



## MATERNAL MENTAL HEALTH NOW

supporting the well-being of growing families

A Project of Community Partners

# AB 3032 - Maternal Mental Health Conditions Education, Early Diagnosis, and Treatment Act

**Background:** Although perinatal mood and anxiety disorders are the most common complication of pregnancy, not all families receive the education and information they need to get help. This, in addition to the social stigma of mental health conditions, prevents parents from being empowered advocates for their own care. Evidence-based, culturally-appropriate education initiatives that include a social support component can bring pre- and postnatal parents out of isolation, emphasizing the interconnectedness of mental and physical health -- particularly during the first year postpartum.

### What does this law mandate?

- It **requires** all birthing hospitals in California to provide education and information to postpartum people and their families about maternal mental health conditions, post-hospital treatment options, and community resources;
- All regular staff in labor and delivery departments (e.g. registered nurses and social workers) must receive education and information about maternal mental health disorders; and
- Hospitals must develop an additional service to ensure optimal care.

**The law has been in effect since** January 1, 2020

**How can I get training for my team?** Maternal Mental Health NOW offers basic and advanced in-person or online trainings on perinatal mood and anxiety disorders. The providers who complete the trainings will be equipped to:

- Understand the impact of maternal depression on the fetus, newborn, developing child mother, father, and the family as a whole;
- Recognize and respond empathically to perinatal mood disorders;
- Communicate and understand maternal depression in a culturally sensitive manner;
- Learn prevention, referral, and intervention strategies.
- CMEs and CEUs are available

**Need educational materials?** Maternal Mental Health NOW offers a series of educational materials available to the community, including hospitals and doctor's offices free of cost. The following materials are:

- *Speak Up When You're Down poster* - a double-sided Spanish/English posters available to display throughout the doctor's office.
- *Six Things Every New Mom and Mom-to-Be Should Know About Maternal Depression brochure* - a double-sided bilingual brochure available in 8 languages: English, Spanish, Chinese, Korean, Vietnamese, Farsi, Armenian and Tagalog.
- *Bringing Light to Motherhood online self-help tool* - a mobile web-based app designed to decrease the stigma and shame associated with maternal depression, increase a patient's motivation to engage in treatment and provide tools for self-care and managing stress during this vulnerable period.

**Do you have questions about this law, trainings, or the free educational materials? Please visit [www.maternalmentalhealthnow.org](http://www.maternalmentalhealthnow.org)**