

Alachua County
Perinatal
Mental Health
Coalition



ACPMHC

Support for Parents, Education for Providers, Lifting Stigma

Who are we?

- Founded in 2015
- 501c3
- Board of Directors
- Advisors & Community Stakeholders
 - Medical professionals
 - Mental health professionals
 - Community organizations
 - Survivors of perinatal mental illness

2016/2017 MMH Community Assessment

- Awareness/Stigma
- Education for providers
- Low SES = higher risk
- Support for parents

FIND THE REPORT AT ACPMHC.COM



Alachua County Maternal Mental Health Needs Assessment 2017

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www.acpmhc.com (352) 888-4932

EXECUTIVE SUMMARY

Introduction

Depression and anxiety are at their highest rates in the lifecycle during the childbearing years from puberty to menopause. Perinatal mental illnesses are a leading public health concern. Nationally, up to one in five women (approximately 20%) will experience what is known as a Perinatal Mood or Anxiety Disorder ("PMD") related to the time of pregnancy and the year after delivery; including those who experience perinatal loss.

PMDs have been identified in women of every race, ethnicity, culture, income level and education level during childbearing age. Men and partners also experience PMDs at the rate of approximately one out of every ten.²³ Minorities, women with comorbidities of pregnancy and those with limited resources are at heightened risk for mental health complications during the perinatal time frame. To our knowledge, no previous study has been carried out in Alachua county or Florida to specifically identify the status of maternal mental health.

You cannot tell by looking. Every woman needs to be informed, screened and offered appropriate services.

More than 900,000 parents in the United States experience depression or other perinatal mood disorders annually.²⁶ This makes PMD the leading health complication during the pregnancy and postpartum timeframe

In the most severe cases, women are taking their lives and at times, the child's life, while suffering in silence and believing they are alone with no relief to be found.

The prevalence rate of PMD surpasses the combined rate of gestational diabetes and preeclampsia.

In Florida more than 200,000 babies are born each year. In Alachua County, Florida, almost 3,000 babies are born annually. The combined two-generation costs of untreated perinatal mood disorders for both are: \$900,000,000 (Florida) and \$12,600,000 (Alachua County).⁹

The Perinatal Mood and Anxiety Disorder (PMD) spectrum is often lumped into one term, postpartum depression; however, this term does not capture the fact that other mood disorders and anxiety also occur during pregnancy and after. The newest research available on perinatal anxiety reveals prevalence rates at least as high as for depression.



FACT SHEET



**Florida Maternal
Mental Health
Collaborative**

FLORIDA FAMILIES FIRST ACT OF 2018 (S.B. 138/H.B. 937)

The Florida Families First Act of 2018 would increase and improve consumer and provider awareness, education and resources for postpartum depression and related illnesses. The Florida Maternal Mental Health Collaborative urges Florida representatives to co-sponsor and support the passage of this important bill.

BACKGROUND

- Perinatal depression and related illnesses take place during pregnancy and after delivery. A woman may feel angry, hopeless, worthless, panicked and unable to connect with her baby.
- Approx. 1 in 5 Florida Moms experience a perinatal mood disorder.
- Left untreated, perinatal mental illnesses affect the entire family system.
- Perinatal mental illness can impact parent/child bonding and effects the parents' ability to function in many ways. Child's cognitive, social and emotional are impacted.
- Perinatal mental illnesses are a leading cause of **maternal mortality**.
- Left unrecognized/untreated; large economic impact on communities.
- Child safety may be impacted when parent mental illness left untreated.
- Medical providers often lack knowledge of appropriate care for perinatal mental illness and/or local resources for referral.

SB 138/HB 937 KEY POINTS

- Addresses awareness through PSAs.
- 2 hotlines: one for consumers and one for providers
- Encourages providers to seek continuing education on perinatal mental illnesses.
- Statewide clearinghouse of mental health providers with specialized training.
- requires hospitals and birth centers to screen for presence of postpartum depression; give educational materials and hotline information

FLMomsmatter.org
info@flmomsmatter.org

HOUSE VERSION (H 937) THAT PASSED INCLUDES

- Requires FL DOH to offer info and local resources via the existing toll free Family Health Line
- Revised requirements for birth centers to include screening and information during postpartum evaluation
- Appropriations 2018-2019 fiscal year:
 - \$104,320 recurring
 - \$21,600 non-recurring

Florida Maternal Mental Health Collaborative (www.FLMomsMatter.org) partnering with FL DOH on this endeavor.

- Training recommendations for hotline counselors
- Statewide resource list