

## How to Enroll: For Providers

Please email [MMHResnick@mednet.ucla.edu](mailto:MMHResnick@mednet.ucla.edu) to request a referral form, or access the referral form via the QR code:



You do NOT need to work at UCLA to refer to our program.

## For Patients

To enroll in our program, your provider must refer you (see “for providers” above). We accept referrals from physicians (such as PCPs, psychiatrists, OB/GYNs, and pediatricians) or licensed mental health professionals (such as LMFTs, social workers, psychologists).

Your provider does NOT have to work at UCLA.

## Location and Contact

We are located in:

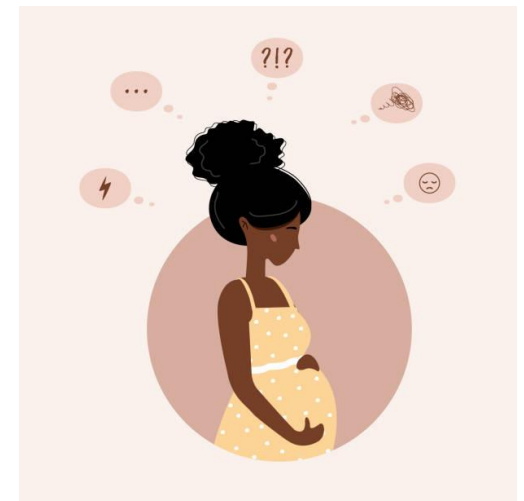
UCLA Semel Institute  
760 Westwood Plaza  
Los Angeles, CA 90024



For patient questions and general inquiries, please contact us at:  
310-825-4138

If you are a provider and have questions about the referral process, please call us at:  
310-825-3102

## UCLA Maternal Mental Health Perinatal Intensive Outpatient Program (IOP)



**UCLA** Health

## About our Program

The Perinatal Intensive Outpatient Program (IOP) at UCLA Resnick Neuropsychiatric Hospital is a 3x per week program focused on treating severe mental health problems during pregnancy and during the postpartum period in birthing persons.

We are experts in treating **perinatal depression and anxiety, postpartum psychosis, pregnancy-related OCD, and other perinatal mental health problems**. Our program is not appropriate for patients whose primary mental health problems stem from the loss of a pregnancy or child or who are actively using substances.

We **accept insurance**. Prior to enrolling in our program, our financial counselors will work with patients to understand their benefits and will help coordinate any authorizations that are needed.



## What We Offer

Medication Management

Individual Psychotherapy

Support Groups

Coping Skills Groups

Nursing Support

Behavioral Health Groups

Parenting Groups

Mindfulness Practice

Family Meetings



We operate using a **hybrid model**: we conduct in-person services 1 day per week (W) and virtual services 2 days per week (T and F). Program lasts between 3-4 hours each day.

Our program is designed to treat patients for **6-8 weeks**, at which point patients are encouraged to transition to routine outpatient mental health care.

Patients are encouraged to **bring their infants** to program activities.

## Our Staff

We use an interdisciplinary team approach to meet our patients' individual treatment goals. Our team includes:



### Reproductive Psychiatrists

Dr. Katie Unverferth  
Dr. Misty Richards  
Dr. Brittany Booth

### Clinical Psychologist

Dr. Louise Dixon De Silva

### Social Workers

Kelly Wilshusen, LCSW  
Jennifer Cumiskey, LCSW

### Nurse

Pauline Andan, RN-BC

### Mental Health Practitioner

Kim Lucio, BS

In addition to our treatment team, we work closely with other departments such as lactation consulting, pelvic floor physical therapy, and occupational therapy, to best meet our patients' needs.