

For Immediate Release
November 24, 2014



New Publication Released

Addressing Maternal Mental Health in the Pediatric Medical Home

Farmington, CT – Approximately 15% of mothers experience serious emotional consequences during pregnancy, birth and/or postpartum period. In Connecticut, this translates to nearly 7,000 mothers per year. Maternal mental health challenges often affect the ability of new mothers to nurture and bond with their children. Lack of nurturing in the earliest years has long term implications for children's health, development and mental health.

“Mothers play a critical role in their children's early brain development, which is why maternal depression and other mental health issues are now considered developmental emergencies,” according to Lisa Honigfeld, CHDI Vice President of Health Initiatives.

CHDI's IMPACT report [*Addressing Maternal Mental Health in the Pediatric Medical Home*](#) reviews the latest research on maternal mental health and offers strategies for addressing the issue in Connecticut, including training and support for pediatric health providers to screen for maternal depression during infant well-child visits.

The report includes a review of:

- the most common types of maternal mental health disorders
- how they affect child health and development
- available research-based treatments
- the role of child health providers in early detection and linkage to services
- what Connecticut is doing about this concern and recommendations for what more can be done

The 2014 IMPACT was written as an update to a 2008 IMPACT titled *Addressing Maternal Depression, Opportunities in the Pediatric Setting*. Since the publication of the initial IMPACT, practice and policy changes combined with increased awareness of the effect of maternal depression have contributed to statewide improvement in early detection and treatment for mothers as well as interventions for children.

The Connecticut Office of Early Childhood provided financial support for the development and publication of the report.

For additional information, please contact Julie Tacinelli at tacinelli@uchc.edu or 860-679-1534. Visit www.chdi.org to download the IMPACT report or to read more about CHDI's work related to [*maternal depression*](#).

###