



2020 Mom, formerly the California Maternal Mental Health Collaborative is a national non-profit that promotes the mental health of women before, during and after pregnancy by addressing barriers and advancing best practices, so women and their families can thrive.

## What we Believe

- Collaboration with stakeholders and sister non-profits will more quickly and effectively advance change.
- Communities need to have a system of care in place before awareness campaigns are launched and universal screening is promoted.
- We recognize that doctors can't do this alone and that hospitals (99% of women deliver at hospitals) and health insurers (83% of U.S. women have health insurance in 2015) can play a crucial role in advancing prevention, diagnosis and treatment, and awareness.
- Because our stakeholders include non-clinicians, we use the term "Maternal Mental Health" disorders to define a range of disorders commonly referred to by clinicians as perinatal mood and anxiety disorders.

## Current Activities

**EDUCATE & ENGAGE** – Convene stakeholders to learn and discuss solutions around "Emerging Considerations in Maternal Mental Health" at annual forums in Los Angeles.

**TRAIN** – Address the shortage of maternal mental health providers by partnering with Postpartum Support International to host web-based certificate training courses in Maternal Mental Health.

**PROJECT** – Provide a framework for hospitals and insurers/payers to learn best practices and adopt recommended practices.

**COMMUNITY COALITIONS** – Support and promote community coalitions to develop and implement county level interventions needed to strengthen the public health safety net.

**NATIONAL COALITION** – We bring together like-minded non-profit leaders who focus on maternal mental health and maternity care, through the National Coalition for Maternal Mental Health, to engage national stakeholders and develop a universal awareness campaign "@MayCampaign," used during Maternal Mental Health Awareness Month in May.



Attendees of the May 2014 Sacramento forum holding the social media awareness campaign, @MayCampaign hashtag sign, #MomsMatter.

## Interests

### IN THE COMING YEARS, 2020 MOM WILL FOCUS ATTENTION ON THE FOLLOWING:

- Rolling out the 2020 Mom Hospital "Whole Mom" Survey through community coalitions and promoting its recommendations as the gold standard for MMH "Centers of Excellence."
- Promotion and development of "telemedicine" psychiatric consultation lines paid for by insurers.
- Expanding MMH training programs by targeting additional providers, such as lactation consultants, and development of an advanced certificate training program.
- Research and recommend billing and payment practices so that providers and insurers will have uniform billing/payment protocol.
- Promote the incorporation of maternal mental health concepts into medical and nursing school curriculum.
- Address stigma by educating the media on the range of maternal mental health disorders, and the fact that most women who harm their babies are suffering from untreated psychosis not postpartum depression.
- Locate a partner to host a case law legal library for attorneys working with women who may have been suffering from psychosis and have committed infanticide.
- Create a podcast series of personal MMH stories to highlight that women and families are falling through the cracks, and what can be done about it.