



IMPROVING TREATMENT OF MATERNAL MENTAL HEALTH

WHY THIS WORK MATTERS

One in five California women suffers from depression, anxiety, or both while pregnant or after giving birth, negatively impacting the mother and the child. Despite this high prevalence of mental health issues, few women receive treatment. CHCF is working with partners to better understand this issue and to explore innovative, practical solutions for delivering mental health care to California's mothers and expectant mothers in need.

Perinatal mood and anxiety disorders are the most common medical complication affecting women during pregnancy and after childbirth. They include prenatal and postpartum depression and/or anxiety, and, in extreme cases, postpartum psychosis. According to the Maternal and Infant Health Assessment (MIHA) conducted by the California Department of Public Health (CDPH), 21% of pregnant and postpartum women in California are affected. The prevalence is estimated to be even higher in some populations. For example, one in four African American and Latina mothers in the state reports depressive symptoms, and so do as many as half of all mothers living in poverty.

Left undetected and untreated, these conditions can lead to negative health outcomes for the mother, and can negatively affect the mother-child bond and the child's long-term physical, emotional, and developmental health. Additionally, the financial cost of untreated maternal mental health conditions can be significant (for example, more use of emergency care services, higher rates of absenteeism at work).

OUR APPROACH

Fortunately, these conditions are treatable, and early detection can make a significant, positive impact. CHCF is currently funding projects to better understand maternal mental health care in California and to explore ways that it can be improved. A summary of the projects that are part of CHCF's maternal mental health portfolio is provided on the following page.

PROJECT HIGHLIGHTS

Background and Landscape

- A CHCF Health Care Almanac report describes the status of maternity care in the state.
www.chcf.org/publication/maternity-care-in-california-delivering-the-data
- CHCF and The California Endowment supported a statewide task force on maternal mental health in California, which produced a report with recommendations.
www.2020mom.org/ca-task-force
- Cofunded with Yellow Chair Foundation and fielded in English and Spanish, the Listening to Mothers in California survey is an effort to collect the opinions and experiences from mothers about maternity care.
<http://www.nationalpartnership.org/issues/health/maternity/listening-to-mothers-in-california.html>
- CHCF is partnering with University of Southern California's Hollywood, Health & Society program to incorporate more accurate depictions of maternity care into TV programming.
www.hollywoodhealthandsociety.org

Delivery System Improvement

- The Institute for Medicaid Innovation is identifying and summarizing promising approaches to address maternal depression and anxiety during pregnancy and one year post-birth with a focus on the Medicaid population.
www.medicaidinnovation.org
- The National Committee for Quality Assurance is developing clinical quality measures for perinatal depression to be proposed for inclusion in the national Healthcare Effectiveness Data and Information Set.
blog.ncqa.org/depression-measure-mothers
- Maternal Mental Health Now tested collaborative maternal mental health care in three Los Angeles community clinics.
www.maternalmentalhealthnow.org
- With the Los Angeles County Health Agency and the University of Southern California, a pilot program is testing the use of secure email in electronic consultations between reproductive psychiatrists and general psychiatrists to improve management of pregnant and postpartum women with severe, persistent mental illness.
www.centerforhealthjournalism.org/2018/02/05/qa-dr-emily-dossett-disturbing-lack-mental-health-care-moms-safety-net
- Researchers from the University of Washington and the Advancing Integrated Mental Health Solutions Center are assessing the impact and cost effectiveness of longitudinal remote consultation when used provider to provider. The National Institute of Mental Health is the main funder; CHCF is supporting California sites.
www.aims.uw.edu
- Read about CHCF's efforts to improve maternal care in California.
www.chcf.org/topic/maternal-health/

For more information, contact Stephanie Teleki, MPH, PhD at steleki@chcf.org and visit www.chcf.org/maternity

The California Health Care Foundation (CHCF) is dedicated to advancing meaningful, measurable improvements in the way the health care delivery system provides care to the people of California, particularly those with low incomes and those whose needs are not well served by the status quo. We work to ensure that people have access to the care they need, when they need it, at a price they can afford.