

Engaging, Inspiring and Revolutionizing Care

2020 Mom™



2020mom.org

What's the Problem?

Up to 20% of women will experience a maternal mental health ("MMH") disorder, like postpartum depression, during pregnancy or after birth, but most are never diagnosed or treated.

Untreated, MMH disorders wreak havoc on mothers, impact family stability, and affect the physical, emotional and social development of infants and children. These effects have lifelong consequences.

What are the Barriers?

Though there are validated tools for doctors to use to identify women who may be suffering from a MMH disorder, several barriers stand in the way of universal screening. Less than half (44%) of OBGYNs report screening sometimes or always and not necessarily with a validated tool.

Those who don't screen indicate they don't have time to screen or manage cases, they aren't qualified to screen and don't know where to refer patients for help. OBGYNs also face the highest level of burnout with their current work load and see patients infrequently in the postpartum period.

Though Pediatricians understand the impact on infant and children's health and have a desire to help, they cite the same barriers and also report that the mother isn't their patient; it is the child.

Join 2020 Mom, become an Inner Circle Member

Be a part of advancing changes to our healthcare systems so mothers and families don't fall through the cracks. Join us as an InnerCircle member. Benefits include special recognition at events, meeting with the Executive Director and more.



Learn more:
www.2020mom.org/InnerCircle

The National Coalition for Maternal Mental Health

We founded the National Coalition for Maternal Mental Health in 2014. The NCMMH unites organizations committed to addressing maternal mental health by engaging national stakeholders, raising awareness, and advocating for change in policies and practices to ensure that all mothers receive the help they need so they and their families can thrive.

Learn more: www.MMHcoalition.com



FOUNDING MEMBERS

- *Postpartum Progress*
- *Postpartum Support International*
- *MotherWoman*
- *2020 Mom*

Get Engaged

Visit our website and find great resources at www.2020mom.org
Email us: Info@2020mom.org



E-Newsletter

Find out the latest news, learn when registration for events and training open, what we are cookin' up and more.



[Facebook.com/2020MomProject](https://www.facebook.com/2020MomProject)



[Twitter.com/2020momproject](https://twitter.com/2020momproject)



LinkedIn

Join the LinkedIn "Maternal Mental Health" Group and any of its subgroups.

Use these subgroups to raise questions about recommendations, seek feedback on ideas, and ask others about their practices.

Subgroups:

- **Hospitals** –for hospitals tackling MMH is some way, those who are interested and those who are becoming centers of excellence.
- **Insurers** –for insurers tackling MMH and those who are interested.
- **Community Coalitions** –for new and long-standing community coalitions or those who are thinking of forming a coalition.
- **Clinical Programs** –for clinics, private practices, and others who wish to connect and share.