Perinatal Behavioral Health Services, El Camino Hospital

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Planning and Approval Process

• Precipitant for feasibility study.

• Task force convened to investigate community need and existing resources.
  - Task force members
  - Community provider survey
  - Financial feasibility (potential volume, established outpatient psychiatry department)

• Submission of findings to hospital administration
The Launch of Maternal Outreach Mood Services (MOMS)

- Launched April 2008
- Initial funding
  - Revenue from services rendered
  - $25k start-up grant
- Facility
  - Existing hospital space for the first year
- Staffing
  - Half-time therapist and staff psychiatrist
- Initial census
  - One patient at launch; 6-8 within 6 months
Where Are We Now?

• Funding
  - Revenue for services
  - 3 additional grants

• Facility
  - Suite in medical office complex adjacent to hospital

• Staffing
  - Three full-time therapists, part-time RN, psychiatrist, intern

• Census
  - Average 16 patients; max 20
  - Average length of stay: 6 weeks
What is MOMS?

• A hospital-based intensive outpatient (day treatment) program for women diagnosed with a perinatal mood or anxiety disorder

• Services provided:
  - Screening
  - Assessment
  - Referral
  - Treatment

• Treatment program consists of group, individual and couples counseling as well as psychiatric evaluation and medication management

• Patients attend 4-5 days per week; 3 hours per day; babies attend with mothers
Intake Process

• Referral sources
  - OB-GYNs
  - Paediatricians
  - PCPs
  - Mental health professionals
  - Other area hospitals
  - Inpatient psychiatric unit

• Screening:
  - Outreach calls from EPDS screenings by local physicians or MD referrals (appointment or referrals offered).

• Assessment
  - Free in-office assessment appointment offered
  - Results in admission to MOMS or referral to appropriate community resources.
Sample Daily Schedule

- 10:00-10:30 a.m.
  - Individual therapy session (once a week)
- 10:30-12:00 p.m.
  - Morning group (CBT, expressive arts, attachment)
- 12:00 – 12:30 p.m.
  - Therapeutic lunch
- 12:30 – 1:30 p.m.
  - Afternoon group (communication, weekend planning, self-care, mindfulness, etc.)
- Weekly dads group
- Weekly aftercare group
- Once a week patient meets with psychiatrist
Barriers and Challenges

- No childcare available for mobile infants or older children
- Time commitment
  - 9-12 hours/week
  - Time off work
- Medi-Cal will not reimburse
- Limited outpatient providers and resources
- Limited inpatient resources
Barriers and Challenges Continued

• No resources for treatment of:
  - Peripartum bipolar illness
  - PP psychosis
  - PP OCD
  - Substance use in pregnancy PP
What We Need

- Inpatient Intensive Perinatal treatment unit
- Inpatient acute perinatal unit (similar to MBU)
- Outpatient partial hospitalization program
MBU Paris, France
MBU Paris, France
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Thank You!

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