

BEHAVIORAL HEALTH SERVICES

MOMS

Maternal Outreach Mood Services

SCOPE OF TREATMENT

WHO SPECIFICALLY IS TREATED IN THIS PROGRAM

MOMS program has two functions: assessment and referral (no charge) either in person or telephone for perinatal moms; also an IOP program for moms with a perinatal related mood disorder (depression, anxiety, bipolar, ocd, etc.) or an exacerbation of a mood disorder secondary to perinatal state. Program offers group, individual, couples/family therapy M-TH 10:30-1:30. Babies can attend until they are “mobile”. Patients are expected to attend three to four times per week initially and then begin to taper off to op care. Focus is on stabilizing mood symptoms, mothering and parenting issues. Patient sees psychiatrist weekly and many MOMS do take medications although not a requirement. However, if patient is unable to progress without medication and patient refuses, then transition to other care will be recommended. Programming is primarily interpersonal group therapy and CBT. There is a weekly partners group during program, and an aftercare group upon completion of program (both are part of program and there is no additional charge). This program is covered by insurance under patient’s mental health benefit.

WHO TO REFER

Patients with mood disturbance related to perinatal state, (i.e., pregnant, post-partum up to two years if untreated). Most patient present six weeks or greater after delivery but some pts with a history of postpartum depression will admit sooner. Pregnant

women with a history of mood disorder or mood instability also admit to program. We do not admit patients with fetal demise to this program.

EXCLUSIONARY CRITERIA OF IOP PROGRAM ADMISSION

Patients who have significant suicidal thoughts with active intent or patients with significant intrusive thoughts to harm infant; patients with acute psychosis – these patients require inpatient care; patients who do not have childcare for older siblings; patients who do not speak English. We cannot accept MediCal insurance.

OTHER PERTINENT INFORMATION

Assessment and referral of all patients regardless of funding source. Feedback loop to OB, pediatricians, midwives, therapists, MDs. If inpatient care needed, we have a specialty track for inpatient MOMS.

APPROPRIATE CONTACT INFORMATION FOR PROGRAM

866-789-6089

LOCATION

MOUNTAIN VIEW

2660 Grant Road, Suite D, Mountain View 94040

WEBSITE

www.elcaminohospital.org/maternalmood