Birth Equity Funders' Summit
October 2022
Perinatal Mental Health Through An Intersectional Lens
PRESENTED BY ANNA KING, LCSW, PMH-C
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MATERNAL MENTAL HEALTH NOW
When is the perinatal period?

- **Preconception**
- **Pregnancy and Gestation**
- **Postpartum** 1-2 years
- **Pregnancy Loss** Including abortion
Perinatal Mood and Anxiety Disorders

DEPRESSION VS. “BABY BLUES”
Most commonly experienced

ANXIETY
Often co-occurs with depression

OBSESSIVE COMPULSIVE DISORDER (OCD)
Intrusive thoughts and compulsions to avoid harm

POST TRAUMATIC STRESS DISORDER (PTSD)
Often childbirth related

PSYCHOSIS
RARE and high risk
Misrepresented in media
Perinatal Mental Health
THROUGH AN INTERSECTIONAL LENS

- Symptoms
- Risk factors
- Context
- Timeline
- Lived experience

Foster et al., 2021
“Living in a female body, a Black body, an aging body, a fat body, a body with mental illness is to awaken daily to a planet that expects a certain set of apologies to already live on our tongues.”

-SONYA RENEE TAYLOR
Perinatal depression affects:

- 20% of pregnant and birthing people
- 38% of BIPOC birthing people
50% of birthing people with perinatal depression receive care - many go unidentified.
10% of fathers and partners develop postpartum depression - those rates go up to 25-60% if the birthing person experiences mental health struggles.
MORE BLACK AND INDIGENOUS BIRTHING PEOPLE ARE INJURED OR DIE FROM PREGNANCY OR CHILDBIRTH RELATED COMPLICATIONS
MORE BLACK INFANTS DIE BY THE AGE OF 1YO
Perinatal depression rates are 2x higher in birthing people with disabilities yet there is little to no research.
10–30% of adoptive parents experience post-adoption depression.
100% OF PARENTS, CAREGIVERS, AND BIRTHING PEOPLE DESERVE THE CARE THEY NEED IN A TIMELY AND APPROPRIATE MANNER—PERINATAL DEPRESSION IS PREVENTABLE AND TREATABLE!
Reproductive Justice
A BRIEF BACKGROUND
What is reproductive justice? ...AND WHY IS IT IMPORTANT FOR PMH?
History of Racism

FOUNDATIONS OF REPRODUCTIVE CARE

Granny Midwives
Inhumane and Unethical Medical testing
Eugenics & forced sterilization
Pain Management

Badreldin et al., 2019; Williams & Wyatt, 2015
Mothers of Gynecology

“The statues were designed and constructed by Montgomery, Alabama artist and advocate, Michelle Browder, using discarded items, including some of the medical devices invented after experiments on these women.” Jill Friedman

https://www.anarchalucybetsey.org/
What can be done?

- Education + Storytelling
- Humility
- Whole Person Care
- Community Care
Perinatal mental health care begins long before conception.
Contact

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