

April 2025

To: L.A. Care OB/GYN and Primary Care Practitioners

Re: Notification of Compliance with AB 1936 - Maternal Mental Health Screening Requirements

Dear L.A. Care Health Plan Providers:

Starting January 1, 2025, providers must comply with updated Maternal Mental Health Screening requirements under AB 1936. These changes are designed to enhance access to Mental Health Services for pregnant and postpartum patients.

**Overview and Requirements:**

**Providers are required to:**

- **Conduct at least one maternal mental health screening during pregnancy using a validated tool such as [Edinburgh Postnatal Depression Scale \(EPDS\)](#) or the [Patient Health Questionnaire-9 \(PHQ-9\)](#)**
- **Conduct at least one screening within the first six weeks (7–84 days) postpartum**
- **Provide additional postpartum screenings if deemed medically necessary and clinically appropriate by the treating provider**

**Requested Timeframes**

- **Pregnant Members: Screen during the first trimester**
- **Postpartum Members: Screen within 7 to 84 days after delivery**

**How to Refer Patients:**



Please ensure the maternal health screenings are conducted and documented in alignment with the specified time frames and guidelines.

- **"Mild to Moderate" or "At-Risk":** Refer members to **Carelon Behavioral Health** at 877-344-2858 for evidence-based perinatal care within **10 days** of the referral.
- **High-Level Behavioral Health Needs:** Refer members to **Los Angeles County Department of Mental Health** at 1-800-854-7771.

#### **Health Education Services and Materials:**

L.A. Care offers maternal mental health educational materials for members and providers. These are available via:

- Online or by print order (*insert link to portal*).
- Resources are shared through mailings, text message campaigns, the Maternity Care website, newsletter, and doula support. Visit [www.lacare.org/pregnancy](http://www.lacare.org/pregnancy) under the “Maternal Mental Health” icon for more information.

Your support is crucial in enhancing access to maternal mental health services for pregnant patients and facilitating prenatal and postpartum depression screenings. We thank you for your continued commitment to providing quality and timely care for our members.

Thank you,

The Health Education Team