



UC Irvine School of Medicine

TRAIN NEW TRAINERS

Primary Care – Maternal Behavioral Health (MBH) Fellowship

Women's Behavioral Health Track

Designed for multidisciplinary health professionals caring for women across the lifespan, this fellowship welcomes professionals in behavioral health, community health, doula care, emergency medicine, family medicine, internal medicine, midwifery, nursing, obstetrics and gynecology, pharmacy, psychiatry, and women's health. Fellowship training must take place in a rural location as defined by the Health Resources and Services Administration (HRSA), with participating fellows providing care to women in rural and underserved communities.

Program Structure & Fellowship Experience

- Led by nationally recognized reproductive mental health experts
- 9-month CME training for working health professionals
- Primarily online with two in-person conferences
- Monthly webinars offered outside clinic hours
- Flexible hybrid format: ~3–4 hours per month
- Small-group mentorship, case-based learning
- Immediately applicable skills to clinical practice
- Dissemination and implementation strategies for training colleagues and expanding Maternal Behavioral Health capacity in rural and underserved communities

Core Topics

- Build confidence in recognizing, assessing, and treating common maternal behavioral health conditions across the reproductive lifespan.
- Foundations of Maternal Behavioral Health Mental
- Health and Perimenopause
- Substance Use Disorder in the Perinatal Period
- Evidence-Based Psychopharmacology
- Eating Disorders in the Perinatal Period
- Premenstrual Mood Syndromes
- Perinatal Anxiety, Depressive Disorders & OCD
- Trauma and PTSD in the Perinatal Period Infertility and Pregnancy Loss
- Perinatal Bipolar Disorder & Postpartum Psychosis
- Perinatal Suicide Risk & Infanticide Assessment
- Risk The Reproductive Life Cycle
- Perinatal ADHD
- Hormone Replacement Therapy & Perimenopause

FELLOWSHIP OVERVIEW

Primary Care – Maternal Behavioral Health (PC-MBH) Fellowship

About the PC-MBH Fellowship Program

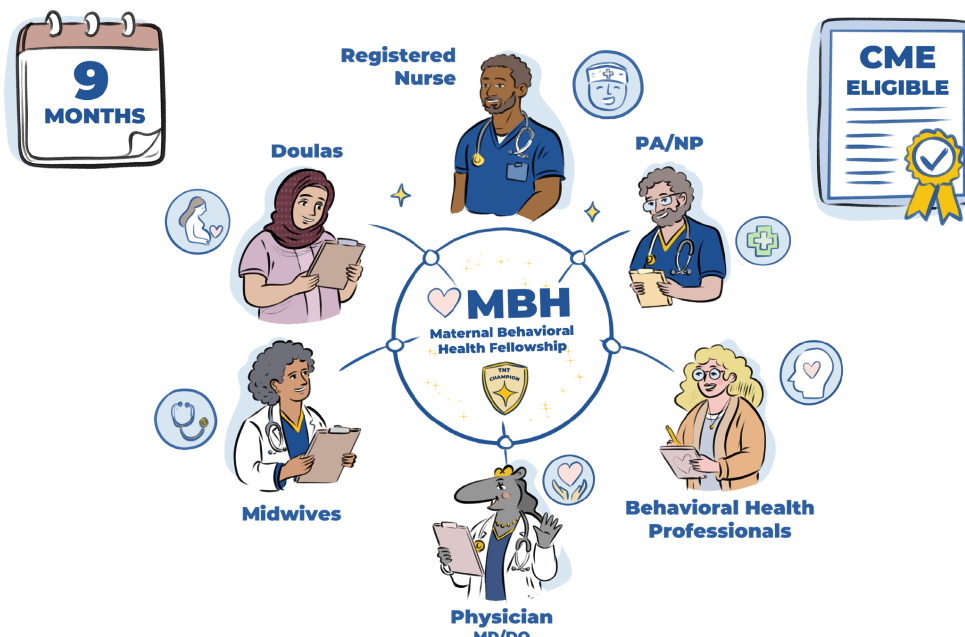
The TNT Maternal Behavioral Health (MBH) Fellowship is an innovative, interdisciplinary CME program that equips healthcare professionals with the knowledge, skills, and confidence to recognize, assess, and treat behavioral health conditions across the reproductive lifespan. Designed for busy health professionals, the fellowship combines expert-led instruction, case-based learning, longitudinal mentorship, and practical tools that can be immediately applied in clinical practice. The curriculum emphasizes prevention, early identification, and evidence-based treatment of common mental health and substance use disorders affecting women, from adolescence and the reproductive years through pregnancy, postpartum, perimenopause, and later adulthood. Fellows gain the expertise to deliver compassionate, whole-person, family-centered care while improving access to high-quality maternal behavioral health services within their communities.

This training program is offered through the California Rural Health Transformation (CalRHT) Program, a statewide initiative administered by the California Department of Health Care Access and Information (HCAI) that supports rural communities in improving health care access, quality, and outcomes through innovation, strategic partnerships, infrastructure development, and workforce investment.

The CalRHT program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial award totaling \$233,639,308.46 with 100 percent funded by CMS/HHS. The contents are those of CalRHT and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

Potential Fellow Candidates Include: Behavioral Health Professionals, Community Health Workers, Doulas, DOs, MDs, Midwives, NPs, Nurses, PAs, and PharmDs

Tuition: \$15,500* *Tuition costs may be waived for qualified rural applicants



Contact our team at tntfellowships@hs.uci.edu or 949-824-4910.