

California Obstetric Provider Maternal Mental Health Legislation & Resource Overview

AB 2193: Obstetric Provider Screening and Insurance Company MMH Program Development

This became effective 7/1/2019 and requires:

- Obstetric providers (OB/GYNs, Midwives and family practice PCPs) to confirm a pregnant or postpartum woman has been screened at least once during the perinatal period, or to screen her. Screening must occur using a evidence based questionnaire, like the “EPDS” or “PHQ.” Though not specified in the law, the intent is that these providers would also provide basic diagnosis (anxiety or depression first ruling out bipolar disorder) and develop a treatment plan with the mother’s input, or provide mothers with a list of evidence based treatment options.
- Health Insurers to develop a Maternal Mental Health Program. The law is not prescriptive but the intent is for such a program to assist screening providers and mothers in receiving timely and competent treatment.

*These resources are current as of 2/2020. Additional resources are pending from ACOE/ABOG.
Review 2020Mom.org/resources-about-ca-laws to determine if this resource has been updated.*

<p>Postpartum Support International (PSI)</p> <p>Postpartum.net</p>	<p>Online Frontline Provider Training In person or two 2 hour webinars \$250 CMEs available</p>	<p>PSI Warmline, for vetted local treatment providers 1-800-944-4773 #1 En Espanol or #2 English Or Text: 503-894-9453</p>	<p>Complimentary reproductive psychiatry consultation appointments for doctors and nurse practitioners (Not patients)</p>
<p>2020 Mom</p> <p>2020Mom.org/materials</p>	<p>Menu of evidence based treatment options</p>	<p>Mother’s support assessment tool</p>	<p>Overview of validated MMH disorder screening tools</p>
<p>Maternal Mental Health Now</p> <p>MaternalMentalHealthNow.org</p>	<p>Self-paced web-based training: “Bringing Light to Motherhood” 12 hours. 12 CMEs, 8 CEUs available, \$495 Segments 01, 02, 03 meet legislative requirements \$70.75 each, No CEUs Offered in SCORM format for upload to institution training systems</p>	<p>Toolkit: including screening tools</p>	<p>Case-consultation training sessions</p>
<p>Common Spirit Health Perinatal Psychiatry Consultation Service</p>	<p>Free service for all providers in California For provider support with diagnosis, treatment planning and medication management of pregnant and postpartum women with depression and anxiety.</p>	<p>Perinatal Psychiatrist: Miriam Schultz, MD 1-833-205-7141 Monday – Friday 1pm – 5pm (PT)</p>	<p>Calls will be answered immediately or returned within 30 minutes</p>

