



ASSOCIATION OF MATERNAL & CHILD HEALTH PROGRAMS

## Mental Health and Substance Use in MCH populations: An AMCHP priority

According to the World Health Organization, mental health and physical health are closely associated and as such, there can be “no health without mental health.”<sup>i</sup> Additionally, the *Surgeon General’s Report on Alcohol, Drugs, and Health* maintains that the prevalence of substance use disorder (SUD), and the associated mortality rate, classifies it as an ongoing national public health crisis. Over 40% of adults with a SUD also have a mental illness, speaking to the need to address both mental health and substance use in order to improve health outcomes for women, children, and families.<sup>ii</sup>

**Supporting the work of our members in addressing mental health and substance use disorders at the state level – and serving as advocates at the national level – is an AMCHP priority.**

### Member Experience

AMCHP conducted a scan of the 2019 Title V MCH Services Block Grant annual reports/applications from the 59 US states and territories, which revealed the following:

- 25 jurisdictions identified MH/SUD as one of their priority (most urgent) needs.<sup>iii</sup>
- 45 MCH programs recognized mental health/substance use disorder (MH/SUD) as an identified need among women, children, and families in their states.<sup>iv</sup>
  - The most common identified need across all population domains was substance use prevention and treatment services (34/45 jurisdictions).<sup>v</sup> The second most common identified need was programs and interventions to address high rates of suicide (22/45 jurisdictions).<sup>vi</sup> These needs align with national data on the prevalence of SUD in women of reproductive age,<sup>1</sup> prenatal substance exposure,<sup>2</sup> and suicide rates among women and adolescents.<sup>3</sup>
  - Specific populations with the greatest identified MH/SUD needs are women, including pregnant and postpartum women (27/45 jurisdictions),<sup>vii</sup> adolescents (21/45 jurisdictions),<sup>viii</sup> and children, including those with special health care needs (16/45 jurisdictions).<sup>ix</sup>

### AMCHP’s MH/SUD Portfolio

As a membership organization for Title V, AMCHP strives to support its members in integrating systems, enhancing access to services, and convening stakeholders around MH/SUD challenges. AMCHP has multiple projects currently working in this area:

- **The AMCHP Mental Health Team**, which includes representatives from all AMCHP internal teams, is dedicated to building the capacity of Title V programs to address the impact of mental health and substance use disorders; developing resources for AMCHP members and partners; and serving as a voice for MCH populations in the evolving mental health policy arena.
- **Promoting Innovation in State MCH Policymaking (PRISM)** is a capacity-building project to empower Title V leaders and their state and local partners to advance policy that supports the needs of women of reproductive age with substance use and mental health disorders. PRISM is a partnership between AMCHP and ASTHO and is funded through a cooperative agreement with HRSA’s Maternal and Child Health Bureau (MCHB).

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<sup>1</sup> According to SAMHSA’s 2018 National Survey on Drug Use and Health, 5.6% of women aged 18 or older have a substance use disorder (SUD); SAMHSA, Center for Behavioral Health Statistics and Quality, 2018 National Survey on Drug Use and Health.

<sup>2</sup> Every year 15% of infants are affected by prenatal drug and/or alcohol exposure; National Center on Substance Abuse and Child Welfare: Infants with Prenatal Substance Exposure.

<sup>3</sup> For women of reproductive age (ages 15-44), suicide is one of the top five leading causes of death. Among adolescents (ages 10-24), it is the second leading cause of death. (CDC-WISQARS 1981-2017.)

- **The Adolescent and Young Adult Behavioral Health Collaborative Improvement & Innovation Network (AYA-BH CoIIN)** aims to increase and improve depression screening and follow-up for young people. The CoIIN is a project of the Adolescent and Young Adult Health National Resource Center, a collaboration led by the National Adolescent and Young Adult Health Information Center at the University of California, San Francisco. The project is funded by HRSA's MCHB.
- **The Infant Mortality- Social Determinants of Health Collaborative Improvement & Innovation Network– (IM-SDOH CoIIN)** focuses on reducing infant mortality and achieving healthy equity by addressing SDOH. State projects, which span a range of programs and policies, have the potential to improve mental health outcomes for MCH populations. The project is funded by HRSA's MCHB.
- **The Advancing State and Urban Maternal and Child Health Project** develops, implements, and supports state Title V programs and comprehensive systems of care to improve the health of MCH populations. A key component of this project focuses on increasing internal capacity to address MH/SUD and providing technical assistance to state Title V programs to address challenges in responding to MCH populations' mental health/behavioral health needs. The project is funded by HRSA's MCHB.
- **Leadership Lab - Family Leaders** is 10-month skills-building program for family members seeking to become future MCH leaders at the state and/or national level. Through the program, family leaders develop their Title V professional networks and expand their knowledge of timely MCH issues, including MH/SUD. The project is funded by HRSA's MCHB.

### AMCHP 2019-2021 Strategic Plan

AMCHP has prioritized MH/SUD organizationally. As a part of its strategic plan, AMCHP is committed to reducing the burden of substance use disorder and unmet mental needs on women, children, families and communities by:

- Developing effective, culturally appropriate prevention and treatment services for MCH populations with mental health and substance use disorders
- Convening MCH and mental health thought leaders to identify and implement sustainable solutions and address challenges/barriers to providing services

### AMCHP Contact Information

For more information, please visit the AMCHP website at [www.amchp.org](http://www.amchp.org) or contact the AMCHP Mental Health Team at [mentalhealth@amchp.org](mailto:mentalhealth@amchp.org).

<sup>i</sup> WHO (2004). Promoting Mental Health: Concepts, Emerging Evidence, Practice. Geneva, World Health Organization.

<sup>ii</sup> U.S. Department of Health & Human Services, Office of the Surgeon General (2016): Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC, HHS.

<sup>iii</sup> AK, AR, CO, DC, FL, GA, ID, IL, KY, LA, MD, MA, MI, NE, NV, NH, OH, OK, PA, RI, UT, VA, WA, WV, WI

<sup>iv</sup> AK, AZ, AR, CA, CO, CT, DE, DC, FL, GU, HI, ID, IL, IN, KS, KY, LA, ME, MD, MI, MN, MO, MT, NE, NV, NH, NJ, NY, NC, ND, CNMI, OH, OK, OR, PW, PR, RI, SC, SD, TX, UT, VT, VA, WV, WY

<sup>v</sup> AK, AZ, CO, CT, DE, DC, FL, HI, ID, IL, IN, KS, KY, ME, MD, MI, MT, NH, NJ, NC, ND, OH, OK, OR, PW, PR, RI, SC, SD, TX, VT, VA, WV, WY

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