

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

Maternal Mental Health and Substance Use Disorders Act of 2022

SUMMARY

The **Into the Light Act** 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. On June 22, 2022, the *Into the Light Act* passed the House as part of H.R.7666, the *Restoring Hope for Mental Health and Well-Being Act of 2022*.



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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.¹⁻³
- MMH conditions include depression, anxiety, bipolar illness, obsessive-compulsive disorder, post-traumatic stress disorder, and substance use disorders.⁴
- Suicide and overdose combined are the leading cause of death for women in the first year following pregnancy.⁵
- COVID-19 has fueled a threefold increase in the rates of MMH conditions.⁶
- Untreated MMH conditions can have long-term negative impact on mother, infant, family, and society.^{7,8}
- 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.^{9,10}



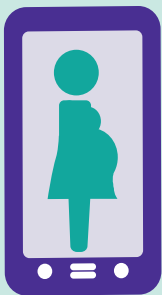
1/5 women will experience MMH conditions during pregnancy or first year following pregnancy¹⁻³



Cost of not treating MMH conditions is \$32,000 per mother-infant pair (adding up to \$14 billion nationally)¹¹



NATIONAL MATERNAL MENTAL HEALTH HOTLINE



The Hotline launched on Mother's Day 2022 and provides 24/7/365 voice and text support for mothers and families. Help Seekers are connected in real-time to licensed and credentialed health care providers, mental health professionals, or certified peer specialists, who provide support, information, briefing intervention, and resources and referrals.

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

PROGRAM RESULTS AS OF AUGUST 2022



Completed
2700 conversations
70% callers
& 30% texters

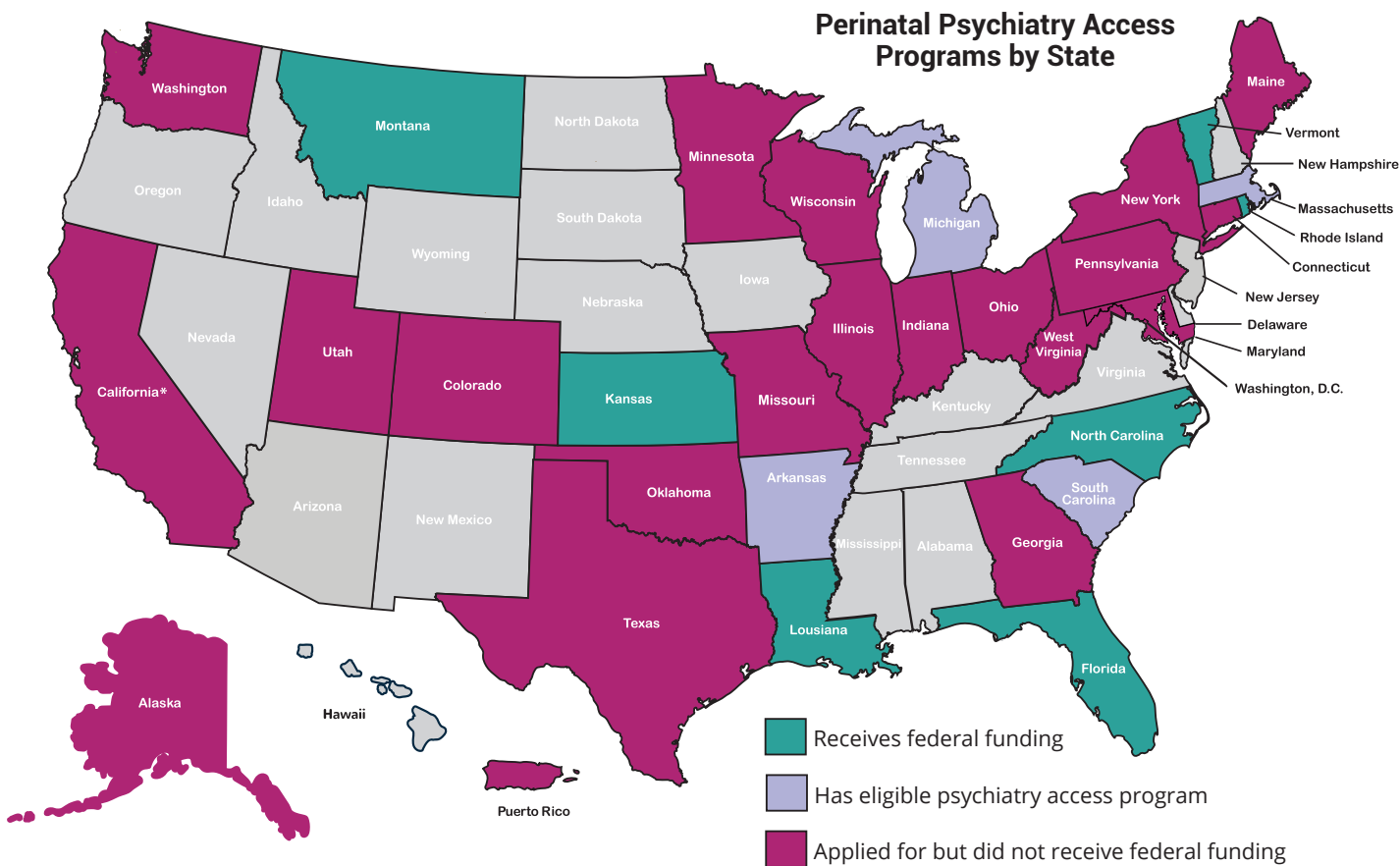


Answered all calls
within 14 seconds



Maintained average
conversation times
of 30 minutes via text,
16 minutes via call

SCREENING AND TREATMENT OF MATERNAL MENTAL HEALTH CONDITIONS



This program provides federal 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, and seven states were awarded

funds. The *Into the Light Act* will reauthorize provisions of the *21st 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

CITATIONS

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2. Fawcett (2019). *J Clin Psychiatry*.
3. Gavin (2005). *Obstet Gynecol*.
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5. Davis (2019). Data from 14 MMRCs.
6. Lebel (2020). *Jr Affec Disorders*.
7. CDC website.
8. Luca (2020). *Am J Public Health*.
9. Taylor (2019). *Center for Amer Progress*.
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