



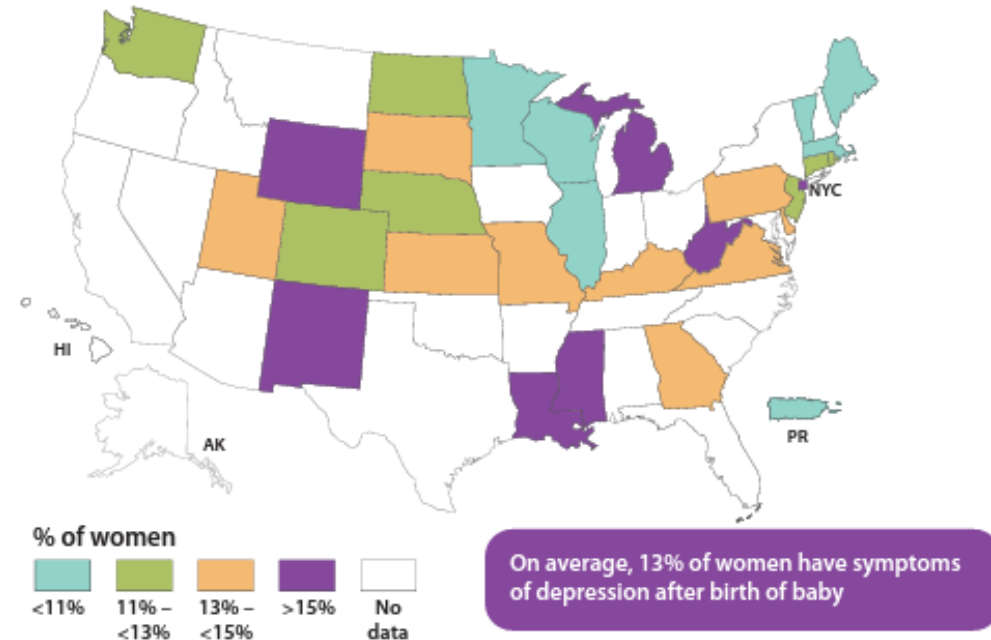
Maternal Mental Health and Substance Use Disorder State Policy Trends

Kendall Speer, NCSL Health Program

Maternal Depression Screening: Overview

- [Recent CDC research](#) shows that about 1 in 8 women experience symptoms of postpartum depression.
- [American College of Obstetrics and Gynecologists \(ACOG\)](#): recommends that obstetrician–gynecologists and other obstetric care providers screen patients at least once during the perinatal period for depression and anxiety symptoms using a standardized, validated tool.

Percentage of women with symptoms of depression after birth varies by state



Source: CDC's Pregnancy Risk Assessment Monitoring System Survey–31 sites, 2018

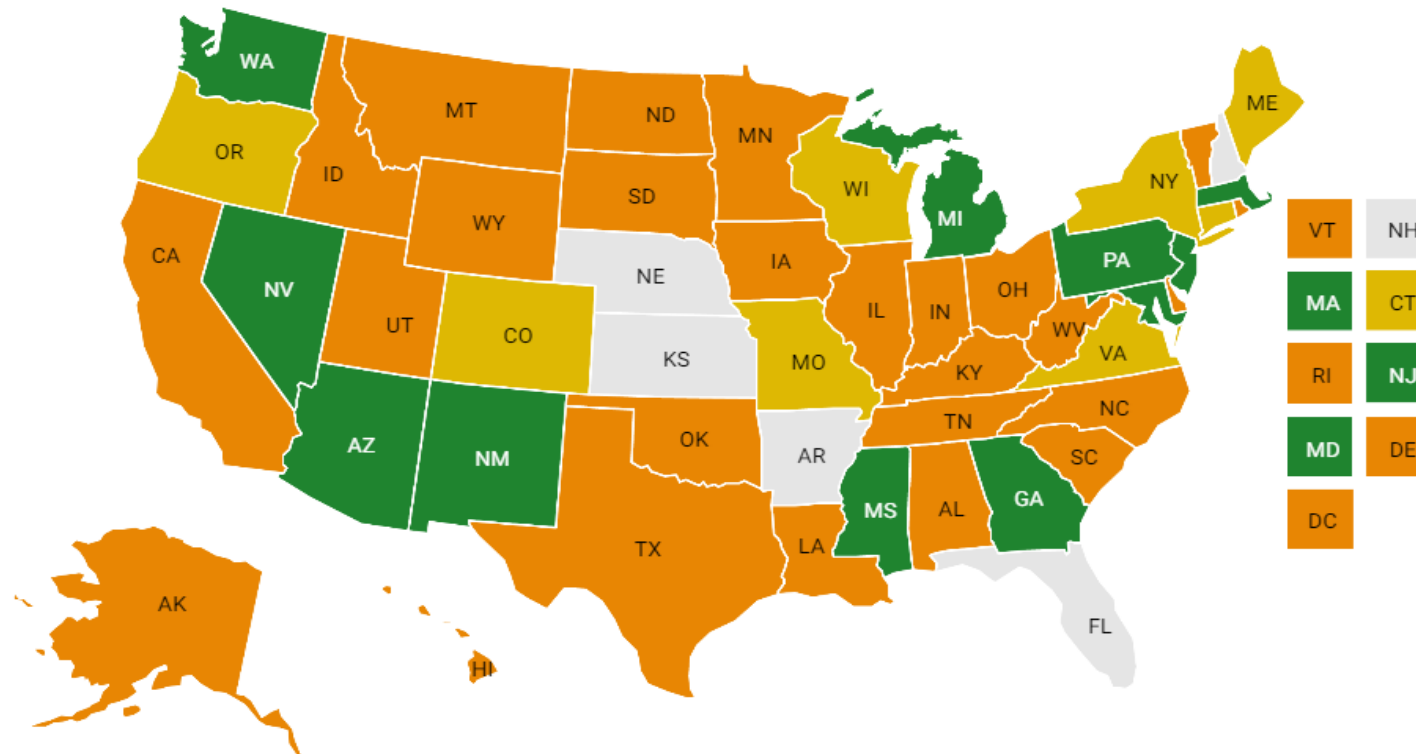
Maternal Depression Screening Legislative Trends

- Studies and strategic plans
 - Arizona SB 1011 (2021)
 - New York [SB 7753](#) (2021)
 - Texas [HB 253](#) (2019)
 - [Strategic Plan](#)
- Required coverage for screenings
 - Maine [LD 1357](#) (2022)
- Required screenings
 - Louisiana [SB 784](#) (2022)
 - Nebraska [LB 905](#) (2022)



State Medicaid Policies for Maternal Depression Screening During Well-Child Visits

● Screening required (11 states) ● Screening recommended (27 states) ● Screening allowed (8 states) ● N/A



NASHP, [Medicaid Policies for Caregiver and Maternal Depression Screening during Well-Child Visits, by State, March 2023](#)

Additional Maternal Mental Health Legislative Examples

Education

- Connecticut [SB 5500](#): Required the state's Maternal Mortality Review Committee to develop educational materials

Provider Network

- Louisiana [HB 784](#) (2022) – Requires the Louisiana Department of Health to identify providers specializing in pregnancy-related and postpartum depression or related mental health disorders

Awareness

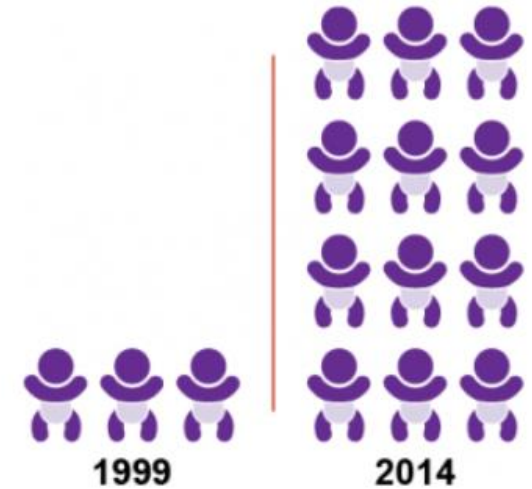
- Puerto Rico [PS 231](#) (2022): Proclaimed the first Wednesday of May of each year as "Perinatal Mental Health Awareness Day."
- Delaware [HCR 3](#) (2023): Designates January 23, 2023, as "Maternal Health Awareness Day" in the State of Delaware.

Maternal Substance Use Disorder: Overview

- Estimated 5% of pregnant women use one or more addictive substances.
- Potential Policy Options
 - Maternal mortality review committees (MMRCs)
 - Commercial and Medicaid coverage for treatment and screening
 - Increasing outreach and education
 - Integration of services
 - Family care plans or plans of safe care



Opioid use disorder has gone up more than 4 times among pregnant women.



4 times as many infants were born with neonatal abstinence syndrome (NAS) in 2014 than in 1999.

Maternal Substance Use Disorder State Legislative Examples



Oregon HB 4098 (2022)

Illinois HB0005 (2019)

Florida SB 768 (2022)

Colorado HB22-1278 (2022)

West Virginia HB 2266 (2021)

Additional Resources

- Substance Use Disorder Treatment [Legislative Database](#)
- Maternal and Child Health [Legislative Database](#)

