Maternal Mental Health Coalition

Meeting #1: Kickoff
GOALS for TODAY

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
Postpartum Support Virginia

- Married for 20 years
- Mom of 3 (ages 17, 15, 12)
- PPD after 2nd child
- No history of anxiety depression
- 2005: started 1st 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
Perinatal Mood & Anxiety Disorders

It’s not just postpartum. It’s not just depression.

PERINATAL
Conception to baby’s 1st birthday

MOOD
Depression
Bipolar Disorder

ANXIETY
Generalized Anxiety
Panic Attacks
Obsessive-Compulsive Disorder
Post Traumatic Stress Disorder
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
Risks of Untreated PMADs

**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
Risks of Untreated PMADs (cont’d)

- **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*
## PMADs By The Numbers

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>20%</strong></td>
<td>Percentage of childbearing women who will experience PMADs</td>
</tr>
<tr>
<td><strong>30%</strong></td>
<td>Percentage of NICU mothers with PTSD</td>
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### Annual Diagnosis for Major Illnesses

<table>
<thead>
<tr>
<th>Illness</th>
<th>Diagnosis</th>
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<tbody>
<tr>
<td>Diabetes</td>
<td>800,000</td>
</tr>
<tr>
<td>Stroke</td>
<td>300,000</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>230,000</td>
</tr>
<tr>
<td><strong>PMADs</strong></td>
<td><strong>1.2 million</strong></td>
</tr>
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### Pregnancy-Related Illnesses

- Birth Anomalies
- Gestational Diabetes
- Preeclampsia

<table>
<thead>
<tr>
<th>PMADs</th>
<th>Percentage of PMADs</th>
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<tbody>
<tr>
<td>PMADs</td>
<td>20%</td>
</tr>
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</table>

### Data

- **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
Your Town, Virginia

xxx babies born each year

yyy women will experience PMADs

$A.A$ million

zzz women will experience postpartum psychosis
Screening & Education

PMADs are so common, we screen EVERYONE

During pregnancy
At delivery
Throughout first year postpartum

United States Preventive Services Task Force
American Congress of Obstetricians & Gynecologists
American Academy of Pediatricians
American Academy of Family Physicians
Treatment

Low Cost, Low Barrier

- SELF CARE
- SOCIAL SUPPORT
- TALK THERAPY
- MEDICATION

High Cost, High Barrier
Goal of The Coalition

COMPREHENSIVE MATERNAL MENTAL HEALTH CARE

Conception to baby’s 1st 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