

Mental health conditions are the most common complication of pregnancy and childbirth, with 1 in 5 women experiencing a mental health condition during the perinatal period (pregnancy through the first year after birth).<sup>1</sup> Perinatal substance use disorders are also common, with nearly 5% of pregnant women using one or more addictive substances during pregnancy.<sup>2</sup>

ACHI examined behavioral health events (including outpatient visits, emergency room visits, and inpatient stays) among 80,704 mothers who gave birth in Arkansas between Jan. 1, 2019, and June 30, 2022.<sup>a</sup> Behavioral health events were examined in the prenatal period (the nine months prior to a birth) and the postpartum period (the 12 months following a birth). ACHI also compared the timing of postpartum mothers' follow-up visits within 120 days after behavioral health events to the timing of follow-up visits among all women ages 18-44 in Arkansas.

### Key Takeaways:

- Behavioral health events were more likely to occur in the postpartum period compared to the prenatal period.
- Postpartum mothers consistently had lower follow-up visit rates after an emergency room visit or an inpatient stay compared to all women ages 18-44 in Arkansas.
- 59% of postpartum mothers had no follow-up behavioral health visit within 120 days of an emergency room visit.
- 56% of postpartum mothers had no follow-up behavioral health visit within 120 days of an inpatient stay.

### Mothers With Outpatient Behavioral Health Visits


	PRENATAL	POSTPARTUM
OVERALL	<b>18.5%</b> n = 14,932	<b>29.5%</b> n = 23,770
MENTAL HEALTH	<b>17%</b> n = 13,720	<b>28.8%</b> n = 23,269
SUBSTANCE ABUSE <sup>b</sup>	<b>3.6%</b> n = 2,879	<b>2.8%</b> n = 2,260

"n" = Number of Mothers

## Perinatal Emergency Room and Inpatient Behavioral Health Visits

### Emergency Room Visits


#### Mothers Seen in Emergency Room by Perinatal Period



	PRENATAL	POSTPARTUM
	<b>1.3%</b> n = 1,078	<b>2.4%</b> n = 1,951

### Inpatient Stays

#### Mothers With Inpatient Stays by Perinatal Period



	PRENATAL	POSTPARTUM
	<b>0.7%</b> n = 558	<b>2.6%</b> n = 2,073

#### Mothers Seen in Emergency Room by Diagnosis Type

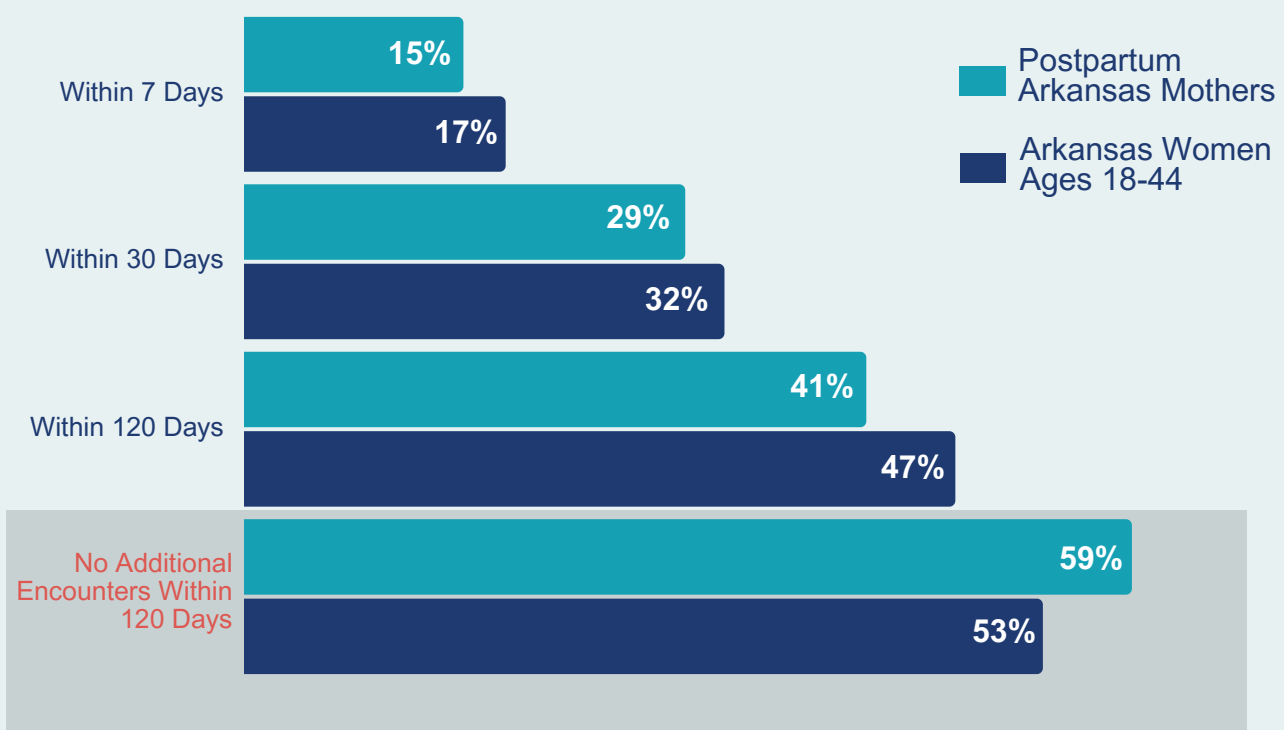
	PRENATAL	POSTPARTUM
MENTAL HEALTH	<b>1.1%</b> n = 849	<b>2.0%</b> n = 1,609
SUBSTANCE ABUSE	<b>0.3%</b> n = 271	<b>0.6%</b> n = 455

#### Mothers With Inpatient Stays by Diagnosis Type

	PRENATAL	POSTPARTUM
MENTAL HEALTH	<b>0.6%</b> n = 453	<b>2.0%</b> n = 1,621
SUBSTANCE ABUSE	<b>0.1%</b> n = 118	<b>0.6%</b> n = 500

<sup>1-2</sup> For references: [achi.net/library/behavioral-health-arkansas-mothers](https://achi.net/library/behavioral-health-arkansas-mothers)  
<sup>a</sup> Only primary behavioral health diagnoses were considered for emergency room visits and inpatient stays, while primary and secondary diagnoses were considered for outpatient visits.  
<sup>b</sup> Excludes tobacco use.  
 Data source: Arkansas Healthcare Transparency Initiative's All-Payer Claims Database.

## Timing of Follow-up Behavioral Health Visit<sup>c</sup> After Emergency Room Visit



## Timing of Follow-up Behavioral Health Visit After Inpatient Stay

