Community Resources for Women’s Mental Health

hoag
Women’s Health Institute
Dear Hoag Patient,

This resource is a compilation of publicly available information about local resources for Mental Health. The list of resources is not exhaustive and is for reference only. While every reasonable effort has been made to include accurate and current information, Hoag cannot be held responsible for any errors or omissions in the information, so please be sure to check your insurance directory for current information on contracted providers or call the provider to confirm insurance eligibility.

In addition, an individual’s or an organization’s inclusion in this resource does not represent an endorsement by Hoag (unless Hoag is expressly providing the service).

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Mental Health Resources at Hoag

MELINDA HOAG SMITH CENTER FOR HEALTHY LIVING
307 PLACENTIA AVE., NEWPORT BEACH, CA 92663

Mental Health Center
949-764-6542  |  www.hoag.org/mental-health
307 Placentia Ave., Suite 100B, Newport Beach, CA 92663
This is a full-service program for low income uninsured or underinsured people. The Center offers individual, couple, family and group psychotherapy. Women’s services include empowerment support groups and maternal mental health. Affordable for individual, family and couples counseling, Client fees are based on a low sliding scale. No one will be turned away due to lack of funding. Services in English, Spanish and Farsi. Office hours are Monday-Friday, 9-7pm.

Costa Mesa Family Resource Center
949-764-8100
307 Placentia Ave., Suite 203, Newport Beach, CA 92663
The Family Resource Center offers a variety of Skills groups, Support Groups, Family Counseling services, and Classes for the residents of Costa Mesa and Newport Beach.

HOAG’S POSTPARTUM ADJUSTMENT SUPPORT GROUP
Call the Babyline at 949-764-2229 for more information.
This free, ongoing support group focuses on teaching positive coping skills and providing support and education. Facilitated by Laura Navarro Pickens, LCSW.

TEEN BRAIN
949-764-8333
Teen Brain offers psychological testing coupled with neurological, psychiatric, and psychological evaluations conducted by a collaborative team of top-tier adolescent specialists to definitively diagnose children and teens with mental health concerns. Upon completion of their individual evaluations, the doctors meet together to jointly diagnose the patient based on the team’s collective findings. The entire Teen Brain team then meets with the family to discuss their findings and create a personalized course of treatment.

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted. Please contact providers to verify insurance accepted.
AFTER-SCHOOL PROGRAM INTERVENTIONS AND RESILIENCY EDUCATION (ASPIRE)

949-764-8333
Hoag offers the acclaimed After-School Program Interventions and Resiliency Education (ASPIRE), an evidence-based intensive outpatient program to treat teen anxiety, depression and other mental health conditions. ASPIRE offers teens and their families practical tools to overcome current mental health concerns and effectively navigate future challenges. The multidisciplinary treatment team combines education and multiple counseling and training modalities to prepare teens with healthy coping strategies.

Referral Phone Lines

ORANGE COUNTY MENTAL HEALTH REFERRAL LINE
Orange County Mental Health Programs. They can connect you to services such as outpatient mental health, inpatient and crisis intervention, substance abuse/rehabs, post-partum wellness program, home-visitation programs, mental health services for seniors and children.

For Patients: Call 855-OC-LINKS (855-625-4657)
For Providers: To obtain brochures call 714-834-2077
JAustin@ochca.com

POSTPARTUM SUPPORT INTERNATIONAL
949-246-5062 | http://postpartum.net
International organizations that provide referrals for group and individual therapy, and for psychiatrists to women with postpartum disorders. Orange County Coordinator: Elisabeth Farnsworth

HOAG HOSPITAL BABYLINE
949-764-2229 for additional information on local mental health referrals.
Helpful Websites

POSTPARTUM SUPPORT INTERNATIONAL
http://postpartum.net
International network of individuals and organizations whose purpose is to increase awareness among public and professionals about pregnancy- and postpartum-related psychiatric disorders. Provides referrals for group and individual therapy, and for psychiatrists to women with postpartum disorders. Please review the website to find your Orange County Coordinator.

MASSACHUSETTS GENERAL HOSPITAL CENTER FOR WOMEN’S MENTAL HEALTH
www.womensmentalhealth.org
This is a comprehensive website providing information about women’s mental health.

MOTHERISK
www.motherisk.org
Canadian organization that provides information on safety and risks of drugs in pregnancy and lactation, and about alcohol and other substance use in pregnancy.

NORTH AMERICAN MENOPAUSE SOCIETY
www.menopause.org
Nonprofit organization promoting women’s health during midlife and beyond, with special focus on menopausal health.

POSTPARTUM DAD
http://www.postpartumdads.org
This website is intended to help dads and families by providing firsthand information and guidance through the experience of PPD. This site also includes information and resources that can be used by professionals to assist families dealing with PPD.

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Women’s Mental Health Programs in Southern California

These are comprehensive Women Mental Health Clinics, usually affiliated with a University or with County Programs. They offer medication management psychotherapy, support groups, classes and case management.

ORANGE COUNTY

St. Joseph’s. Caring for Women with Maternal Depression Program*
714-771-8085
St. Joseph Hospital  |  1100 W. Stewart Dr., Orange, CA 92868
[2 other symbols for Cal Optima and Medical accepted]
Most insurances, also Medical and Cal-Optima.

Orange County Postpartum Wellness Program OCPPW*
714-480-5160
792 W. Town & Country Rd., Bldg E., Orange, CA 92868
Services in English, Spanish, Vietnamese and Farsi.
LOS ANGELES

UCLA Women’s Life Center*
310-825-9989 | http://www.semel.ucla.edu/mood/womens-life
Westwood, Los Angeles.

Maternal Wellness Center at USC and The New Family Care Clinic*
323-409-5370 | Downtown Los Angeles

Huntington Memorial Hospital Maternal Wellness Program*
626-397-2330 | http://www.huntingtonhospital.com/Main
PostpartumDepression.aspx | Pasadena, Los Angeles

Community Hospital Long Beach inpatient*
855-245-2443 and 562-494-9388
Long Beach

Menopause Program at Cedars-Sinai.
Director: Chrisandra Shufelt, MD, MS, FACP | 310-423-9960
8631 West Third St., Suite 740, E. Los Angeles, CA 90048

SAN DIEGO

UC San Diego Maternal Mental Health Program*
858-534-8730 or call center: 858-534-7792
http://health.ucsd.edu/specialties/obgyn/maternity/newborn/maternal-mental-health/Pages/resources.aspx | San Diego

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted. Please contact providers to verify insurance accepted.
Reproductive Psychiatrists
These are physicians who specialize in Women’s Mental Health. They provide psychiatric services to women struggling with mental health conditions during pregnancy, post-partum, menopause, infertility, pregnancy loss and menses. Services may include medication management and/or psychotherapy (also known as counseling)

ORANGE COUNTY

ALISO VIEJO
Bettina Franz, MD
949-680-2700  |  http://www.bfranzmd.com
6B Liberty Plaza, Suite 110, Aliso Viejo, CA 92656

NEWPORT AND TUSTIN
Patricia De Marco Centeno, MD
949-200-9791  |  www.pacificcoastpsychiatry.com
500 Superior Ave., Suite 350, Newport Beach, CA 92663.
Limited availability. Mostly inpatients.

Sonya Rasminsky, MD
949-734-4912  |  www.sonyarasminsky.com
4667 MacArthur Blvd., Suite 320, Newport Beach, CA 92660
General psychiatry and women’s mental health

COSTA MESA
Valerie Davis, MD
714-556-5004  |  davismd@SouthCoastPsychiatry.com
http://www.southcoastpsychiatry.com
950 South Coast Dr., Suite 235, Costa Mesa, CA 92626

SAN DIEGO

Leslie Tam Craig, MD
619-994-7911  |  San Diego
LOS ANGELES

LONG BEACH / SEAL BEACH

Vivien Burt, MD
310-562-4942  |  http://drvivienburt.com
Long Beach and Westwood

SOUTH BAY

Elizabeth Cowart, MD
310-908-1083  |  Manhattan Beach

Michelle Furuta, MD
310-738-2228  |  michelle@furutamd.com  |  www.furutamd.com
Torrance

Ellen Sherman, MD*
310-375-2524 or 310-530-1700  |  Torrance
Insurance accepted: Blue Cross, Blue Shield and Aetna

Rita Suri, MD
310-880-6756  |  Redondo Beach

BEVERLY HILLS AND WEST HOLLYWOOD

Stacey Bernstein – Haas, MD
310-733-7212  |  stacey@bernstein-haasmd.com
http://www.bernstein-haasmd.com  |  Beverly Hills

BRENTWOOD/WESTWOOD/WEST LOS ANGELES

Erin Murphy-Barzilay, MD
310-633-1352  |  http://emurphybarzilay.weebly.com  |  Westwood

Robin Berman, MD
310-826-4321  |  www.permissiontoparent.net
11611 San Vicente Blvd., Suite 1020, Los Angeles, CA 90049

Caryn Bernstein, MD
310-867-3116  |  Westwood

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted.
Please contact providers to verify insurance accepted.
Vivien Burt, MD
310-562-4942  |  http://drvivienburt.com/
Westwood and Long Beach

Stacy Cohen, MD
323-813-6463  |  http://stacycohenmd.com/home.html
10780 Santa Monica Blvd., Suite 120, Los Angeles, CA, 90025
Women’s mental health, addiction

Jolene Sawyer, MD
310-600-5110  |  jolenesawyermd@gmail.com
11980 San Vicente Blvd., Suite 711, Los Angeles, CA 90049

Merrill Sparago, MD
310-470-7076

Jennifer Yashari, MD
310-857-8240  |  http://jenniferyasharimd.com  |  Westwood

Stephanie Zisook, MD
310-208-6460  |  http://www.drzisook.com  |  Westwood

Lori Zukerman, MD
310-699-6001  |  West Los Angeles

SANTA MONICA

Kelly Foster, MD
310-403-2647

Josephine McNary, MD
310-806-0891  |  Santa Monica

Jolene Sawyer, MD
310-600-5110  |  jolenesawyermd@gmail.com

SAN FERNANDO VALLEY

Kira Stein, MD
818-990-5901  |  http://westcoastlifecenter.com
Offers TMS – treatment resistant depression  |  Sherman Oaks
Marina Lensky, MD  
310-737-8524 | 16661 Ventura Blvd., Suite 441, Encino, CA

Kal Maniktala, MD  
818-995-1041 | Sherman Oaks

Mary Moebius, MD  
818-776-8705 | Tarzana

Mindy Werner-Crohn, MD*  
818-921-4300 ext. 2  
http://www.calabasasbehavioralhealth.com/index.php  
Calabasas | Offers TMS for treatment resistant depression. Accepts Anthem only

Jack Wu, MD and Elizabeth Nakamura, MD  
818-693-1431 | http://www.calabasas-psychiatrist.com  
Calabasas and Encino

MIRACLE MILE

Eleanor Curry, MD  
323-393-0229

Julie Gedden, MD  
310-383-2026 | juliegeddenmd@gmail.com

Melissa Sullivan, MD  
310-526-8535  
http://www.melissasullivanmd.com/Melissa_Sullivan,_MD/Welcome.html

PASADENA

Emily Dosset, MD  

Lilit Pogosian, MD  
310-220-5463 | http://www.lilitpogosianmd.com

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted.

Please contact providers to verify insurance accepted.
Reproductive Tele-Psychiatrists (appointments from home)

Alexis Link, MD
310-882-3151
alink@alexislinkmd.com - for CA residents only.
Patient must have access to a computer with working camera and microphone, as well as reliable internet access.

Therapists Specializing in Women’s Mental Health

These are mental health providers who specialize in counseling (also called psychotherapy). Therapy may be individual, groups or couple’s.

ORANGE COUNTY

Linda Belt, LCSW – Individual Psychotherapy*
949-643-1664
1001 Dove St., Suite 110, Newport Beach, CA 92660
Accepts most major insurances

Laura Navarro Pickens, LCSW
562-882-7901 | Newport Beach

Shoshana Bennett, PhD
310-305-5040 | drshosh@sbcglobal.net | http://drshosh.com
Near Irvine/Laguna Hills | Phone and webcam therapy as well.

Kate O’Shaugnessy-Nulty, LCSW*
562-572-3143 | katenulty@me.com
5242 Katella Ave., Suite 106, Los Alamitos, CA 90720
LOS ANGELES

Susan Bordon, LCSW at Well Psyche Medical Group*
310-871-0670 | sbordon@susanbordontherapy.com
www.susanbordontherapy.com Hermosa Beach

Tara Farajian, LCSW
562-650-0474 | tara@timotherhood.com | timotherhood.com
Signal Hill

Amy Lappen, PhD – Pacific Resources Psychological Group*
562-988-1000 ext. 152 for intake, choose option 0
4201 Long Beach Blvd., Suite 230, Long Beach 90807

Alicia MacGowan, LCSW
310-508-9531 | http://recoverynowla.com/
Hermosa Beach and Torrance

Stephanie Morales, LMFT
310-798-9000
stephaniemoralesmft@hotmail.com
http://www.mothernurturecenter.com | Redondo Beach

Amy Pesceone, LCSW
310-480-8362 | info@amypesceone.com
http://www.amypesceone.com | Hermosa Beach, Los Alamitos

Therapists Specializing in CBT/DBT

These are specific modalities of counseling (psychotherapy) that focus on various mental health conditions. Cognitive Behavioral Therapy (CBT) for example is best suited for depression and anxiety, however it is successfully used for many other conditions. Dialectical Behavioral Therapy (DBT) is extremely helpful for patients struggling with borderline personality traits. These forms of counseling tend to be time-limited and problem-focused.

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted.
Please contact providers to verify insurance accepted.
COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT California
800-624-1475 | http://www.cbtcalifornia.com
Reduced fee clinic for eligible clients.

Anxiety and Depression Center
Dennis Greenberger, PhD | 949-222-2848
http://www.anxietyanddepressioncenter.com | Newport Beach.

Linda Belt, LCSW – Individual Psychotherapy*
949-643-1664
1001 Dove St., Suite 110, Newport Beach, CA 92660
Accepts most major insurances.

Center for Behavior Medicine*
562-945-5454
9200 Colima Rd., Suite 206, Whittier, CA 90065

DIALECTICAL BEHAVIORAL THERAPY (DBT)

CBT California
1-800-624-1475 | http://www.cbtcalifornia.com
Reduced fee clinic for eligible clients.

DBT Center of Los Angeles – Clearview Treatment Programs
1-800-573-0770 | http://www.clearviewtreatment.com/
Residential, IOP, and OP programs for BPD, emotional dysregulation, dual diagnosis and primary addiction.

Harbor/UCLA Outpatient Psychiatry Clinic*
310-222-3151 | Accepts some private insurance, Medicare, Medi-Cal. [include symbols for Medicare and Medical]
Home Visitation Programs – Orange County

Bridges-Maternal Child Health Network
949-764-6153 | bridgesprogram@hoag.org
Monthly home visits. Assistance with parental education, breastfeeding, newborn care, community resources, home safety, child development.

MOMS Orange County
714-972-2610
Monthly home visits and classes. Provides prenatal and infant health screenings, breastfeeding support, infant development screenings, education, support and referrals.
Serves pregnant women and their babies up to one year postpartum.

Nurse Family Partnership – Orange
714-771-8085
Home visits for screening and education. Serves First Time mothers. Up to one year postpartum. New Mother’s Groups.

Low Cost Psychotherapy / Counseling

Newport Community Counseling Center
949-721-8079
http://www.newportcommunitycounselingcenter.org/
Low Cost/Sliding Scale Individual psychotherapy and support groups.

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted.
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General Adult Psychiatrists

Some of these physicians may have additional training in Child Psychiatry, Addiction Psychiatry, Geriatric Psychiatry, Forensic Psychiatry or Hospital Psychiatry (Psychosomatic Medicine). Services may include medication management and/or psychotherapy (also known as counseling)

ORANGE COUNTY

COSTA MESA

Well Psyche Medical Group*
Dr. Adel Mostafavi  |  424-354-8157
600 Anton Blvd., Plaza Tower I, 11th Floor, Costa Mesa, CA 92626

Well Psyche Medical Group*
Dr. Sandra Hah  |  424-373-4441
600 Anton Blvd., Plaza Tower I, 11th Floor, Costa Mesa, CA 92626

South Coast Psychiatry (Concierge Psychiatry)
714-556-5004
950 South Coast Drive, Suite 235, Costa Mesa, CA 92626
www.southcoastpsychiatry.com

FULLERTON

Hina Sidhu, MD
714-905-5542
1400 N Harbor Blvd., Suite 540, Fullerton, CA 92835

IRVINE

Yuhuan Choy, MD
Provides Medication Management and Cognitive Behavioral Therapy
949-216-8962
4199 Campus Dr., Suite 550, Irvine, CA 92612
LAGUNA BEACH

Michael Bolton, MD
949-939-5139
330 Park Ave., Suite 7, Laguna Beach, CA 92651

LAGUNA HILLS

Chip Stone, MD*
949-42-HELPS | info@drchipstone.com
23046 Avenida De La Carlota, Laguna Hills, CA 92653

LAGUNA NIGUEL

Laguna Behavioral*
949-367-1200 | Outpatient Behavioral Health
28281 Crown Valley Pkwy., Suite 140, Laguna Niguel, CA 92677
Does not provide medication management, only psychotherapy, to pregnant patients.

Southern California Psychiatric Associates*
Richard Granese, MD | 949-489-5564
30101 Town Center Dr., Suite 113, Laguna Niguel, CA 92677

MISSION VIEJO

Orange Coast Psychiatric Associates*
Scott Ipirescu, MD | 949-446-1036
27401 Los Alots, Suite 310, Mission Viejo, CA 92691

NEWPORT BEACH

Harbor Psychiatry & Mental Health*
Dr. Gisoo Zarrabi | 949-887-7187
Newport Beach, CA 92660

Sydea Medical Practices, Inc.*
Venice Sanchez, MD | 949-281-6149
20311 S.W. Birch St., Suite 100, Newport Beach, CA 92660

Ryan Wright, MD*
949-337-1389
20311 S.W. Birch St., Suite 100, Newport Beach, CA 92660

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted.
Please contact providers to verify insurance accepted.
Simone Litsch, MD*
925-202-4176
120 Newport Center Dr., Newport Beach, CA 92660

Mind Health Institute
Offices in Newport Beach, Mission Viejo, Laguna Beach
and Los Angeles
949-891-0307  |  www.mhi-nb.com
450 Newport Center Dr., Suite 380, Newport Beach, CA 92660

Anthony Mascola, MD
949-536-9850
4667 MacArthur Blvd., Suite 320, Newport Beach, California 92660

Sina Safanieh, MD
Adult, Child and Adolescent Psychiatry
949-216-3135
1001 Dove St., Suite 280, Newport Beach, CA 92660

Lesley A. MacArthur, MD
Adult, Child and Adolescent Psychiatry
949-381-5116
1001 Dove St., Suite 275, Newport Beach, CA 92660

OC Psychiatric Therapy
Gail Raphael, MD  |  949-245-6698
15 Corporate Plaza, Suite 100, Newport Beach, CA 92660

Lawrence V. Tucker, MD, PLLC
949-257-4217
4000 MacArthur Blvd., Suite 600, E. Tower, Newport Beach, CA 92660

Dan Ar Tzuang, MD
949-229-8565
1101 Dove St., Suite 155, Newport Beach, CA 92660

SAN CLEMENTE

Well Psyche Medical Group*
Randall Bailey, MD  |  424-373-4408
501 N El Camino Real, Suite 200, San Clemente, CA 92672
TUSTIN

Southern California Psychiatric Associates*
Richard Granese, MD | 949-489-5564
14351 Red Hill Ave., Suite C, Tustin, CA 92780

Kenneth Sokolski, MD*
949-863-1943 | www.ocpsychiatrist.net | Blue Shield Blue Cross

OCPAM (Orange County Psychiatry and Addiction Medicine)*
949-515-7300 | Takes adults currently enrolled in a treatment facility.

YORBA LINDA

Center For Behavior Medicine*
Jiapeng Wang, MD | 714-248-0470
17451 Bastanchury Rd., Suite 201, Yorba Linda, CA 92886

LOS ANGELES

BEVERLY HILLS/ WEST LOS ANGELES

Genen Group*
310-892-4284 | https://thegenengroup.com
West Hollywood | Anthem Blue Cross, Blue Shield, United, Aetna, Cigna – Not Covered California.

Julia Lam, MD*
310-826-3180 | West Los Angeles, Sawtelle
Blue Cross, Blue Shield, Aetna.

Steven Schenkel, MD*
310-659-8884
116 N. Robertson Blvd., Suite 806, Los Angeles, CA
Blue Cross PPO

Frank Tan, MD*
310-826-3180 | West Los Angeles
Blue Cross, Blue Shield, Aetna, Cigna, UBH.

*Insurance Accepted, **Cal Optima Accepted, ***Medi-Cal Accepted.
Please contact providers to verify insurance accepted.
SAN FERNANDO VALLEY

Marcia Daniels, MD*
818-995-7848  |  16055 Ventura Blvd., Suite 805, Encino, CA 91436
Anthem Blue Cross and Wellpoint, limited Value Options, Blue Shield, some Healthnet plans, United Healthcare, UBH, USBH, UC Care.

Troy Goldberg, MD*
818-256-6700  |  16055 Ventura Blvd., Suite 700, Encino, CA 91436
Blue Cross (all plans), Blue Shield (limited plans), Optum (all plans), United Healthcare, United Behavioral Health, PacificCare.

Boghos Yerevanian, MD*
818-223-9277  |  16055 Ventura Blvd., Suite 645, Encino, CA 91436
Accepts Anthem Blue Cross and Medicare.

TORRANCE

David Ruderman, MD*
310-784-7224
22330 Hawthorne Blvd., Suite 212, Torrance, CA 90505
TMS
(Transcranial Magnetic Stimulation)

ORANGE COUNTY

TMS Health and Wellness*
Mehera Halliwell, MD
855-313-2611
4100 Newport Place Dr., Suite 730, Newport Beach, CA 92660

LOS ANGELES

Kira Stein, MD*
818-990-5901 | http://westcoastlifecenter.com | Sherman Oaks
Offers individual psychotherapy, psychopharmacology,
TMS – treatment resistant depression.

TMS Los Angeles*
310-825-7471
http://www.tmslosangeles.com/UCLATMSTeam.html
UCLA Westwood

Mindy Werner-Crohn, MD*
818-921-4300 ext. 2
http://www.calabasasbehavioralhealth.com/index.php
Calabasas

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Please contact providers to verify insurance accepted.
Notes