



## What is maternal depression?

Maternal depression is a range of depressive symptoms, experienced by a pregnant woman or a mother with a young child.<sup>1</sup>

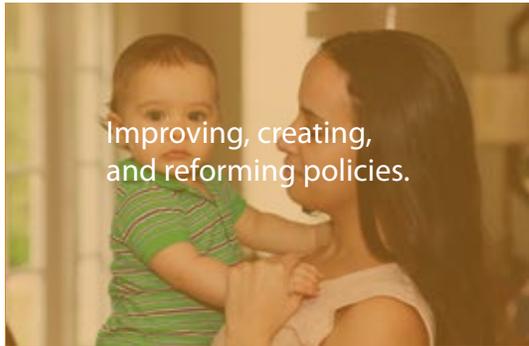
## MOMD's goals

The Center for Law and Social Policy (CLASP) aims to increase access to maternal depression prevention, screening, and treatment while advocating for services that are racially equitable and culturally relevant.

## MOMD helps states advance racial equity, systems, and policy by...



Improving statewide education of current and upcoming policy changes and opportunities.



Improving, creating, and reforming policies.



Collecting and disseminating lessons learned, successes, and challenges.



Increasing the quality and availability of services related to maternal depression provided by states.

## Factors impacting policy change <sup>2</sup>



**Cross-sector partnerships**



**Research/data**



**Social determinants of health**



**Mothers' voices/experiences**



**Cultural relevance/racial impact**



**Voices/experiences of communities of color**

## MOMD technical assistance (TA) states



**New Jersey**



**New York**



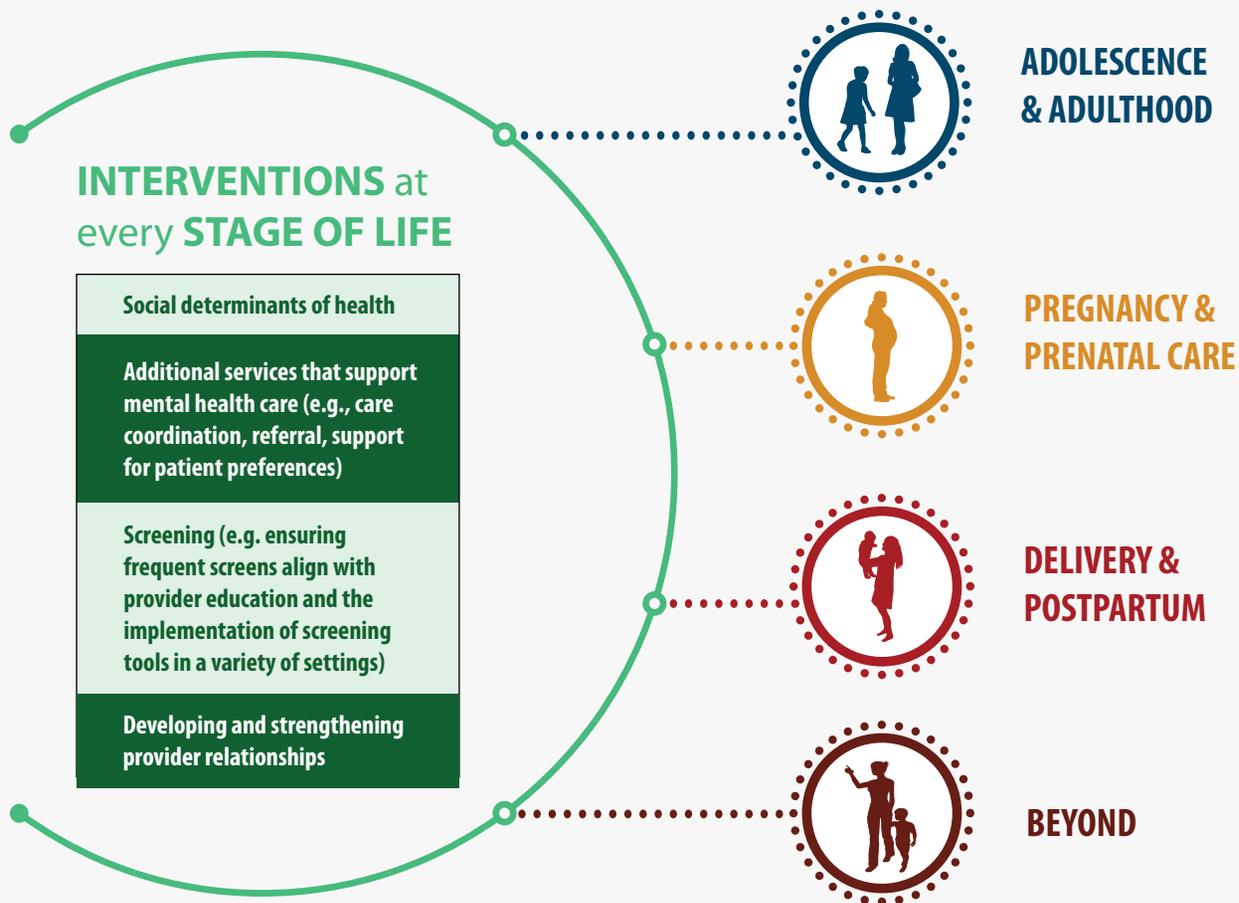
**Pennsylvania**

States proposed a range of goals they will work to achieve during the project period, including developing data systems to improve access, screening, and treatment as well as integrating standardized screening and referral processes in existing programs statewide. In addition to these three TA states, CLASP convenes a learning community with 7 additional states (D.C., LA, MA, MI, OR, RI, and VA).

# MOMD's Points of Intervention

## Preventive care, direct intervention, identification, and comprehensive supports are needed throughout life

Preventive services and practices must begin in the adolescent period. This ensures young women have the appropriate supports to remain physically and mentally healthy, and for them and the professionals they work with to identify and treat depression at the earliest onset. Addressing maternal depression cannot be siloed to one stage of a woman's lifecycle; rather, it should be a gradual process of relationship building, and increasing screening, services, and education. Effective prevention in both lifestyle habits (i.e. diet, exercise, and investment in relationships) and referral, treatment, and follow-up services must be implemented in diverse settings in the health-care system and community in order to ensure effective identification of maternal depression and support the diverse needs of mothers with maternal depression.



## Racial equity

Considering the racial impact of policy and practice decisions ensures that systems of care do not perpetuate differential outcomes by race/ethnicity. Women need culturally relevant services to prevent and address maternal depression during adolescence, pregnancy, and life after a baby is born.

Culturally relevant services emphasize patients' social and cultural backgrounds when effectively identifying, supporting, and providing care for women experiencing maternal depression.

States should ensure maternal depression services and practices are equitable and culturally relevant across all communities and at every point of intervention and care.

<sup>1</sup> To see the full list of nine depressive symptoms of maternal depression, see page 1 (letter A) at <https://psychcentral.com/disorders/depression/depression-symptoms-major-depressive-disorder>. <sup>2</sup> This is not inclusive of all the factors impacting policy change.