

Issue

Individuals with mental health issues often do not get the services they need. Without these services, women and children are at higher risk for poor health outcomes.

Findings



2x higher

Rate of of postpartum depression among FIMR mothers compared to women in the US and DE on average



1 out of 4

FIMR and CDR mothers have a current or past mental health condition



31%

of maternal deaths reviewed to date had a mental health issue that may have contributed to the woman's death

Recommendation

The CDRC recommends that depression screening be conducted universally at the time of birth and also postpartum.

Mental Health

One out of every 10 US women experiences symptoms of depression at some point in her life. (1) Postpartum depression is as common as 1 out of every 9 women in the US as stipulated in the Delaware PRAMS (Pregnancy Risk Assessment Monitoring System) survey. Depression, anxiety, and other diagnoses constitute some of the mental health issues documented in the CDRC cases. Mental health issues are found in one-quarter or more of the cases. Among 2017 MMR cases, two out of five had a mental health issue contributing to the woman's death. In the CDR/SDY reviews, team members have noted concern about the lack of access to mental health services across the state. In addition, the MMR panel has articulated concern about a lack of care coordination with providers not being aware of all prescriptions given to women in different settings.

CDR and SDY	2017	2016
Number of suicide deaths reviewed *	11	
Among suicide deaths, cases with inconsistent or intermittent mental health treatment *	64%	
Child's mother had a past or current mental health condition	25%	17%
Child's father had a past or current mental health condition ^	15%	3%

*2016 and 2017 combined
^This factor is unknown in many cases

CDR/SDY Finding: Community--Access to Care There is a lack of mental health services in Delaware. (2016)

FIMR*	2017	2016
Mothers with a history of a mental health issue	24%	29%
Mothers who experienced depression during pregnancy	12%	10%
Mothers who experienced postpartum depression	25%	27%
Depression screening done (strength)	69%	56%

*There was a switch in the database used to record FIMR findings: in 2014 and 2015 the BASINET database was used, and from 2016 onward the National FIMR database has been in use. For this reason, the types of factors captured differ between the program years.

Mental Health

MMR	2011-2017
Mental health issue that may have been a contributing factor in the woman's death	31%

MMR Finding: Medical System--Coordination of Care
There was no follow up with a behavioral health provider or a social worker after a woman was prescribed medicines in the Emergency Department. (2016)



1. Centers for Disease Control and Prevention (CDC). Reproductive health: depression among women. Updated Dec 31, 2017. Accessed at: <https://www.cdc.gov/reproductivehealth/depression/index.htm> on April 19, 2018.