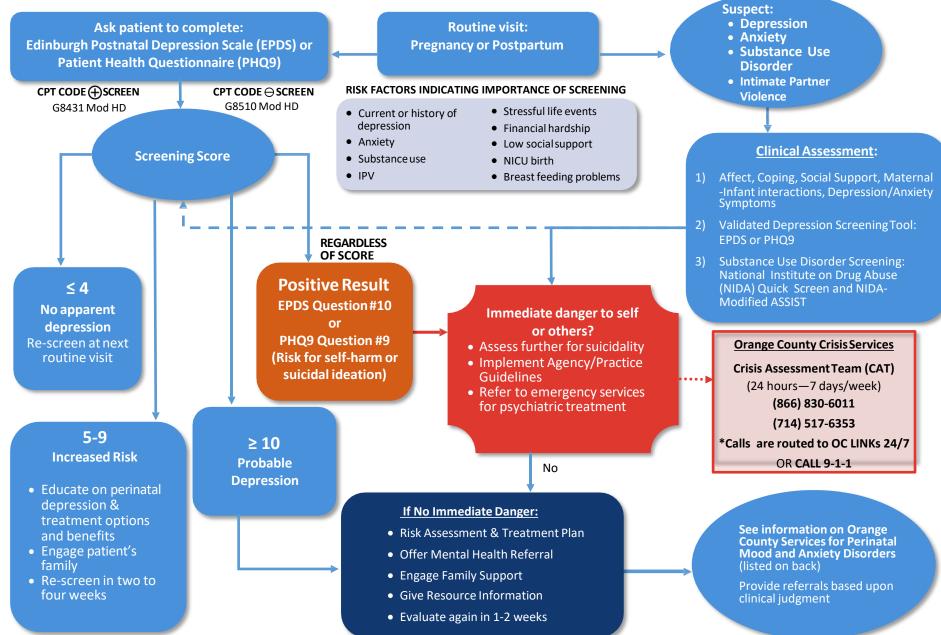


## Perinatal Mood and Anxiety Disorders: Maternal Screening and Care Pathway



The American College of Obstetricians and Gynecologists 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

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

C	t. Joseph Hospital aring for Mothers with Maternal epression range: (714) 771-8101	✓	✓	Perinatal support, Grief support, Dad support	✓	✓	Medi-Cal, most private plans	<ul> <li>Open to clients delivering outside of St. Joseph health system</li> <li>Flexible scheduling based on client's need</li> <li>Languages spoken: Spanish</li> </ul>
	Vestern Youth Services anta Ana: (714) 704-5900	✓	✓	<b>√</b>	✓	✓	Medi-Cal only No cost	Provides services to youth up to age 21
		Additional Inf	ormation on A	ccessing Mental He	ealth and Othe	r Essential Family	Services in Orang	e 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	
CalOptima Behavioral Health			1-855-877-3885			CalOptima members may call to obtain a referral to appropriate services		
12.11.3	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	
Postpartum Support International- Perinatal Psychiatric Consult			ic Consult	(800) 944-4773. ext. 4			No-cost consultation line for <b>medical professionals</b> treating clients with PMADs	

No-cost consultation line for **medical professionals** treating clients with PMADs

A resource for anyone who is thinking of becoming pregnant, is pregnant or has

a new baby

(800) 944-4773, ext. 4

https://everywomanoc.org https://sp.everywomanoc.org/ (Spanish)

Line

EveryWomanOC.org