

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

## Maternal Mental Health and Substance Use Disorders Act of 2022

### SUMMARY

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

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### ABOUT MATERNAL MENTAL HEALTH (MMH) CONDITIONS

- MMH conditions are the most common complications of pregnancy and childbirth, impacting 800,000 families each year in the United States.<sup>1-3</sup>
- MMH conditions include depression, anxiety, bipolar illness, obsessive-compulsive disorder, post-traumatic stress disorder, and substance use disorders.<sup>4</sup>
- Suicide and overdose combined are the leading cause of death for women in the first year following pregnancy.<sup>5</sup>
- COVID-19 has fueled a threefold increase in the rates of MMH conditions.<sup>6</sup>
- Untreated MMH conditions can have long-term negative impact on mother, infant, family, and society.<sup>7,8</sup>
- Individuals who face racial or economic inequities experience MMH conditions at 2-3 times the rate of white individuals, but are less likely to be identified or receive treatment.<sup>9,10</sup>

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women will experience MMH during pregnancy or first year following

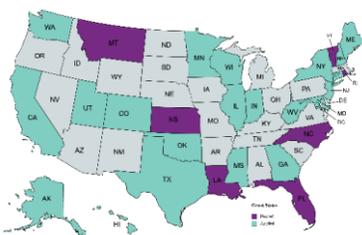
75%  of women who experience MMH symptoms go untreated

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 build MMH programs, including psychiatric consultation services for primary care providers, resource and referral programs, and training. In FY2018, 30 states applied for grants but funding limitations allowed for just 7 to be awarded.

**Into the Light** will reauthorize provisions of the 21<sup>st</sup> Century Cures Act, increase grant availability to at least half of states, and expand allowable uses to include technical assistance for non-grantees, coordination, and public awareness.

### PROGRAM RESULTS AS OF 2020

1,200+ frontline providers trained  
7,500+ psychiatric consultations provided  
47% of patients treated live in rural or underserved areas  
60,000+ maternal depression, anxiety, or SUD screenings achieved

### Maternal Mental Health Hotline



The hotline will provide 24/7/365 specialized voice and text support for mothers and families, ensuring real-time connections to licensed or credentialed health care professionals who provide support, information, brief interventions, and resources and referrals.

MMH Hotline funding was included in the FY21 Omnibus. **Into the Light** will provide corresponding authorization and funding for culturally- and linguistically-appropriate support, SUD response, and increased public awareness.

### CITATIONS

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