

Into the Light for Maternal Mental Health and Substance Use Disorders Act (S.3824/H.R.7073)



Senate Lead Cosponsors



Sen. Kirsten Gillibrand
(D-NY)



Sen. Shelley Moore Capito
(R-WV)

House Lead Cosponsors

Rep. Katherine Clark
(D-MA-5)



Rep. Jaime Herrera Beutler
(R-WA-3)



Background

Maternal mental health (MMH) conditions are one of the most common complications during pregnancy and the postpartum period. As such, overdose and suicide are the leading causes of pregnancy-associated death in the US. These MMH conditions impact **800,000 families each year** in the United States and the COVID-19 pandemic has only exacerbated this crisis.



Maternal mental health conditions include depression, anxiety, bipolar illness, obsessive-compulsive disorder, post-traumatic stress disorder, and substance use disorders.



Of women who experience maternal mental health symptoms go untreated; the annual cost of not treating MMH is \$14 billion nationally or \$32,000 per mother and infant.



Individuals who face racial or economic inequities are more likely to experience maternal mental health conditions, but less likely to get help. Untreated MMH conditions can have long-term negative impacts on the parents, baby, family and society.



Of women will experience maternal mental health conditions during pregnancy or the first year postpartum.



The rate of maternal mental health conditions has increased three to four times since the onset of the COVID-19 pandemic.

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Bill Summary

The **Into the Light Act** will focus on reauthorizing and expanding state grants to address maternal mental health and substance use disorders.

This bill will make critical steps to reauthorize and expand the federal grant program to support screening and increased access to treatment for maternal health and substance use disorders during pregnancy and postpartum.

Additionally, it will provide funding to authorize the national Maternal Mental Health Hotline, which will provide emotional support, information, resources, and brief intervention to pregnant and postpartum individuals 24 hours a day, 365 days per year.

Key takeaways include:

- 1 Initial funding for** the Maternal Mental Health Hotline was provided by the FY21 Spending Bill; the Into the Light act will provide further authorization and funding for culturally and linguistically-appropriate support, substance use disorder support, and increased awareness
- 2 Screening and treatment of MMH** conditions will be addressed by programs that provide psychiatric consultation services for obstetric providers, resources and referral programs, and training for front-line providers.
- 3 The bill reauthorizes provisions** of the 21st Century Cures Act which provides grants to states; the legislation will increase funding to a level so that at least half of the states and territories will receive grants

Original Cosponsors



House: Reps. Matsui (D-CA-6), Burgess (R-TX-26), Clark (D-NY-9), and Kim (R-CA-39)

Senate: Sens. Baldwin (D-WI), Murkowski (R-AK)