

For Provider Use: Resources for Perinatal Mood Disorder in Sonoma County

- Resources are listed below by provider type and agency
- Includes medical & mental health services, support groups, classes, home visitors, warm lines, and websites
- Check website for updates: www.sonoma-county.org/mcah : go to *Resources for Providers- Community Resources for Clients*

Resource	Contact	Description	Bilingual	Eligibility/Costs
County of Sonoma www.sonoma-county.org/health/mh/index.htm				
Psychiatric Emergency Services 3322 Chanate Road Santa Rosa	EMERGENCY (707) 576-8181 or 1-800-746-8181 Business: 565-4970	Staffed 24 hours a day; emergency mental health evaluation for hospitalization and referral to community resources; extended stabilization services up to 24 hours. Can request to speak with a woman.	Yes	Medi-Cal, Medicare Private insurance Sliding scale fees
Sonoma County Mental Health Access Team	565-6900 Patient must call	The ACCESS team provides referrals to the community, conducts phone intakes, and clinical assessments.	Yes	Full scope Medi-Cal only
Community Health Clinics *Clinics may require women to be a patient or become a patient to receive services.				
Alliance Medical Center 1381 University St., Healdsburg	433-5494 x287	Psychiatrist and mental health practitioners on staff.	Yes	Medi-Cal and sliding scale
Alexander Valley Healthcare 6 Tarman Dr. Cloverdale	894-4229	Mental health practitioner on staff.	Yes	Existing client; w/in 60 days pp Sliding scale starts at \$25
Occidental Area Health Center 3802 Main Street Occidental	869-2961	Mental health practitioner on staff.	No	Medi-Cal, Medicare, CMSP Private insurance Sliding scale \$32 & up
Petaluma Health Center 1179 N McDowell Blvd Petaluma	559-7500	Mental health practitioner on staff.	Yes	Medi-Cal Sliding scale down to \$25
Russian River Health Center 3 rd and Church St. Guerneville	869-2961	Mental health practitioner on staff.	No	Medi-Cal (for children only), Medicare, CMSP, Private insurance, Sliding scale \$32 & up

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Southwest Community Health Center 751 Lombardi Ct. Santa Rosa	547-2222	Mental health practitioner on staff.	Yes	Medi-Cal or uninsured Existing clients
Sonoma Valley Community Health Center 430 West Napa St. Sonoma	939-6070	Mental health practitioner on staff.	Yes	Medi-Cal only; w/in 60 days pp
Sonoma County Indian Health 144 Stony Pt Rd. Santa Rosa	521-4545	Mental health practitioner on staff.	Yes	Medi-Cal only No sliding scale Non-Native ok
Vista Family Health Center 3569 Round Barn Circle Santa Rosa	303-3600	Behavioral medicine specialty clinic – psychiatrist, residents, & mental health practitioners on staff. Prenatal and Postpartum support groups.	Yes	Medi-Cal or uninsured Must be a patient of health center

Community Counseling Services

Angela Center 535 Angela Dr. Santa Rosa	528-8578 www.angelacenter.com	Call for information on services	No	No Medi-Cal; Sliding scale
California Parenting Institute 3650 Standish Ave. Santa Rosa	585-6108 www.calparents.org	<u>PMD Access Project*</u> –facilitated case management and in-home therapy for women at-risk or experiencing PMD. Parent consultation and support (in-home available); Parenting classes. Counseling services for children & families.	Yes	Medi-Cal; No cost; Sliding scale Donation No insurance • MHSA & First5 funded visits Children’s counseling
Chrysalis 2345 4 th St Santa Rosa	545-1670 www.chrysaliscounseling.org/	Licensed therapists and counseling interns.	No	No Medi-Cal Sliding scale
Drug Abuse Alternatives Center 2403 Professional Drive Santa Rosa	566-0170 www.daacinfo.org	First Steps Perinatal Intensive Day Treatment Mental Health counseling for women with occurring disorders	No	Medi-Cal
Family Service Agency 751 Lombardi Court, Suite C Santa Rosa	545-4551	Professional counseling, support groups not specific to PPD	Yes	No Medi-Cal Sliding scale usually \$25-\$70 Limited \$15 slots w/interns
Lomi Psychotherapy Clinic 534 B St. Santa Rosa	579-0465 x227 www.lomi.org/index.html	Parent and family consultation and counseling. Parenting classes, drop-in support groups.	No	Private Insurance; limited free slots Sliding scale
Parents Place/JFCS	571-2048	Licensed Therapist and Early Childhood specialists	No	Medi-Cal (for children only)

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1360 N. Dutton Santa Rosa	www.parentsplaceonline/sonoma.org	for parenting and family consultation and counseling; parenting classes Parent drop-in support group.		Scholarships available Accept insurance
Russian River Counselors 1975 Hwy 116 Monte Rio	865-1200 www.rivershrink.com	Counseling	Yes	Medi-Cal (for children only); Medi-Care, CMSP, Private insurance, Sliding scale \$32 & up
Santa Rosa Junior College	527-4445	Call for information on services	No	Free. Must be currently enrolled as SRJC student; limited capacity.
Social Advocates for Youth (SAY) 3440 Airway Dr., Ste E Santa Rosa	544-3299 www.socialadvocatesforyouth.org/home.html	Call for information on services	Yes	Full scope Medi-Cal Women under age 25
SSU Community Counseling Center	664-4215 www.sonoma.edu/counselingctr	General counseling not specific to PPD. Short wait list 1-3 weeks.	No	No fees Students and the general public
West County Community Services	829-5717 www.westcountyservices.org	General individual and family counseling	Yes	No Medi-Cal for adults Sliding fee scale

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Kaiser Permanente *Kaiser assigned Medi-Cal clients receive mental health care through the County of Sonoma.				
Health Education Centers (lending libraries) Health Education Classes <ul style="list-style-type: none"> ▪ Managing Depression Overview & Series ▪ Understanding Anxiety Overview & Series ▪ Mommy and Me 	393-4167 or 566-5277 393-4167 or 566-5277 566-5270	Online resources, patient education materials, books, CD's, videos, DVD's etc. Information, support and self-strategies to manage depression/anxiety. Weekly drop-in groups for mothers and their babies, birth to 6 months and 6 months to 1 year; not specific to postpartum depression.	Yes	Limited to Kaiser members and those receiving clinical care at Kaiser. Some resources are offered for sale as well as loan. Depression series limited to Kaiser members. Other programs open to members and non-members. Call for information. Limited to Kaiser members and those receiving clinical care at Kaiser.
Women's Health Counselor	Ask Ob/Gyn provider for a referral	Individual consultation for mental health and chemical dependency concerns	N/A	Limited to Kaiser members Medi-Cal excluded* Office visit co-pay
Psychiatry Department	571-3778	Individual and group psychotherapy and medication evaluation and treatment.	Yes	Limited to Kaiser members Medi-Cal excluded* Mental health co-pay
Early Start Program	(707) 393-4120	Perinatal Tobacco, Alcohol, and other drug counseling including some PMD support	Yes	Limited to pregnant Kaiser members including those with Medi-Cal

Bereavement Support and Resources *Grief counseling for individuals, couples, and families who have experienced an infant or pregnancy loss.				
Hospice by the Bay Valley of the Moon Team	931-7299 x8500 www.hospicebythebay.org	Grief counseling	Yes	Sliding scale, pro-bono
Hospice of Petaluma	778-6242	Grief counseling	Yes	No charge for grief services
Memorial Hospital	568-1094	Grief counseling	Yes	No charge for grief services
Sutter VNA & Hospice	535-5780	Grief support	No	No charge for grief services
North County Hospice	431-1135	Grief counseling	Yes	No charge for grief services

Therapists That Self-Identify Experience in Perinatal Mood Disorder

Check <http://www.dca.ca.gov/> To verify license look under: *BEHAVIORAL SCIENCES*
 Refer to *RECAMFT (The Redwood Empire Chapter of the California Association of Marriage and Family Therapists)* and *Redwood Psychological Association* for additional practitioners.

Alisa Hirshfeld-Flores, MFT 659 Cherry St. Santa Rosa	303-3257	Individual & couples counseling for infertility, pregnancy loss, post partum issues	??	Private pay & insurance
Zoe Lockert, MA, MFT MFT #46153	338-1862 www.zoe-lockert.com	Counseling for infant and pregnancy loss, infertility	No	Private pay, sliding scale available
Dorothy Mandel, Ph.D. PSY23697 1144 Sonoma Ave., #117 Santa Rosa	322-3222 cell	Counseling for pregnancy, birth, PMD, stress, depression, anxiety, trauma	No	Private pay, sliding scale Insurance possible
Allison Murphy, MA, MFT 205 Keller St Suite 201 Petaluma	776-0959 Allison@motherscare-support.com or www.motherscaresupport.com	<i>Mothers Care</i> - Prenatal/Postpartum screening, assessment and treatment; individual and couples counseling	No	Private pay & Insurance Sliding scale available No fee for <i>Mothers Care</i> if participating provider
Jeannette Pearce, MS, MFT MFC#41350	293-3305 www.jeannettepearcemft.com	Couples, individuals, infant-parent Pregnancy support, imagery-guided hypnosis	No	Private pay, insurance
Psych Strategies Offices in Santa Rosa, Sebastopol, Petaluma	776-0945 526-8300 x508	Call for information on services	No Sp French Farsi	No Medi-Cal; Accept most insurance Sliding scale down to \$40 w/interns
Tina Stanley, LCSW License # 11453 Sebastopol	829-8443 http://www.tinastanley.com	Social Worker; counseling for adjustment issues, parenting, anxiety or depression	No	Private pay
Michael Tonjum, Ph.D. 884 Third St., Ste F7 Santa Rosa	525-8881	Psychologist provides individual and couples counseling	No	Sliding Scale
Jill Zechow, M.D., M.S. 725 College Ave Ste 3 Santa Rosa	707.515.6673 www.womensmentalhealthmd.com	psychotherapy or medication evaluations and counseling for infertility & perinatal depression	No	Private pay \$90 - \$160

Resources for Perinatal Mood Disorder in Sonoma County

Websites and Toll-free Lines for Consumers & Professionals*				
American Psychological Association Help Center - Spanish site	http://www.apa.org/centrodeapoyo/index.aspx	"Centro de Apoyo de la APA" Online resource for brochures, tips and articles.	Yes	N/A
Bay Area Postpartum Depression Stress Line & California PSI Warm Line	1-855-227-7462 Volunteers Daily 9am-9pm	Refer to Bay Area therapist or support group; not Sonoma County specific referrals.	Yes	Toll-free
MotherToBaby California a Teratogen Information Service	1-866-626-6847 M-F, 9-5 http://www.mothertobabyca.org/	Telephone & e-mail information service operated by UCSD. Information is provided regarding pregnancy & breastfeeding exposure to psychotropic medications.	Yes	Consultation free to California residents including families and providers.
HelpGuide.org "Understand, Prevent & Resolve Life's Challenges"	http://www.helpguide.org/mental/postpartum_depression.htm	Information on Postpartum Depression including signs, symptoms, and help for new moms from a non-profit mental health group	No	N/A
HRSA website: Depression During and After Pregnancy	http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/default.htm	References May order copies of "A Resource for Women, Their Families, and Friends" in English & Spanish.	No	Toll-free line to order booklets: 1-888-ASK-HRSA (275-4772); health care providers may order multiple copies
Network of Care for Behavioral Health	http://sonoma.networkofcare.org/mh/home/index.cfm	Provides information & links to services.	Yes	N/A
Postpartum Support International (PSI)	1-800-944-4773 http://www.postpartum.net	<i>Warm Line</i> - recording refers to website to find local services information and resources.	Yes	Toll-free
Perinatal Depression Information Network	http://www.pdinetwork.org/	Find state-specific information and resources for professionals on perinatal depression.	No	*For health care providers only
Sonoma County Mental Health Coalition	http://www.mentalhealthcoalitionsc.org	Website under construction.	Yes	N/A
University of Illinois Perinatal Mental Health Project - Healthcare Provider Consultation Line Service - Information for Clinicians on Antidepressants during Pregnancy	1-800-573-6121 http://www.psych.uic.edu/research/perinatalmentalhealth/healthcare_provider.htm	Staffed by university-based perinatal mental health experts. 100% of calls answered within one working day. Not a hot-line or crisis line. Medication chart (June 2009) based on APA Expert Consensus Guidelines and subsequently published data.	No	*For health care providers only; toll-free line available to clinicians in all states.
2020 Mom Project	http://www.2020mom.org	National project advocating for improved systems of care to address perinatal mood disorder.	No	N/A