

MATERNAL MENTAL HEALTH AT A GLANCE



47,000 births
per year

9,400 families
impacted by MMH conditions



\$226 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



15% postpartum depression rate¹

26% births covered by Medicaid²

23 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	Utah Maternal Mental Health Collaborative (Has become Postpartum Support International - Utah)
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Perinatal Mortality Review
✓	Perinatal Quality Collaborative	Utah Women and Newborns Quality Collaborative
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	PSI Utah
✓	Proclamation or Resolution	SCR 11 (2018) – Concurrent Resolution on Awareness and Treatment of Maternal Depression and Anxiety
x	State Legislation or Policy	
✓	Other	Maternal Mental Health Referral Network



COMMUNITY RESOURCES

The Emily Effect – Provides resources to families and support for women suffering from perinatal mood disorders. Resources include mental health providers, support groups, and specialized information for fathers, adoptive parents, and more.



TREATMENT PROGRAMS

Highland Springs (various locations) – Provides medication management and therapy.

Huntsman Mental Health Institute / University of Utah (Salt Lake City and Farmington) – Provides inpatient treatment and outpatient programs addressing maternal mental health, pregnancy loss, infertility, and NICU parents. Services include medication management, therapy, and support groups.

Reach Counseling (Jordan) – Provides intensive outpatient program with therapy, support groups, and classes.

St. Mark's Hospital Behavioral Health Services (Salt Lake City) – Provides intensive outpatient program with medication management, therapy, and support groups.

Serenity Recovery and Wellness (Provo and Riverton) – Provides intensive outpatient program with medication management and therapy.