

FACT SHEET: INTO THE LIGHT (S.3824/H.R.7073)

Maternal Mental Health and Substance Use Disorders Act of 2022

MMHLA
Maternal Mental Health
Leadership Alliance

SUMMARY

Into the Light reauthorizes and expands grants to states to create programs to address maternal mental health (MMH) and substance use disorders, and establishes and funds a national dedicated MMH hotline providing 24/7 voice and text services.

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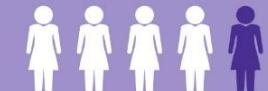
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ABOUT MATERNAL MENTAL HEALTH (MMH) CONDITIONS

- MMH conditions are the most common complications of pregnancy and childbirth.
- MMH conditions impact 800,000 families each year in the United States.
- MMH conditions include depression, anxiety, bipolar illness, obsessive-compulsive disorder, post-traumatic stress disorder, and substance use disorders.
- Suicide and overdose combined are the leading cause of death for women in the first year following pregnancy.
- Untreated MMH conditions can have long-term negative impact on the parents, baby, family, and society.
- COVID-19 has caused rates of MMH conditions to increase 3-4 times.
- Individuals who face racial or economic inequities are more likely to experience MMH conditions, but less likely to get help.

1/5



women will experience MMH during pregnancy or first year following

75%

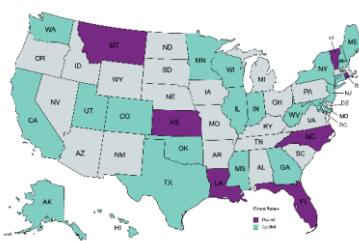
of women who experience MMH symptoms go untreated

Annual cost of not treating MMH

is \$32,000 per mother-infant pair
(adding up to
\$14 billion nationally)



Screening and Treatment of Maternal Mental Health Conditions



This program provides grants to states to create programs to address MMH conditions, such as psychiatric consultation services for obstetric providers, resources and referral programs, and training for front-line providers.

This bill reauthorizes provisions of the 21st Century Cures Act which provides grants to states. In FY 2018, 30 states applied for grants but budget limitations allowed for just 7 state grants. *Into the Light* will increase funding so at least half the states and territories receive grants, and also expand allowable uses to include assistance for mothers receiving treatment, coordination with existing maternal / child health programs, programs that address disparities, outreach and awareness.

Maternal Mental Health Hotline



The hotline will provide 24-hour specialized voice and text support for mothers and families, ensuring real-time connections to highly-trained individuals who provide support, information, brief interventions, and resources and referrals.

The FY2021 Spending Bill provided initial funding for the MMH hotline. This legislation will provide corresponding authorization and additional funding for both culturally- and linguistically-appropriate support, substance use disorder support, and increased public awareness.