



MATERNAL MENTAL HEALTH AT A GLANCE




450,000 births
per year



90,000 families
impacted by MMH conditions

\$2.2 billion cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



13% postpartum depression rate¹
43% births covered by Medicaid²
18 deaths per 100,000 births³
maternal mortality rate

1 CDC PRAMS 2 March of Dimes 3 CDC Wonder Online Database

COMMUNITY RESOURCES

Maternal Mental Health NOW (Los Angeles) – Hosts local Maternal Mental Healthsource Directory and offers psycho-education materials and self-paced online and live virtual CE trainings to statewide and national audiences.

Postpartum Health Alliance (San Diego) – Provides lists of support groups and mental health providers; offers educational sessions and materials; provides a helpline (619-254-0023).

Postpartum Education for Parents (Santa Barbara) – Provides new parent classes, support groups, events for families, and a warmline (805-564-3888).

Postpartum Support Center (Sonoma and Marin County) – Hosts the ROSE PPD Prevention Program, support groups, helpline (415-320-6707), and diaper bank.

Santa Clara County Maternal Mental Health Collaborative (Santa Clara) – Provides links to resources for recovery. Working to ensure that all women are screened, tested, and referred for appropriate care throughout pregnancy and the first two years postpartum.

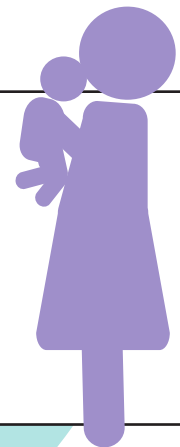
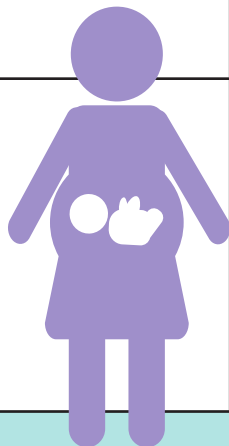
Supporting Mamas (Northern California) – Offers support groups and a helpline (408-357-0209); provides lists of resources including therapists, psychiatrists, and doulas.

Annual Bay Area Maternal Mental Health Conference (2020)

LA Best Babies (Los Angeles) – Provides information about home-visiting resources.



STATEWIDE EFFORTS		
✓	Coalition/Task Force	California's Task Force on Maternal Mental Health (2015-2016) Consisted of over 20 appointed members from representative organizations as well as advocates and mothers. The Task Force published California's Strategic Plan in 2017 and a follow-up report in 2019.
✓	Medicaid Expansion	
✓	Maternal Mortality Review	CA-PAMR (Maternal Mortality Review)
✓	Perinatal Quality Collaborative	California Maternal Quality Care Collaborative (CMQCC) California Perinatal Quality Care Collaborative (CPQCC)
✓	Psychiatry Access Program	Dignity Health , Los Angeles County Health Agency, Maternal Mental Health NOW, California Department of Public Health Emily Dossett, MD, Dignity Health (edossett@gmail.com)
✓	Postpartum Support International Chapter	PSI California Chapter Dr. Kendra Flores-Carter, DSW (President)
✓	Proclamation or Resolution	ACR 105 (2010) and ACR 180 (2018) Proclaimed May as Perinatal Depression Awareness Month.
✓	State Legislation or Policy <ul style="list-style-type: none"> ✓ Requires screening ✓ Requires education ✓ Was funded 	<p>AB-3032 (2018) Maternal Mental Health Conditions Education, Early Diagnosis, and Treatment Act – Requires education about MMH for new parents and hospital employees who interact with new parents.</p> <p>AB 1893 (2018) Maternal Mental Health: Federal Funding – Requires the State Department of Public Health to apply for federal funding opportunities to support maternal mental health.</p> <p>AB 2193 (2018) Maternal Mental Health Screening and Insurer Support – Requires obstetric providers to screen for maternal mental health conditions at least once during pregnancy or the postpartum period; requires both private and Medicaid insurers to develop maternal mental health programs.</p> <p>AB 845 (2019) Optional Continuing Education: Physicians and Surgeons: Maternal Mental Health – Requires the Medical Board of California, to consider providing education regarding maternal mental health, to medical doctors licensed in the state.</p> <p>SB 464 (2019) California Dignity in Pregnancy and Childbirth Act – Addresses implicit bias to improve racial disparities in birth outcomes.</p>
✓	Zulresso Treatment Sites	Harbor Psychiatry and Mental Health Professional Corporation (Newport Beach) Midtown Clinic and Birth Center (Sacramento) UCDavis Medical Center (Sacramento)
✓	Other	California Health Care Foundation – Hosts a wide variety of projects aimed at improving maternal mental health care, including an Issue Brief on the Societal Costs of Untreated Perinatal Mood and Anxiety Disorders in California . 2020 Mom – Nonprofit aggressively closing gaps in maternal mental health care.



RESEARCH PROGRAMS

Stanford Center for Neuroscience in Women's Health (Palo Alto) – Researching the use of a wearable stimulation device to address postpartum depression.

University of San Diego Women's Mood Clinic (San Diego) – Researching the use of light therapy and wakefulness to address maternal mental health conditions.

UCLA (LA) Stress Processes and Pregnancy Lab – Led by Dr. Dunkel Schetter.

USC Neuroendocrinology of Social Ties (NEST) Lab (Los Angeles) – Led by Dr. Darbe Saxbe.



TREATMENT PROGRAMS

El Camino Hospital Women's Specialty Unit (Mountain View) – An in-patient unit with a focus on perinatal mental health. Its **Maternal Outreach Mood Services (MOMS) Program** provides support groups, therapy, and medication management up to three hours a day.

Hoag Hospital (Newport Beach) – Maternal Mental Health Program provides therapy, support groups, medication management, and support line (949-764-5333). See [flyer](#) for more information.

Huntington Hospital (Pasadena) – Maternal Wellness Program provides (virtual) therapy, support groups, and medication management. Offers intensive outpatient (three days a week) and partial hospitalization (five days a week) programs.

Providence St. Joseph Hospital New Mothers with Maternal Depression Program (Orange) – Provides specialty services addressing perinatal mental health.

Stanford University Perinatal Psychiatry Service (Palo Alto) – Provides preconception and perinatal evaluation and treatment of maternal mental health conditions, including counseling and medication management.

UCSD Women's Reproductive Mental Health Program (San Diego) – Addresses preconception planning, infertility, maternal mental health issues, and perinatal loss; provides evaluation, therapy, and medication management.

UCSF Perinatal Wellness Program (San Francisco) – Provides workshops, classes, support groups, therapy, and medication management.

UCLA Maternal Mental Health Program (Los Angeles) – Provides therapy, support groups, and medication management. Offers intensive outpatient (two to three days a week) and partial hospitalization (five days a week) options.

Cedars-Sinai Reproductive Psychology Program (Los Angeles) – Focuses on four core principles: universal inpatient screening for maternal depression and anxiety, connection to support services, early psychological intervention and treatment (individual and group), and hospital community education.