

A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Maternal Mental Health Conditions, Screenings and Resources

Presentation Overview

This course will provide information about maternal mental health (MMH), including risk factors, seven types of MMH conditions and substance use exposure. It will review local data using demographic identifiers to recognize populations at increased risk of MMH conditions. This course will also provide information on validated screening tools and referral pathways specific to Orange County.

At the end of the program, attendees should be able to:

- Identify five different diagnoses of MMH conditions.
- Identify three demographic identifiers that increase the risk of Orange County rates of postpartum depression.
- Describe three validated mental health screening tools for the perinatal population.
- Explain how the Plans of Safe Care can support members with substance use during pregnancy.
- Identify one appropriate referral pathway for individuals assessed with an increased risk of an MMH condition.

1.5 CME and CE Credits Offered



EVENT INFORMATION

When:

Wednesday,
July 10, 2024

Time:

Noon–1:30 p.m.

Where:

Zoom webinar

For questions, please email Continuingeducation@caloptima.org or call Quynh/Bao Anh at 657-235-6865.

Space is limited! Please RSVP by Monday, **July 8, 2024**, through this link:

<https://bit.ly/3WIIhHI>

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact Quynh Tran at 657-235-6865 two weeks before the meeting date.

Guest Speaker:



Natalie Do, D.O., Pharm. D, Medical Director, Behavioral Health

Dr. Do serves as part of CalOptima Health's medical management team, providing physician leadership for the agency with a focus on behavioral health. She is a double board-certified psychiatrist specializing in child and adolescent psychiatry. Dr. Do has more than a decade of hands-on experience in health care in Los Angeles, Orange and San Diego counties. She earned a Doctor of Pharmacy from the University of Southern California, earned a Doctor of Osteopathic Medicine from Western University and did her post-graduate work in psychiatry at Loma Linda University Medical Center and University of California, San Diego/Rady Children's Hospital.



Hoda Shawky, MSN, CPNP, PMHS, IBCLC

Hoda Shawky is a pediatric nurse practitioner certified in lactation and primary care mental health, a trained doula, and a consultant on maternal child health equity. She received an undergraduate degree in physiological sciences and a Master of Science in nursing from UCLA. She recently completed an early relational health fellowship at the UMass School of Medicine and provides culturally centered support to new mothers and their infants in Orange County through her practice, Noorture LLC. During her free time, Hoda enjoys being in the sun and in the water with her amazing sons, husband and dog, while rejuvenating mind, body and spirit.



Mohini Sinha, M.D. Medical Director, Quality Improvement, CalOptima Health

Mohini Sinha, M.D., graduated from Patna Medical College and Hospital in Patna, India. She completed her internship and residency in pediatrics at Kings County Hospital in Brooklyn, New York. For more than 19 years, Dr. Sinha was in pediatric clinical practice and currently serves as the Medical Director for Quality Improvement at CalOptima Health, overseeing quality and HEDIS initiatives for the agency's Medi-Cal population.

AGENDA:

Noon: Welcome/
Introduction — Katie Balderas, MPH, Director, Equity and Community Health

12:05 p.m.: Guest Speaker — Natalie Do, D.O. Pharm. D. Medical Director, Behavioral Health Integration
Guest Speaker— Hoda Shawky, MSN, CPNP, PMHS, IBCLC
Guest Speaker— Mohini Sinha, M.D. Medical Director, Quality Improvement, CalOptima Health

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

CME: Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine, School of Medicine and CalOptima Health. The University of California, Irvine, School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine, School of Medicine designates this virtual activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider # CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. This course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

CCMC — This program has been pre-approved by the Commission for Case Manager Certification to provide continuing education credits to CCM board-certified case managers. The course is approved for 1.5 CE contact hours. Activity code and approval number will be provided on certificate of completion. To claim these CEs, log into your CE Center account at www.ccmcertification.org.