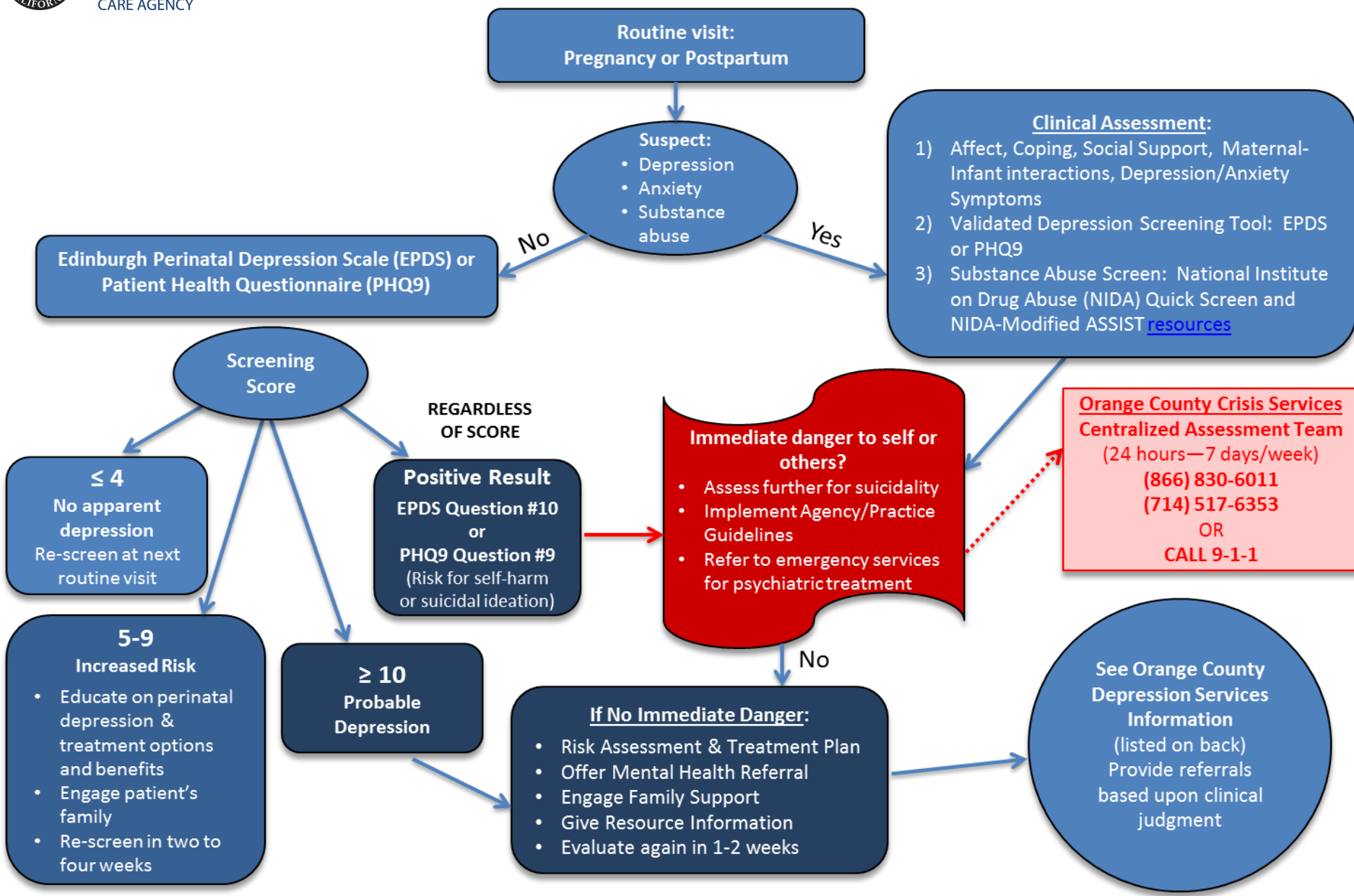




Perinatal Mood and Anxiety Disorders: Maternal Screening and Care Pathway



Adapted with permission from *Maternal Psychological Screening and Care Pathway* by Brian Morgan MD, PhD and Conrad Chao, MD, University Women's Specialty Center, affiliated with UCSF School of Medicine, Fresno Medical Education Program (Based on MedEd PPD Care Pathway). 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 Including Depression During or After Pregnancy

| Program Name | Mild-Moderate PD | Moderate-High PD | Group Support & Education | Enrolls Prenatally | Enrolls Postpartum | Patient Costs | Contact & Additional Information |
|---|------------------|------------------|---------------------------|--------------------|--------------------|------------------|--|
| Child Guidance Center | ✓ | ✓ | ✓ | ✓ | ✓ | No cost* | <ul style="list-style-type: none"> • Santa Ana Location: (714) 953-4455 • Fullerton/Buena Park Location: (714) 871-9264 • Provides services to clients up to age 21 • Accepts Medi-Cal* • Accepts private insurance • For uninsured, sliding scale fee schedule (starts at \$80) |
| Hoag Mental Health Center | ✓ | ✓ | | ✓ | ✓ | Sliding Scale | Phone: (949) 764-6542 <ul style="list-style-type: none"> • Low cost/sliding scale fee for uninsured/underinsured or low income. • Will not turn anyone away based on ability to pay • Does <u>not</u> accept medical insurance at this time • Short-term, individual support, up to 12 sessions |
| Orange County Postpartum Wellness (OCPW) | ✓ | | ✓ | ✓ | ✓ | No cost | Phone: (714) 480-5160 Fax: (714) 836-4359 <ul style="list-style-type: none"> • Enrolls prenatally and postpartum until child is 1 year old; provides services for 12 months after enrollment • In home individual counseling |
| St. Joseph Hospital | ✓ | ✓ | | ✓ | ✓ | \$25 per session | Phone: (714) 744-8764 or (714) 771-8101 <ul style="list-style-type: none"> • Patient costs can be waived based on income levels • http://www.sjo.org |
| Western Youth Services | ✓ | ✓ | ✓ | ✓ | ✓ | No cost | Phone: (714) 704-5900 <ul style="list-style-type: none"> • Provides services to clients up to age 21 • <u>Must have</u> Medi-Cal |

Orange County also has a network of private medical providers offering treatment. Consult your local phone directory service.

A helpful toolkit is also available from The American College of Obstetrics and Gynecologists at <http://mail.ny.acog.org/website/DepressionToolkit.pdf>

Additional Information on Accessing Services for Perinatal Mood and Anxiety Disorders Including Depression in Orange County

| Program Name | To enroll or find out additional information | Notes: |
|------------------------------|--|---|
| 211 Orange County | 211 | Available 24 hours a day, 7 days a week. |
| CalOptima Access Line | 1-800-723-8641 | CalOptima members may call to be screened and referred for individual psychotherapy and/or medication at no cost. |
| OC Links | 1-855-OC-Links (625-4657) | Call between the hours of 8 am to 6 pm to be connected to a Behavioral Health Navigator. |