



#MMHWeek2019 Toolkit for Organizational/Influencer Partners

RESOURCES & REFERENCES

RESOURCES

Postpartum Support International is a nonprofit focused on provider training and supporting mothers and families through the emotional changes that women experience during pregnancy and the postpartum period.

www.postpartum.net

The Postpartum Stress Center LLC was established to provide better understanding of the range of prenatal and postpartum mood and anxiety disorders and comprehensive clinical intervention for any woman who suffers from these disorders. The center's objective is to provide support and treatment for the pregnant or postpartum woman and her family as well as guidance for her treating physician or therapist.

<https://postpartumstress.com/>

2020 Mom is a national nonprofit focused on closing gaps in the maternal mental health care system through policy and systems change. Moms and those who support them looking to effectuate change can become 2020 Mom Ambassadors.

www.2020mom.org



REFERENCES

NOTE: Read more about these statistics in 2020 Mom's California White Paper
<https://www.2020mom.org/ca-task-force-recommendations>

Less than 15% of women diagnosed with an MMH disorder receive treatment. Only 6% sustain treatment

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- Carter et al. *Aust New Zeal J of Psych* 2009; 31 (2): 155-62.
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- Marcus J *Women Health* 2003; 12 (\$): 373-80.

Maternal mental health disorders are the most common complication of childbirth

- Committee on Obstetric Practice. Screening for perinatal depression: committee opinion no. 630. Washington, DC: American Congress of Obstetrics and Gynecology; 2015:1-4. <https://www.acog.org/-/media/Committee-Opinions/Committee-onObstetric-Practice/co630.pdf?dmc=1&ts=20161227T1417252146>.
- Stewart DE, Robertson E, Dennis CL, Grace SL, Wallington T, University Health Network Women's Health Program. Postpartum depression: literature review of risk factors and interventions. http://www.who.int/mental_health/prevention/suicide/lit_review_postpartum_depression.pdf. Published October 2003.
- Sontag-Padilla L, Schultz D, Reynolds KA, Lovejoy SL, Firth R. Maternal depression: implications for systems serving mother and child. Pittsburgh, PA: RAND Corporation; 2013:1-11. http://www.rand.org/content/dam/rand/pubs/research_reports/RR400/RR404/RAND_RR404.pdf.

Up to 1 in 5 Women will suffer from a maternal mental health disorder like postpartum depression

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If you have any questions along the way about the campaign, please contact: Cindy Herrick at cindy@2020mom.org