

COMPREHENSIVE PERINATAL SERVICES PROGRAM (CPSP)

CPSP's Provider Digital Library



COMPREHENSIVE PERINATAL SERVICES PROGRAM



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Disclaimer: This document was created in November 2024. If any of the listed websites are no longer functional, please reach out to us at cpssp@ph.lacounty.gov for assistance. Please note that this document is intended exclusively for maternal resources.

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1. Breastfeeding patient supplies/ equipment

- [Finding a Breast Pump](#)
- [Breast Feed LA-Breast Pumps for Medi-cal Clients](#)
- <https://www.breastfeedla.org/resources-map/>

2. Breastfeeding health education material

- [BreastFeedLA: Healthcare Resources](#)
- [Lactation Education Resources- English Handouts](#)
- [Lactation Education Resources-Spanish Handouts](#)
- [March of Dimes: Breastfeeding Guide](#)
- [La Leche League International-Breastfeeding Info A to Z](#)

3. Infant morbidity in your community

- [March of Dimes: Mortality and Morbidity](#)
- [Black Infants & Families Los Angeles](#)
- [County of Los Angeles Public Health: Fetal Infant Mortality Review Project](#)

4. Maternal morbidity in your community

- [County of Los Angeles Public Health: LA County Reports Significant Differences by Race in Pregnancy Related Deaths, Similar to CDC Findings](#)
- [March of Dimes: Mortality and Morbidity](#)

5. Birth defects health educational material

- [March of Dimes: Birth defects and your baby](#)
- [Center for Disease Control and Prevention \(CDC\): Ten Things You Need To Know About Birth Defects](#)
- [\(CDC\): Five Things To Know About Heart Defects](#)
- [\(CDC\): Birth Defects Activities](#)
- [CDC Birth Defects](#)

6. Obesity and pregnancy

- [Video March of Dimes: Being overweight during pregnancy](#)
- [American College of Obstetricians and Gynecologists \(ACOG\): Obesity and Pregnancy](#)
- [Mayo Clinic: Pregnancy and Obesity-Know the Risks](#)
- [Tracking your weight: For women who begin pregnancy with obesity](#)
- [Royal College of Obstetrician & Gynaecologists: Being overweight in pregnancy and after birth](#)

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7. Non-medically necessary C-section

- [California Maternal Quality Care Collaborative \(CMQCC\): Early Elective Deliveries Toolkit](#)
- [CMQCC: Support Vaginal Birth and Reduce Primary Cesareans Toolkit](#)
- [March of Dimes: Medical reasons for a c-section](#)
- [March of Dimes: 39 weeks infographic](#)
- [California Health Care Foundation: Reducing Unnecessary C-Sections in California](#)

8. Elective induction

- [National Institutes of Health \(NIH\): Is it Worth It? Reducing Elective Deliveries Before 39 Weeks](#)
- [Trends in Elective Deliveries in California and New Jersey](#)

9. Chlamydia

- [County of Los Angeles Public Health: Chlamydia Information](#)
- [California Department of Public Health \(CDPH\): Sexually Transmitted Diseases Control Branch-Chlamydia](#)
- [American Pregnancy Association: Chlamydia During Pregnancy](#)
- [CDC: Screening Recommendations and Consideration Referenced in Treatment Guidelines and Original Sources](#)

10. Gonorrhea

- [County of Los Angeles Public Health: Gonorrhea Information](#)
- [CDC: Screening Recommendations and Considerations Referenced in Treatment Guidelines and Original Sources-Chlamydia](#)

11. Teen pregnancy

- [Children's Hospital Los Angeles \(CHLA\) Adolescent and Young Adult Medicine: NATEEN](#)
- [For Pregnant and Parenting Teens: A Guide to Early Care and Education Programs](#)
- [Nurse Family Partnership](#)

12. Intrahepatic cholestasis of pregnancy (liver conditions causing itching and jaundice in the later part of pregnancy)

- [American Liver Foundations: Intrahepatic Cholestasis of Pregnancy \(ICP\)](#)
- [MOD: Intrahepatic cholestasis of pregnancy-Video](#)
- [ICP Care: Resource](#)

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13. Secondhand smoke and pregnancy

- [MOD: Smoking during pregnancy-Video](#)
- [CDC: Smoking, Pregnancy, and Babies](#)
- [CDC: Secondhand Smoke is Dangerous to Children \(Poster for download\)](#)

14. Vaping and pregnancy

- [LACDPH: The Dangers of Vaping](#)
- [L.A QUILTS: Caping](#)
- [Kaiser Permanente: Learning About Smoking and Vaping During Pregnancy](#)

15. Opioids and pregnancy

- [California Department of Public Health \(CDPH\): Maternal, Child and Adolescent Health Division-Outreach and Education Toolkit](#)
- [ACOG: Opioid Use and Opioid Use Disorder in Pregnancy](#)
- [MOD: Prescription opioids during pregnancy-Video](#)

16. Pregnancy paid leave

- [California's Paid Family Leave](#)
- [California Pregnancy Disability Leave Poster](#)
- [Employment Development Department State of California: 20 Years of Supporting California Mothers](#)

17. Car seat access

- [LAC DPH: Child Passenger Safety](#)
- [California Highway Patrol \(CHP\): Child Safety Seats](#)
- [Children's Hospital Los Angeles \(CHLA\): Virtual Car Seat Classes](#)

18. Baby proofing

- [First Things First: Baby Safety \(6-12 months\)](#)
- [CDC: Infants & Toddlers: Safety in the Home & Community](#)

19. Advanced maternal age

- [MOD: Births](#)
- [CDC: First Births to Older Women Continue to Rise](#)

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20. New immigrant assistance with access to prenatal care

- [Health Services of Los Angeles County \(DHS\): Prenatal-Mama's Neighborhood a Strong Start for Families](#)
- [DHS: Immigrant Services](#)
- [First5California: Find help-Immigrant Family Resources](#)
- [LA County Office of Immigrant Affairs- Know Your Rights](#)
- [LA County Office of Immigrant Affairs- Disaster Assistance](#)

21. Daycare organizations

- [Early Care and Education Resources](#)
- [Child Care Alliance Los Angeles](#)
- [Community Support](#)

22. Domestic violence shelters for pregnant women

- [LAC DPH: ACEs Housing](#)
- [Community Support](#)

23. Homeless shelters for pregnant women

- [Harvest Home Where New Lives Begin](#)
- [Elizabeth House](#)
- <https://www.1degree.org/> (search by zip code)
- [Community Support](#)

24. Training on maternal/ neonatal/ birth equity disparities

- [ACOG: Respectful Care eModules](#)
- [March of Dimes Implicit Bias Training: Awareness to Action: Dismantling Bias in Maternal and Infant Healthcare](#)
- [CMQCC: Perinatal Equity Initiatives](#)

25. Do you need information/resources on where patients can access food resources?

- [Los Angeles Regional Food Bank](#)
- [The Good Provider Foodbank of Southern California](#)
- <https://www.1degree.org/>
- <https://communitysupportsecm.findhelp.com/>

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*look into local churches and parks

26. Do you need resources for high-risk nutrition referrals to see a registered dietician?

- [LA Care Health Plan: Get to know L.A. Care's Registered Dietitians](#)
- Health Net: Contact your plan directly
- Delivery Hospitals
- Do not use LA Care Resource Center for high risk patients because they do not do individual services. They only do group.
- Do not use WIC because their RDs aren't funded to provide medical nutrition therapy

27. Moms with developmental disabilities

- [National Research Center for Parents with Disabilities](#)
- [National League for Nursing: Pregnancy in Women with Disabilities](#)
- [National Research Center for Parents with Disabilities: Pregnancy among Women with Physical Disabilities: Unmet Needs and Recommendations on Navigating Pregnancy](#)
- [CDC: Supporting Women with Disabilities to Achieve Optimal Health](#)

28. Pregnancy and infant loss support groups

- [Postpartum Support International \(PSI\)L Find an Online Support Group](#)
- [Empty Cradle: Virtual Support](#)
- LAC DMH Access Line 800-854-7771

29. Intimate partner violence

- [IPV: Finding Safety and Support-Spanish](#)
- [IPV: Finding Safety and Support-English](#)
- [IPV: Helping to End Domestic Violence-English](#)
- [IPV: Helping to End Domestic Violence-Spanish](#)

30. Child abuse/ neglect

- [LA County Department of Children and Family Services: When to Call the Child Protection Hotline](#)

31. Perinatal Mood Disorders (PMAD)

- [Cognitive Behavioral Strategies For Mothers](#)
- [Tips for Managing Sleep Quality and Improving Fatigue](#)
- [Tips for anxiety and stress](#)

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32. MMC Patient benefits/ resources

- **LA Care**
 - LA Care Benefits Guide: <https://www.lacare.org/health-plans/medi-cal/benefits-guide>
 - Interpretation & Translation: <https://www.lacare.org/members/interpretation-translation>
 - Transportation: <https://www.lacare.org/members/transportation>
 - Care Management: <https://www.lacare.org/members/care-management>
 - Enhanced Care Management: <https://www.lacare.org/members/enhanced-care-management>
 - File a Grievance: <https://www.lacare.org/members/file-grievance>
- **Health Net**
 - https://www.healthnet.com/content/healthnet/en_us/members/medi-cal.html listing is at the bottom of the site

33. MMC Updates

- **LA CARE**
 - Bringing You the Latest Updates: Stay in the know with LA Care's provider communication channels
<https://www.lacare.org/providers/news>
- **Health Net:** https://www.healthnet.com/content/healthnet/en_us/providers.html
This site includes info on:
 1. Ordering health education material
 2. Updates
 3. Quality Improvement
 4. Resources for providers
 5. Provider Portal Training

34. Emergency preparedness/response

- Pregnancy and wildfires (Spanish)
- CDC Safety Messages for Pregnant, Postpartum, and Breastfeeding Women During Natural Disasters and Severe Weather
- March of Dimes: Disaster Preparedness