpatient Program at Drexel University (Philadelphia) – Intensive outpatient program (2 days per week) offering a variety of therapeutic options and resources and referrals for additional care.

University of Pennsylvania – Penn Center for Women's Behavioral Health (Philadelphia) – Provides clinical consultation and treatment, including therapy and medication management. Also offers opportunities to participate in research focusing on conditions related to women's behavioral health across the lifespan.

Allegheny Health Network Alexis Joy D'Achille Center for Perinatal Mental Health (Pittsburgh) – Offers mother-baby intensive outpatient program (3 days per week) offering a variety of therapeutic options, medication management, and resources and referrals.

Whole Heart Maternal Mental Health (Philadelphia) – Psychotherapy group specializing in Maternal Mental Health offering both virtual and in person options, offers Spanish and Hebrew speaking therapists and have a sliding scale and accepts one insurance (ComPsych).

Main Line Health Nest Program from the Women's Emotional Wellness Center (Newtown Square) – Provides outpatient mental health services to women and their families, also provides assessment and treatment along with a comprehensive range of behavioral health services for people experiencing depression or anxiety.

