



HOAG MEMORIAL HOSPITAL PRESBYTERIAN
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Hoag Launches Maternal Mental Health Program

New and Expecting Moms Receive Increased Access to Mental Health Screening and Care

NEWPORT BEACH, Calif., April 26, 2018 --- Newborns aren't the only ones who need love and support. Hoag Memorial Hospital Presbyterian recently announced the launch of the [Maternal Mental Health Program](#) in hopes of helping new and expecting mothers overcome mental health challenges associated with hormonal changes before, during and after pregnancy.

"Women are told that the birth of their babies should be the happiest times of their lives. But for many, hormonal changes lead to a cascade of emotions, including depression and feelings of hopelessness," said [Patricia De Marco Centeno, M.D., medical director of the Maternal Mental Health Program at Hoag](#). "What surprises many people is that 1 in 5 women experiences maternal depression which makes it the leading complication of pregnancy."

To support mothers and babies, Hoag [Women's Health Institute](#) and the [Pickup Family Neurosciences Institute](#) have collaborated on a program, available to the community at large, that offers universal screening, connection to support, early intervention and treatment and community education.

The Maternal Mental Health Program, which is supported by philanthropy, is dedicated to women experiencing mental health conditions before, during and after pregnancy, and includes an outpatient clinic where they can meet with a psychiatrist, licensed marriage and family therapist or a licensed clinical social worker to receive the care they need or be connected to local resources. The team offers pre-conception planning, mental health assessments, individual and group psychotherapy, medication safety evaluation during pregnancy and breastfeeding, and more.

"Motherhood can be incredibly isolating, and postpartum depression is too often misunderstood. This program gives women and their families the full support they need at the time they need it



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most,” said [Allyson Brooks, M.D., Ginny Ueberroth Executive Medical Director Endowed Chair of the Hoag Women’s Health Institute.](#)

Women and their doctors are also able to call Hoag’s Maternal Mental Health Support Line (949-764-5333) for specialized resources.

“Most women experience some mood-altering fluctuation in hormones during and after pregnancy that can last for a few weeks or even months,” Dr. De Marco Centeno said. “And the physical, emotional and social demands surrounding motherhood can impact a woman’s mood. Depression can occur at any time before, during or after pregnancy, and all of these periods deserve the same level of attention.”

Hoag identified this need not just for the health of mothers, but for their babies, as well. Depression and anxiety have been associated with several complications such as premature delivery, low birth weight, higher rates of C-sections, and higher levels of stress on the newborn. Babies born from depressed or highly anxious mothers might experience changes to their neurochemistry that predisposes them to depression and anxiety later in life.

“My hope is that clinicians and women recognize the need and understand that maternal mental health is just as important as prenatal care,” Dr. De Marco Centeno said. “Screening is essential, and a connection to resources is vital. The important thing to remember is that you’re not alone. Help is available.”

Clinic Information:

Hours: Monday to Friday, 9 a.m. to 5 p.m.

Location: 500 Superior Ave., Ste. 315, Newport Beach, CA, 92663

To learn more about the clinic and connect to services, please call the Maternal Mental Health Support Line, Monday through Friday from 9 a.m. to 5 p.m., 949-764-5333.

ABOUT HOAG MEMORIAL HOSPITAL PRESBYTERIAN

Hoag is an approximately \$1 billion nonprofit, regional health care delivery network in Orange County, California, that treats more than 30,000 inpatients and 425,000 outpatients annually. Hoag consists of two acute-care hospitals – Hoag Hospital Newport Beach, which opened in 1952, and Hoag Hospital Irvine, which opened in 2010 – in addition to eight health centers and



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eleven urgent care centers. Hoag is a designated Magnet® hospital by the American Nurses Credentialing Center (ANCC). Hoag offers a comprehensive blend of health care services that includes five institutes providing specialized services in the following areas: [cancer](#), [heart and vascular](#), [neurosciences](#), [women's health](#), and orthopedics through Hoag's affiliate, [Hoag Orthopedic Institute](#), which consists of an orthopedic hospital and two ambulatory surgical centers. In 2013, Hoag entered into an alliance with St. Joseph Health to further expand health care services in the Orange County community, known as St. Joseph Hoag Health. Hoag has been named one of the Best Regional Hospitals in the 2017 - 2018 *U.S. News & World Report*, and *Becker's Hospital Review* named Hoag as one of the 2016 "100 Great Hospitals in America" – a designation Hoag has received four times. For an unprecedented 22 years, residents of Orange County have chosen Hoag as one of the county's best hospitals in a local newspaper survey. Visit www.hoag.org for more information.