MCH Fellows: Maternal and Child Mental Health

Legislative Trends and Policy Options

January 21, 2022

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Maternal Mental Health Legislative Trends

Increasing maternal mental health awareness

Increasing and enhancing coverage, access and treatment for pregnant and parenting people.

Increase Medicaid Postpartum Coverage to 1 yr.
Increase Access and Treatment

- [Illinois HB 5](#) (2019)
- [Texas HB253](#) (2019)

Medicaid Depression Screening

- During well-child visits
  - 27 states recommend screening
  - 9 states allow screening
  - 8 states require screening

COVID-19 Influences

- Under an emergency public health order, California and Connecticut allowed for maternal depression screening during well-child visits via telehealth
Medicaid Postpartum Coverage

- **American Rescue Plan Act of 2021**
  - Option to expand postpartum coverage to 12 months via State Plan Amendment (SPA)
  - Effective April 1, 2022, for five years
Children and Youth Mental Health Legislative Trends

• Creation of task forces, committees or executive agencies to better understand and respond to youth mental health challenges
  - Iowa SF479 (2019)

• Increased access and treatment services for mental health
  - Colorado HB21-1258 (2021)

• Increased coordination and resources with other state systems, such as:
  - Human services Hawaii SR16 (2020)
  - Criminal justice Montana HJR35 (2021)
  - Education Alabama HB97 (2021)

Related policy areas: adverse childhood experiences, trauma-informed care and social-emotional learning
○ Additional Expertise
  • Behavioral health for adults and children, tobacco and nicotine policies and neonatal abstinence and neonatal opioid withdrawal

○ Additional Resources
  • U.S. Surgeon General Advisory: Protecting Youth Mental Health
  • Health Resource and Services Administration, Bright Future Program Guidelines
  • NCSL, Enhancing School Capacity to Support Children’s Mental Health
  • Substance Use Disorder Treatment Legislative Database
  • Maternal and Child Health Legislative Database

Thank You!

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