



Maternal Mental Health in Texas

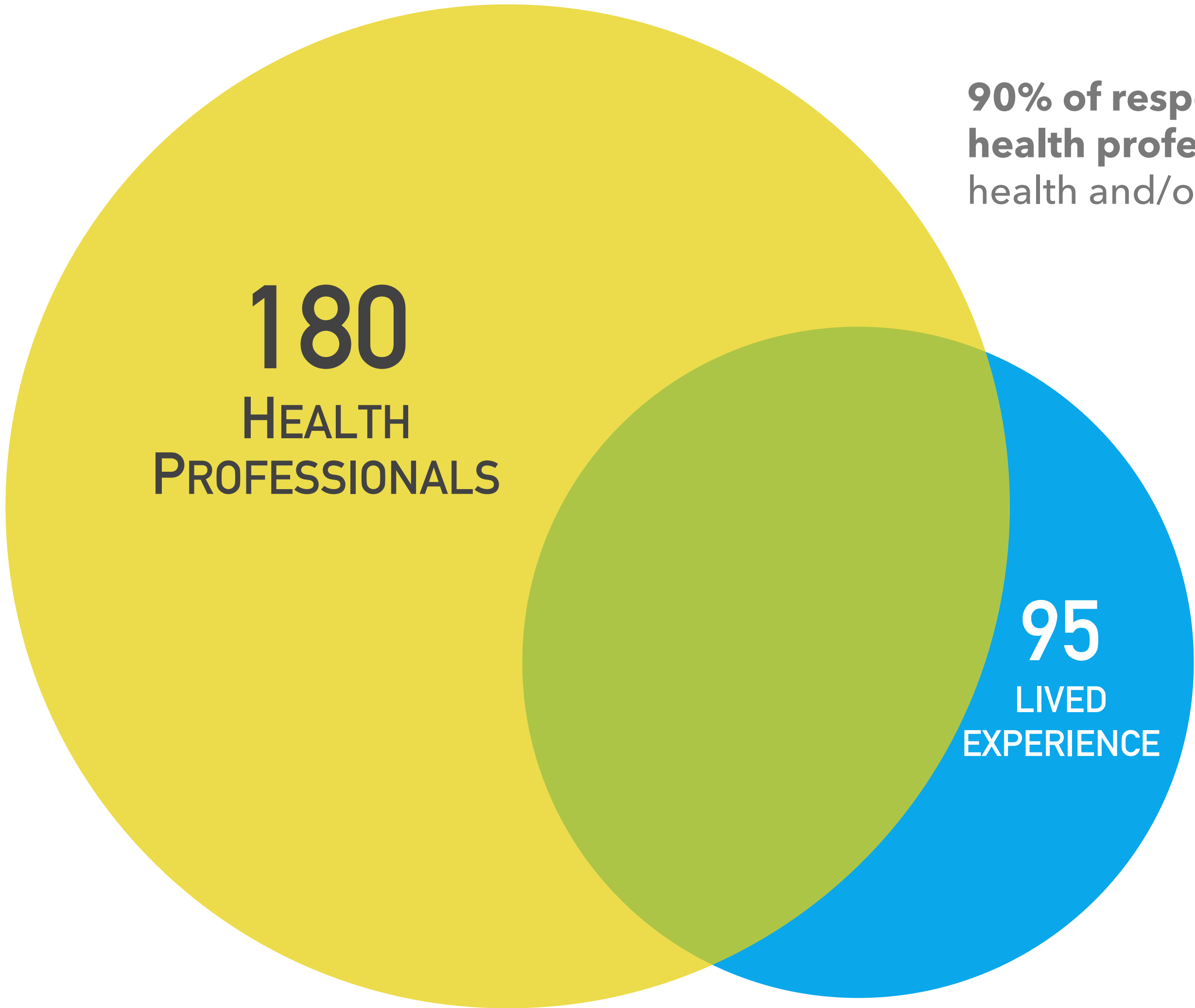
Findings from Texas survey –

Opportunities to improve screenings, referrals, and treatment for maternal mental health challenges

May 2020



WHO ARE THE 200 RESPONDENTS?



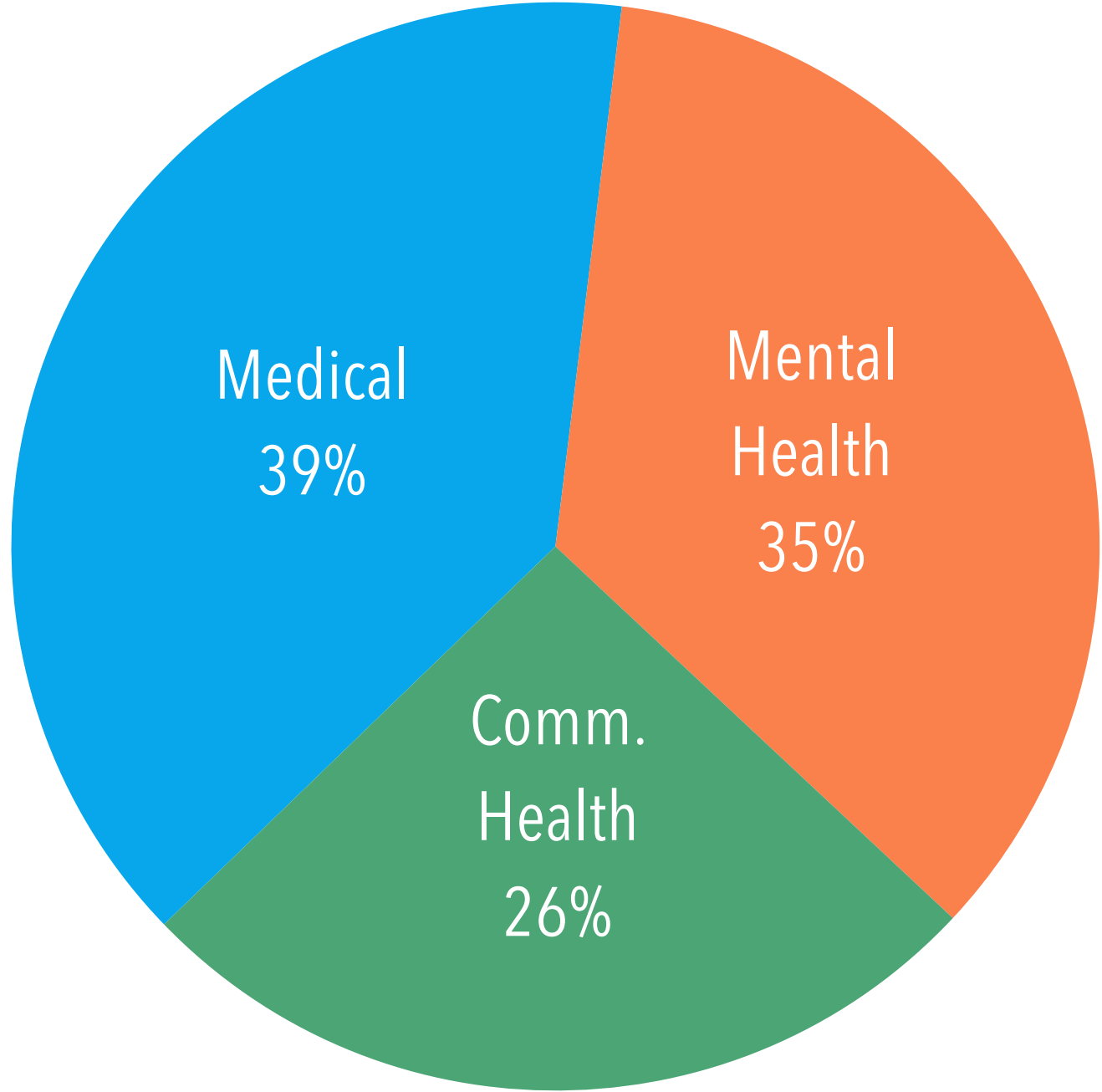
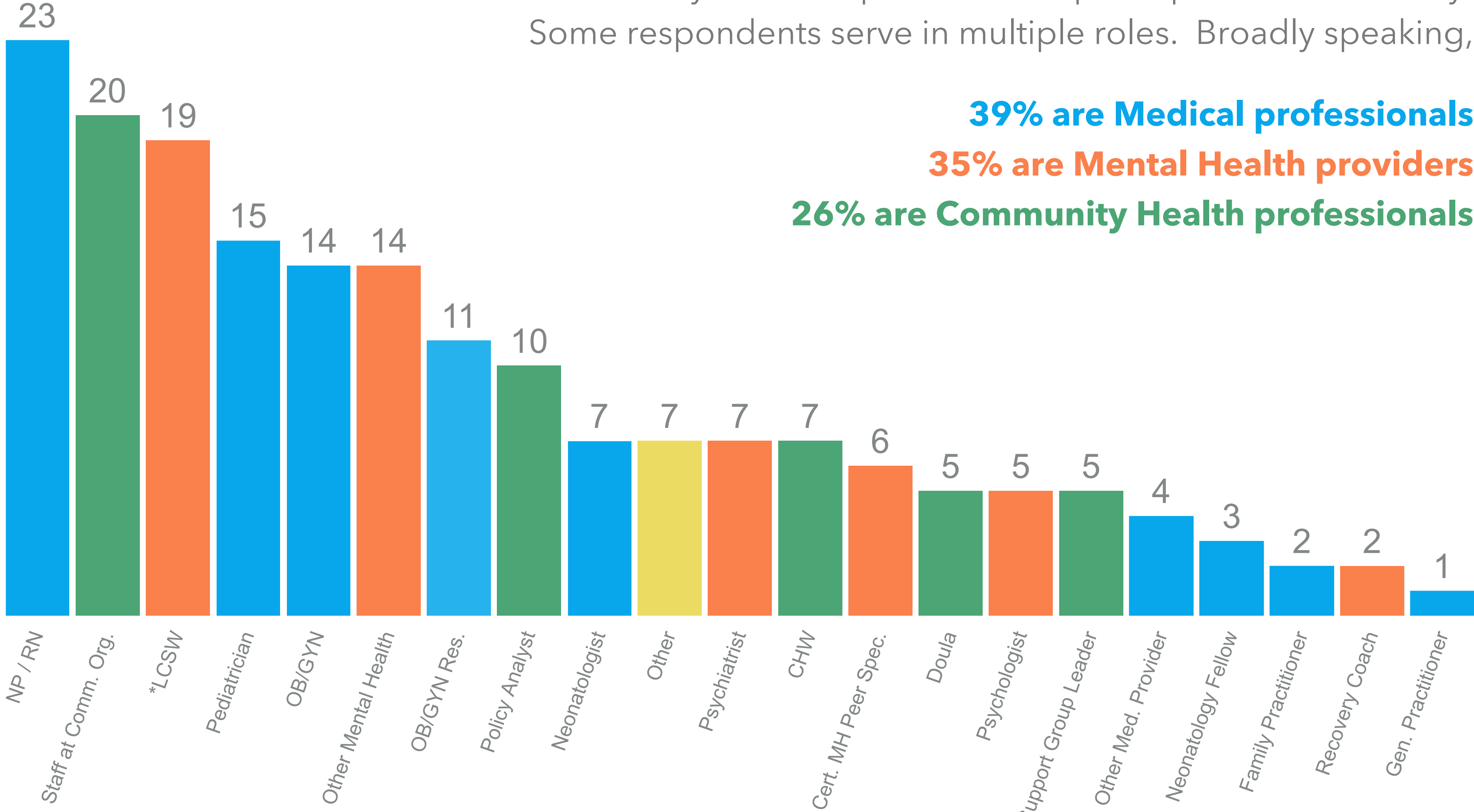
90% of respondents (180 individuals) are health professionals that work on women’s health and/or mental health topics.

48% of respondents (95 individuals) have lived experienced with a maternal mental health challenge

WHAT TYPES OF PROFESSIONALS?

A wide variety of health professionals participated in the survey. Some respondents serve in multiple roles. Broadly speaking,

39% are Medical professionals
35% are Mental Health providers
26% are Community Health professionals



*LCSWs can fill many professional roles. For purposes of this calculation, we categorized as mental health provider.

WHERE ARE THEY?



41% Austin Area

19% Unique Locations in Texas

ie. Victoria, El Paso, Odessa, Harlingen, Laredo, Galveston, etc.

16% Houston Area

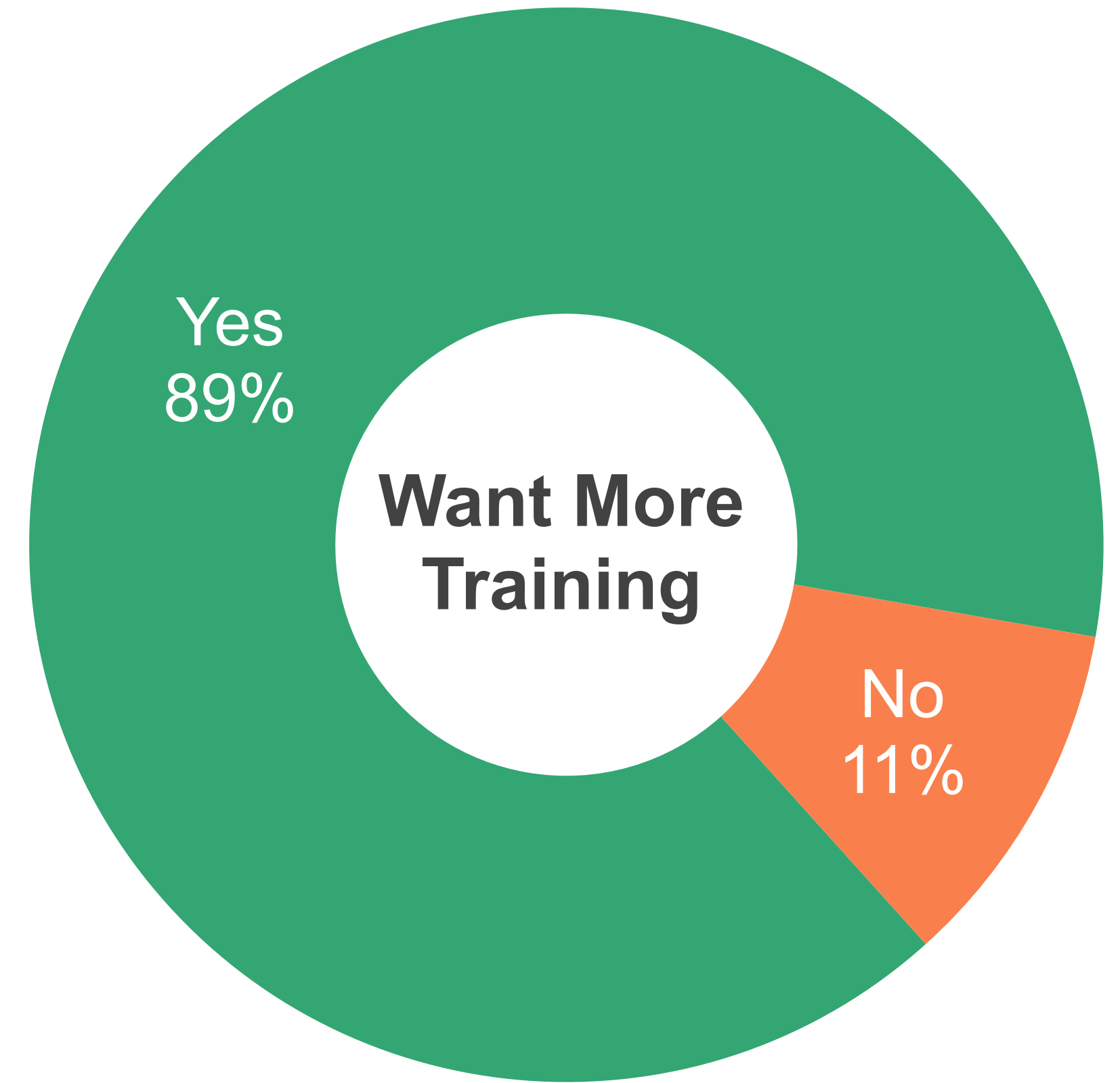
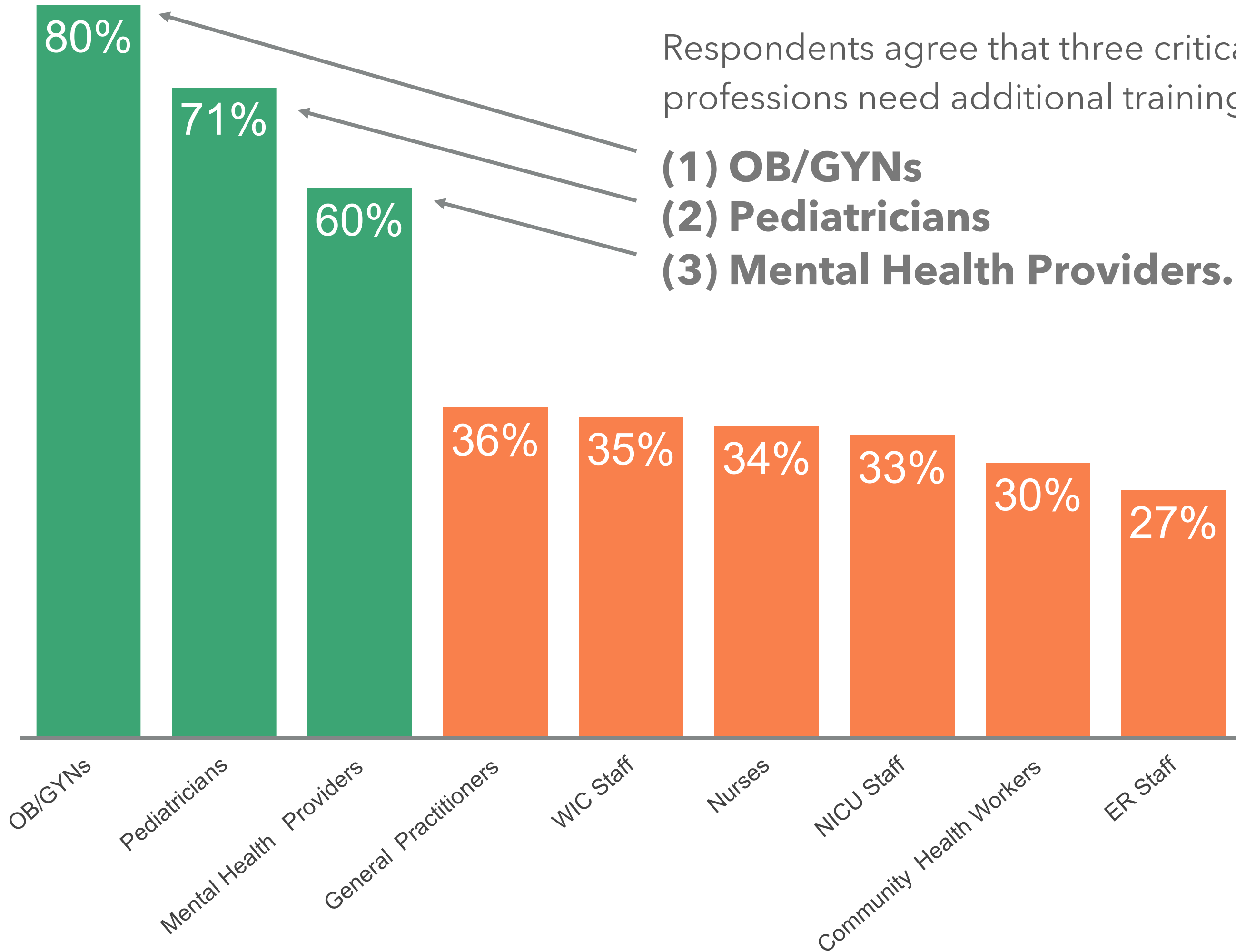
9% Dallas-Fort Worth Area

8% San Antonio Area

6% New Braunfels / San Marcos

2% Wichita Falls

WHO NEEDS ADDITIONAL TRAINING?



89% of health professionals want to increase their ability to screen for maternal mental health challenges.

GREATEST SCREENING CHALLENGES?

Among those who
Regularly Screen

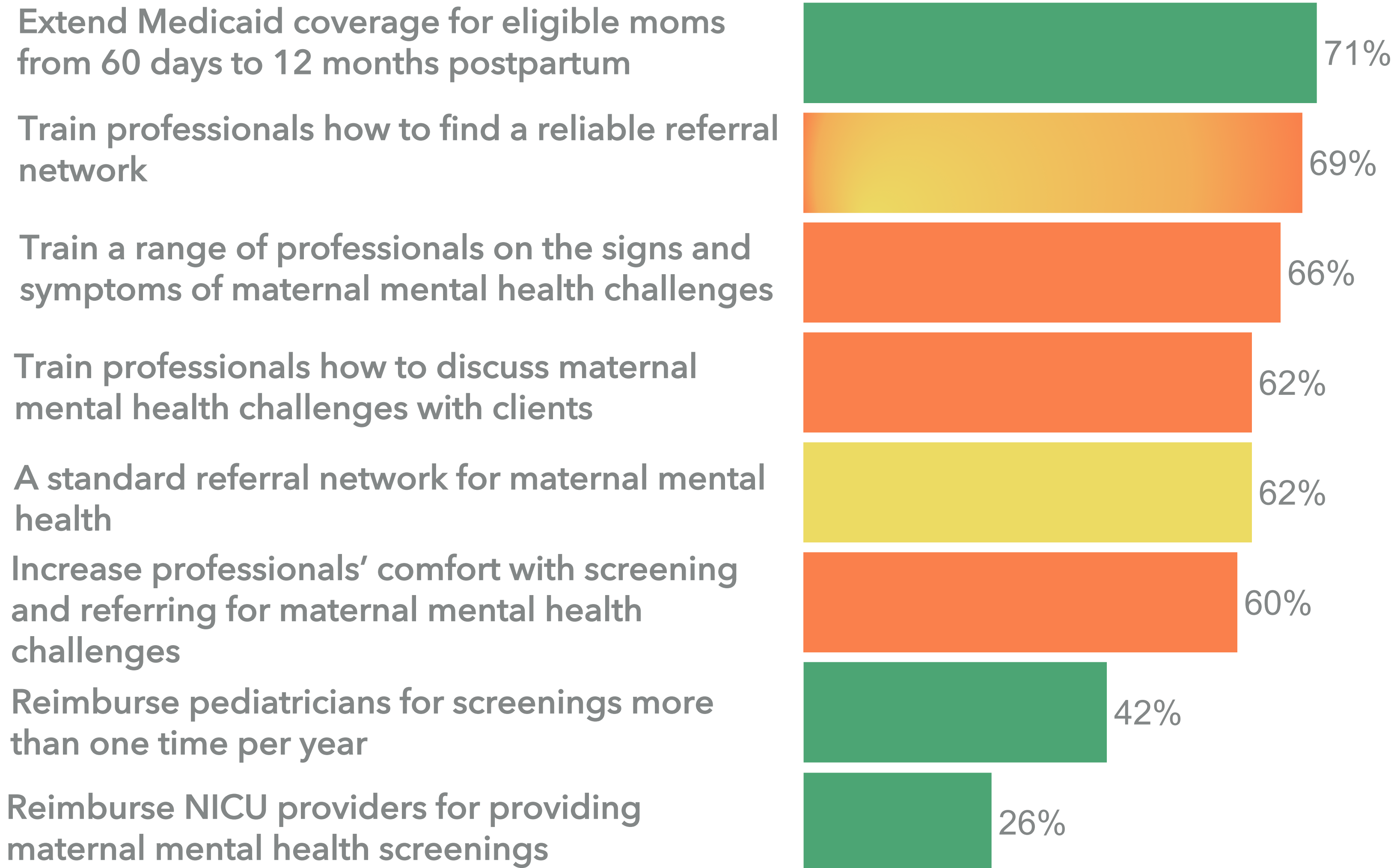
31% Lack of confidence in
referral options

20% Don't know how
or where to refer

Among those who do
NOT Regularly Screen

36% Don't know how
to screen

HOW CAN WE INCREASE SCREENING?

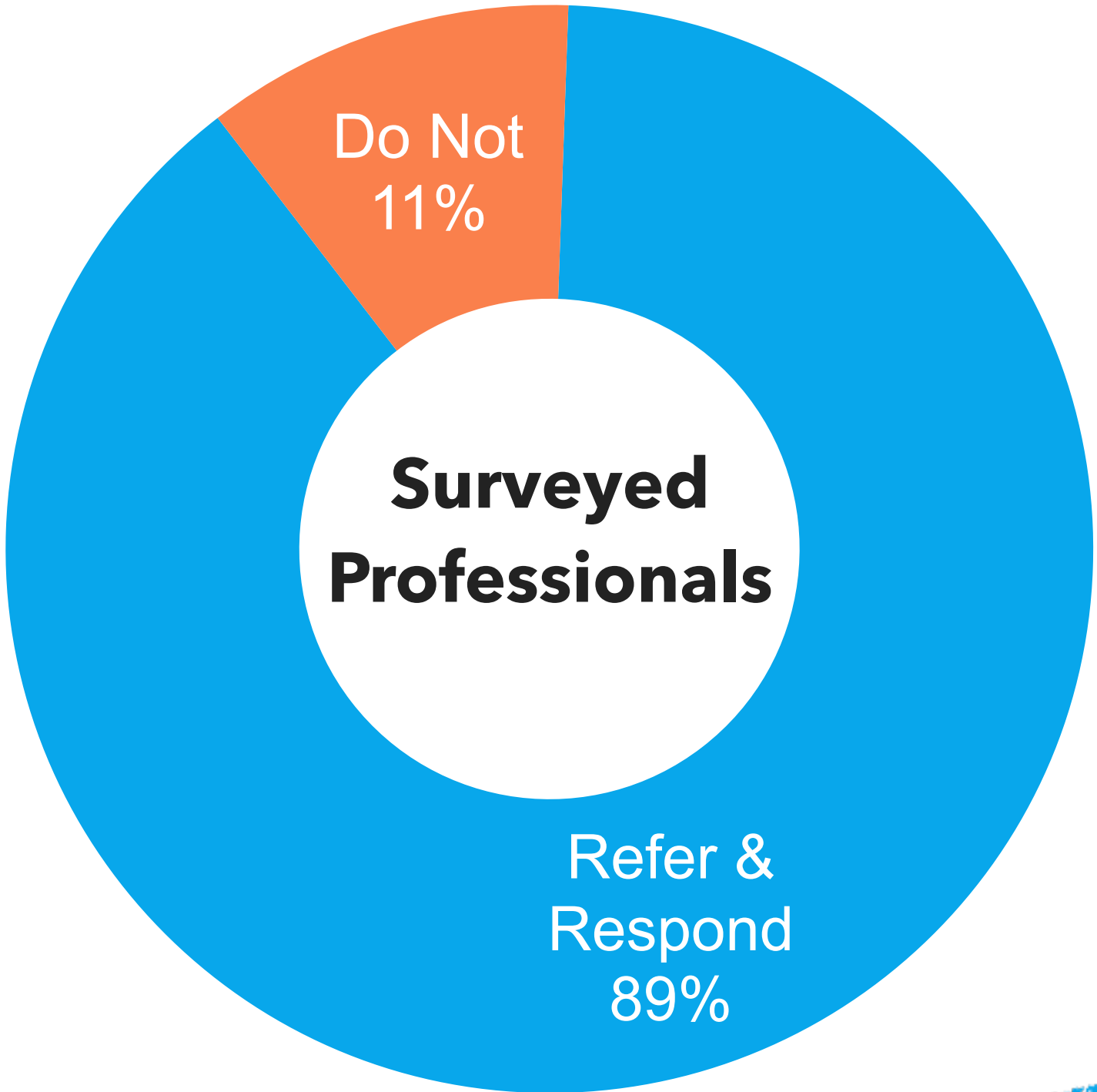


Survey respondents most commonly recommend:

Coverage Increases
&
Training for Health Professionals

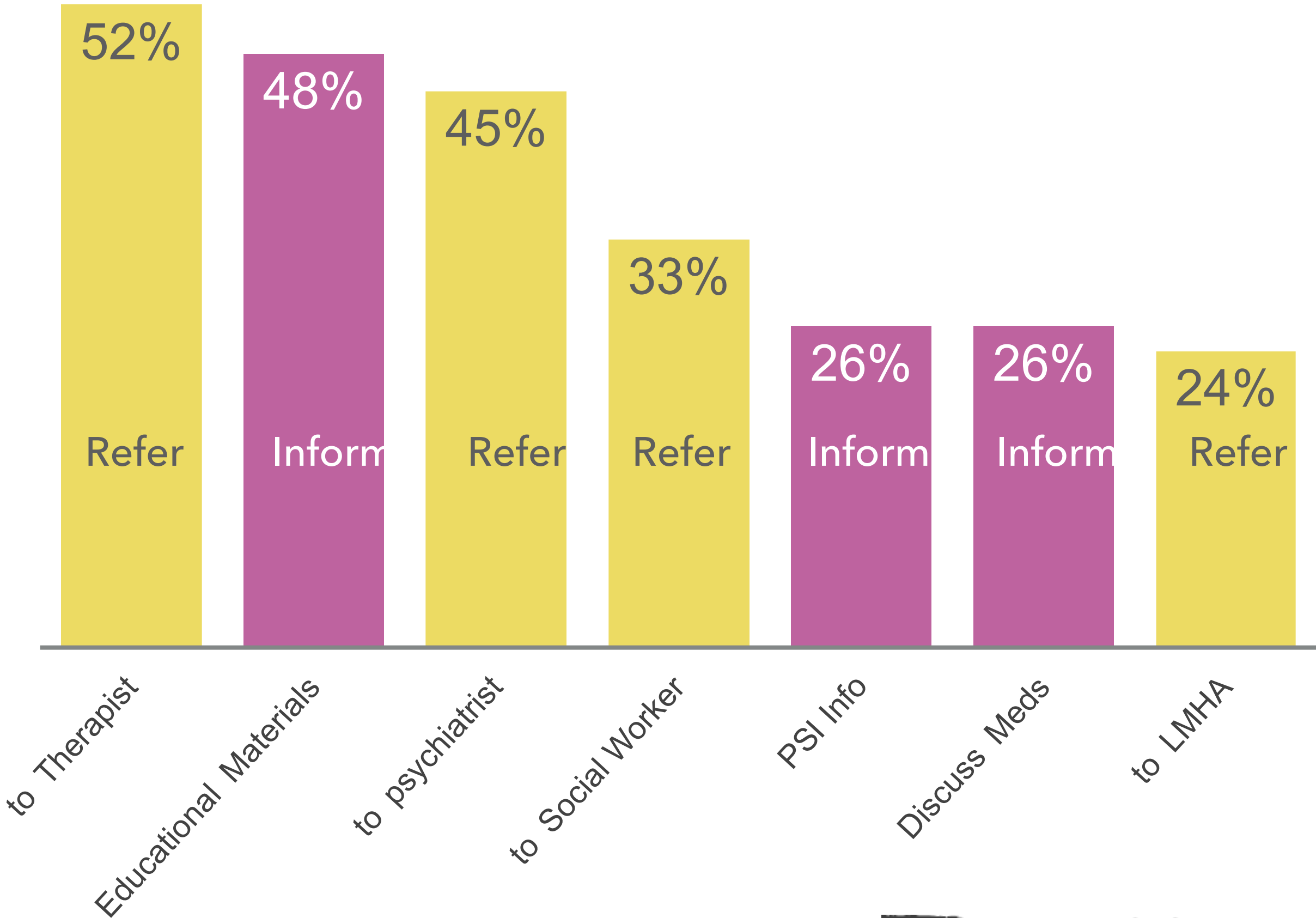
HOW DO PROFESSIONALS REFER & RESPOND?

89% of professionals respond to maternal mental health challenges.

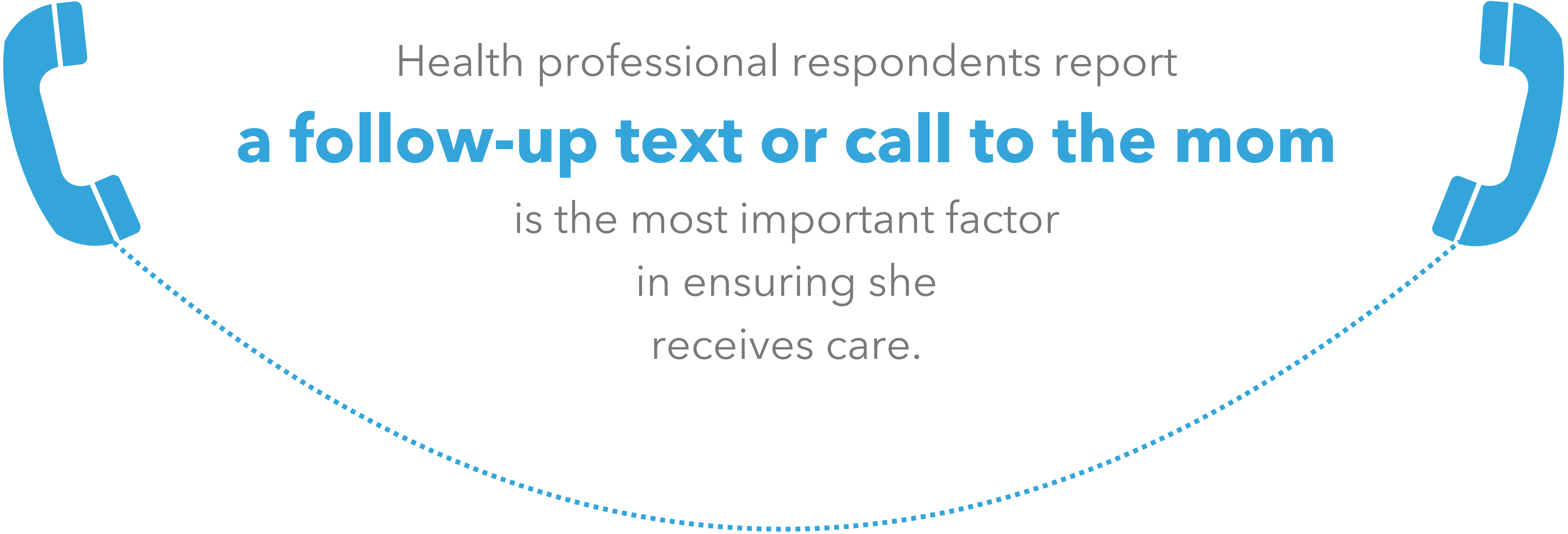


Of those that refer & respond **80% take more than one type of action.**

Most Common Actions



HOW TO ENSURE SHE RECEIVES CARE?



Health professional respondents report
a follow-up text or call to the mom
is the most important factor
in ensuring she
receives care.

HOW CAN WE IMPROVE REFERRALS?

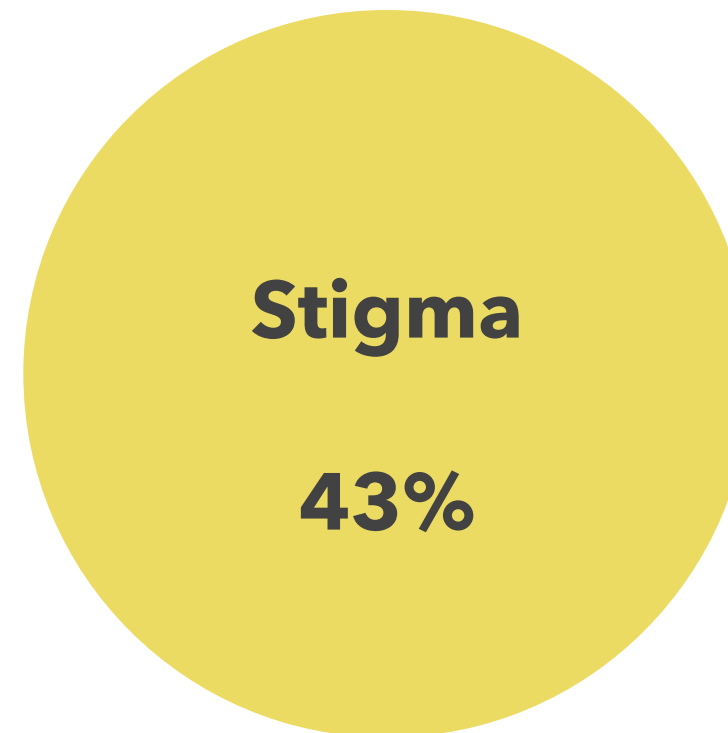
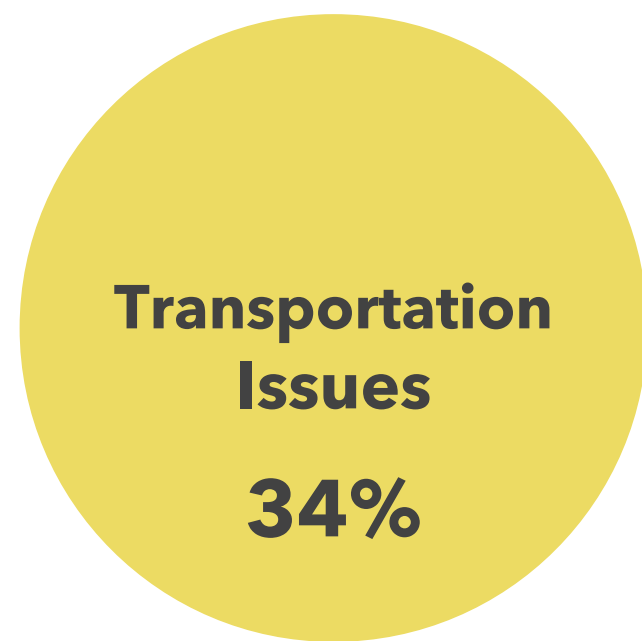
#1 On-site mental health providers at health clinics
Recommended by 69% of respondents

#2 An easy-to-use, statewide directory of providers & support groups for women of all backgrounds
Recommended by 66% of respondents

#3 On-site CHWs or patient navigators at health clinics to help find providers
Recommended by 57% of respondents

GREATEST BARRIERS TO TREATMENT?

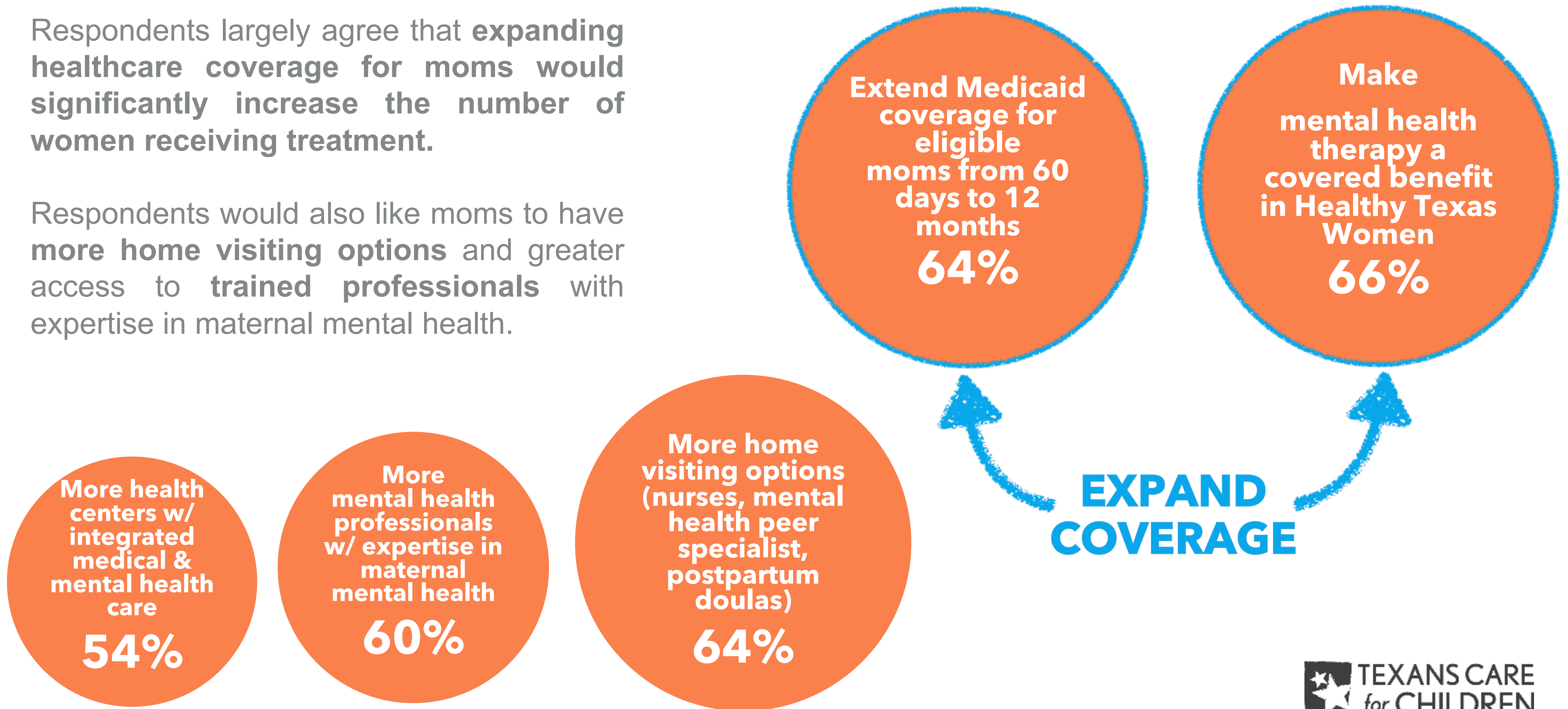
Respondents widely agree that the two greatest barriers to treatment are lack of affordability (73%) and childcare issues (61%).



HOW CAN WE IMPROVE TREATMENT?

Respondents largely agree that expanding healthcare coverage for moms would significantly increase the number of women receiving treatment.

Respondents would also like moms to have more home visiting options and greater access to trained professionals with expertise in maternal mental health.



INSIGHTS FROM WOMEN WITH LIVED EXPERIENCE

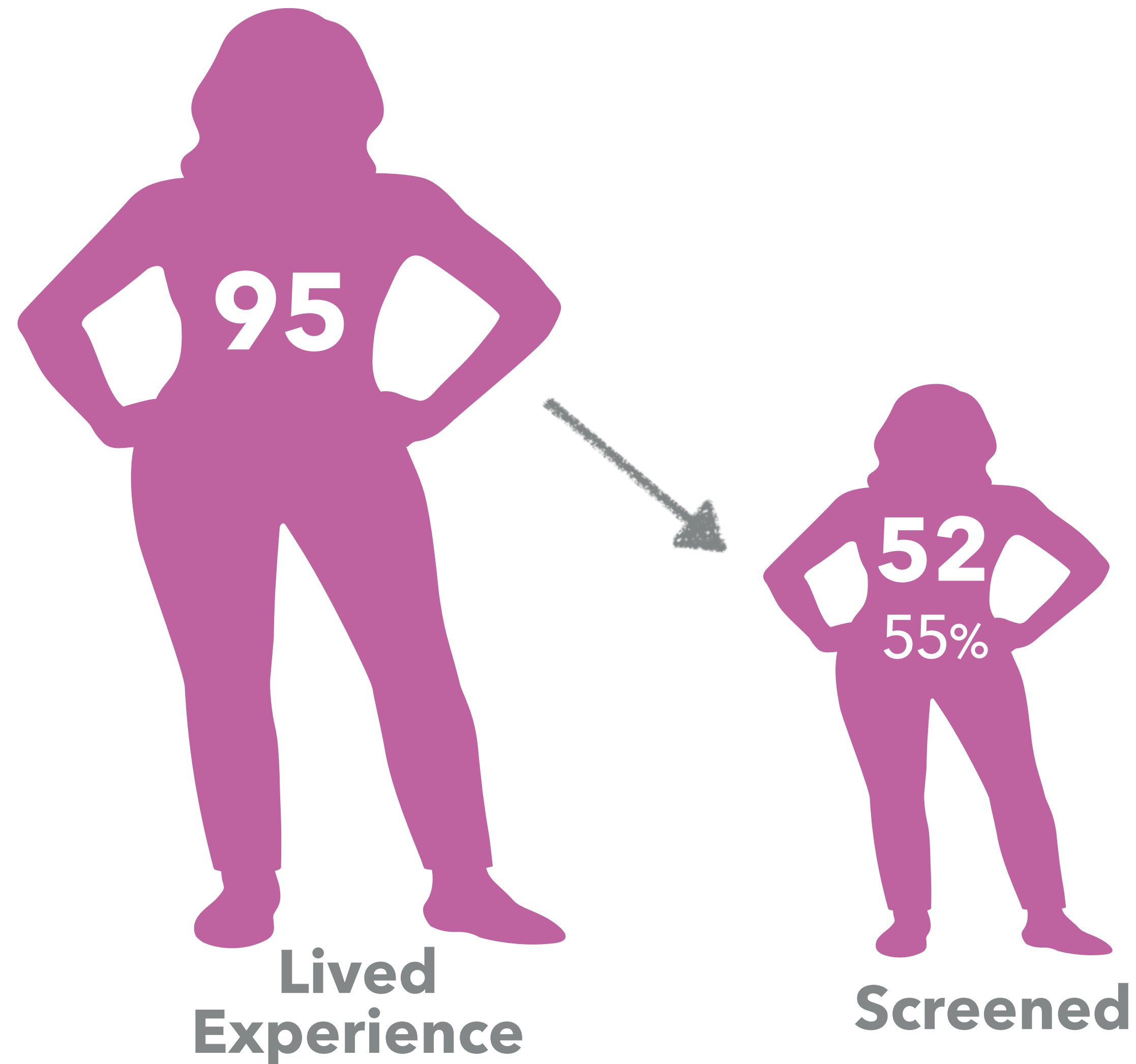


95 survey respondents have personally experienced a maternal mental health challenge.

Among the 95 women, 80 (84%) currently work as health or mental health professionals.

Respondents with lived experience offer unique perspectives regarding the challenges of receiving treatment.

HOW MANY WERE SCREENED?

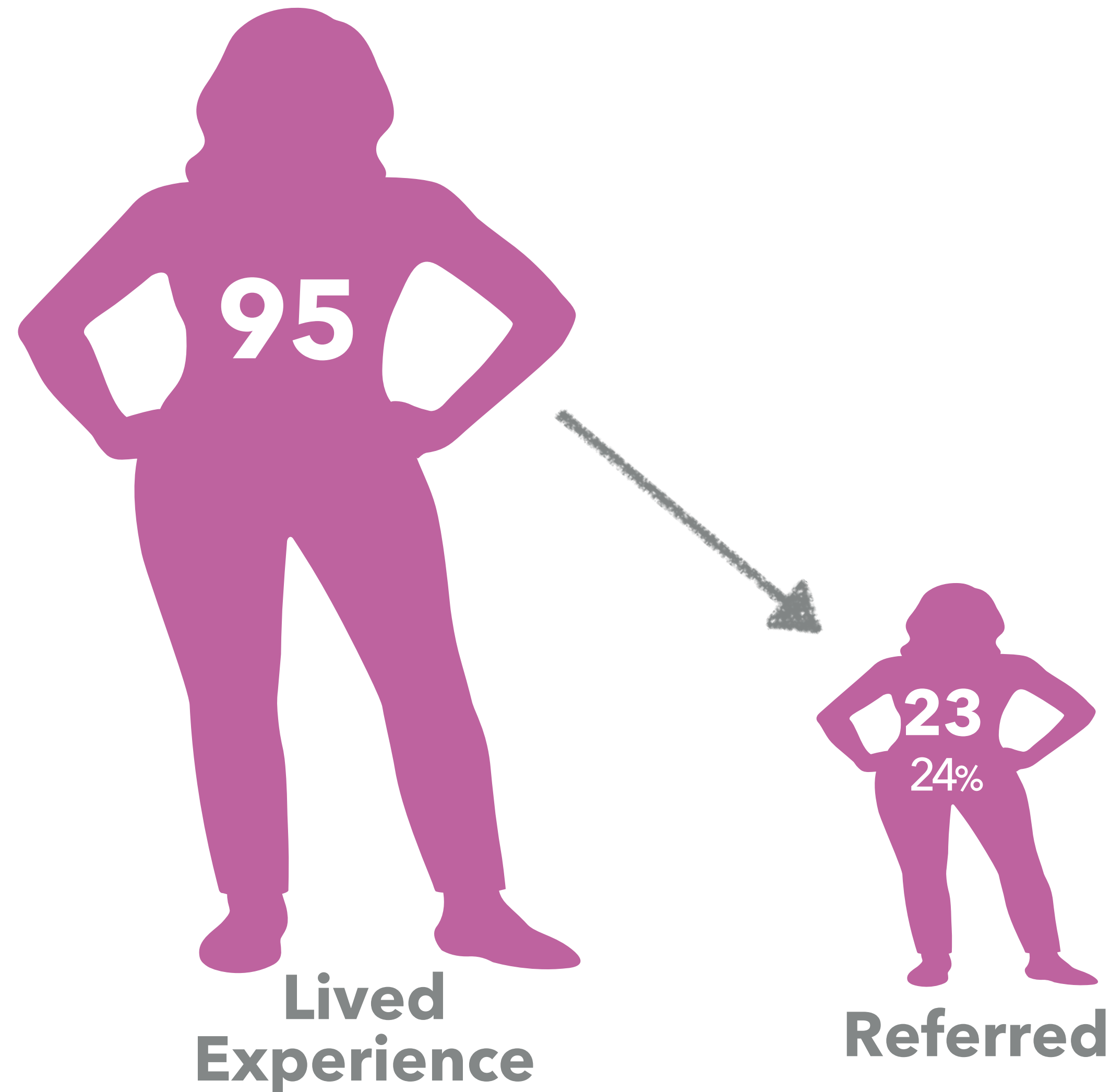


Of the 95 women who experienced a maternal mental health challenge

only 55% were screened

The most common screening occurred once, after pregnancy (as opposed to during pregnancy), and was provided by staff at the woman's doctor's office.

HOW MANY WERE REFERRED?



Of the 95 women who experienced a maternal mental health challenge

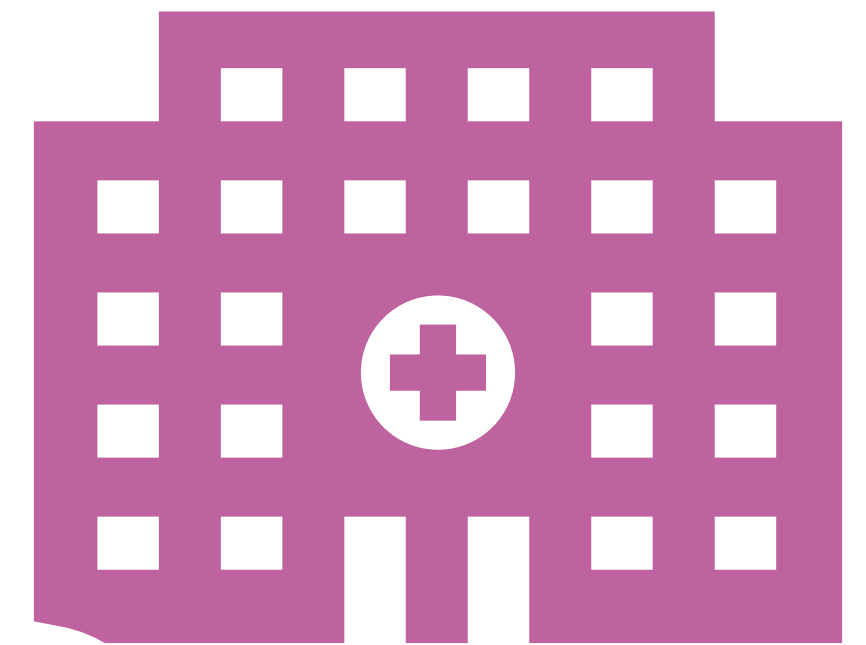
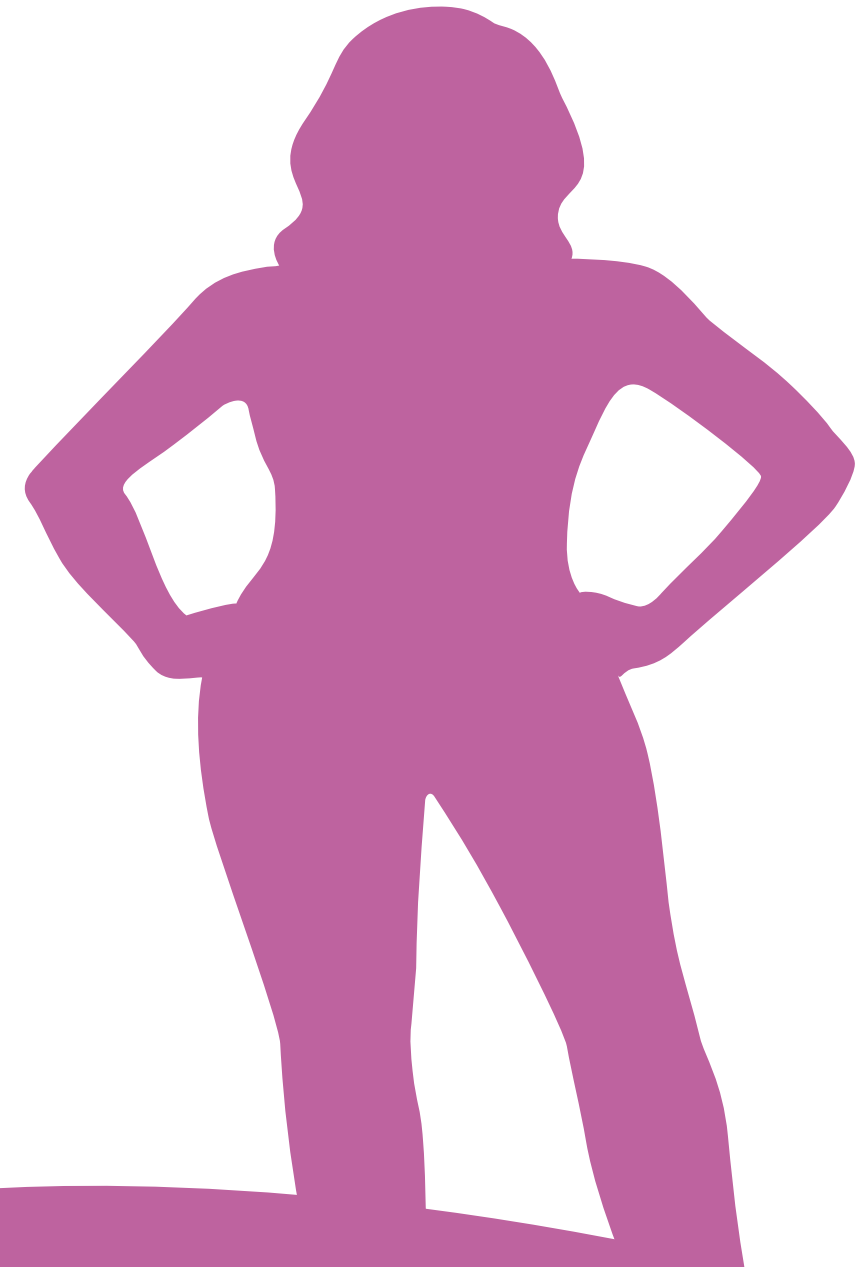
only 24% were referred for treatment or other support services.

The most common treatments were mental health provider services (74%) and prescription of medications (65%).

WAS IT DIFFICULT TO GET TREATMENT?

Among the women referred for treatment

61% report that it was difficult to find a provider in their area.



14.5 miles

Avg. Distance Traveled

WHERE DID THEY GO FOR MORE INFORMATION?



Their Doctor (31%)



**Postpartum Support
International (22%)**

Women wanting more information about support services or treatment options most commonly turned to their doctor or the Postpartum Support International (PSI) website.