

Pima County PMAD Resources

*Part 1: Denotes provider has attended PMAD professional training

Part2: Providers may have had no specialized training in PMADs but are treating perinatal women in their practice.

TPDC is not responsible for verifying credentials nor does appearing on this list imply that TPDC recommends these providers.

PART 1

Regional Behavioral Health

Cenpatico Integrated Care

***Kim Young.**

Maternal Child Health Care Coordinator for seriously mentally ill pregnant and postpartum women

Support and resources during the perinatal period for SMI and substance abuse

333 E. Wetmore Rd

Tucson, AZ 85705

520-809-6442

Kimberly.a.young@cenpatico.com

AHCCCS

Pregnancy and Postpartum Anxiety/Depression Support Groups:

***Mother to Mother: Pregnancy and Postpartum Adjustment Support Group**

Northwest Medical Center Women's Center

***Rhonda Anderson**

1920 W. Rudasill Rd.

Tucson, AZ 85745

Wednesday, 10:00-11:30 AM

Event Center adjacent to the Women's Center.

520-877-4149

Support group for pregnant and post-partum women experiencing depression or anxiety.

Free. Babies welcome

***Carondelet St. Joseph Hospital Pregnancy and Postpartum Depression Support Group**

Carondelet Women's Center

***Terry Scallon RN**

350 N. Wilmot Rd.

Tucson, AZ 85711

520-873-6858

Wednesday, 6:00-7:30 PM

Agave Room near the concierge desk.

Free. Babies welcome.

***TMC Pregnancy and Postpartum Support Group**

***Pearl Aviles MA, *Tara Stanislav RN**

Thursday, 5:30-7:00

Tucson Medical Center

Fireplace Room

5301 E. Grant Road

Tucson, AZ 85712

Questions: 520-324-7576

Facilitator speaks both English and Spanish.

Infants and toddlers welcome.

Teen Education and Support:

TOPS Parenting Support Group for Teens

***Laura Pederson, RN (520-284-9536)**

Monday evenings 6:30pm

3024 E. Ft. Lowell Rd.

Tucson, AZ 85716

520-888-2881

Free.

21 & under only. Must be enrolled with them. Not open to the public. Teen OB education and support for teen parents. Variety of programs including parenting classes and support groups.

Counselors/Therapists:

***Debra Kaplan MA, LISAC**

6151 E. Grant Rd.

Tucson, AZ 85712

520-203-1943

No insurance accepted.

***Rebecca Hamlin LCSW**

10501 E. Seven Generations Way, Suite 121

Tucson, AZ 85747

520-329-2874

rebeccahamlinlcsw@gmail.com

www.rebeccahamlin.com

Specializing in pregnancy and postpartum depression and anxiety. Trained in Brene Brown model of shame and vulnerability. EMDR certified.

Sliding scale. Will take private insurance.

***Kristi McReynolds LCSW**

***Anissa White LCSW**

Casa de los Ninos

3131 N. Country Club Rd, Suite 101

Tucson, AZ 85716

520-325-9498

www.casadelosninos.org

Individual therapy, Family therapy, Couples Therapy

AHCCCS

Sliding scale available

***Kathryn Seidler, LCSW, therapist**

3801 N. Campbell, Suite E

Tucson, AZ 85719

520-310-7602

BC/BS, United Healthcare, Aetna accepted.

El Rio Community Health Center

***Karyl Williams LCSW**

Integrated Behavioral health Consultant/Coordinator

Tucson, AZ

520-792-9890

***Judith Henderson MSW, LCSW**

4570 E. Camp Lowell

Tucson, AZ

520-529-8096

judithhenderson@comcat.net

No insurance accepted. Sliding scale for post-partum mood disorders.

***Pearl Aviles-Taub, MA**

Healthy Families, Tucson

In home therapy for Healthy Families clients.

Specializing in perinatal adjustment.

Must register with Healthy Families by 3 months postpartum.

Bilingual

520-321-3774

***Jennifer Breslin, PhD.**

La Frontera Center, Inc.

Health psychologist. Adult outpatient services.

4981 E. Grant Rd

Tucson, AZ 85712

520-258-5051

jbreslin@lafrontera.org

***Autumn Wiley-Hill, PhD., PLLC**

1760 E. River Road, Suite 142

Tucson, AZ 85718

520-477-7049

dr.wileyhill@gmail.com

www.autumnwiley-hill.com

Insurance: BCBS, Aetna. Need-based sliding scale.

Individuals, couples.

Maternal mental health/perinatal depression and anxiety, relationships, transition/change, self-criticism and self-esteem, adjustment, loss, desire to make value-congruent changes in one's life.

Mindfulness, self-compassion.

***Somayeh Shunk MS, LPC**

De Novo Wellness Center, LLC

7400 N. Oracle Rd. Ste. 172

Tucson, AZ 85704

520-395-2369

Somayeh.shunk@denovowellnesscenter.com

Licensed professional counseling working with adults with particular interest in maternal mental health. Trained in dialectical behavioral therapy, cognitive behavioral therapy, EMDR.

MHN Healthnet. Aetna. Cigna. BCBS. United Health Care (pending). Sliding scale

***Norma Paulic, LCSW**

10 N. Norton Ave., Suite 140

Tucson, AZ 85719

520-820-1931

Private practice. Therapy for children, adolescents and adults. Parenting and living skills.

Insurance accepted.

Nurse Practitioners, Physicians, Prescribe Meds:

***Valerie Kading, MSN, NP**

CODAC Health, Recovery and Wellness, Inc

NW Clinic

201 W. Orange Grove Rd, Suite 416

Tucson, AZ

520-202-1990

Private insurance

***Beth Newhouse NP**

CODAC Health, Recovery and Wellness, Inc

Cobblestone Clinic

1075 E. Ft Lowell Rd

Tucson, AZ

520-202-1960

AHCCCS and private insurance

***Lina Rosin, Psychiatric Nurse Practitioner**

5920 E. Pima Street, #140

Tucson, AZ 85712

520-392-8553

Specializes in perinatal mental health. Takes most insurance except AHCCCS. Will try to work with clients who are in transition with their insurance providers.

***Terry Lozier, RN, MSN, PMHNP-BC**

Pathways of Arizona

3295 W. Ina Rd.#150

Tucson, AZ 85741

1161 N. El Dorado Place # 103

Tucson, AZ 85715

NW location on [Tues, Thurs, Fri](#)

El Dorado location on [Wed](#).

[520-744-4376](tel:520-744-4376). Ext 135

Terry.lozier@pathways.com

Family mental health practitioner caring for women and children and trained in perinatal mood and anxiety disorders.

Assurance Health and Wellness, Community Mental Health Center

***Dr Arundhuti Kundu**

3939 S. Park Ave (near Irvington)

Tucson 85714

520-333-4320

wellnessinfo@assurance.com

Private and AHCCCS insurance

Physical Therapy/Wellness Classes

Success Physical Therapy LLC

***Diana Fassett, BS, PT**

Pelvic Floor Physical Therapy

Sports Rehabilitation

Wellness Classes

850 N. Kolb Rd

Tucson, Az 85710

520-885-5125

diana@successphysicaltherapy.com

In Home Doula Care/Childbirth Education/Home Visitors

***Heartsounds Mother and Infant Care (Doulas)**

520-419-6058

www.HeartSoundsBaby.com

Provides in-home care services and support to families with a newborn. May have funds to provide service at no charge to eligible families.

Love in Bloom Birth and Postpartum Service

***Carolyn Matthiasson**

520-322-9186

www.LoveInBloomDoula.com

Labor and postpartum doula support.

***Kim Young**

Certified Postpartum Doula

520-603-6666

Kyoung1509@gmail.com

***Pima County Health Department Health Start**

Kathy Malkin

520-724-7901

Education, support and advocacy to pregnant and post-partum women.

Public Health Nursing

Tucson: East 298-3888

South 889-9543

North 293-4620

Green Valley 520-648-1626

Ajo 520-387-7206

Healthy Families:

Healthy Families Tucson

***Pauline Haas-Vaughn., Senior Program Director**

520-321-3774

Breastfeeding Support and Education:

Mama's Latte, LLC

***Sibylle Rundel, CDC, IBCLC**

***TJ Marsh, CDC, IBCLC**

Certified Lactation Consultants

Tucson, AZ

520-628-4202

Doula and lactation support in your home.

No insurance. Sliding scale.

Other Community Resources:

Tucson Postpartum Depression Coalition (TPDC), an AZ charitable nonprofit.

Promoting education, awareness and support for perinatal mood and anxiety disorders.

Website and resource information: www.tucsonpostpartum.com

Email to schedule a presentation or to find support: info@mothersoasis.org.

To talk to a mom who has 'been there,' call the AZ Warmline: 888-434-MOMS (6667)

PART 2

Crisis

Pasadera

2502 N. Dodge Blvd., #190

Tucson, AZ 85715

520-617-0043

24/7 walk-in services for assessment and referrals. Crisis services.

Psychiatric Assessment and Treatment

Perinatal Psychiatry Clinic

Saira Kalia MD

Location: Banner University Medical Center - South 2800 E Ajo Way

520-874-7523

Our inclusion criteria are: - (Any one criteria is enough)

- Postpartum up to 9 months
- Currently pregnant
- Breastfeeding

- Trying to conceive/ Planning a pregnancy and currently on psychotropic medication

We are unable to offer services to patients with ongoing substance abuse as the program is still young and we need more services in place to ensure services at the standard of care. Our next step will be to provide these services at the Whole Health Clinic at Banner to reach more AHCCCS patients however, this is not operational yet.

Appointment line 874-7523, We are Preferred Providers for most insurance companies (AHCCCS Plans are excluded). We call and verify patients insurance prior to scheduling an appointment to ensure we are providers for their plan. Below are a couple of plans that we are contracted with:

UBH
Cigna
BCBS
Aetna

Banner Whole Health

Behavioral Health Clinic

Integrative Medicine.

Assessment. Therapy. Medication

535 N. Wilmot Rd.

Tucson, AZ 85711

520-694-1234

Eligibility through Cenpatico AHCCCS. Some private insurance.

Wen Cai MD, PhD

Wellbeing Institute

3615 N. Prince Village Place

Tucson, AZ 85719

520-225-0584

Obstetricians:

Judith E. Riley, MD

310 N. Wilmot Rd., #306

Tucson, AZ 85711

520-325-0865

Board certified in obstetrics and gynecology.

Monday-Friday: 9:00-5:00

Offering exceptional one-on-one healthcare to the women of southern Arizona.

Affiliated with Banner University Medical Center.

Most insurance.

Kokopelli Obstetrics & Gynecology

Michael Stevens, MD

6567 E. Carondelet Dr.

Tucson, AZ 85710

520-296-9446

Board certified in obstetrics and gynecology.

Monday-Friday: 9:00-5:00

Committed to providing unsurpassed OB/GYN care with compassion and dignity.

Affiliated with Tucson Medical Center and Carondelet St. Joseph's Hospital.

Most insurance.

Se habla español.

Crossroads OB/GYN

**Stephanie Chin, MD; Gayle Dean, MD; Jennifer Reinhart, MD; Erin Sperry, MD; John Graziano, MD;
Jenny Dalessandra, NP; Krista Martin, NP; Suzie Harrison, NP**

2424 N. Wyatt Dr., #260

Tucson, AZ 85712

520-795-8080

Carla Grijalva, Medical Practice Manager

cgrijalva@genesisobgyn.net

Website: www.genesisob/gyn.org

Monday-Friday: 8:00-5:00

Private insurance and AHCCCS

Se habla español.

Frank Laudonio, MD, PC

523 N. Tucson Blvd.

Tucson, AZ 85716

520-323-5577

Email: flaudonio@midtownobgyn.org

Website: www.midtownobgyn.org

Office contact: Sandra or Bertina

Monday-Thursday 9:00-5:00, Friday 9:00-1:00

All insurance. 20% off for self-pay

Se habla español.

Doulas/Childbirth Educators

Desert Doula Birth and Postpartum Services

Tucson, AZ

520-749-0329

Elizabeth Mendoza

6151 E. 17th St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

Arizona Children's Association

Parent Connection

Maria Ortiz

520-321-1500

Provides support, information and resources for parents.