Supporting Maternal Mental Health: Policy Initiatives and Partnerships in Oregon

Maternal Mental Health in Oregon
Over the past several years, Oregon has developed a strong and dynamic initiative dedicated to addressing maternal mental health. Independent projects are being linked into partnerships, and partnerships are leading to changes in policy and practice around the state. Public health has taken a leadership role in this initiative, convening and collaborating with public, private, and non-profit partners around the state to strengthen Oregon's systems, services and supports for prenatal and postpartum families.

HB 2666 Maternal Mental Health Work Group Charge
- Study maternal mental health disorders.
- Identify successful prevention, identification and treatment strategies and initiatives.
- Develop a set of recommendations and actions to improve maternal mental health in Oregon.

HB 2666 Recommendations
1. Provider training and support
   - Develop and fund a coordinated statewide initiative to train and support healthcare, public health, addictions, mental health, and early childhood providers.

2. Public awareness
   - Increase public awareness and understanding of the importance, symptoms, risk factors and stigma associated with maternal mental health disorders.

3. Screening and assessment
   - Make screening and assessment for maternal mental health disorders available to all Oregon women during pregnancy, postpartum and post-loss.

4. Treatment and support services
   - Ensure that effective and culturally competent maternal mental health services are available and accessible statewide for women, children, and families.

5. State and local systems integration
   - Integrate maternal mental health services across health, education, addictions and mental health, public health, and early childhood systems.

6. Medicaid coverage for maternal mental health
   - Cover a full range of screening, assessment and treatment services through Medicaid; eliminate barriers to provider billing, and other Medicaid systems barriers.

Ongoing work of Oregon’s Maternal Mental Health Partners
- The Oregon Maternal Mental Health Network has formed to support provider networking and collaboration.
- Provider training initiatives are underway in various regions of the state.
- Innovative treatment models are being developed and piloted.
- State and local agencies are pursuing opportunities to address system barriers and integrate maternal mental health across agencies and programs.