

# Para Uso de Proveedores: Recursos para Trastornos Perinatales en el Condado de Sonoma

- Los recursos estan enlistados debajo por tipo de proveedor y agencia
- Incluye servicios medicos y mentales, grupos de apoyo, clases, visitas a domicilio, lineas de telefono y paginas de Internet
- Visite la siguiente pagina web para mayor informacion: [www.sonoma-county.org/mcah](http://www.sonoma-county.org/mcah) : haga click en *Resources for Providers-Community Resources for Clients*

Recursos	Contactos	Descripcion	Bilir gué	Requisitos/Costos
<b>Condado de Sonoma</b> <a href="http://www.sonoma-county.org/health/mh/index.htm">www.sonoma-county.org/health/mh/index.htm</a>				
<b>Servicios de Emergencia Psiquiatrica</b> 3322 Chanate Road Santa Rosa	<b>PARA EMERGENCIAS (707) 576-8181</b> <b>o</b> <b>1-800-746-8181</b> Si no es una emergencia: 565-4970	Personal las 24 horas; evaluación de salud mental de emergencia para hospitalización y derivaciones a recursos comunitarios; extensos servicios para estabilización las 24 horas. Puede pedir ser atendida por una mujer.	Si	Medi-Cal, Medicare Aseguranzas privadas Otros costos disponibles de acuerdo a ingresos
		El equipo de ACCESO provee derivaciones a la comunidad, llamadas telefónicas y evaluación clínica.	Si	Medi-Cal
<b>Clínicas Comunitarias</b> *Clínicas requieren que las mujeres sean pacientes o se inscriban como pacientes para recibir servicios.				
<b>Clinica Alianza</b> 1381 University St., Healdsburg	433-5494 x287	Psiquiatras y profesionales de salud mental.	Si	Medi-Cal Otros costos disponibles de acuerdo a ingresos
<b>Alexander Valley Regional MC</b> 6 Tarman Dr. Cloverdale	894-4229		Si	Para pacientes; Dependiendo de sus ingresos, otros costos son a partir de \$25
<b>Occidental Area Health Center</b> 3802 Main Street Occidental	869-2961	Mental health practitioner on staff.	No	Medi-Cal, Medicare, CMSP Private insurance Sliding scale \$32 & up
<b>Clinica de Petaluma</b> 1301 Southpoint Blvd. Petaluma	559-7500		Si	Medi-Cal Dependiendo de sus ingresos, \$25
<b>Russian River Health Center</b> 3 <sup>rd</sup> and Church St. Guerneville	869-2961	Mental health practitioner on staff.	No	Medi-Cal (for children only), Medi-Care, CMSP, Private insurance, Sliding scale \$32 & up

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<b>Southwest Community Health Center at Lombardi</b> 751 Lombardi Ct. Santa Rosa	547-2222		Si	Solamente Medi-Cal Para pacientes
<b>Sonoma Valley Community Health Center</b> 430 West Napa St. Sonoma	939-6070		Si	Solamente Medi-Cal Para pacientes
<b>Sonoma County Indian Health</b> 144 Stony Pt Rd. Santa Rosa	521-4545		Si	Solamente Medi-Cal No hay becas disponibles Non-Native ok
<b>Vista Family Health Center</b> 3569 Round Barn Circle Santa Rosa	303-3600	Clinica especializada en medicina del Comportamiento – psiquiatras y residentes	Si	Medi-Cal o aseguranza privada Debe ser paciente de la Clínica

**Community Counseling Services**

<b>Angela Center</b> 535 Angela Dr. Santa Rosa	528-8578 <a href="http://www.angelacenter.com">www.angelacenter.com</a>	Call for information on services	No	No Medi-Cal; Sliding scale
<b>California Parenting Institute</b> 3650 Standish Ave. Santa Rosa	585-6108 <a href="http://www.calparents.org">www.calparents.org</a>	<b>PMD Access Project*</b> –facilitador para manejo de casos y terapia domiciliaria para mujeres con riesgo o que experimenten trastornos perinatales.  Consulta para padres y ayuda (disponible a domicilio); Clases para padres. Servicios de consejería para niños y familias.	Si	Medi-Cal; Sin costo; Costos de acuerdo a sus ingresos Donaciones Sin aseguranza • MHSA & First5 subsidian visitas de consejeria de niños
<b>Chrysalis</b> 2345 4 <sup>th</sup> St Santa Rosa	545-1670 <a href="http://www.chrysaliscounseling.org/">www.chrysaliscounseling.org/</a>	Licensed therapists and counseling interns.	No	No Medi-Cal Sliding scale
<b>Family Service Agency</b> 751 Lombardi Court, Suite C Santa Rosa	545-4551	Consejeria profesional, grupos de apoyo no especificos para trastornos perinatales	Si	No Medi-Cal Costo según sus ingresos generalmente de \$25-\$70 Limited \$15 slots w/interns
<b>Lomi Psychotherapy Clinic</b> 534 B St. Santa Rosa	579-0465 x227 <a href="http://www.lomi.org/index.html">www.lomi.org/index.html</a>	Parent and family consultation and counseling. Parenting classes, drop-in support groups.	No	Private Insurance; limited free slots Sliding scale
<b>Parents Place/JFCS</b> 1360 N. Dutton Santa Rosa	571-2048 <a href="http://www.parentsplaceonline/sonoma.org">www.parentsplaceonline/sonoma.org</a>	Licensed Therapist and Early Childhood specialists for parenting and family consultation and counseling; parenting classes drop-in support	No	Medi-Cal (for children only) Scholarships available Accept insurance

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<b>Russian River Counselors</b> 1975 Hwy 116 Monte Rio	865-1200 <a href="http://www.rivershrink.com">www.rivershrink.com</a>	Consejeria	Si	Medi-Cal (para niños solamente); Medi-Care, CMSP, Aseguranza privada, Costos según ingresos desde \$32 & mas
<b>Santa Rosa Junior College</b>	527-4445	Call for information on services	No	Free. Must be currently enrolled as SRJC student; limited capacity.
<b>Social Advocates for Youth (SAY)</b> 3440 Airway Dr., Ste E Santa Rosa	544-3299 <a href="http://www.socialadvocatesforyouth.org/home.html">www.socialadvocatesforyouth.org/home.html</a>	Llame para obtener informacion sobre los servicios que se ofrecen	Si	Medi-Cal Mujeres menores de 25 años
<b>SSU Community Counseling Center</b>	664-4215 <a href="http://www.sonoma.edu/counselingctr">www.sonoma.edu/counselingctr</a>	General counseling not specific to PPD. Short wait list 1-3 weeks.	No	No fees Students and the general public
<b>West County Community Services</b>	829-5717 <a href="http://www.westcountyservices.org">www.westcountyservices.org</a>	Consejeria individual y familiar	Si	No Medi-Cal para adultos Costos según ingresos

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<b>Kaiser Permanente</b> *Kaiser assigned Medi-Cal clients receive mental health care through the County of Sonoma.				
<b>Centros de Educacion para la Salud</b> (lending libraries) <b>Clases de Educacion para la Salud</b> <ul style="list-style-type: none"> <li>▪ Generalidades en el manejo de la depresion y series</li> <li>▪ Generalidades comprendiendo ansiedad y series</li> <li>▪ Mommy and Me (Mami y yo)</li> </ul>	393-4167 o 566-5277  393-4167 o 566-5277  566-5270	Recursos en la internet, materiales educativos para pacientes, libros, CD's, videos, DVD's etc.  Información, apoyo y estrategias para auto-manejo de depresión/ansiedad.  Reuniones grupales semanales para mamás y sus bebés, recién nacidos a 6 meses y 6 meses a 1 año; no específicamente para depresión postparto.	Si	Limitado para miembros de Kaiser y para aquellos que reciben cuidado en Kaiser. Algunos recursos están a la venta o préstamo.  Las series sobre Depresion series son solo para pacientes de Kaiser. Other programs open to members and non-members. Call for information.  Limited to Kaiser members and those receiving clinical care at Kaiser.
<b>Women's Health Counselor</b>	Ask Ob/Gyn 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
<b>Departamento de Psiquiatria</b>	571-3778	Psicoterapia individual y grupal; evaluación de medicación y tratamiento.	Yes	Limited to Kaiser members Medi-Cal excluded* Mental health co-pay
<b>Early Start Program</b>	(707) 393-4120	Consejería en tabaco, alcohol y otras drogas para embarazadas incluyendo apoyo en trastornos perinatales.	Yes	Limited to pregnant Kaiser members including those with Medi-Cal

<b>Bereavement Support and Resources</b> *Grief counseling for individuals, couples, and families who have experienced an infant or pregnancy loss.				
	931-7299 x8500 <a href="http://www.hospicebythebay.org">www.hospicebythebay.org</a>	Consejería por duelo	Si	Costos segun ingresos
<b>Hospice of Petaluma</b>	778-6242	Consejería por duelo	Si	Sin costos por servicios de duelo
<b>Memorial Hospital</b>	568-1094	Consejería por duelo	Si	Sin costos por servicios de duelo
<b>Sutter VNA &amp; Hospice</b>	535-5780	Grief support	No	No charge for grief services
<b>North County Hospice</b>	431-1135	Consejería por duelo	Si	Sin costos por servicios de duelo

<b>Therapists That Self-Identify Experience in Perinatal Mood Disorder</b> Check <a href="http://www.dca.ca.gov/">http://www.dca.ca.gov/</a> To verify license look under: <b>BEHAVIORAL SCIENCES</b> Refer to <b>RECAMFT (The Redwood Empire Chapter of the California Association of Marriage and Family Therapists)</b> and <b>Redwood Psychological Association</b> for additional practitioners.				
Alissa 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 <a href="http://www.zoe-lockert.com">www.zoe-lockert.com</a>	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 111 Washington St., #9 Petaluma <a href="mailto:Allison.Murphy@sbcglobal.net">Allison.Murphy@sbcglobal.net</a>	776-0959 <a href="http://allisonmurphy.com/">http://allisonmurphy.com/</a>	Individual and couples counseling	No	Private pay & Insurance Sliding scale available Individual & couples counseling
Jeannette Pearce, MS, MFT MFC#41350	293-3305 <a href="http://www.jeannettepearce.com">www.jeannettepearce.com</a>	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 <a href="http://www.tinastanley.com">http://www.tinastanley.com</a>	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 Zechowy, M.D., M.S. 725 College Ave Ste 3 Santa Rosa	707.515.6673 <a href="http://www.womensmentalhealthmd.com">www.womensmentalhealthmd.com</a>	psychotherapy or medication evaluations and counseling for infertility & perinatal depression	No	Private pay \$90 - \$160
<b>Websites and Toll-free Lines for Consumers &amp; Professionals *</b>				
<b>American Psychological Association Help Center - Spanish site</b>	<a href="http://www.apa.org/centrodeapoyo/index.aspx">http://www.apa.org/centrodeapoyo/index.aspx</a>	"Centro de Apoyo de la APA" Recursos en la Internet para folletos, consejos y articulos.	Si	N/A

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<b>Bay Area Postpartum Depression Stress Line</b>	1-888-678-2669 Volunteers 9am-9pm; open 7d/week & holidays	Refer to Bay Area therapist or support group; not Sonoma County specific referrals.	No	Toll-free After hours for emergency: 1-800-773-6667
<b>California Teratogen Information Service (CTIS)</b>		Servicios de informacion por telefono e correo electronico operado por UCSD. Consejeria general sobre exposicion a medicacion psiquiatrica durante el embarazo y lactancia.	Si	Consulta gratuita para residentes en California.
<b>HelpGuide.org "Understand, Prevent &amp; Resolve Life's Challenges"</b>	<a href="http://www.helpguide.org/mental/postpartum_depression.htm">http://www.helpguide.org/mental/postpartum_depression.htm</a>	Information on Postpartum Depression including signs, symptoms, and help for new moms from a non-profit mental health group	No	N/A
<b>HRSA website: Depression During and After Pregnancy</b>	<a href="http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/default.htm">http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/default.htm</a>	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
<b>Network of Care for Behavioral Health</b>	<a href="http://sonoma.networkofcare.org/mh/home/index.cfm">http://sonoma.networkofcare.org/mh/home/index.cfm</a>	Provee informacion y links para servicios.	Si	N/A
	1-800-944-4773 <a href="http://www.postpartum.net">http://www.postpartum.net</a>	<i>Warm Line</i> – refiere a servicios locales de informacion y recursos comunitarios.	Si	Linea de telefono gratuita.
<b>Perinatal Depression Information Network</b>	<a href="http://www.pdinetwork.org/">http://www.pdinetwork.org/</a>	Find state-specific information and resources for professionals on perinatal depression.	No	<b>*For health care providers only</b>
<b>Sonoma County Mental Health Coalition</b>	<a href="http://www.mentalhealthcoalitionsc.org">http://www.mentalhealthcoalitionsc.org</a>	Website under construction.	Si	N/A
<b>University of Illinois Perinatal Mental Health Project</b> - Healthcare Provider Consultation Line Service - Information for Clinicians on Antidepressants during Pregnancy	1-800-573-6121 <a href="http://www.psych.uic.edu/research/perinatalmentalhealth/healthcare_provider.htm">http://www.psych.uic.edu/research/perinatalmentalhealth/healthcare_provider.htm</a>	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	<b>*For health care providers only;</b> toll-free line available to clinicians in all states.