

05-25 Policy Matters

Subject: Recognizing the Importance of Mental Health and Women's Health

Preheader: Here, Policy Matters. Learn the latest from UPMC's Government Affairs team.



This month, we recognize two crucial health topics that have widespread impact in our society: Mental Health Awareness Month and Women's Health Month.

Since 1949, Mental Health Awareness Month has driven awareness, reduced stigma, and advocated for mental health and wellness for all. The 2025 national theme is "Turn Awareness into Action." It is a powerful call to move beyond conversations and take meaningful steps toward improving mental health outcomes.

May is also Women's Health Month, signaling a call to action for women to prioritize their mental, physical, and emotional well-being. This year's theme is "Empowering Women, Cultivating Health: Celebrating Voices, Wellness, and Resilience." It seeks to encourage women to take charge of their health journeys.

Both of these themes emphasize the importance of community engagement, advocacy, education, and recognizing that lasting change happens when individuals, organizations, and entire communities work together to support holistic well-being.

This edition of *Policy Matters* highlights efforts across the UPMC footprint to support women's health and improve access to mental health resources.



## **Advocacy and Expanding Access**



#### HAPPENINGS MAGAZINE

### **Universal Postpartum Depression Screenings, Faster Mental Health Referrals to Support Pennsylvania Mothers**

Pennsylvania Gov. Josh Shapiro's proposed budget earmarks \$5 million for addressing maternal health concerns. It includes a directive for the Pennsylvania Department of Health to train health care providers to identify postpartum depression and anxiety faster and quickly connect those women to mental health care and resources. UPMC Magee-Womens Hospital supports this initiative, emphasizing the importance of early screenings and connecting mothers to specialized behavioral health services.

[Learn more](#)

#### UPMC ENTERPRISES

### **Opportunities for Action in Women's Health**

UPMC Enterprises and the Center for Connected Medicine recently hosted the "Women's Health @ Top of Mind" summit in Pittsburgh. The event brought together approximately 70 leaders from health care, life sciences, academia, and venture capital. It focused on addressing issues in women's health through collaborative discussions on research, funding, and access.

[Learn more](#)

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## **UPMC Hillman in Central Pa. Expands Access to Gynecological Cancer Treatment**

UPMC Hillman Cancer Center in Central Pa. is now offering an advanced internal radiation therapy for gynecological cancers that has been shown to reduce the risk of cancer recurrence. Cylinder High-Dose Rate (HDR) Brachytherapy is now available at the UPMC Hillman Cancer Center – Rocco and Nancy Ortenzio Cancer Pavilion in Mechanicsburg, Pa. UPMC Hillman is the only health facility in the West Shore of Harrisburg to offer this service.

[Learn more](#)

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## **UPMC Jameson Adds Intensive Behavioral Health Outpatient Program**

UPMC Jameson recently introduced an intensive outpatient behavioral health program in New Castle to address the growing need for mental health services. This program offers structured therapy sessions and support for individuals experiencing conditions such as depression, anxiety, and trauma. By providing a community-based alternative to inpatient care, UPMC Jameson aims to improve access to mental health treatment and support recovery in the community.

[Learn more](#)

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## **Erie Police Crisis Car Expands to Include Crisis Service Workers with UPMC Western Behavioral Health**

The City of Erie Police Department is partnering with UPMC Western Behavioral Health to expand its 24-hour Crisis Car Unit. Two crisis service workers will now co-respond with officers to provide improved support and care during mental health crises. The goal is to better address the growing number of these emergencies.

[Learn more](#)



## Recent Events



### **UPMC Washington Teen Outreach Hosts 29th Annual Youth Conference**

UPMC Washington Teen Outreach held its 29th annual Youth Conference at Washington & Jefferson College, focusing on emotional intelligence. About 100 teens from six school districts took part in interactive sessions on managing emotions like grief, anxiety, and anger. The goal was to promote mental wellness and leadership.

[Learn more](#)

## **Mental Health Experts Working to Connect Injured Student-Athletes with Support System**

At a recent event presented by the UPMC Western Behavioral Health Foundation, UPMC mental health experts joined school leaders to highlight the importance of supporting injured student-athletes. James Tew, MD, vice president, Medical Affairs, UPMC Western Psychiatric Hospital, emphasized that injuries can take a serious emotional toll and that early mental health support is key to preventing anxiety and depression. The event underscored UPMC's commitment to partnering with schools and other community officials to build stronger support systems for young athletes during recovery.

[Learn more](#)

## **UPMC Empowering Wellness Through Women's Cancer Survivorship Conference**

UPMC Magee-Womens and UPMC Hillman Cancer Center in Central Pa., with the support of UPMC Pinnacle Foundation, hosted the Women's Cancer Survivorship Conference. Dedicated to empowering women living with cancer, the comprehensive one-day event focused on wellness and was attended by more than 150 participants.

[Learn more](#)



## **Clinical Excellence and Recent Research**

**MULTIDISCIPLINARY CARDIO-OBSTETRICS PROGRAM AT UPMC** — UPMC's Cardio-Obstetrics Program offers comprehensive, multidisciplinary care for individuals with or at risk for heart disease during pregnancy. Led by experts in cardiology, maternal-fetal medicine, and other specialties, the program supports patients through preconception, pregnancy, and postpartum. UPMC is also advancing the field through research and national training guidelines, reinforcing its leadership in cardio-obstetrics. [Learn more.](#)



### **PITT STUDY MAKES NEW INSIGHTS INTO THE ORIGINS OF OVARIAN CANCER —**

Researchers at the University of Pittsburgh have identified a novel trigger of a deadly form of ovarian cancer: a subset of progenitor cells that reside in fallopian tube supportive tissue, or stroma.

The discovery of these high-risk cells could pave the way for better approaches to prevent and detect high-grade serous ovarian cancer. High-grade serous ovarian cancer is the most common form of ovarian cancer, which kills more than 12,000 women in the U.S. each year. The researchers described their findings in a study published in *Cancer Discovery*.

[Learn more.](#)

### **COMMUNITY RESOURCES LINKED WITH BETTER TEEN MENTAL HEALTH —**

Youth living in neighborhoods with more community assets, such as parks, libraries, health services, and transportation options, were less likely to report feelings of hopelessness, according to a new *JAMA Network Open* study from the University of Pittsburgh and UPMC. [Learn more.](#)



## **Resources and Services**

- [How Menopause Affects Mental Health](#)
- [How Your Primary Care Provider Can Support Your Mental Health](#)
- [UPMC Western Psychiatric Hospital](#)
- [Women's Cancer Screenings to Get Today](#)
- [Women's Midlife Health](#)



## **Highlights from UPMC Health Plan**

UPMC Health Plan focuses on improving the health of our members. Keep up to date with news focused on community impact.

- Erik Orient, director, Military Affairs, UPMC Health Plan, spoke with [Marty Griffin on KDKA Radio](#) about special appreciation for the military during May.
- [KDKA-TV](#) and [Becker's Payer Issues Podcast](#) spoke with Matt Hurford MD, president, Community Care Behavioral Health, about special attention to mental health during May. Dr. Hurford also spoke to [Lincoln Radio Journal](#).
- *Pharmacy Times* published a two-part video interview series about collaborative wraparound cardiology/pharmacy care provided to individuals with congestive heart failure. See [part 1](#) and [part 2](#).

## Stay Informed

UPMC's Government Relations Team is committed to delivering relevant and timely news on the latest health care trends, medical research, and clinical developments as they relate to public health issues.

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