



MCH Fellows: Maternal and Child Mental Health

Legislative Trends and Policy Options

January 21, 2022

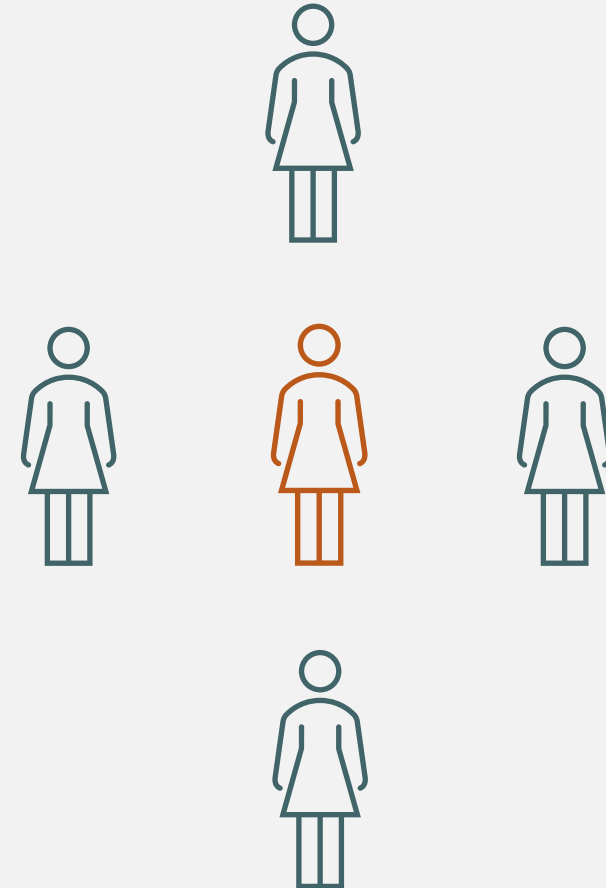
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Maternal Mental Health Legislative Trends

Increasing maternal mental health awareness

Increasing and enhancing coverage, access and treatment for pregnant and parenting people.

Increase Medicaid Postpartum Coverage to 1 yr.



Increase Access and Treatment

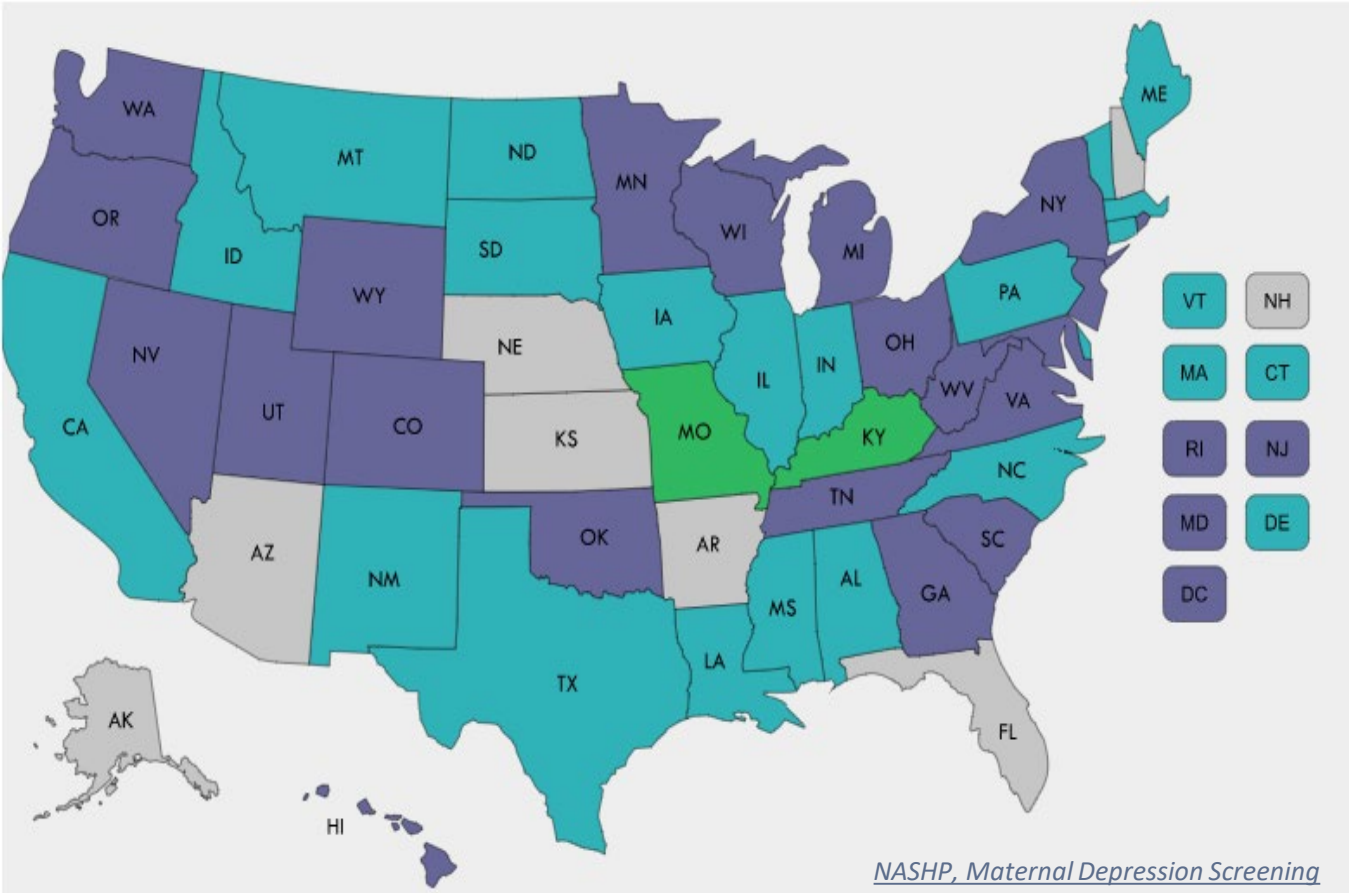
- [Illinois HB 5](#) (2019)
- [Texas HB253](#) (2019)

Medicaid Depression Screening

- During well-child visits
 - 27 states recommend screening
 - 9 states allow screening
 - 8 states require screening

COVID-19 Influences

- Under an emergency public health order, California and Connecticut allowed for maternal depressions screening during well-child visits via telehealth

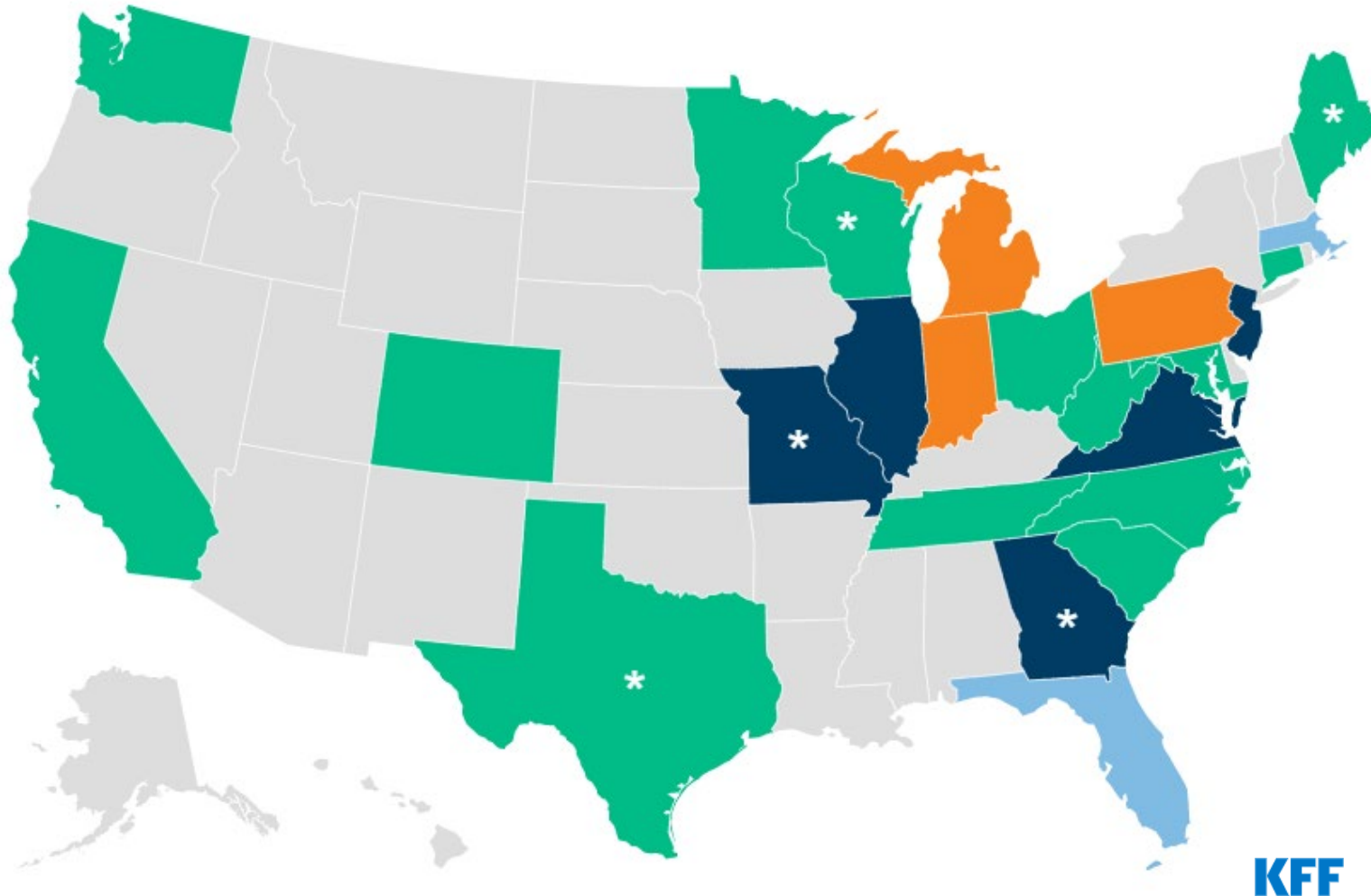


States with Specific Maternal Depression Screening Tools

- Requires specific tools (20 states)
- Recommends specific tools (22 states)
- Does not require or recommend specific tools (2 states)

Medicaid Postpartum Coverage

■ Approved 1115 waiver ■ Enacted legislation to seek federal approval through SPA or 1115 waiver ■ Planning to submit a SPA or 1115 waiver ■ Proposed/pending 1115 waiver



American Rescue Plan Act of 2021

- Option to expand postpartum coverage to 12 months via State Plan Amendment (SPA)
- Effective April 1, 2022, for five years

Children and Youth Mental Health Legislative Trends

- Creation of task forces, committees or executive agencies to better understand and respond to youth mental health challenges
 - [Iowa SF479](#) (2019)
- Increased access and treatment services for mental health
 - [Colorado HB21-1258](#) (2021)
- Increased coordination and resources with other state systems, such as:
 - Human services [Hawaii SR16](#) (2020)
 - Criminal justice [Montana HJR35](#) (2021)
 - Education [Alabama HB97](#) (2021)

Related policy areas:
adverse childhood
experiences, trauma-
informed care and
social-emotional
learning

- Additional Expertise

- Behavioral health for adults and children, tobacco and nicotine policies and neonatal abstinence and neonatal opioid withdrawal

- Additional Resources

- U.S. Surgeon General Advisory: [Protecting Youth Mental Health](#)
- Health Resource and Services Administration, [Bright Future Program Guidelines](#)
- NCSL, [Enhancing School Capacity to Support Children's Mental Health](#)
- Substance Use Disorder Treatment [Legislative Database](#)
- Maternal and Child Health [Legislative Database](#)



Thank You!

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