

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).¹ Perinatal substance use disorders are also common, with nearly 5% of pregnant women using one or more addictive substances during pregnancy.²

ACHI examined behavioral health events (including outpatient visits, emergency room visits, and inpatient stays) among 80,704 Arkansas mothers who gave birth between Jan. 1, 2019, and June 30, 2022.^a 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' outpatient 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	18.5% n = 14,932	29.5% n = 23,770
MENTAL HEALTH	17% n = 13,720	28.8% n = 23,269
SUBSTANCE ABUSE ^b	3.6% n = 2,879	2.8% 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
	1.3% n = 1,078	2.4% n = 1,951

Inpatient Stays

Mothers With Inpatient Stays by Perinatal Period



	PRENATAL	POSTPARTUM
	0.7% n = 558	2.6% n = 2,073

Mothers Seen in Emergency Room by Diagnosis Type

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

Mothers With Inpatient Stays by Diagnosis Type

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

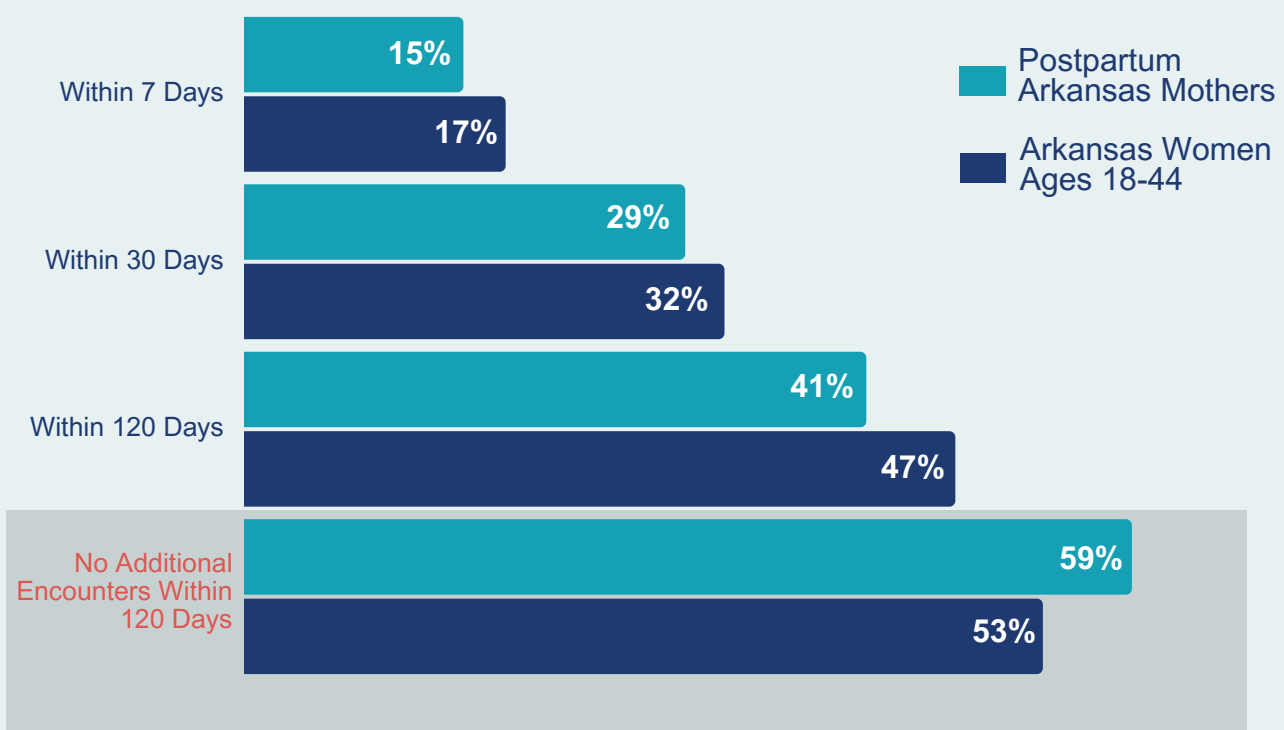
¹⁻² For references: achi.net/library/behavioral-health-arkansas-mothers

^a Only primary behavioral health diagnoses were considered for emergency room visits and inpatient stays, while primary and secondary diagnoses were considered for outpatient visits.

^b Excludes tobacco use.

Data source: Arkansas Healthcare Transparency Initiative's All-Payer Claims Database.

Timing of Follow-up Behavioral Health Visit^c After Emergency Room Visit



Timing of Follow-up Behavioral Health Visit After Inpatient Stay

