

Maternal Mental Health

Provider Guidance

Alameda Alliance for Health (Alliance) values our dedicated provider partner community, and we are here for you. In 2022, California signed Senate Bill (SB) 1207 into law. SB 1207 states that health care service plans shall develop a Maternal Mental Health program designed to promote quality and cost-effective outcomes. The program guidelines below aim to support members at risk for perinatal depression during pregnancy and in the first year after birth. They include quality measures to encourage screening, diagnosis, treatment, and referral.

Maternal Depression Screening Guidelines

Evidence-based Screening Tools

Providers are encouraged to use one of the following evidence-based screening tools when conducting a screening:

- Edinburgh Postnatal Depression Scale (EPDS)
- Patient Health Questionnaire-9 (PHQ-9)
- Patient Health Questionnaire-2 (PHQ-2)

Administering Depression Screening Tools:

- Clinical support staff can provide screening tools to patients.
- After a patient completes the screening tools, they should be scored by clinical staff.
- Scoring must be completed before the patient leaves their appointment.
- The responsible licensed provider should be made aware of positive screening score(s) if they did not administer the screening tools or did not score.

Frequency of Screening: The Alliance requires providers to follow the American College of Obstetrics and Gynecology (ACOG) and Bright Futures/American Academy of Pediatrics (AAP) guidelines for perinatal screening.

I. Screenings are *required* at the following times:

- a. At least once during each pregnancy and
- b. At least once during the postpartum period

II. Screenings are *recommended* at the following times:

- c. At the first prenatal visit and again later in pregnancy
- d. At the postpartum visits (at least once 7-84 days after the birth)
- e. At the Well-infant visits at 1, 2, 4 and 6 months

III. Screenings for *partners* are *encouraged* at the following times:

- f. At the 6-month well-infant visit

Best Practices

- Patients should be given enough time to complete the screening tool thoughtfully.
- If you cannot reach a patient or the patient fails to show up for a prenatal/postpartum appointment, document at least two (2) attempts to schedule/reschedule the appointment.
- Document all outreach attempts in the medical record. Outreach attempts can include a combination of outreach calls and mailings.

HEDIS Measurement Year 2024 – Technical Specifications

Prenatal Depression Screening and Follow-Up (PND-E)

Deliveries in which members had a documented result for depression screening, using an age-appropriate standardized screening instrument, performed during pregnancy (on or between pregnancy start date and the delivery date).

Postpartum Depression Screening and Follow-Up (PDS-E)

Deliveries in which members had a documented result for depression screening, using an age-appropriate standardized instrument, performed during the 7-84 days following the delivery date.

After Completion of the Screening

All members, depending on their level of severity, should be offered and/or referred to the appropriate mental and behavioral health services. Below is a list of programs and services offered by the Alliance. Providers can refer their patients to a combination of these programs based on their needs.

Health Care Services	Description	How to Refer
<p style="text-align: center;">Behavioral Health</p>	<p>The Alliance provides outpatient behavioral health care services. Prior authorization (approval) is not required for routine outpatient behavioral health care services with contracted therapists and psychiatrists</p> <ul style="list-style-type: none"> • Alliance Medi-Cal Members: This includes <i>mild to moderate mental health conditions</i>. • Alliance Group Care Members: This includes <i>outpatient and specialty mental health services</i>. 	<ul style="list-style-type: none"> • To find a behavioral health care provider in our network, please click here. • Click here to refer using the Alliance Behavioral Health Department Referral Request Form.
	<p>ACCESS Program (Acute Crisis Care and Evaluation for Systemwide Services) ACCESS is a telephone service staffed from 8:30-5:00 M-F by licensed mental health clinicians and administrative support for both general behavioral health questions and determining eligibility for a range of outpatient services.</p>	<ul style="list-style-type: none"> • For ACCESS please call: 1.800.491.9099 <p>* After-hours calls are answered by Crisis Support Services of Alameda County.</p>
<p style="text-align: center;">Substance Use</p>	<p>The Alliance covers all substance use disorder (SUD) services.</p>	<ul style="list-style-type: none"> • Alliance Medi-Cal Members <ul style="list-style-type: none"> • Alameda County Substance Use Access & Referral Helpline <ul style="list-style-type: none"> ○ Toll-Free: 1.844.682.7215 (Interpreters offered) ○ www.acbhcs.org/substance-use-treatment • Alliance Group Care Members <ul style="list-style-type: none"> • Alliance Member Services Department <ul style="list-style-type: none"> • Phone Number: 1.510.747.4567 (Interpreters offered)

<p>Case and Disease Management Programs</p>	<p>The Alliance Case and Disease Management (CMDM) Program is available to help you care for your complex patients and is provided at no cost to them. Program example:</p> <ul style="list-style-type: none"> • BirthWise Wellbeing – This program is designed to assist members in finding the care they need whether that be Doula services, health education, and/or a behavioral health provider. 	<ul style="list-style-type: none"> • View and download the CMDM Program Referral Form. • Please Note: The Alliance may also contact the members to see if they would like to enroll. Members may also self-refer.
<p>Enhanced Care Management (ECM)</p>	<p>ECM provides extra services to help members get the care they need to stay healthy and coordinate the care from different doctors and others involved in their care plan.</p>	<ul style="list-style-type: none"> • An Alliance provider may submit a referral to the Alliance. • Members may call Member Services directly to see if they are eligible for ECM services at 1.510.747.4567.
<p>Doula Services</p>	<p>The Alliance Doula Program provides personal, emotional, and physical support to women and families throughout a woman's pregnancy, childbirth, and postpartum experience. Doula services include health education, advocacy, and physical, emotional, and non-medical support for pregnant and postpartum persons before, during, and after childbirth, including support during miscarriage, stillbirth, and abortion.</p> <p>All Medi-Cal members who are pregnant or were pregnant within the past year are eligible for Doula services through the DHCS Standing Recommendation, for up to 8 visits during the perinatal period.</p>	<ul style="list-style-type: none"> • To find a doula in our network, please click here. • Members may also call Member Services at 510.747.4567 • Additional services beyond 8 visits require a recommendation from a provider, which can be found here.
<p>Breastfeeding Support</p>	<p>Members can also get support with breastfeeding and food at WIC (Women, Infants, and Children). Medi-Cal members are eligible for WIC.</p> <p>The Alliance offers lactation support with Alta Bates Summit Medical Center.</p>	<ul style="list-style-type: none"> • To learn more about WIC and search for an office, please visit myfamily.wic.ca.gov For other breastfeeding support resources for members, please visit the Live Healthy Library Breastfeeding page. • Members can call to schedule an appointment at 1.510.204.6546. (Monday through Friday 9 am to 4 pm.)

<p style="text-align: center;">Health Education Materials and Programs</p>	<p>The Alliance partners with many local agencies and providers to offer health education services and materials. Below are some examples of resources that can be offered to members in the perinatal period:</p> <p>Pregnancy Care Book: This book provides members with information on how to maintain a healthy pregnancy through each trimester. There are also resources for postpartum care.</p> <p>Preventive Health Care Book: This book provides members with information regarding preventive care such as well-care visits, vaccines, and screenings.</p> <p>Providers can also find a listing of health education offerings and community referrals in our Provider Health Education Resource Directory.</p>	<ul style="list-style-type: none"> • Download materials and forms at www.alamedaalliance.org/live-healthy • Members can mail the Member Wellness Programs and Materials Request Form • Providers can fax the Provider Wellness Programs and Materials Request Form • Call Alliance Health Programs at 1.510.747.4577
---	---	---

Department Directory

For more information, please contact the respective department directly.

Department	Contact Information
Behavioral Health	Email: deptbmentalhealth@alamedaalliance.org Fax: 1.855.891.9168 Alliance Provider Services Phone Number: 1.510.747.4510.
Case and Disease Management Program	Email: deptcmdm@alamedaalliance.org Fax: 1.510.747.4130 Toll-Free Phone Number: 1.877.251.9612.
Enhanced Care Management (ECM)	Alliance Case Management Department Fax: 1.510.995.3725 Email: ECM@alamedaalliance.org Phone Number: 1.510.747.4512
Doula Services	Alliance Provider Services Department Email: providerservices@alamedaalliance.org Phone Number: 1.510.747.4510
Breastfeeding Support	Alta Bates Phone Number: 1.510.204.6546
	WIC Email: WIC@cdph.ca.gov Phone number: 1-800-852-5770
Health Education	Email: livehealthy@alamedaalliance.org

	Phone Number: 1.510.747.4577
	Toll-Free: 1.855.891.9169

Resources

[American Academy of Pediatrics Recommendations for Preventive Pediatric Health Care](#)

[American College of Obstetricians and Gynecologists \(ACOG\)](#)

[U.S. Preventive Services Task Force. Screening for Depression in Children and Adolescents](#)