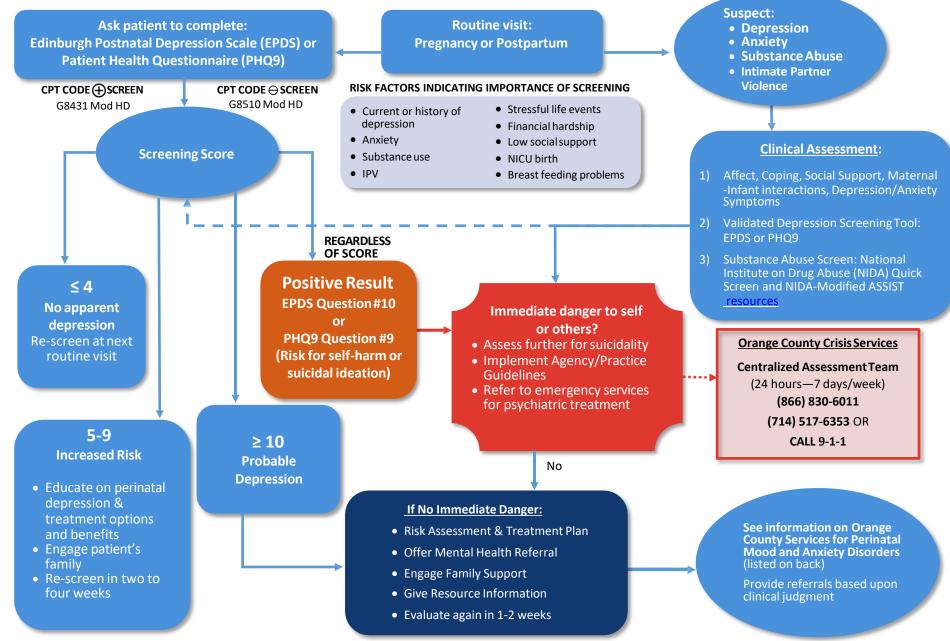


Perinatal Mood and Anxiety Disorders: Maternal Screening and Care Pathway



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.



Orange County Services for Perinatal Mood and Anxiety Disorders – Health Care Provider Resource

Sy		otoms	Services				
Program/Contact Info	Mild- Moderate	Moderate- Severe	Group Support & Education	Prenatal	Postpartum	Patient Cost/ Insurance Type	Additional Information
Child Guidance Center Santa Ana: (714) 953-4455 Fullerton/Buena Park: (714) 871-9264 San Clemente: (949) 272-4444	✓	V	~	✓	✓	Medi-Cal Only	 Provides services to clients up to age 20 No sliding scale, no co-pays Fee for service for uninsured (\$150 per session)
Hoag Mental Health Center Newport Beach: (949) 764-6542	~		Family Therapy	\checkmark	1	Sliding Scale	 Low cost/sliding scale fee for uninsured/underinsured or low income. Will not turn anyone away based on ability topay Does <u>not</u> accept medical insurance at this time Short-term, individual support, up to 12 sessions
Hoag Maternal Mental Health Clinic Newport Beach: (949) 764-5333	✓	V	✓	✓	✓	Major insurance plans accepted	 Comprehensive psychiatric evaluation, medication management and psychotherapy up to one year post- partum. Wide range of diagnoses. Pre-conception evaluation for women with mental health history who wish to become pregnant or undergoing fertility treatment Support groups and prenatal mental health workshops Education/outreach for PMAD awareness
Mission Hospital's Maternal Mental Health and Wellness Intensive Outpatient Program Mission Viejo: (949) 499-7504	~	✓	~	✓	~	Major insurance plans accepted	 Group therapy and individual treatment up to one year after delivery Weekly family groups Ongoing psychiatric evaluation, follow up, and medication management throughout the course of treatment by a reproductive psychiatrist & psychiatry team Fee for service for uninsured (\$500/half day session, \$1000/full day)
OC Parent Wellness Program (OCPWP) Orange: (714) 480-5160	✓		\checkmark	\checkmark	✓	No cost	 Enrolls prenatally and postpartum until child is 1-year- old; provides services for 12 months after enrollment In home individual counseling
St. Joseph Hospital (Mother Baby Assessment) Orange: (714) 744-8764 or (714) 771-8101	✓	\checkmark	Breastfeeding Support Services	\checkmark	✓	Medi-Cal & Insurance	Cost can be waived based on income
Western Youth Services Santa Ana: (714) 704-5900	~	~	\checkmark	~	\checkmark	Medi-Cal only No cost	Provides services to clients up to age 21

This document is available at: http://www.ochealthinfo.com/civicax/filebank/blobdload.aspx?BlobID=47188. Orange County also has a network of private medical providers offering treatment. Consult your local provider network directory. The ACOG Postpartum Toolkit includes resources on the key components of postpartum care, including postpartum depression and substance use: https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Postpartum-Toolkit. - few Device a fel Marcel and Annula fe Discondance in a busilian D

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	Additional Information on Accessing Services for Perinatal Mood and Anxiety Disorders Including Depression 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	To find local services and get help				
.19	CalOptima Behavioral Health	1-855-877-3885	CalOptima members may call to obtain a referral to appropriate services 24/7 access line for Medi-Cal beneficiaries accessing SUD services				
12.11	Orange County Health Care Agency- Beneficiary Access Line	(800) 723-8641					
Rev.	Postpartum Support International- Perinatal Psychiatric Consult Line	(800) 944-4773, ext. 4	No-cost consultation line for medical professionals				
	EveryWomanOC.org	https://everywomanoc.org https://sp.everywomanoc.org/ (Spanish)	A resource for anyone who is thinking of becoming pregnant, is pregnant or has a new baby				