

THIS CA UPDATE HAS BEEN SENT TO THE FOLLOWING:**COUNTIES:**

- Imperial
- Riverside/San Bernardino
- Los Angeles
- Orange
- Sacramento
- San Diego

LINES OF BUSINESS:

- Molina Medi-Cal Managed Care
- Molina Medicare
- Molina Marketplace (Covered CA)

PROVIDER TYPES:

- Medical Group/ IPA/MSO**
 - Primary Care**
 - IPA/MSO
 - Directs
- Specialists**
 - Directs
 - IPA
- Hospitals**
 - Ancillary**
 - CBAS
 - SNF/LTC
 - DME
 - Home Health
 - Other

PsychHub Courses Available: Maternal Mental Health

This is an advisory notification to Molina Healthcare of California (MHC) network providers regarding PsychHub Courses that are available for Maternal Mental Health.

WHAT YOU NEED TO KNOW

To enhance the ability of healthcare providers to offer optimal care in maternal mental health within a healthcare setting, PsychHub provides valuable support. They offer comprehensive CME courses specifically tailored to address this important area.

You can find more information about their offerings by visiting the link below: <https://app.psychhub.com/signup/molina-mhp>.

WHAT CAN WE DO?

Address Stigma – Mental health stigma can prevent women from seeking help. By receiving education on mental health, obstetrics and nursing professionals can reduce stigmatization and create a safe and supportive environment for women to discuss their mental health concerns.

- **Relevant Courses: Mental Health Competency 1, 2, and 3**
 - CMEs: 1 Hour | American Nurses Credentialing Center (ANCC)

Assess For Suicide Risk – As part of routine care, obstetricians and nurses should be knowledgeable about suicide risk factors and be able to assess patients for suicidal ideation. Identifying at-risk individuals and connecting them with mental health resources can be lifesaving.

- **Relevant Courses: Suicidal Behavior Competency**
 - CMEs: 1 Hour | Accreditation Council for Continuing Medical Education (ACCME) & American Nurses Credentialing Center (ANCC)

Please see the attached flyer for additional information!

WHAT IF YOU NEED ASSISTANCE?

If you have any questions regarding the notification, please contact your Molina Provider Services Representative below:

Service County Area	Provider Services Representative	Contact Number	Email Address
California Hospital Systems	Deletha Foster	909-577-4351	Deletha.Foster@molinahealthcare.com
Los Angeles	Clemente Arias Christian Diaz	562-517-1014 562-549-3550	Clemente.Arias@molinahealthcare.com Christian.Diaz@molinahealthcare.com
Los Angeles / Orange County	Maria Guimoye	562-549-4390	Maria.Guimoye@molinahealthcare.com
Sacramento	Jennifer Rivera Carrasco	562-542-2250	Jennifer.RiveraCarrasco@molinahealthcare.com
San Bernardino	Luana McIver	909-501-3314	Luana.Mciver@molinahealthcare.com
San Bernardino / Riverside County	Vanessa Lomeli	909-577-4355	Vanessa.Lomeli2@molinahealthcare.com
Riverside County	Mimi Howard	562-549-3532	Smimi.Howard@molinahealthcare.com
San Diego / Imperial County	Briana Givens Carlos Liciaga Salvador Perez	562-549-4403 858-614-1591 562-549-3825	Briana.Givens@molinahealthcare.com Carlos.Liciaga@molinahealthcare.com Salvador.Perez@molinahealthcare.com

If you are not contracted with Molina and wish to opt out of the Just the Fax, email: mhcproviderjustthefax@molinahealthcare.com
Please include Provider Name, NPI, County, and Fax Number and you will be removed within 30 days.

Maternal Mental Health



According to a systematic review published in JAMA Psychiatry, the risk of suicide is significantly elevated in the first year after childbirth compared to other periods in a woman's life. The review found that suicide accounted for nearly 20% of postpartum deaths, emphasizing the importance of addressing mental health concerns during the perinatal period.

Increased anxiety during pregnancy and in the postpartum period is highly prevalent. Despite the decrease in anxiety levels after childbirth, one in five women is highly anxious postpartum.¹

What can we do?

ADDRESS STIGMA

Mental health stigma can prevent women from seeking help. By receiving education on mental health, obstetrics, and nursing professionals can reduce stigmatization and create a safe and supportive environment for women to discuss their mental health concerns.

RELEVANT COURSES:

Mental Health Competency 1, 2, and 3

CMEs: 1 Hour | American Nurses Credentialing Center (ANCC)

ASSESS FOR SUICIDE RISK

As part of routine care, obstetricians and nurses should be knowledgeable about suicide risk factors and be able to assess patients for suicidal ideation. Identifying at-risk individuals and connecting them with mental health resources can be life-saving.

RELEVANT COURSES:

Suicidal Behavior Competency

CMEs: 1 Hour | Accreditation Council for Continuing Medical Education (ACCME) & American Nurses Credentialing Center (ANCC)

¹Nakić Radoš S, Tadinac M, Herman R. Anxiety During Pregnancy and Postpartum: Course, Predictors and Comorbidity with Postpartum Depression. Acta Clin Croat. 2018 Mar;57(1):39-51. doi: 10.20471/acc.2017.56.04.05. PMID: 30256010; PMCID: PMC6400346.

YOUR PSYCH HUB LEARNER PROFILE IS AVAILABLE NOW! [ACCESS HERE.](#)

For technical support please reach out to support@psychhub.com.