The Federal Affordable Care Act requires coverage for preventive treatment including postpartum depression screening at no cost to women. Yet given the need for additional research, there are no national standard screening guidelines.

**Treatment Options**

Treatment for MD includes psychotherapy or pharmacotherapy or a combination of both.

Formed in 2011 at the suggestion of the legislature through ACR 105 (2010), sponsored by the Junior Leagues of CA State Public Affairs Committee.
Hospitals should provide information.
A commission should be formed to study MMH.
Resolution declared May MMH Month called for volunteer taskforce

- Hosting “Emerging Considerations in Maternal Mental Health” forums in Sacramento & L.A. (webcast)
- Recognized doctors can’t do this alone
  - 99% of women deliver in hospitals
  - more women than ever have insurance
- Recognized MMH providers are in short supply
  - 2013 Launched on-line certificate training w/ PSI
- 2013 Held CA and DC Stakeholder Meetings
- In 2014 Formed the National Coalition for MMH & changed name to 2020 Mom

CA Task Force (AKA Commission)

Assembly Concurrent Resolution 148
June 2015 - May 2016

health happens here California Health Care Foundation
ACR 148: The Task Force was established to study, review and identify:

1. current barriers to screening and diagnosis, including provider and patient needs.
2. treatment options for privately insured and those who receive care through the public health system, and
3. Evidence-based and emerging treatment options & systems that are scalable in public and private health settings and more.

Task Force Members

18 Multi-Stakeholder Members & 4 standing contributors:
- Mothers, MDs, Therapists, Trade Associations, Insurer, Business Group, Academia, Non-profits, Advocates, State Agencies

Players and Process

Players:
- Joy Burkhard, Project Lead
- Bruce Spurlock, Facilitator
- Central Valley Health Policy Institute (maternity leave)

7 Large Group Meetings w/ Presentations
- Pre reading
- Overview + Dark Side of the Full Moon
- 12 Guest Speakers

Discussions & Sharing knowledge through
5 work stream small groups, 7 large grp mtngs

Statewide Survey & Lit Review
White Paper of Findings & Recommendations
- Webinar Unveiling in September
- Presentation to the Legislature in February

State Goal(s):
- 100% Screening by 2025
- 80% by 2021
- Measure via OBs, but follow “No Wrong Door” policy
- Possibly: 90% of all counties at least 1 community coalition

White Paper – Content

Background:
- National Trade Association + USPSTF Positions & Federal Law
- Overview of Disorders/Prevalence, Tools, Treatment, Treatment Pref.
- Diagnosis vs. Symptom Score
  -- Acknowledged (DV, Fathers, Military Families, etc.)

White Paper – Major Themes

Themes
1. All Women/Families need More MMH Education & Support
2. Providers need More Capacity & Support
3. Fragmented Health Care System
4. Need for Measurement of MMH (Process + Outcomes)
5. Role of Hospitals, Insurers, State Agencies
White Paper
–Major Themes

1. All Women/Families need More Education/Support
   - Low Income with basic needs
   - Life Course Model
   - Social Determinants of Health
   - Power of Peer Support
   - Community based solutions & resources via Community Coalitions (PWCs)

2. Providers (OBs +) need More Support/Capacity
   - Finding Psychiatrists/Repro Psychiatrists and MMH Therapists
   - MCPAP for Moms like strategy
   - With screening (what to say, frequency, cultural challenges)
   - With Case Management
   - Developed Core Competencies for each Provider Type

3. Fragmented & Barrier-Ridden Health Care System
   - Bifurcated MH and Medical Systems
   - Integrated BH-Medical Contracts
   - Payment Reform

4. Need for National Measurement
   What isn’t measured isn’t known and can’t be improved
   - Starting with “Process” Measure (screening)
   - Later “Outcomes” Measure (improved screening score)
   - HEDIS measure, NCQA + encouraging others (Leapfrog, etc.)

5. Role of Hospitals, Insurers and State Agencies
   - Hospitals: Mindful of PTSD, 2020 Mom Recs
   - Insurers: Designations for specialists + Network Adequacy, Payment Reform, Employer Coalitions, 2020 Mom Recs, Potentially Copay Structure/Billing
   - State:
     - HHS to oversee efforts and/or standing commission?
     - CDPH to Develop & Rollout Ed referencing the Blue Dot
Next Steps

- Players and Funding for Legislative Advocacy & Implementation Oversight
  - March of Dimes, First 5, Kids First
- TF Member Presentations to Boards
- Social Media Campaign to Unveil in August
- Broad Presentation of Findings Nationally

Lessons Learned

- Critically Important but VERY Hard Work
- A great way to educate funders
- Important to Consider Lead Agency & Define Roles
- Define Timeline, Start Paper Early
  (It’s like a remodel will always take longer than you expect...)

What Can You Do?

- Share these findings with your champions
- Consider your own Community or State Coalition (Community ACTION Project)

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