



Moms Matter Now & Alaska Mental Trust Authority Qualifying Criteria

- 1) Must be an Alaskan Resident and/or military stationed in Alaska.

AND - one or more of the following:

- 2) Currently meets criteria for a Perinatal Mood & Anxiety Disorder(s) OR has met criteria in previous pregnancies (to include onset during pregnancy).
- 3) Current or historical relationship with substance use disorder (SUD) and/or “substance misuse”
- 4) Score of 12 or higher on Edinburgh Postnatal Depression Scale (EPDS) OR
Score of 10 or higher on Patient Health Questionnaire 9 (PHQ9) OR
Score of 3 or higher on the Patient Health Questionnaire (PHQ2) OR
Score of 10 or higher on Generalized Anxiety Disorder Assessment (GAD7)
- 5) Currently experiencing or history of pregnancy loss, infertility, teen pregnancy, high risk pregnancy (to include multiples), qualifies for Medicaid, advanced maternal age, and/or connected to active duty/veteran military.
- 6) Mothers and birthing people who identify as part of a marginalized population to include but not limited to BIPOC, AAPI, Alaska Native, LGBTQIA, etc.
- 7) Clinical assessment and/or interview can supersede criteria above (w/exception of AK resident)

*First Priority is given to birthing people in the perinatal period to include pregnancy through first year of birth.

*Second priority is given to birthing people with children under 5 years of age.

*Third priority is given to all parents with children of any age who may benefit from the evidence-based course.