



Board of Behavioral Sciences

Memo

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To: Board Members **Date:** November 5, 2025

From: Rosanne Helms
Legislative Manager

Subject: **Consideration of Requiring Continuing Education Coursework in Menopausal Mental Health and in Maternal Mental Health**

Background

Two bills recently signed into law - [AB 2270](#) (Chapter 636, Statutes of 2024) and [AB 2581](#) (Chapter 836, Statutes of 2024) require the Board of Behavioral Sciences (Board) to consider including a course in menopausal mental health and a course in maternal mental health, respectively, as part of its continuing education (CE) requirements for licensees.

Under current law, Board licensees must complete 36 hours of CE every two years, including 6 hours in law and ethics. The Board permits CE coursework on a wide range of topics relevant to the practice of behavioral health, including both maternal and menopausal mental health. Licensees are able to select CE courses that best align with their scope of practice and client population.

Discussion

The Board recognizes the importance of maternal and menopausal mental health. However, the Board has historically expressed caution regarding mandated CE in specific topic areas for the following reasons:

1. Relevance Varies by Licensee

Not all licensees serve populations affected by maternal or menopausal mental health. Mandating CE in these areas may not be applicable to all practitioners and could limit their ability to pursue CE that is more directly relevant to their practice.

2. Precedent for Future Mandates

Mandating CE in specific areas may set a precedent that encourages additional requests for topic-specific CE requirements. While many topics are valuable, an accumulation of mandates could reduce licensee flexibility and overburden the CE framework.

3. Current CE Framework Already Supports These Topics

The Board's existing CE regulations already allow licensees to take courses in maternal and menopausal mental health, provided the courses are offered by approved providers and are relevant to the scope of practice of the licensee's profession. Such courses are eligible for CE credit under current law.

Presentation

A representative from the California Chapter of Postpartum Support International will present an overview of the importance of this topic and their request.

Recommendation

Conduct an open discussion to consider the efficacy and potential impact of including coursework in menopausal mental health and maternal mental health within the Board's continuing education requirements.

Attachments

The following supplemental materials were provided by California Chapter of Postpartum Support International:

1. **Bibliography** - Research relevant to perinatal mental health
2. **Letter of support with logos and links** - Organizational request for training in perinatal mental health, links to relevant data/resources
3. **Additional Stories and accounts** - First hand letters and requests from clinicians unable to make the Board meeting in support
4. **CPWA Storybook** - Survivor stories
5. **Centering Black Mothers**
6. **MIHA Data Brief**
7. **California Pregnancy-Associated Review Committee Report 2025**
8. **MMHN 12 CEU Educational Objectives**
9. **Policy Center For Maternal Mental and PSI 18 CEU Educational Objectives**
10. **DadCare**
11. **PRAMS for DADs pilot**
12. **Sample full semester Perinatal Mental Health Course**
13. **Sample PSI-CA Overview of PMH with differentials**



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