

*Whole Person, Whole Pregnancy:
Bridging Maternal and Behavioral
Health in Rhode Island*
January 8, 2026





Whole Person, Whole Pregnancy: Bridging Maternal and Behavioral Health in Rhode Island

Rhode Island KIDS COUNT

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Maternal health before pregnancy,
during pregnancy, and after birth
impacts health outcomes for
mothers and children.



Barriers to Prenatal Care

Not knowing you are pregnant

Not being able to get an appointment or start care when desired

Lack of transportation

Lack of child care

Inability to get time off work

Lack of insurance or money to pay for desired care

The Importance of Primary Care Access

Opportunity to discuss preconception health

Opportunity to discuss management of chronic health conditions or past health history that may have an impact on pregnancy health, birth outcomes, and postpartum health

Hypertension
that could
increase risk
of
preeclampsia

Mental health

Substance use

Nutrition

History of
domestic
violence

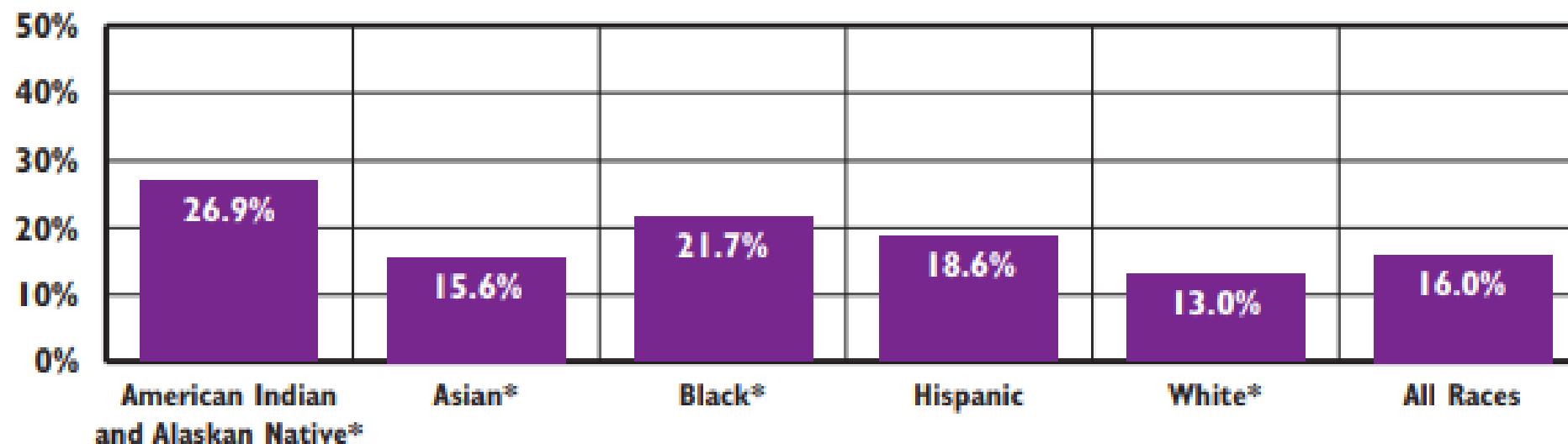
Social
stressors

Prenatal Care Access

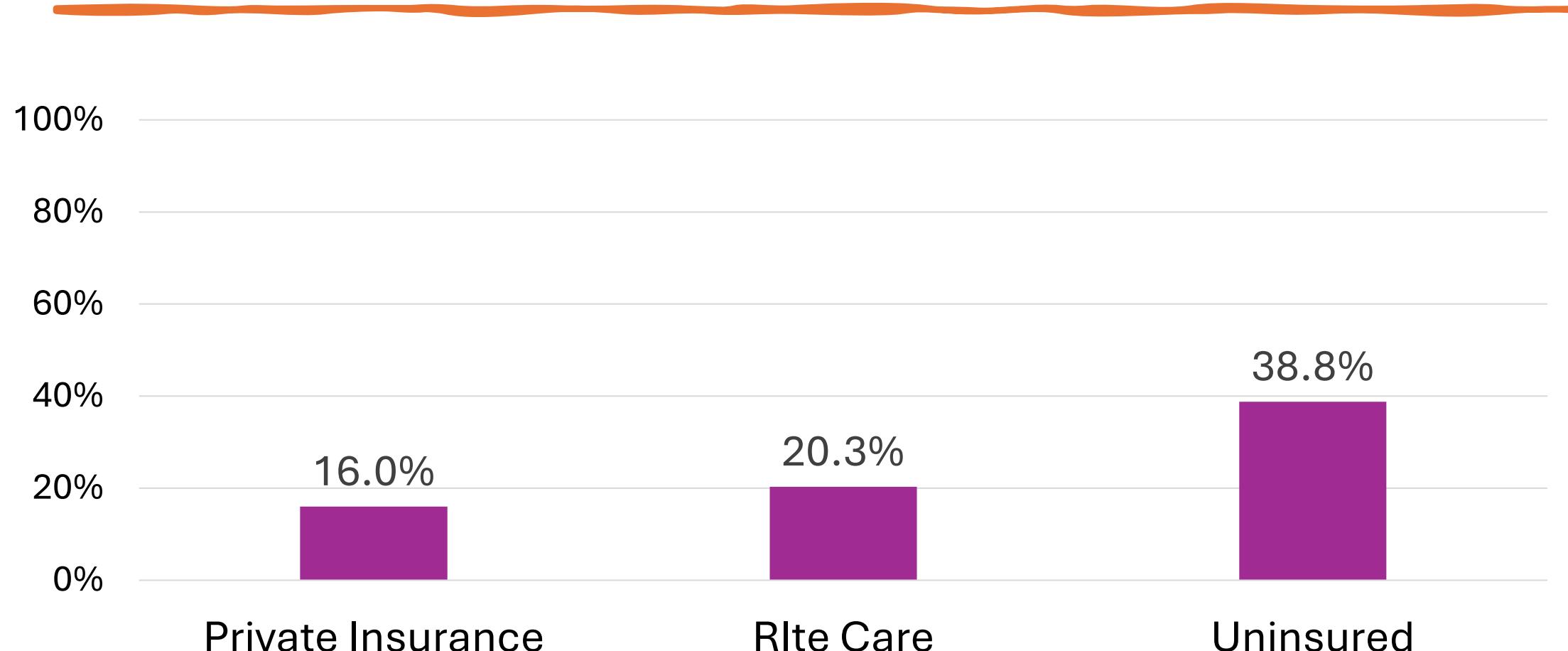
- Women in the four core cities (19.7%) were more likely than women in the remainder of the state (13.6%) to receive late prenatal care or no prenatal care.



**Women With Delayed or No Prenatal Care by Race/Ethnicity,
Rhode Island, 2019-2023**



Delayed or No Prenatal Care by Insurance Status, 2019-2023



Social Factors Impacting Maternal Health

Poverty

Food security

Housing
security

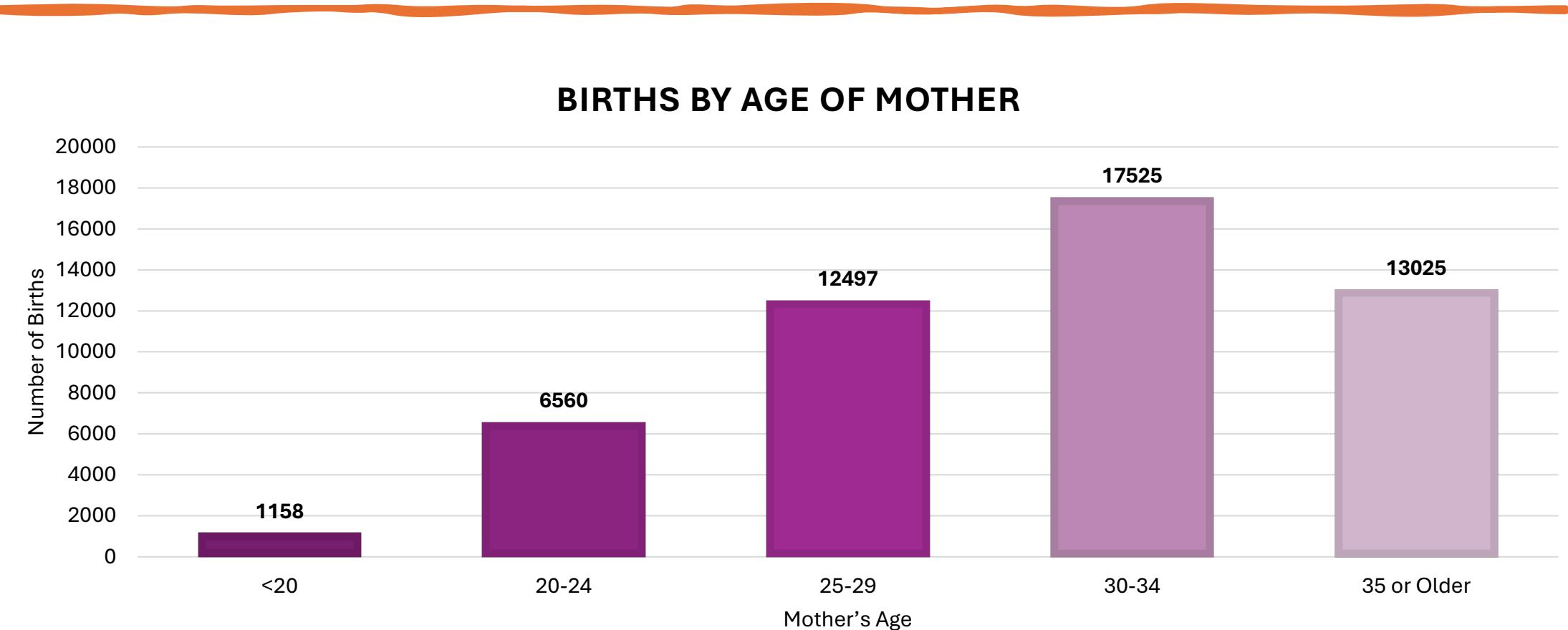
Access to
paid family
leave

Education

Age

Racial and
ethnic
disparities

Mother's Age, 2019-2023

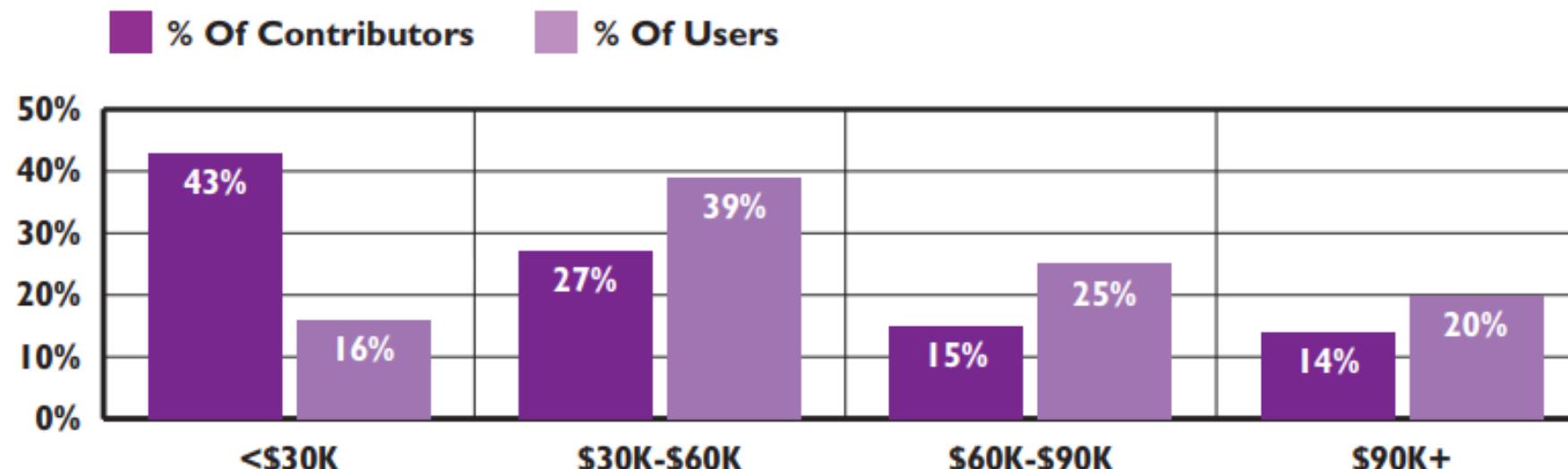


Access to Paid Family Leave

- Two thirds of women who worked during pregnancy felt they were able to take too little time off after birth



Approved Temporary Caregiver Insurance Claims Compared to Contributions by Wage Range, 2024



Maternal Mental Health



- Perinatal mood and anxiety disorders (including anxiety and depression that occurs during pregnancy or in the first year after birth) are one of the most common complications of pregnancy.
- Untreated mental health disorders during pregnancy and after having a baby can lead to negative outcomes such as preterm birth and trouble bonding with infants

Factors in Maternal Mental Health



- Food or housing insecurity
- Lack of sufficient paid leave after birth
- Pregnancy intentionality
- Job loss or pay cut in the 12 months before birth

Maternal Health Impacts Growing Children

- Maternal mental health has impacts on babies and children, particularly in attachment and bonding
- Impacts do not disappear after infancy
- Maternal depression is a significant risk factor affecting well-being and school readiness of young children



Breastfeeding

Difficulty breastfeeding can be another negative outcome associated with untreated mental health disorders during pregnancy

Approximately 1 in 6 Rhode Island women report experiencing depression during pregnancy



RI Moms PRN

Maternal Psychiatry Resource Network

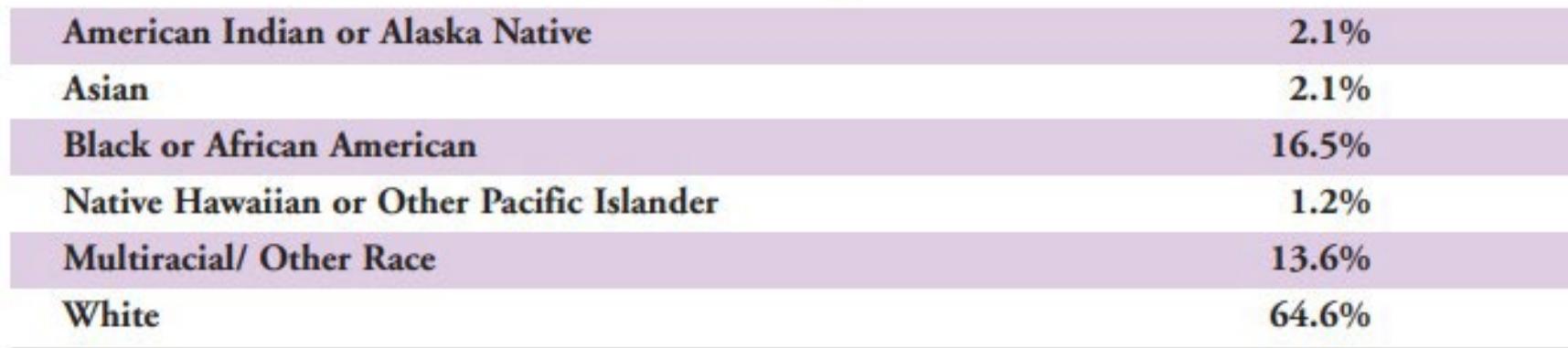
- Free psychiatric telephone consultation service for health care providers treating pregnant and postpartum individuals
- Builds capacity of providers to screen for behavioral health and substance use disorders and respond with appropriate treatment and referral

RI MomsPRN

RI MomsPRN addresses inequities through targeted outreach



RI MomsPRN Perinatal Patients Served by Race in Rhode Island, 2019-2024

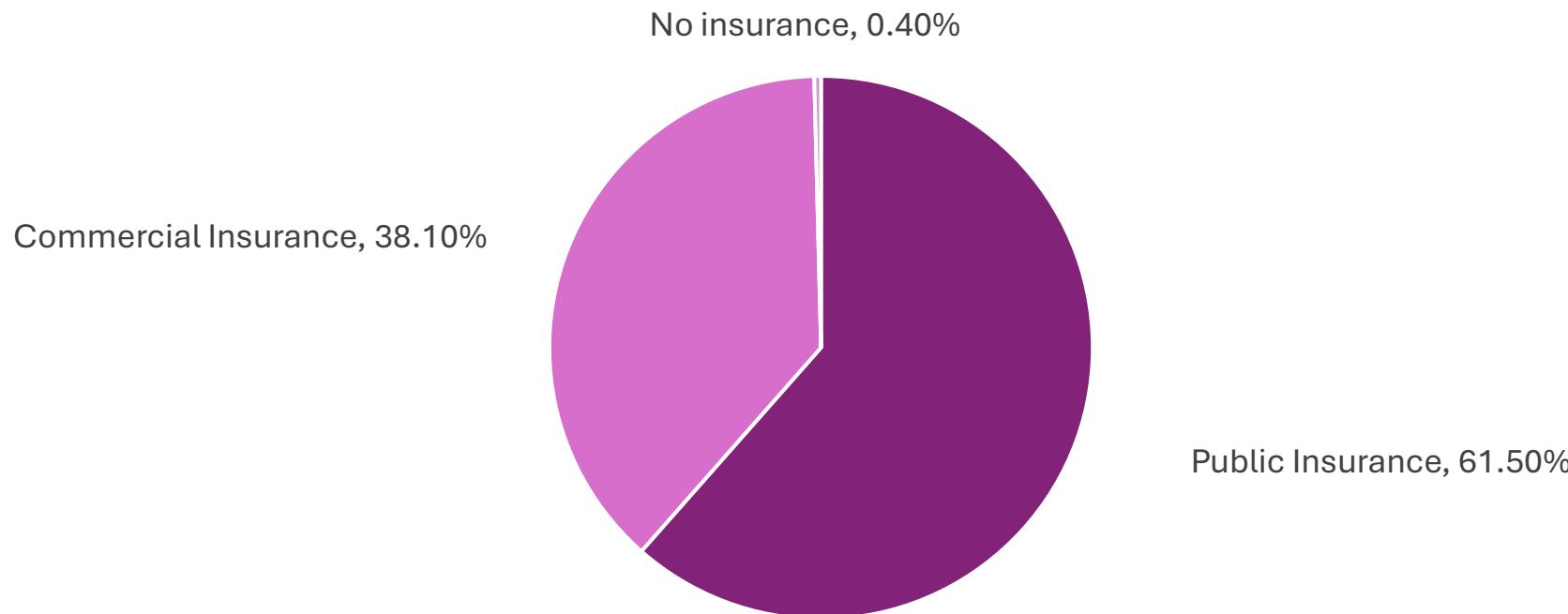


Source: RI MomsPRN Issue Brief, September 2019-December 2024.

RI MomsPRN Patients

- Between 2019 and 2024, RI MomsPRN helped over 2,500 perinatal patients

Patients helped by insurance type, 2019-2024

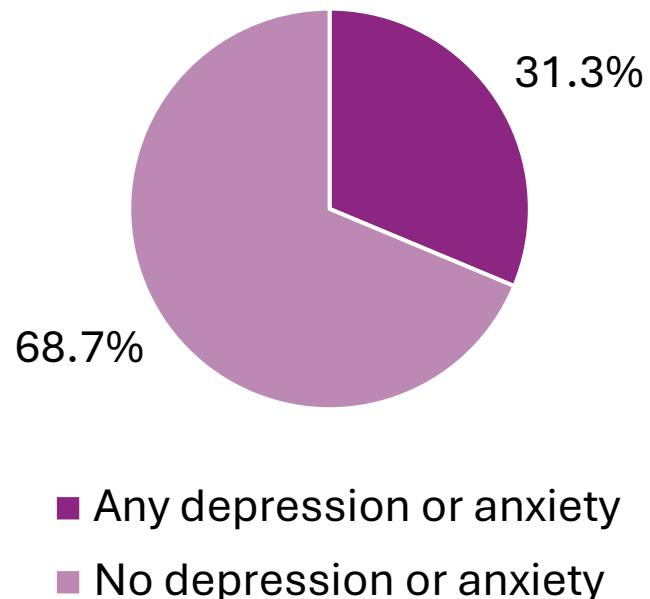


Perinatal Substance Use

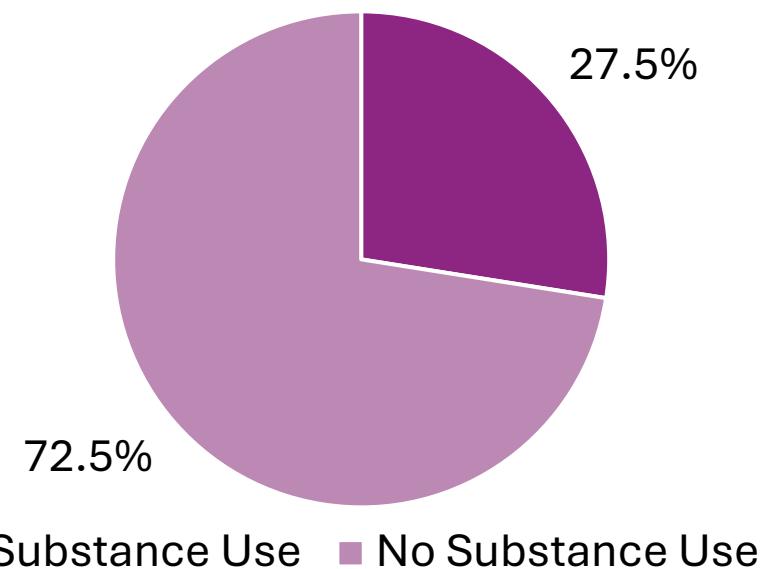
- Neonatal Abstinence Syndrome (NAS) refers to a withdrawal syndrome that can occur in newborns exposed to certain legal and illegal substances during pregnancy, including opioids.
- Rhode Island has a process that supports infants born affected by prenatal substance exposure, withdrawal symptoms, or a Fetal Alcohol Spectrum Disorder and their families by facilitating access to services like Family Home Visiting, Early Intervention, and recovery supports for caregivers.

Perinatal Diagnoses

Rhode Island Women Experiencing
Perinatal Depression or Anxiety, 2023

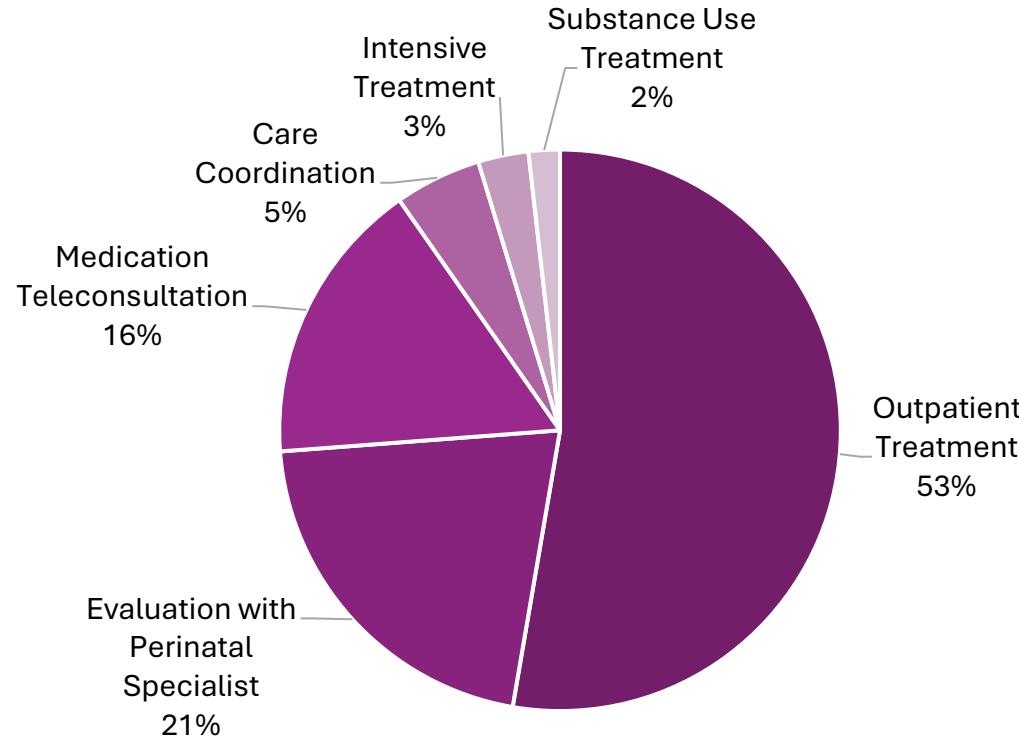


Rhode Island Women Reporting
Substance Use Before, During, or
After Pregnancy, 2023

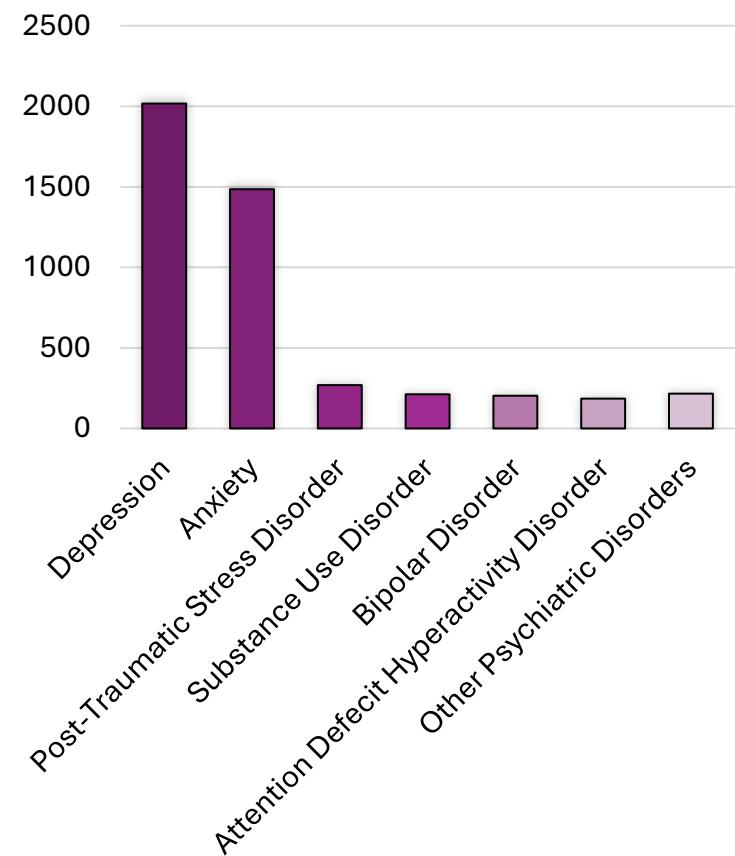


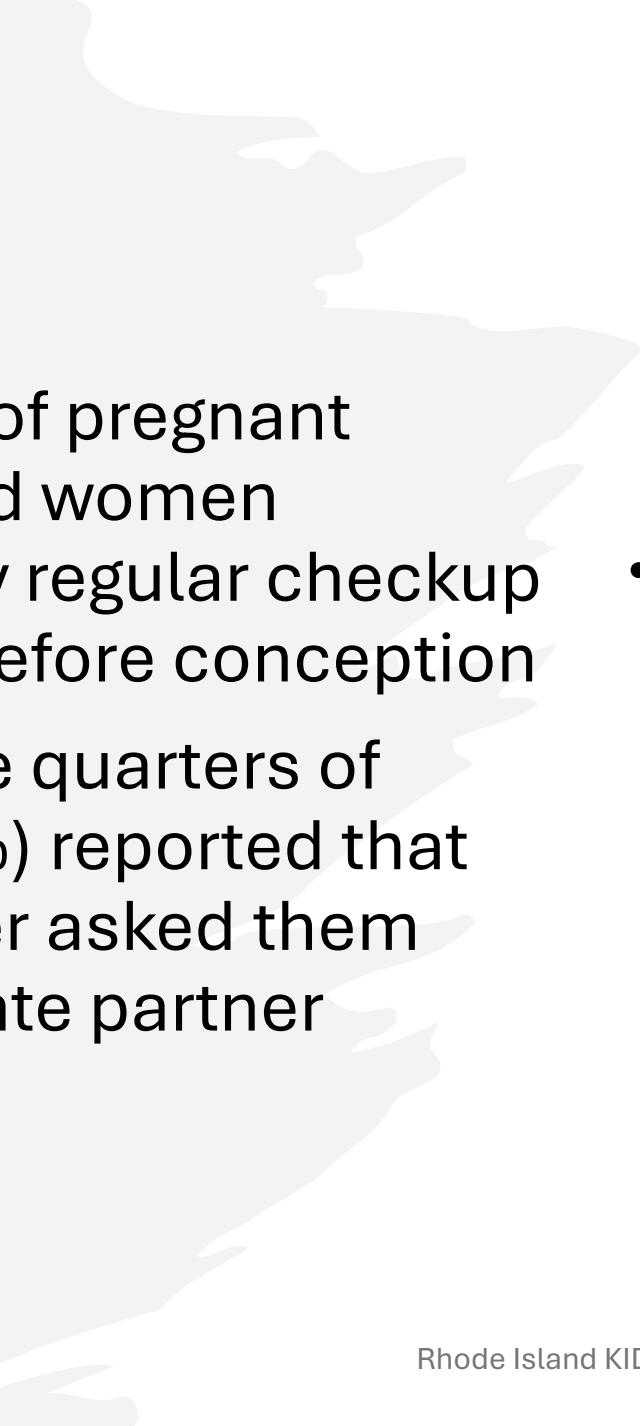
Data from RI MomsPRN

Referrals/Services Requested by RI MomsPRN Callers



Diagnosis Type For RI MomsPRN Calls





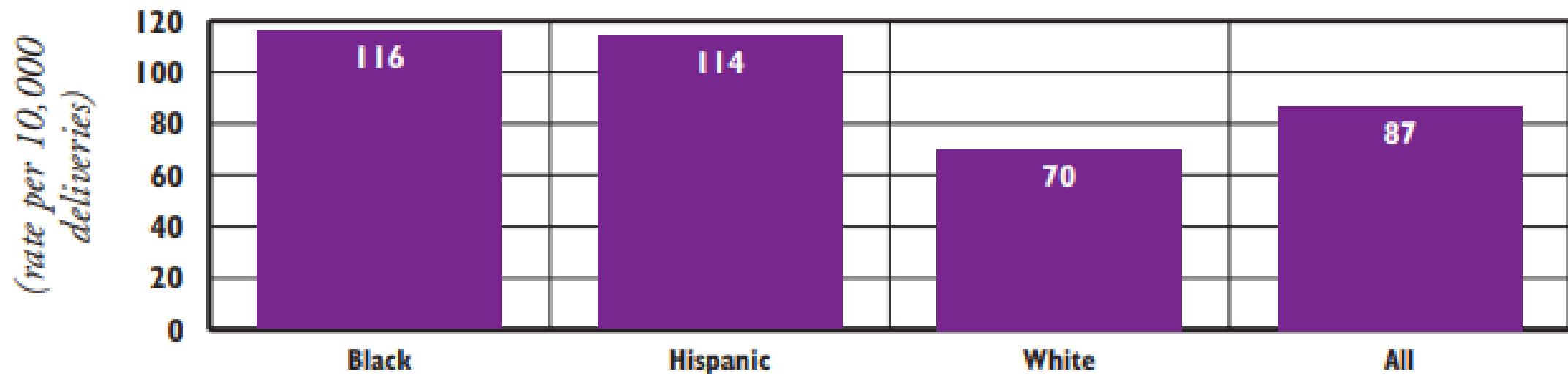
Pregnancy and Intimate Partner Violence

- Nearly 90% of pregnant Rhode Island women reported any regular checkup in the year before conception
- Almost three quarters of them (72.0%) reported that their provider asked them about intimate partner violence
- In 2022, women who were pregnant or who had recently given birth in the United States were more likely to be murdered than to die from obstetric causes

Severe Maternal Morbidity



**Severe Maternal Morbidity Rate per 10,000 deliveries by
Race/Ethnicity, Rhode Island, 2019-2023**





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Today's Panelists

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Rhode Island KIDS COUNT, 2026



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