Perinatal Mental Health Screening and Care Pathway

Perinatal Mood & Anxiety Disorders

OC health CARE AGENCY

For all patients (UNIVERSAL SCREENING) during routine pregnancy and postpartum visits, and when concern (see risk factors*):

Normalize conversation about perinatal wellness. Screen for alcohol, tobacco, and other drug use. Help patient to complete:

- Edinburgh Postnatal Depression Scale (EPDS), or
- Patient Health Questionnaire (PHQ9), or PHQA (adolescent)

The American College of Obstetricians and Gynecologists recommends everyone receiving well-woman, prepregnancy, prenatal, and postpartum care be screened for depression and anxiety using standardized validated instruments. **Screening for perinatal depression and anxiety should occur at the initial prenatal visit, later in pregnancy and at postpartum visits.**

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. For additional trainings: mcpapformoms.org/Toolkits/Toolkit.aspx

Risk for self-harm or suicidal ideation?

Positive result on:

- EPDS Question #10 or
- PHQ9 Question #9 or
- PHQA Question #9 or either of the 2 suicide questions at bottom

Yes

Immediate danger to self or others?

- Assess further for suicidality
- Implement Agency/Practice Guidelines
- Refer to emergency services for psychiatric treatment

Yes

Orange County Crisis Services

Crisis Assessment Team (CAT)
(24 hours—7days/week)
(855) 625-4657
Calls are routed to OC LINKS 24/7
or **CALL 9-1-1**
or **CALL/TEXT 988**

***Risk Factors**

- Current or history of depression
- Anxiety
- Substance use
- Intimate partner violence
- ACES or other stressful life events
- Financial hardship
- Low social support
- NICU birth
- Breastfeeding problems

No

No

EPDS, PHQ9, or PHQA Assessment

Total Score	Depression Risk	Proposed Action *Does not replace clinical judgment*
0-4	No Apparent Depression	Re-screen at next routine visit
5-9	Increased Risk	• Educate on perinatal depression and management • Offer available community supports and services • Engage family support • Re-screen in two to four weeks • Flag for follow-up
10 or more	Probable Depression	Assess risk. **Any immediate danger?**

Yes

No

Risk Assessment & Treatment Plan (if no immediate danger)

- **Coordinate warm hand-off for mental health referral:**
  - If client has a Behavioral Health Provider, refer them back to their Provider
  - If client has no Behavioral Health Provider, refer to appropriate resource or to OC LINKS
- **Initiate treatment** (Lifeline4Moms app | MCPAP For Moms) if appropriate
- **Engage family support**
- **Offer available community supports and services**
- **Evaluate again** in 1-2 weeks
- Flag for follow-up

Health Care Provider Resources for Perinatal Mental Health Conditions

Program/Contact Info	Symptoms		Services			Patient Cost/ Insurance Types Accepted	Additional Information
	Mild – Moderate	Moderate – Severe	Group Support & Education	Prenatal/ Postpartum	Psychiatry		
Child Guidance Center Santa Ana: (714) 953-4455 Fullerton/Buena Park: (714) 871-9264 San Clemente: (949) 272-4444	✓	✓	✓	✓	✓	Medi-Cal Sliding scale	• Serve youth up to age 20 • Additional 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	✓	✓	Low/no cost Sliding scale	• Short-term, individual, couples, family support, up to 12 sessions • Additional languages spoken: Spanish, Farsi • Support groups
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/postpartum 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 • Free virtual pregnancy/postpartum support group every Tuesday 10 am-11 am.
OC Parent Wellness Program (OCPWP) Orange: (714) 480-5160	✓		Parent support groups	✓		No cost	• Enrolls prenatally and postpartum until child is 12 months of age • Moms and dads able to receive care • Provides short term (up to 12 mos.) of field based counseling • Supervision of minors offered for clinic appointments • Additional languages spoken: Spanish and Portuguese
St. Joseph Hospital Caring for Mothers with Maternal Depression Orange: (714) 771-8101	✓	✓	Perinatal support Grief support Dad support	✓	✓	Medi-Cal Most private plans	• Open to clients delivering outside of St. Joseph health system • Flexible scheduling based on client's need • Individual and group counseling sessions; bilingual/bicultural therapist. • New Mothers/Continuing Mothers/Postpartum Dads/Perinatal Bereavement Support Group
Western Youth Services Santa Ana: (714) 704-5900 Anaheim: (714) 871-5646 Mission Viejo: (949) 595-8610 Fountain Valley: (714) 378-2620	✓	✓		✓	✓	Medi-Cal/ CalOptima recipients only	• Provides services to youth up to age 21

Program Name	To enroll or obtain more information	Notes
OC Links	1-855-OC-LINKS (1-855-625-4657)	Phone line and live chat are both available 24 hours a day, 7 days a week
OC Navigator	https://ocnavigator.org/m/ocn	Online health and wellness resource guide; access to talk to a resource navigator (OC Links)
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
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 Line	(800) 944-4773, ext. 1 for Spanish and 2 for English	No-cost consultation line for medical professionals treating clients with PMADs
Every Parent OC (everyparentoc.org)	https://everyparentoc.org/	A resource for anyone who is thinking of becoming pregnant, is pregnant or has a new baby
Treatment Guidance: Lifeline4Moms app or MCPAP For Moms		

This document is available at https://everyparentoc.org/pimhtoolkit/. Orange County also has a network of private medical providers offering treatment. Consult your local provider network directory.