

BEHAVIORAL HEALTH SERVICES

MOMS

Maternal Outreach Mood Services

SCOPE OF TREATMENT

WHO SPECIFICALLY IS TREATED IN THIS PROGRAM

The MOMS program is an Intensive Outpatient Program (IOP) for women who have symptoms of a perinatal mental health condition such as depression, anxiety, bipolar disorder, OCD, etc. The program offers group, individual, and family sessions. Babies can attend until they are “mobile”. Patients are expected to attend five times per week initially and then begin to taper off as symptoms improve and in preparation for discharge. Focus of program is on stabilizing mood symptoms, mother-baby attachment, and parenting. Patient sees dedicated program psychiatrist and many MOMS do take medications although not a requirement. Programming is primarily interpersonal group therapy and CBT. There is a weekly partners group during program. This program is covered by insurance under the 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 patients present six weeks or greater after delivery but some patients with a history of postpartum depression will admit sooner. Pregnant

women with a history of mood disorder or mood instability also admit to program.

OTHER PERTINENT INFORMATION

- Assessment and referral of all patients provided at no cost.
- Feedback given to OB, pediatricians, midwives, therapists, MDs, with patient approval.
- MediCal does not cover the cost of the MOMS program.
- Program is facilitated in English only.
- Babies in laps are welcome. Childcare for older siblings is not available.

CONTACT INFORMATION FOR PROGRAM AND REFERRAL

Phone: 650-988-8468

Fax: 650-448-1417

LOCATION

MOUNTAIN VIEW

2660 Grant Road, Suite D, Mountain View 94040

WEBSITE

http://www.elcaminohospital.org/Programs_and_Services/Behavioral_Health/Maternal_Outreach_Mood_Services