

Maternal Outreach Mood Services (MOMS)

Scrivner Center for Mental Health & Addiction Services, El Camino Health

Women's Specialty Inpatient Psychiatric Unit

The Women's Specialty Unit at El Camino Health's Scrivner Center for Mental Health & Addiction Services offers a safe place designed just for women. **The brand new inpatient psychiatric unit includes a 6-9 bed unit, specifically for women, with a focus on perinatal mental health conditions.** This is the only dedicated, inpatient psychiatric unit, on the West Coast designed for the care for this distinct population.

What Sets Us Apart

The specialty unit provides compassionate care from a highly trained team committed to helping women and new moms who are experiencing symptoms of perinatal mental health conditions. All rooms on this unit are private to ensure the dignity and comfort of our patients. The nursing staff in this unit has received specialized training focused on the unique physical and mental health needs of perinatal women. We provide education and support around topics of mother-baby bonding and partner communication. Partners are invited to attend dedicated groups for support while moms are in our care.



Taube Pavilion Women's Specialty Unit

Continuum of Care

Many moms, who discharge from our specialty unit, continue their care through our outpatient services. This provides a seamless and supportive transition after discharge from inpatient. While staying with us, moms have the opportunity to guest in these programs to meet the team and learn more about the services provided.

How to Refer a Patient

If you are a provider interested in referring a perinatal mental health patient to the Specialty Unit at the Scrivner Center for Mental Health & Addiction Services, please call our central access line to connect with our team.

Phone: 650-988-8468



Maternal Outreach Mood Services

Park Pavilion, Ground Floor | 2400 Grant Road, Mountain View, CA 94040
650-988-8468 or 866-789-6089 (toll-free)

elcaminohealth.org/maternalmood    

Maternal Outreach Mood Services (MOMS) Program

Partial Hospitalization and Intensive Outpatient Program

The Maternal Outreach Mood Services (MOMS) Programs provide evaluation, psychiatric treatment, group and individual counseling and education for mothers in a supportive, nurturing environment. Programs are designed to encompass the complexity of taking care of self while being a mother in this modern world. Services are provided at the Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) levels of care after evaluating the level of support needed for the fastest recovery.

Program Details

Specific targeted changes tailored for mothers, including:

- **Medication Management** – Expediting or even beginning recovery with carefully prescribed medications
- **Skills** – Ways to identify and manage own symptoms
- **Self-care** – Proper sleep, nutrition and exercise.
- **Stress management** – Techniques to help you relax and manage stress.
- **Setting expectations** – Setting realistic expectations of motherhood.

- **Communicating with others** – Tools for handling partner conflict, managing your roles as a parent, and techniques for communicating with family and work in this role
- **Mother-child bonding** – Enhancing attachment with children.

How to Refer a Patient to MOMS

For more information about our outpatient mental health and addiction services for women contact our access line: **650-988-8468**

Or visit our website:

www.elcaminohealth.org/mentalhealth



MOMS Team