



Maternal Mental Health Program

Our Mission

Hoag Maternal Mental Health Program is a collaboration between the Pickup Family Neurosciences Institute and Women's Health Institute. 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; connection to support services; early intervention and treatment, and community education.

Universal Screening

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

Connection to Support Services

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

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 postpartum 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.

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 postpartum 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 postpartum
- Individual and group psychotherapy
- Medication safety evaluation during pregnancy and breastfeeding
- Pharmacogenomics testing
- Connection to support services
- Virtual Support Group – Beyond the Birth Plan (designed for pregnant women, registration available at hoag.org/for-her-classes)

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

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



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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) 764-4268

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

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

Meet Our Team



Physician Director Sarah Kauffman, MD

Dr. Kauffman is a Columbia-trained, board-certified psychiatrist who specializes in reproductive and forensic psychiatry. She completed her medical training at the University of California, San Diego (UCSD) and her general psychiatry residency training, as well as a Women's Mental Health Fellowship and Forensic Psychiatry Fellowship, at Columbia University in NYC. Dr. Kauffman has authored papers and book chapters related to the intersection of women's mental health and forensic psychiatry.



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 a 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.



Director of Clinical Operation and Program Development Salpi Salibian, MS, PA-C

Salpi joined Hoag in 2015. She oversees and helps develop integrated programs and offerings such as the Maternal Mental Health Clinic, Pelvic Health Program and wellness services at the Hoag for Her Center for Wellness. Salpi is a Certified Physician Assistant with over 10 years of clinical practice and research experience in various healthcare settings. She holds a Certificate in Leadership for Healthcare Transformation from University of California, Irvine, as well as a Master of Science degree in Physician Assistant Studies from Northeastern University, Boston.