



April 2013

The 2020 Mom Project (“The Project”) is an **urgent national call to action** that sets forth an **aggressive new path** for solving what some have called one of the biggest public health concerns of our time: the **silent maternal mental health crisis** which **impacts up to 20% of expecting and new moms**.

The project seeks to **bring about change by the year 2020**, starting with the insured population.

Because of a **complicated set of long-standing barriers**, expecting and new moms are not consistently screened for trouble, and therefore not diagnosed and offered treatment, and consequently these **moms and families largely suffer in silence**. Research suggests that when moderate to severe cases of maternal mental health disorders are left untreated, that not only does the mother’s health suffer, but so does her infants’, the stability of her marriage or partner relationship, and the long-term health and well being of all of her children can be negatively impacted.

Rather than relying solely on the OBGYN, as our current system does, recognizing that most **moms give birth in a hospital**, what we call “Hospital as the Hub” and now **that millions more American families will have health insurance**, the 2020 Mom Project invites **other stakeholders**, such as hospitals & health insurance companies to adopt recommendations making **manageable changes to their systems** so more moms and families are educated, triggers can be reduced, screening and diagnosis can happen, and so help can be easily identified when a mom does suffer from a maternal mental health disorder.

Those that adopt the recommendations will be tracked on the 2020 Mom Project website.

The Project also **invites members of our communities**, moms, expecting parents, grandparents, advocates, readers like you, to encourage stakeholders by **noting on our website that this “Matters to Me,”** by listing their name or initials and city/state.

With public and consumer encouragement it’s our hope stakeholders will be even more willing to act quickly.

Recommendations will be refreshed periodically, and recommendations for other stakeholders will be introduced in future months.

For more information, contact: info@2020MomProject.com

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