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# Maternal Mental Health Coalition

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## ***Meeting #1: Kickoff***



Local / hospital logo

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# GOALS for TODAY

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*Who are we?*

*Why are we here?*

*What are PMADs?*

*What is The Coalition?*

*Introductions*

*Video About PMADs*

*Discuss Purpose  
and Goals of  
The Coalition*

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# Postpartum Support Virginia

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- Married for 20 years
- Mom of 3 (ages 17, 15, 12)
- PPD after 2<sup>nd</sup> child
- No history of anxiety depression
- **2005**: started 1<sup>st</sup> support group

- **2009**: 3 volunteers, 2 groups
- **2017**: 51 volunteers, 17 groups
- Support to moms & families
- Information & resources
- Outreach & education

## MISSION

help new mothers overcome postpartum depression and other perinatal mood and anxiety disorders (PMADs)

## VISION

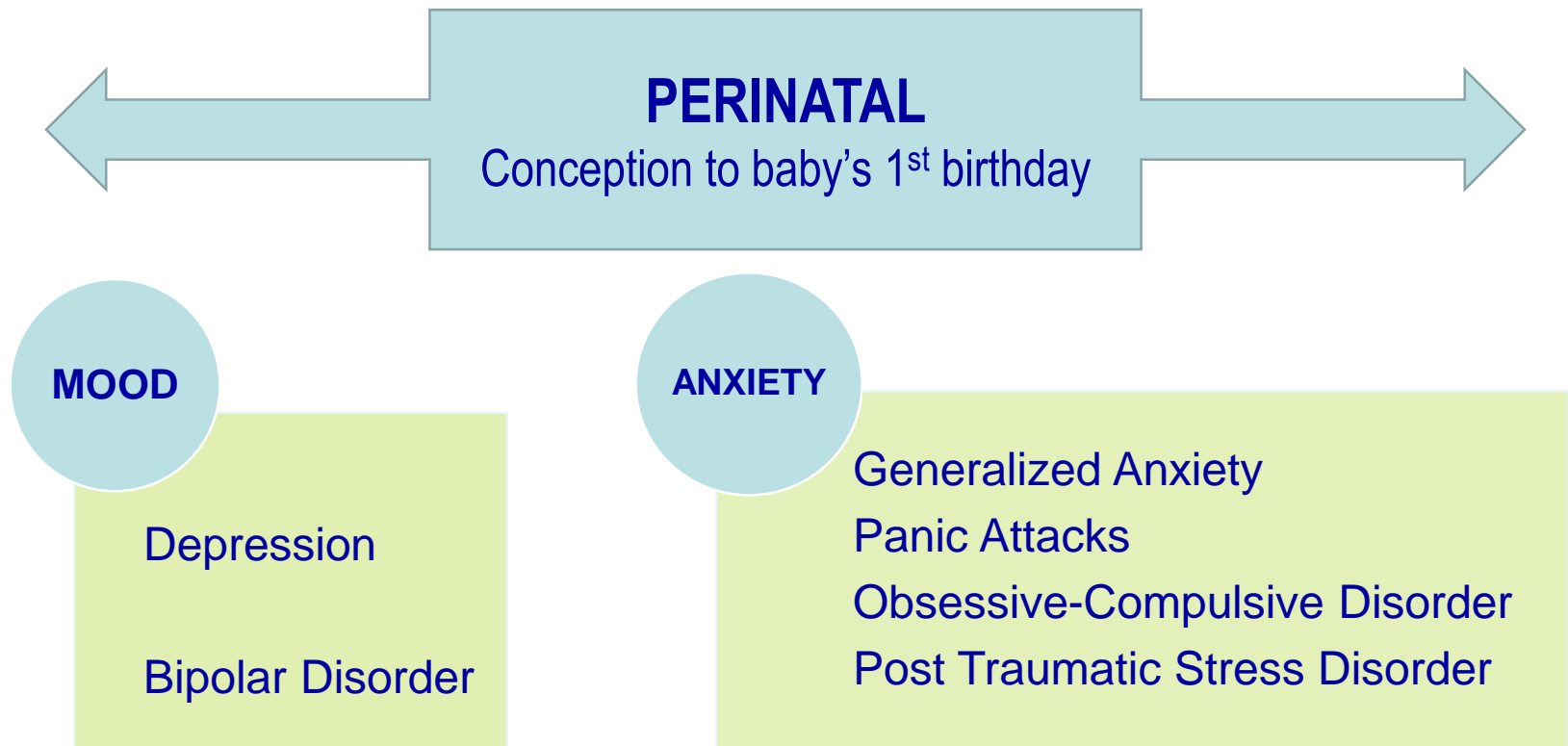
all childbearing women in Virginia will receive information about PMADs and have access to help

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# Perinatal Mood & Anxiety Disorders

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*It's not just postpartum. It's not just depression.*



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PMADs are the  
**#1 complication**  
of pregnancy and childbirth

**1 in 5 women**  
(and up to 1 in 3 in high-risk populations)  
will experience PMADs

1-2 women per 1,000  
will experience  
***postpartum psychosis***

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# Risks of Untreated PMADs

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## **PREGNANCY**

- Pregnant women experiencing PMADs are more likely to have
  - poor health habits
  - poor prenatal care
  - substance abuse
- Increased risk of negative birth outcomes
  - pre-term labor
  - premature delivery (<37 weeks)
  - low birth weight
  - small head circumference
  - low APGAR scores
  - NICU admissions

## **POSTPARTUM**

- Depressed mothers are more likely to have
  - fewer positive interactions with their babies
  - decreased response to cues
  - breastfeeding issues
- Increased risk for children to experience
  - cognitive/developmental delays
  - emotional/behavioral problems
  - substance abuse
  - psychiatric disorders

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# Risks of Untreated PMADs (cont'd)

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- **SUICIDE** is the #1 cause of death for women in first year postpartum
- Psychiatric hospitalizations spike in first year postpartum
- Maternal depression is the #1 predictor of paternal depression
- Impaired relationship with partner and/or other children
- Anxious / depressed parents are more likely to overuse healthcare and ER

*If Mom isn't happy,  
then nobody is happy*

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# PMADs By The Numbers

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**20%**

Percentage of childbearing women  
who will experience PMADs

**30%**

Percentage of NICU mothers with  
**PTSD**

## Annual Diagnosis for Major Illnesses

Diabetes	800,000
Stroke	300,000
Breast Cancer	230,000
<b>PMADs</b>	<b>1.2 million</b>

## Pregnancy-Related Illnesses

**PMADs** > Birth Anomalies  
+  
Gestational Diabetes  
+  
Preeclampsia

**30**

The number of times  
a woman will see a healthcare provider  
in the perinatal timeframe

**\$22,000**

Annual cost per mother/infant dyad of  
**NOT** treating PMADs



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# Your Town, Virginia

**xxx** babies born each year

**yyy** women will experience PMADs

**\$A.A** million

**zzz** women will experience postpartum psychosis

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# Screening & Education

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United States Preventive  
Services Task Force

American Congress of  
Obstetricians &  
Gynecologists

American Academy  
of Pediatricians

American Academy  
of Family Physicians

***PMADs are so common,  
we screen EVERYONE***

*During pregnancy*

*At delivery*

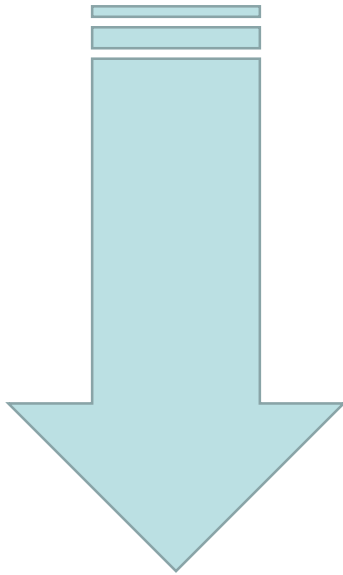
*Throughout first year  
postpartum*

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# Treatment

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*Low Cost, Low Barrier*



*High Cost, High Barrier*

SELF CARE

SOCIAL SUPPORT

TALK THERAPY

MEDICATION

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# Goal of The Coalition

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## COMPREHENSIVE MATERNAL MENTAL HEALTH CARE



Conception to baby's 1<sup>st</sup> birthday

### EDUCATION / SCREENING

Childbearing women  
will receive information  
about PMADs  
and be screened for them

### TREATMENT

PCPs will initiate care if possible  
FREE social support  
Therapy is accessible / affordable  
Medication management  
from many providers