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

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

 \Box IPA

Hospitals

Ancillary

- □ CBAS □ SNF/LTC
- □ Home Health
- Other

PsychHub Courses Available: Maternal Mental Health

JUST THE FAX

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: <u>https://app.psychhub.com/signup/molina-mhp.</u>

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?

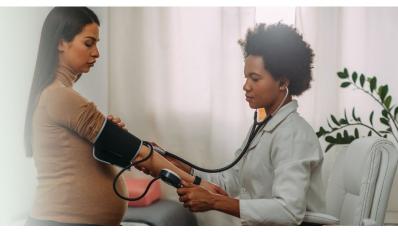
If you have any questions regarding the notification, please contact your Molina Provider Services Representative below:

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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.