Hoag Maternal Mental Health Program

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.

The program is focused on four core principles:

1. **Universal Screening** – We promote screening in physician clinical offices for maternal mental health needs during pre-conception, pregnancy and postpartum.

2. **Connection to Support Services** – Our support line helps connect mothers and doctors with therapists, psychiatrists, nurses and other resources in a timely manner.

3. **Early Intervention and Treatment** – The Maternal Mental Health Outpatient Clinic at Hoag provides comprehensive mental health evaluation and treatment for 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 and sleep disturbances, as well as other conditions.

4. **Community Education** – Our community education goal is to decrease the stigma and increase awareness about the importance of including maternal mental health as part of comprehensive pregnancy and postpartum care.

**Maternal Mental Health Outpatient Clinic**

Women who are currently pregnant, postpartum (up to one year) or planning to conceive and desire a pre-conception medication safety evaluation can be referred to the clinic.

**Clinic services include:**
- Pre-conception planning (women with existing mental health conditions or currently taking medications and 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.

Learn more at hoag.org/mmh or call 949-764-8191 for more information.

**Clinic Information**

**Hours:** Monday through Friday, 9 a.m. to 5 p.m.

**Location:** 500 Superior Avenue, Suite 315, Newport Beach, CA 92336

**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 9 a.m. to 5 p.m. at **949-764-8191**.
Meet Our Team

Sarah Kauffman, M.D.
Physician Director
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.

Elizabeth Whitham, M.D., M.A.
Reproductive Psychiatrist
Elizabeth Whitham, M.D., M.A. is board-certified psychiatrist who specializes in reproductive psychiatry. She completed her general psychiatry residency training at Louisiana State University in New Orleans, and specialized training in Women’s Mental Health at Loyola University and the Hines VA Hospital. She has a master’s degree in the sociology of Women’s Health and brings this perspective to her practice of medicine, placing patients’ unique identities at the center of problem-solving in healthcare. She has authored papers on depressive disorders and has worked as a researcher on clinical studies of bipolar disorder and the depressive mixed state.

Angela Mains, L.C.S.W.
Lead Therapist Care Manager
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.

Sandy Yokoyama, L.M.F.T.
Therapist
Sandy is a licensed marriage and family therapist who has worked in a variety of different settings with a diverse population of individuals, groups and families. Sandy completed her undergraduate studies in Psychology at UC Berkeley, and then obtained a Master of Science degree in Counseling at California State University, Long Beach. Sandy is EMDR trained and certified in the evidence-based practice Seeking Safety with experience and knowledge in trauma work.

Emily Densmore, L.C.S.W.
Therapist
Emily is a licensed clinical social worker with eight years of experience providing psychotherapeutic services to children, couples, groups, families and adults. Emily utilizes a compassion-focused approach to treatment, while integrating evidence-based interventions and strategies to assist clients in navigating life’s challenges. Self-growth is a non-linear process, and Emily aims to provide an affirming space for individuals to feel seen and supported on their healing journey.

Salpi Salibian, M.S., PA-C
Executive Director
Salpi joined Hoag in 2015. She oversees and helps develop integrated programs and offerings within the Women’s Health and Hoag Family Cancer Institutes. Salpi is a Certified Physician Assistant with over 10 years of clinical practice and research experience in various healthcare settings, which allows her to combine her passion for clinical excellence and innovative patient-centered care models. She holds a Certificate in Leadership for Healthcare Transformation from the University of California, Irvine, as well as a Master of Science degree in Physician Assistant Studies from Northeastern University, Boston.