

Para Uso de Proveedores: Recursos para Trastornos Perinatales en el Condado de Sonoma

- Los recursos estan enlistados debajo por tipo de proveedor y agencia
- Incluye servicios medicos y mentales, grupos de apoyo, clases, visitas a domicilio, lineas de telefono y paginas de Internet
- Visite la siguiente pagina web para mayor informacion: www.sonoma-county.org/mcah : haga click en *Resources for Providers-Community Resources for Clients*

Recursos	Contactos	Descripcion	Bilir gué	Requisitos/Costos
Condado de Sonoma www.sonoma-county.org/health/mh/index.htm				
Servicios de Emergencia Psiquiatrica 3322 Chanate Road Santa Rosa	PARA EMERGENCIAS (707) 576-8181 o 1-800-746-8181 Si no es una emergencia: 565-4970	Personal las 24 horas; evaluación de salud mental de emergencia para hospitalización y derivaciones a recursos comunitarios; extensos servicios para estabilización las 24 horas. Puede pedir ser atendida por una mujer.	Si	Medi-Cal, Medicare Aseguranzas privadas Otros costos disponibles de acuerdo a ingresos
		El equipo de ACCESO provee derivaciones a la comunidad, llamadas telefónicas y evaluación clínica.	Si	Medi-Cal
Clínicas Comunitarias *Clínicas requieren que las mujeres sean pacientes o se inscriban como pacientes para recibir servicios.				
Clinica Alianza 1381 University St., Healdsburg	433-5494 x287	Psiquiatras y profesionales de salud mental.	Si	Medi-Cal Otros costos disponibles de acuerdo a ingresos
Alexander Valley Regional MC 6 Tarman Dr. Cloverdale	894-4229		Si	Para pacientes; Dependiendo de sus ingresos, otros costos son a partir de \$25
Occidental Area Health Center 3802 Main Street Occidental	869-2961	Mental health practitioner on staff.	No	Medi-Cal, Medicare, CMSP Private insurance Sliding scale \$32 & up
Clinica de Petaluma 1301 Southpoint Blvd. Petaluma	559-7500		Si	Medi-Cal Dependiendo de sus ingresos, \$25
Russian River Health Center 3 rd and Church St. Guerneville	869-2961	Mental health practitioner on staff.	No	Medi-Cal (for children only), Medi-Care, CMSP, Private insurance, Sliding scale \$32 & up

Resources for Perinatal Mood Disorder in Sonoma County

Southwest Community Health Center at Lombardi 751 Lombardi Ct. Santa Rosa	547-2222		Si	Solamente Medi-Cal Para pacientes
Sonoma Valley Community Health Center 430 West Napa St. Sonoma	939-6070		Si	Solamente Medi-Cal Para pacientes
Sonoma County Indian Health 144 Stony Pt Rd. Santa Rosa	521-4545		Si	Solamente Medi-Cal No hay becas disponibles Non-Native ok
Vista Family Health Center 3569 Round Barn Circle Santa Rosa	303-3600	Clinica especializada en medicina del Comportamiento – psiquiatras y residentes	Si	Medi-Cal o aseguranza privada Debe ser paciente de la Clínica

Community Counseling Services

Angela Center 535 Angela Dr. Santa Rosa	528-8578 www.angelacenter.com	Call for information on services	No	No Medi-Cal; Sliding scale
California Parenting Institute 3650 Standish Ave. Santa Rosa	585-6108 www.calparents.org	PMD Access Project* –facilitador para manejo de casos y terapia domiciliaria para mujeres con riesgo o que experimenten trastornos perinatales. Consulta para padres y ayuda (disponible a domicilio); Clases para padres. Servicios de consejería para niños y familias.	Si	Medi-Cal; Sin costo; Costos de acuerdo a sus ingresos Donaciones Sin aseguranza • MHSA & First5 subsidian visitas de consejeria de niños
Chrysalis 2345 4 th St Santa Rosa	545-1670 www.chrysaliscounseling.org/	Licensed therapists and counseling interns.	No	No Medi-Cal Sliding scale
Family Service Agency 751 Lombardi Court, Suite C Santa Rosa	545-4551	Consejeria profesional, grupos de apoyo no especificos para trastornos perinatales	Si	No Medi-Cal Costo según sus ingresos generalmente de \$25-\$70 Limited \$15 slots w/interns
Lomi Psychotherapy Clinic 534 B St. Santa Rosa	579-0465 x227 www.lomi.org/index.html	Parent and family consultation and counseling. Parenting classes, drop-in support groups.	No	Private Insurance; limited free slots Sliding scale
Parents Place/JFCS 1360 N. Dutton Santa Rosa	571-2048 www.parentsplacelonline/sonoma.org	Licensed Therapist and Early Childhood specialists for parenting and family consultation and counseling; parenting classes drop-in support	No	Medi-Cal (for children only) Scholarships available Accept insurance

Resources for Perinatal Mood Disorder in Sonoma County

Russian River Counselors 1975 Hwy 116 Monte Rio	865-1200 www.rivershrink.com	Consejeria	Si	Medi-Cal (para niños solamente); Medi-Care, CMSP, Aseguranza privada, Costos según ingresos desde \$32 & mas
Santa Rosa Junior College	527-4445	Call for information on services	No	Free. Must be currently enrolled as SRJC student; limited capacity.
Social Advocates for Youth (SAY) 3440 Airway Dr., Ste E Santa Rosa	544-3299 www.socialadvocatesforyouth.org/home.html	Llame para obtener informacion sobre los servicios que se ofrecen	Si	Medi-Cal Mujeres menores de 25 años
SSU Community Counseling Center	664-4215 www.sonoma.edu/counselingctr	General counseling not specific to PPD. Short wait list 1-3 weeks.	No	No fees Students and the general public
West County Community Services	829-5717 www.westcountyservices.org	Consejeria individual y familiar	Si	No Medi-Cal para adultos Costos según ingresos

Resources for Perinatal Mood Disorder in Sonoma County

Kaiser Permanente *Kaiser assigned Medi-Cal clients receive mental health care through the County of Sonoma.				
Centros de Educacion para la Salud (lending libraries) Clases de Educacion para la Salud <ul style="list-style-type: none"> ▪ Generalidades en el manejo de la depresion y series ▪ Generalidades comprendiendo ansiedad y series ▪ Mommy and Me (Mami y yo) 	393-4167 o 566-5277 393-4167 o 566-5277 566-5270	Recursos en la internet, materiales educativos para pacientes, libros, CD's, videos, DVD's etc. Información, apoyo y estrategias para auto-manejo de depresión/ansiedad. Reuniones grupales semanales para mamás y sus bebés, recién nacidos a 6 meses y 6 meses a 1 año; no específicamente para depresión postparto.	Si	Limitado para miembros de Kaiser y para aquellos que reciben cuidado en Kaiser. Algunos recursos están a la venta o préstamo. Las series sobre Depresion series son solo para pacientes de Kaiser. Other programs open to members and non-members. Call for information. Limited to Kaiser members and those receiving clinical care at Kaiser.
Women's Health Counselor	Ask Ob/Gyn for a referral	Individual consultation for mental health and chemical dependency concerns	N/A	Limited to Kaiser members Medi-Cal excluded* Office visit co-pay
Departamento de Psiquiatria	571-3778	Psicoterapia individual y grupal; evaluación de medicación y tratamiento.	Yes	Limited to Kaiser members Medi-Cal excluded* Mental health co-pay
Early Start Program	(707) 393-4120	Consejería en tabaco, alcohol y otras drogas para embarazadas incluyendo apoyo en trastornos perinatales.	Yes	Limited to pregnant Kaiser members including those with Medi-Cal

Bereavement Support and Resources *Grief counseling for individuals, couples, and families who have experienced an infant or pregnancy loss.				
	931-7299 x8500 www.hospicebythebay.org	Consejería por duelo	Si	Costos segun ingresos
Hospice of Petaluma	778-6242	Consejería por duelo	Si	Sin costos por servicios de duelo
Memorial Hospital	568-1094	Consejería por duelo	Si	Sin costos por servicios de duelo
Sutter VNA & Hospice	535-5780	Grief support	No	No charge for grief services
North County Hospice	431-1135	Consejería por duelo	Si	Sin costos por servicios de duelo

Therapists That Self-Identify Experience in Perinatal Mood Disorder Check http://www.dca.ca.gov/ To verify license look under: BEHAVIORAL SCIENCES Refer to RECAMFT (The Redwood Empire Chapter of the California Association of Marriage and Family Therapists) and Redwood Psychological Association for additional practitioners.				
Alissa Hirshfeld-Flores, MFT 659 Cherry St. Santa Rosa	303-3257	Individual & couples counseling for infertility, pregnancy loss, post partum issues	??	Private pay & insurance
Zoe Lockert, MA, MFT MFT #46153	338-1862 www.zoe-lockert.com	Counseling for infant and pregnancy loss, infertility	No	Private pay, sliding scale available
Dorothy Mandel, Ph.D. PSY23697 1144 Sonoma Ave., #117 Santa Rosa	322-3222 cell	Counseling for pregnancy, birth, PMD, stress, depression, anxiety, trauma	No	Private pay, sliding scale Insurance possible
Allison Murphy, MA, MFT 111 Washington St., #9 Petaluma Allison.Murphy@sbcglobal.net	776-0959 http://allisonmurphy.com/	Individual and couples counseling	No	Private pay & Insurance Sliding scale available Individual & couples counseling
Jeannette Pearce, MS, MFT MFC#41350	293-3305 www.jeannettepearce.com	Couples, individuals, infant-parent Pregnancy support, imagery-guided hypnosis	No	Private pay, insurance
Psych Strategies Offices in Santa Rosa, Sebastopol, Petaluma	776-0945 526-8300 x508	Call for information on services	No Sp French Farsi	No Medi-Cal; Accept most insurance Sliding scale down to \$40 w/interns
Tina Stanley, LCSW License # 11453 Sebastopol	829-8443 http://www.tinastanley.com	Social Worker; counseling for adjustment issues, parenting, anxiety or depression	No	Private pay
Michael Tonjum, Ph.D. 884 Third St., Ste F7 Santa Rosa	525-8881	Psychologist provides individual and couples counseling	No	Sliding Scale
Jill Zechowy, M.D., M.S. 725 College Ave Ste 3 Santa Rosa	707.515.6673 www.womensmentalhealthmd.com	psychotherapy or medication evaluations and counseling for infertility & perinatal depression	No	Private pay \$90 - \$160
Websites and Toll-free Lines for Consumers & Professionals *				
American Psychological Association Help Center - Spanish site	http://www.apa.org/centrodeapoyo/index.aspx	"Centro de Apoyo de la APA" Recursos en la Internet para folletos, consejos y articulos.	Si	N/A

Resources for Perinatal Mood Disorder in Sonoma County

Bay Area Postpartum Depression Stress Line	1-888-678-2669 Volunteers 9am-9pm; open 7d/week & holidays	Refer to Bay Area therapist or support group; not Sonoma County specific referrals.	No	Toll-free After hours for emergency: 1-800-773-6667
California Teratogen Information Service (CTIS)		Servicios de informacion por telefono e correo electronico operado por UCSD. Consejeria general sobre exposicion a medicacion psiquiatrica durante el embarazo y lactancia.	Si	Consulta gratuita para residentes en California.
HelpGuide.org "Understand, Prevent & Resolve Life's Challenges"	http://www.helpguide.org/mental/postpartum_depression.htm	Information on Postpartum Depression including signs, symptoms, and help for new moms from a non-profit mental health group	No	N/A
HRSA website: Depression During and After Pregnancy	http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/default.htm	References May order copies of "A Resource for Women, Their Families, and Friends" in English & Spanish.	No	Toll-free line to order booklets: 1-888-ASK-HRSA (275-4772); health care providers may order multiple copies
Network of Care for Behavioral Health	http://sonoma.networkofcare.org/mh/home/index.cfm	Provee informacion y links para servicios.	Si	N/A
	1-800-944-4773 http://www.postpartum.net	<i>Warm Line</i> – refiere a servicios locales de informacion y recursos comunitarios.	Si	Linea de telefono gratuita.
Perinatal Depression Information Network	http://www.pdinetwork.org/	Find state-specific information and resources for professionals on perinatal depression.	No	*For health care providers only
Sonoma County Mental Health Coalition	http://www.mentalhealthcoalitionsc.org	Website under construction.	Si	N/A
University of Illinois Perinatal Mental Health Project - Healthcare Provider Consultation Line Service - Information for Clinicians on Antidepressants during Pregnancy	1-800-573-6121 http://www.psych.uic.edu/research/perinatalmentalhealth/healthcare_provider.htm	Staffed by university-based perinatal mental health experts. 100% of calls answered within one working day. Not a hot-line or crisis line. Medication chart (June 2009) based on APA Expert Consensus Guidelines and subsequently published data.	No	*For health care providers only; toll-free line available to clinicians in all states.