

Orange County Perinatal Council Meeting Highlights

April 4, 2019

In Attendance:

Catherine Patterson, AltaMed	Pamela Pimentel, MOMS Orange County
Ann Mino, CalOptima	Pauline Bui, OCHCA AFLP and CalLearn
Dr. Sidney Gardener, Children and Family Futures	Skarlet Bui, OCHCA Behavioral Health
Lucy Van Otterloo, Community Perinatal Network	Ronilyn Ricaforte, OCHCA CHDP
Ilia Rolon, First 5 Orange County	Tamarra Jones, OCHCA Family Health
Jackie Tran, First 5 Orange County	Genesis Medina, OCHCA Family Health
Hoda Shawky, First 5 Orange County (Via phone)	Dr. David Nunez, OCHCA Family Health
Miriam Henderson, Hoag Hospital	Maridet Ibanez, OCHCA Nutrition Services
Christina Luarca, Hospital Association of So. California	Liza Scammahorn, OCHCA WIC
Mashariki Kudumu, March of Dimes	Leslie Ramirez, OCHCA WIC
Cristiane Napolitan, MOMS Orange County	Samar McGregor, Public Health Foundation Enterprise WIC
Janira Perez, MOMS Orange County	

Welcome and Introductions:

Tamarra Jones welcomed all in attendance and on the phone. Introductions were conducted.

Review January 10, 2019 Meeting Highlights:

There were no suggested changes to the highlights.

Updates and Announcements:

- Pamela Pimentel announced that Cristiane Napolitan and Janira Perez would be the primary OCPC members in attendance for future meetings.
- Mashariki Kudumu shared flyers for the upcoming March of Dimes Walk and a continuing education opportunity on Pharmacologic Interventions for Healthy Pregnancies. She also shared that there will be a webinar on 4/25/19 on the Becoming a Mom/Comenzando bien bilingual curriculum designed to help pregnant women learn about having a healthy pregnancy and a healthy baby.
- Tamarra Jones announced that copies of the Orange County MCAH Community Profile 2019 are available for those that did not attend the MCAH Needs Assessments. She also shared with the members the updated OCPC Resources page on the website. Members discussed the need to have a roster of members on the website. A request will be sent out to members for approval to have their information posted on the website.
- Dr. Nunez thanked members for participating in the MCAH Needs Assessments and provided an overview of the identified priorities for maternal and infant health. OCHCA Family Health staff are working to identify next steps for the MCAH priority activities and five-year Action Plan.

Perinatal Mood and Anxiety Disorders (PMAD)

Ilia Rolon provided an overview of First 5 Orange County's reflection on programmatic needs and the development of their strategic plan. Part of the plan is to identify ways to best address PMAD, address gaps in services/resources, and promote services that can assist families in dealing with perinatal mental health and anxiety issues. OCPC members agreed that convening a work group to further explore this topic would be beneficial. The group reviewed the updated PMAD screening and care pathway and discussed the following related to PMAD needs:

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- The PMAD pathway was updated to include updated risk factors based on a literature search and CPT codes were added.
- Resources regarding services available for mild/moderate symptoms needs to be explored and disseminated.
- UCI is working on a project to identify “soft” resources (i.e., support groups and play groups) to reduce risk of PMAD. A rubric of services will be created for distribution to primary care providers.
- There is currently no screening for self-medication as it related to substance use.
- Substance use screening is very limited because there are no resources to address the needs of pregnant substance using women.
- MHSA funding is available and there needs to be more partners at the table from MHSA to discuss needs.
- Information regarding resources for homicide/suicide is not included in screening tool.
- WIC programs have new requirements to ask questions regarding maternal depression and substance use.
- There is no centralized place to collect and analyze data on needs and gaps in service.
- CalOptima is considering the addition of incentives for screening to be in compliance with AB 2193 by 7/1/19.
- Information on wait time for assessments and appointments is needed. Information regarding number of sessions covered by insurance is needed.

Collaborative/Committee Updates:

- Safe Sleep: The posters for Safe Sleep are printed and ready for distribution. Staff will begin distribution as appropriate.
- Orange County Breastfeeding Coalition (OCBF): The coalition is reviewing bylaws and surveying members as part of plans for a restructuring of the coalition.
- Orange County Parent Wellness Program (OCPWP):
 - A flyer was distributed on the program. The Prevention and Intervention referral form that should be used to refer individuals to the OCPWP was also distributed. The information is also on the OCPC website:
http://www.ochealthinfo.com/phs/about/family/mcah/ocpc/ocpc_resources
 - The group discussed the following about the OCPWP:
 - The program has relocated to 4000 Metropolitan Drive suite 404. The fax number is currently not working, so call the program to ensure referral is received.
 - There is currently no waitlist for services. There are 13-14 therapists that have an average case load of 25 clients. Women’s support groups are provided on Tuesday/Thursday in English and Spanish. Services are also available for fathers.
 - Presentations on the program are available upon request.
- WIC:
 - The following three priorities have been requested for WIC reauthorization 1) Expand services to six years, 2) Expand post-partum to two years, and 3) Extend infant services to two years.

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- A new WIC food package has been released.
 - The WIC Electronic Benefits Card is scheduled for release in November.
 - There are new questions that will be asked of participants regarding sexual orientation and gender identity. Parental identity for the infant will no longer be mother/father. It will be changed to Parent 1 and 2. A request was made to have Dr. Nunez send out a letter to the community regarding the changes to the WIC questions.
 - An update was shared on Comprehensive Perinatal Services Program provider visits and the potential to develop an on-line training regarding breastfeeding and baby behavior.
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- Perinatal Substance Exposure: Based on the needs assessment, perinatal substance exposure is likely to be a priority for the MCAH five-year action plan. A workgroup will be convened as needed. Information was shared about potential opportunities to increase services for substance exposed infants (Plan for Safe Care).

Next Meeting: The following will be included on the agenda for the next meeting:

- Title V Needs Assessment
- Potential Development of PMAD and Perinatal Substance Exposure Workgroup