



MATERNAL MENTAL HEALTH NOW

supporting the well-being of growing families

A Project of Community Partners

AB 2193 - Maternal Mental Health Screening

Background: In 2018, California became the 5th state in the country to mandate screening for perinatal mood and anxiety disorders. Although screening at least once during the perinatal period is recommended by the American College of Obstetrics and Gynecology (ACOG), it had not been the standard of maternal care, nor had it been mandatory, in California. Maternal mental health disorders are the most common complication of pregnancy and left untreated, can have devastating short- and long-term consequences for entire families.

What are the new mandates via this adopted policy?

- It **requires** OB/GYNs, nurse practitioners, physician assistants, nurse midwives, naturopathic doctors, and licensed midwives to screen for perinatal mood disorders once during pregnancy and once during the postpartum period; and
- **Orders** health insurers to develop maternal mental health programs that promote quality and cost-effectiveness.

The law has been in effect since July 1, 2019

Maternal Mental Health Best Practices: Maternal Mental Health NOW has implemented several integration projects with clinics and hospitals throughout Los Angeles County. The projects enabled providers to screen patients for perinatal mood disorders and help connect them with the appropriate level of care. Based on our experience, we recommend using the following tools and practices:

- Use the **Edinburgh Postnatal Depression Scale (EPDS)** and/or the **Patient Health Questionnaire (PHQ-9)** instruments to screen, as they yield the most accurate results. Screening should be done once per trimester, once during the postpartum visit, and at well-child visits through the first year
- In addition to screening, clinicians need to use their clinical judgment in their assessment for perinatal mood and anxiety disorders. **All staff implementing or scoring screenings should receive at least basic perinatal mental health training.** Basic and advanced training is available via Maternal Mental Health NOW.

How can I get training for my team? Maternal Mental Health NOW offers basic and advanced in-person or online trainings on perinatal mood and anxiety disorders. The providers who complete the trainings will be equipped to:

- Understand the impact of maternal depression on the fetus, newborn, developing child mother, father, and the family as a whole;
- Recognize and respond empathically to perinatal mood disorders;
- Communicate and understand maternal depression in a culturally sensitive manner;
- Learn prevention, referral, and intervention strategies.
- CMEs and CEUs are available

Where can I find resources throughout Los Angeles County? Maternal Mental Health NOW's Los Angeles: Maternal Mental Health Resource Directory is an online resource for new and expectant mothers struggling with maternal depression and anxiety. The directory lists resources that offer no or low-cost services. Both women and health care providers can search for resources based on location, services provided, ages served, languages spoken, and insurance accepted, and, cost options.

For more information about Maternal Mental Health NOW's training modules, please visit maternalmentalhealthnow.org