

## Frequently Asked Questions ORANGE COUNTY PARENT WELLNESS PROGRAM (OCPWP)

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### **What services does the program provide?**

OCPWP offers program eligibility and needs assessment, individual therapy, family psychoeducation, psychoeducational support groups, case management, coordination and linkage to community resources, onsite supervision of minors when clients are receiving clinic services, and community outreach and education.

### **What are your program criteria?**

OCPWP offers specialized field-based mental health services to expectant and new parents, up to one year postnatal, experiencing mild to moderate symptoms of depression and/or anxiety attributable to the pregnancy or recent birth of their child.

### **What is the cost of program services?**

There is no cost to participate in the program as services are funded by the Mental Health Services Act (Proposition 63).

### **What languages are program services provided in?**

Services are provided in English, Spanish, Vietnamese and Portuguese. Translation is available for other languages.

### **Do I have to have someone refer me to your services?**

The program accepts all referrals from all referral sources, including but not limited to: County programs, non-County community partners, and self-referrals.

### **I don't have transportation to your office. Can you come to where I live?**

Program services are provided at both our office location and in the field (i.e., client's home, an alternative location that the client feels safe, etc.) within Orange County.

### **What are some symptoms of anxiety and/or depression?**

Symptoms may include having no energy, feeling lonely, restlessness, having difficulty focusing or making decisions, feeling overwhelmed, eating too much or too little, sleeping too much or too little, feeling guilty, having loss of interest in previous enjoyable activities, sadness or moodiness, hopelessness, increased frustration, crying frequently, and/or thoughts of not wanting to live.

### **Where is the program located?**

OCPWP is located at 4000 W. Metropolitan Dr., Suite 405, Orange, CA 92868 Phone: (714) 480-5160, Fax: (714) 939-2079