



# Florida Maternal Mental Health Collaborative

## FLORIDA FAMILIES FIRST ACT OF 2018 (S.B. 138/H.B. 937)

The Florida Families First Act of 2018 would increase and improve consumer and provider awareness, education and resources for postpartum depression and related illnesses. The Florida Maternal Mental Health Collaborative urges Florida representatives to co-sponsor and support the passage of this important bill.

### BACKGROUND

- Perinatal depression and related illnesses take place during pregnancy and after delivery. A woman may feel angry, hopeless, worthless, panicked and unable to connect with her baby.
- Approx. 1 in 5 Florida Moms experience a perinatal mood disorder.
- Left untreated, perinatal mental illnesses affect the entire family system.
- Perinatal mental illness can impact parent/child bonding and effects the parents' ability to function in many ways. Child's cognitive, social and emotional are impacted.
- Perinatal mental illnesses are a leading cause of **maternal mortality**.
- Left unrecognized/untreated; large economic impact on communities.
- Child safety may be impacted when parent mental illness left untreated.
- Medical providers often lack knowledge of appropriate care for perinatal mental illness and/or local resources for referral.

### SB 138/HB 937 KEY POINTS

- Addresses awareness through PSAs.
- 2 hotlines: one for consumers and one for providers
- Encourages providers to seek continuing education on perinatal mental illnesses.
- Statewide clearinghouse of mental health providers with specialized training.
- Requires hospitals and birth centers to screen for presence of postpartum depression; give educational materials and hotline information