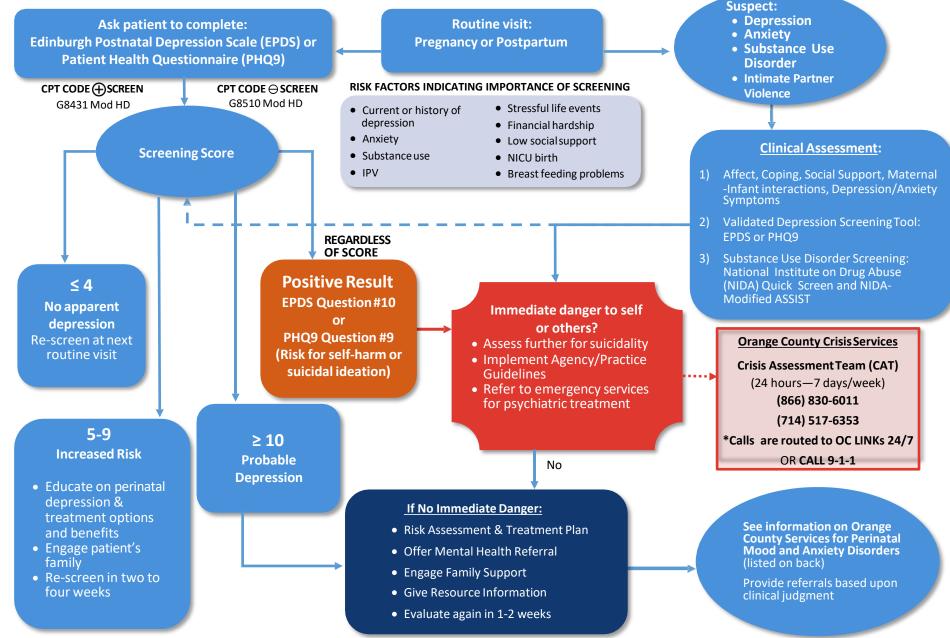


Perinatal Mood and Anxiety Disorders: Maternal Screening and Care Pathway



The <u>American College of Obstetricians and Gynecologists</u> recommends that obstetrician-gynecologists and other obstetric care providers screen patients at least once during the perinatal period for depression and anxiety symptoms using a standardized, validated tool. It is recommended that all obstetrician-gynecologists and other obstetric care providers complete a full assessment of mood and emotional well-being during the comprehensive postpartum visit for each patient. If a patient is screened for depression and anxiety during pregnancy, additional screening should then occur during the comprehensive postpartum visit. This care pathway was designed to assist the clinician and is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a qualified health provider. Rev 9/15/21

	- / P				Patient Cost/		
Program/Contact Info	Mild- Moderate	Moderate- Severe	Group Support & Education	Prenatal/ Postpartum	Psychiatry	Insurance Types Accepted	Additional Information
Child Guidance Center Santa Ana: (714) 953-4455 Fullerton/Buena Park: (714) 871-9264 San Clemente: (949) 272-4444	✓	✓	V	✓	\checkmark	Medi-Cal, Sliding scale	Serve youth up to age 20Additional languages spoken: Spanish, or translation services
Harbor Psychiatry & Mental Health (949) 887-7187	✓	✓		~	✓	Medi-Cal, Most private plans	 Zulresso via IV infusion over 60 hours while monitored. Family allowed during visit Additional languages spoken: Farsi, and Arabic
Hoag Mental Health Center Newport Beach: (949) 764-6542	✓		Family Therapy Stroller walks	✓	✓	Low/no cost, Sliding Scale	 Short-term, individual, couples, family support, up to 12 sessions Additional languages spoken: Spanish, Farsi Support groups and stroller walking group offered
Hoag Maternal Mental Health Clinic Newport Beach: (949) 764-5333	✓	✓	Pregnancy loss support group	✓	✓	Most private plans	 Pre-conception and comprehensive psychiatric evaluation, medication management and psychotherapy up to one year post-partum. Wide range of diagnoses. Support groups and prenatal mental health workshops Maternal Mental Health Support Line: 949-764-5333
Mission Hospital's Maternal Mental Health and Wellness Intensive Outpatient Program Laguna Beach: (949) 499-7504	✓	✓	Pregnancy/postpa rtum support group (free)	*	✓	Most private plans	 Group individual, and family treatment provided. Ongoing psychiatric evaluation, follow up, and medication management throughout the course of treatment by a reproductive psychiatrist & psychiatry team Must commit 9 hours/week to intensive outpatient program Fee for service for uninsured (\$250/half day session) Maternal Mental Health Referral Line: 949-499-8663
OC Parent Wellness Program (OCPWP) Orange: (714) 480-5160	✓		Parent support groups	✓		No cost	 Enrolls prenatally and postpartum until child is 1 year Provides short term (3-6 mos.) of counseling Moms and dads able to receive care Languages: Portuguese, Spanish, Vietnamese,
St. Joseph Hospital Caring for Mothers with Maternal Depression Orange: (714) 771-8101	✓	✓	Perinatal support, Grief support, Dad support	✓	\checkmark	Medi-Cal, most private plans	 Open to clients delivering outside of St. Joseph health system Flexible scheduling based on client's need Languages spoken: Spanish
Western Youth Services Santa Ana: (714) 704-5900	~	✓	\checkmark	~	\checkmark	Medi-Cal only No cost	 Provides services to youth up to age 21

Additional Information on Accessing Mental Health and Other Essential Family Services in Orange County

	Program Name	To enroll or obtain more information	Notes		
	OC Links	1-855-OC-LINKS (1-855-625-4657)	Call between 8 a.m. and 6 p.m. to be connected to a Behavioral Health Navigator		
	211 Orange County	211	Access to local resources for basic needs, including intimate partner violence		
21	CalOptima Behavioral Health	1-855-877-3885	CalOptima members may call to obtain a referral to appropriate services		
09/15/	Orange County Health Care Agency- Beneficiary Access Line	(800) 723-8641	24/7 access for Medi-Cal clients needing mental health or substance use services		
Rev.	Postpartum Support International- Perinatal Psychiatric Consult Line	(800) 944-4773, ext. 4	No-cost consultation line for medical professionals treating clients with PMADs		
	EveryWomanOC.org	<u>https://everywomanoc.org</u> <u>https://sp.everywomanoc.org/</u> (Spanish)	A resource for anyone who is thinking of becoming pregnant, is pregnant or has a new baby		