SELENI

2013-2023: A Decade in Maternal Mental Health

2013

Seleni Institute is founded to change how maternal mental health is viewed and treated.

The Centers for Disease Control and Prevention (CDC) releases a report showing that maternal suicide is a leading cause of maternal mortality in the United States.

2014

First Lady Laura Bush visits Seleni to learn more about maternal mental health.

Death of actor and comedian Robin Williams by suicide sparks a new conversation about mental health.

2015

Hosts congressional luncheon in Washington, D.C., presents Secretary of Health and Human Services Sylvia Burwell and Congresswoman Ileana Ros-Lehtinen with the Winnifred Mason Huck Leadership Award for their dual roles as mothers and leaders in public service.

Partners with NYC Department of Health to launch the Perinatal Depression Screening Program for pregnant women and new mothers.

Launches first training in person, the Maternal Mental Health Intensive.

The Lancet publishes a study showing a drop in the global maternal mortality rate by 43.9% between 1990 and 2015, from 385 maternal deaths to 216 maternal deaths per 100,000 live births.

UK launches 5-year plan to improve perinatal mental health care, with a focus on early identification and intervention.

American College of Obstetricians and Gynecologists (ACOG) releases new guidelines recommending screening all pregnant and postpartum women for depression.

2016

Conducts first international training in Greece.

American Academy of Pediatrics (AAP) issues guidelines recommending pediatricians screen mothers for postpartum depression during their child's well-child visits.

PSI (Postpartum Support International) and other leaders around the world launch first World Maternal Health Day

2017

Begins partnership with CAMBA, one of New York City's largest multi-service organizations—to train healthcare professionals.

Hosts teen perinatal health trainings for 250+ professionals in New York.

U.S. Congress passes the 21st Century Cures Act, which includes provisions related to mental health, including maternal mental health.

2018

Launches Maternal Mental Health Intensive training online.

Celebrates 5-year anniversary with #SoLongStigma Campaign during Mental Health Awareness Month.

U.S. CDC releases report showing the number of women dying from pregnancy-related complications in the U.S. is increasing, with maternal mental health conditions significantly contributing to this trend.

New Zealand Prime Minister Jacinda Ardern becomes world's second elected head of government to give birth while in office.

2019

Relocates to a new accessible space to better serve patients throughout New York.

Awards first round of 40 online training scholarships.

New Jersey First Lady Tammy Murphy launches the Nurture NJ campaign to improve maternal and infant health outcomes.

The WHO, UNICEF, UNFPA, World Bank Group, and United Nations Population Division publish joint report showing the global Maternal Mortality Rate had declined by 38% between 2000 and 2017.

2020

Launches new training, The COVID-19 Pandemic, Trauma and Grief, and a scholarship program for health professionals working with underserved communities.

U.S. Congress passes the Coronavirus Aid, Relief, and Economic Security (CARES) Act, which provides funding for health care providers, including those that provide maternal mental health care.

2021

Launches the Maternal Mental Health Intensive for Young Parents and the Perinatal Mood and Anxiety Disorders trainings.

UNICEF releases report on 34% drop in maternal mortality between 2000 and 2020.

2022

Reaches milestones of 50,000 patient appointments and 5,500 clinicians trained in 60 countries. More than 400 scholarships awarded to clinicians working with underserved communities.

The WHO launches the Perinatal Mental Health and Psychosocial Support Program to improve the mental health of pregnant and postpartum women globally.

988 becomes nationally available in U.S. to connect people to the National Suicide Prevention Lifeline and other mental health crisis services.

Surgeon General's New Framework for Mental Health and Well-being in the Workplace addresses maternal well-being during pregnancy and maternity leave.

White House proclaims April 11-17 Black Maternal Health Week (started by Black Mamas Matter Alliance).

National Maternal Mental Health Hotline launches to provide 24/7 voice and text support in English and Spanish: 1-833-9-HELP4MOMS.

CDC report find 4 in 5 pregnancy-related deaths in US preventable, majority related to mental health conditions.

2023

Launches the Black Perinatal Mental Health Training.

Celebrates 10 years of treatment and training, committed to creating innovative and essential content reflecting the evolving landscape of perinatal mental health.

National Institute of Mental Health launches research initiative to understand the causes and best treatments for perinatal mental health disorders.

PUMP Act enacted to provide protections for lactating individuals in the workplace.

Thank you for being a part of improving mental health and well-being for birthing individuals and their families for the past ten years.

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