



MATERNAL AND MENTAL HEALTH NEED

NATIONWIDE

20% of women nationwide struggle with maternal mental health complications

75% of women impacted by mental health remain untreated

33% of all maternal deaths are related to mental health

ARIZONA RANKS 49TH FOR ACCESS TO ADULT MENTAL HEALTH CARE

IN ARIZONA

91% of the state's mental health need is unmet

\$375M is spent annually on untreated perinatal mental health conditions

#1 cause of maternal death is maternal mental health conditions

20K women annually experience a maternal mental health condition

44% increase in pregnancy related mortality ratios between 2016 and 2019

Sources:
Nationwide Statistics:
Maternal Mental Health Leadership Alliance (2023). Key Facts: Maternal Mental Health (MMH) Conditions [Fact Sheet]. <https://www.mmhla.org/articles/maternal-mental-health-conditions-and-statistics>

Arizona Statistics:
Ramirez, GM, Davidson, S, Perez, A, Glidden, M, Rubio, V, Rouamba, A, Celaya, M. Maternal Mortality in Arizona, 2018-2019. Phoenix, AZ: Arizona Department of Health Services; 2024

The photos used (other than photos of our directors and testimonial author) are stock images intended for illustrative purposes only. Individuals depicted in the photos are models.

Arizona Perinatal Psychiatry Access Line

SUPPORTING FRONTLINE HEALTHCARE PROVIDERS OF ARIZONA AS THEY CARE FOR THEIR PREGNANT AND POSTPARTUM PATIENTS' MENTAL HEALTH NEEDS

EVERY MOTHER AND BABY IN ARIZONA DESERVES

the healthiest possible pregnancy and most promising start to life. While we often think of pregnancy and the arrival of a new baby as joyful, these changes can also be very stressful for the mother. Pregnant and postpartum patients are more prone to experience psychiatric conditions such as depression, anxiety, and psychosis.

These conditions can lead to severe maternal complications, and even death, as well as high costs and poor birth outcomes. They can also cause developmental delays and inhibit family bonding.

Timely treatment and the management of these conditions can significantly reduce their impact, but there are far too few providers in Arizona with the education and expertise to meet the urgent and growing need.

MEETING THE NEED

Staffed by highly-trained perinatal psychiatrists, the Arizona Perinatal Psychiatry Access Line (APAL) assists medical providers statewide as they care for pregnant and postpartum patients with mental health and substance use disorders.

APAL provides an innovative, efficient and cost-effective solution to fill gaps in mental health and substance use treatment to ensure good health across generations. We offer:

NO-COST TELEPHONE CONSULTATION AND FOLLOW-UP

Any healthcare provider, anywhere in the state can contact our perinatal psychiatrists by phone for individualized and real-time consultation on how to best treat their patients with mental health or substance use disorders.

ONE-TIME DIRECT EVALUATIONS

APAL offers a free, one-time direct evaluation of complex patients to provide robust support to healthcare providers.

PROVIDER AND COMMUNITY EDUCATION

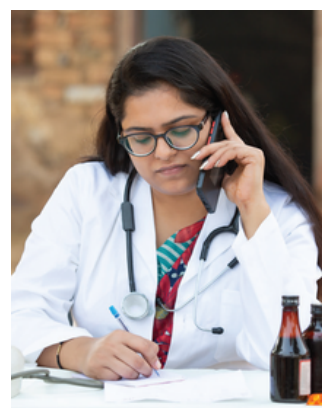
Our team provides customized training for medical providers, staff and community members in evidence-based perinatal psychiatry care, for which they can receive continuing medical education (CME) credits. APAL also hosts monthly virtual grand rounds that are open to all interested parties in Arizona and which also provide free CME.

RESOURCES

APAL provides clinical toolkits for providers (like clinical screeners and guidance of care) as well as county specific, state and national resources for mothers and families. As of February 2025, APAL introduced a resource specialist to provide live support navigating perinatal mental health services.

1 in 5 women

struggles with a mental health or substance use disorder during pregnancy and the baby's first year (the "perinatal period").



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON
**Arizona Perinatal
Psychiatry Access Line**

apal.arizona.edu/perinatal

Call APAL: 888-290-1336

Monday to Friday from 8:30 a.m. to 4:30 p.m.



The APAL IMPACT

06/2023 - 03/2025

SINCE ITS LAUNCH IN JUNE 2023, APAL HAS:

- **Assisted 100s of providers** statewide through telephonic consultation.
- **Reached over 80% of Arizona's counties**, including rural areas that have no psychiatrists and/or are maternal care deserts.
- **Provided 90+ virtual and in-person trainings** on topics such as Mood and Anxiety Disorders, Substance Use Disorders and Treatment, Medication Management, and more.
- **Advised providers serving a patient population comprised of 50% Medicaid recipients.**

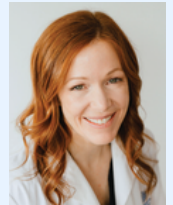
YOUR SUPPORT

As the only resource of its kind in the state of Arizona, APAL is extremely proud of what we have accomplished, but the need continues. Too many Arizona women and children suffer from the impact of untreated mental health and substance use, due to shame, stigma, and lack of access to care.

With your support we can continue to sustain and expand these essential services to more families in need.

The APAL line enables first rate care for providers caring for women in Arizona.

Caring for women during their pregnancies and postpartum in an effective and timely manner is crucial because the care of one patient directly affects the life of another.



I have had women walk in my clinic in desperate need of help that I would have needed to refer out, send away without treatment until I could get answers, or offer suboptimal treatment. Because of APAL, I have been able to offer these patients immediate expert advice on treatment options.

A patient came to me traumatized for over two years with postpartum OCD and was incredibly debilitated. She didn't trust herself to be alone with her kids. Dr. Kalia worked with me to develop a treatment plan for her, and today the patient is back to work and enjoying her family.

This service is a life raft to the women of Arizona and their providers.

- CANDICE WOOD, MD, FACOG, PMH-C
*Woman Made Well
Phoenix, AZ*

OUR DIRECTORS



SAIRA KALIA, MD

APAL's Director Dr. Saira Kalia is a clinician, educator, and advocate. She has made significant contributions to the women's reproductive health field and is known for her commitment to patient-centered care and dedication to education. She has a wealth of administrative experience having served as an outpatient medical director.

She is a distinguished educator and has won multiple teaching awards. She has launched both the Arizona Perinatal Psychiatry Access Line and the Arizona Pediatric Psychiatry Access Line. Her recognition as a COM-T Women in Medicine Torchbearer underscores her trailblazing contributions to mental health, education, and gender equity.



KATHRYN EMERICK, MD

APAL'S Co-Director Dr. Kathryn Emerick is a perinatal psychiatrist with a focus on academic psychiatry. She has provided education statewide on perinatal topics and received the Women's Rural Health Innovation Award for her work with APAL. In addition to her work with the access line, she continues as faculty at the

University of Arizona. As faculty, she provides education and supervision to residents on perinatal topics and has received the Residency Director Award for her educational efforts.