

Our Mission

At the Maternal Mental Health Program, we understand the importance of identifying and treating mental health conditions before, during and after pregnancy to ensure healthy outcomes for both mothers and babies. We focus on four core principles: universal screening for maternal depression; linkage to supportive services; early intervention and treatment, and community education.

1. Universal Screening

This principle focuses on promoting screening in clinical offices for maternal mental health needs during the course of pregnancy, following delivery and post-partum.

2. Linkage to Supportive Services

Our Maternal Mental Health Support Line helps mothers and doctors navigate the very complex healthcare system in order to link with therapists, psychiatrists, nurses and other consultants in a timely manner.

3. Early Intervention and Treatment

These services are delivered through the Maternal Mental Health Outpatient Clinic. We offer comprehensive mental health evaluation and treatment to pregnant and post-partum women struggling with a variety of mental health conditions such as depression, anxiety, panic disorder, post-traumatic stress disorder, bipolar spectrum, obsessive compulsive disorder, sleep disturbances, among other conditions.

4. Community Education

This initiative focuses on decreasing stigma and increasing awareness in our community about the importance of including maternal mental health in pregnancy and post-partum care.

Available Services at the Maternal Mental Health Outpatient Clinic

- Pre-conception planning (women with existing mental health conditions or who are already taking medications and are planning to conceive)
- Mental health assessment during pregnancy and post-partum
- Individual and group psychotherapy
- Medication Safety Evaluation during Pregnancy and Breastfeeding
- Linkage to Supportive services

Who can be referred to the Maternal Mental Health Outpatient Clinic?

Women who are currently pregnant, post-partum (up to one year) and women who are planning to conceive and desire a pre-conception medication safety evaluation.

Clinic Information

- **Hours:** Monday to Friday 9:00 a.m. to 5:00 p.m.
- **Location:** 500 Superior Avenue, Suite 315, Newport Beach, CA 92663
- **Fax:** (949) 764-7223

For **scheduling and insurance eligibility**, please call (949) 764-8191.

To learn more about our clinic and Linkage to Supportive Services, please call our **Maternal Mental Health Support Line** Monday through Friday from 9am – 5pm at (949) 764-5333.

Meet Our Team



Physician Director Patricia De Marco, MD

Dr. De Marco is the physician director of the Maternal Mental Health Program and a Psychiatrist specializing in Psychosomatic Medicine and Reproductive Psychiatry. She completed her residency and fellowship trainings at the University of Southern California. Prior to her studies in Psychiatry, she completed her internship at the Mayo Clinic and one year of Neurology Training at the University of California, San Diego.



Lead Therapist Elisabeth Farnsworth, LMFT

Elisabeth is a Licensed Marriage and Family Therapist, and was trained by Postpartum Support International (PSI) in the treatment of Perinatal Mood Disorders in 2005. After her training, she worked in private practice where her specialty was helping women recover from emotional illness during pregnancy and the postpartum period. She currently serves as PSI's Orange County Coordinator, offering support and connecting women to community resources.



Care Manager Angela Mains, LCSW

Angela is Licensed Clinical Social Worker with over 30 years of experience working with individuals facing life changing events. She completed her training at UCLA and became a member of the Hoag Care Management Team in 2001. She is passionate about addressing emotional and psychological needs of women facing challenges during the perinatal experience. As a mother herself, Angela brings both personal empathy and professional expertise to her role.