




MATERNAL MENTAL HEALTH AT A GLANCE



86,000 births
per year 

17,000 families
impacted by MMH conditions

\$408 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby 


11% postpartum depression rate¹

40% births covered by Medicaid²

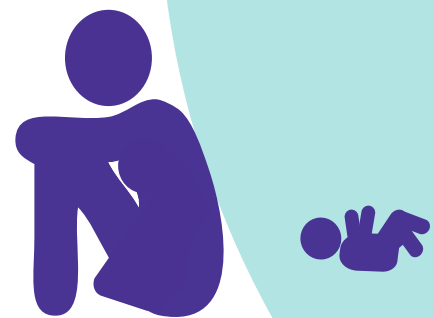
20 deaths per 100,000 births³
maternal mortality rate

¹ PRAMS ² March of Dimes ³ CDC
*Cost is calculated as follows:
(17,000) X (0.75 remain untreated) x (\$32,000 cost) = \$408 million

STATEWIDE EFFORTS



✓	Coalition/Commission/Task Force	11 Perinatal Mental Health Task Forces (Listed by county/community)
✓	Medicaid Expansion	
✓	Maternal Mortality Review	Washington State Maternal Mortality Review Panel
✓	Perinatal Quality Collaborative	Washington State Perinatal Collaborative (WSPC) Perinatal Collaborative Pierce County (Pierce County)
✓	Perinatal Psychiatry Access Program	Perinatal Psychiatry Consultation Line (Perinatal PCL)
✓	Postpartum Support International Chapter	Perinatal Support Washington (PS-WA)
x	Proclamation or Resolution	
✓	State Legislation or Policy <ul style="list-style-type: none"> ✓ Requires screening ✓ Requires education 	SB-5068 - Extends pregnancy-related Medicaid coverage from 60 days to a full year postpartum State Funded Warm Line - 1-888-404-7763 Live-answer English and Spanish.



INFORMATION, RESOURCES, AND TREATMENT

American Indian Health Commission of Washington State (Statewide) - Provides information and resources specifically for American Native individuals.

Evergreen Health (Kirkland) - Provides resources for new parents, including support groups and classes, medication management and brief outpatient therapy.

Maternal Mental Health Access (Statewide) - Provides resources, education, and support for perinatal providers.

ParentHelp123 (Statewide) - Assists parents with finding community resources, applying for insurance, enrolling for assistance, and more.

Perinatal Support Washington (Statewide) - Provides support and resources for parents, including support groups, therapy, and a warmline; education for providers; an online directory; and additional resources.

Program for Early Parent Support (Seattle) - Connects new parents through peer - support groups.

Swedish Center for Perinatal Bonding and Support (Seattle) - Offers specialized, knowledgeable and timely care to prevent and treat perinatal mood and anxiety disorders, and strengthen attachment. Services include Day Program and Reproductive Psychiatry.

University of Washington Perinatal Education Research and Consultation (PERC) Center (Seattle) - Provides a wide range of services, including clinical care for pregnant and postpartum people; training and workforce development; perinatal psychiatry access line; and research.

RISE Behavioral Health Program, Providence Holy Family Hospital (Spokane)

- Intensive program for pregnant women or up to one - year postpartum, who can receive care for mental health concerns in a comfortable environment, and care for and bond with their baby.

