



Healthy Start Benchmark:

Increase the proportion of Healthy Start women participants who receive depression screening and referral to 100%.

Rationale

Perinatal depression is mild, moderate, or severe depression that occurs during pregnancy or in the first 12 months after delivery. Affecting 1 in 7 women, perinatal depression is one of the most common medical complications of pregnancy. Left unrecognized and untreated, perinatal depression can have adverse effects on women, infants, and families.

ACOG recommends that pregnant women should be screened for depression at least once during the perinatal period. Education on and screening for perinatal depression can occur during prenatal visits with Healthy Start women participants and/or during postpartum and newborn care visits. In addition to increasing awareness of and screening for perinatal depression, Healthy Start grantees should be prepared to refer Healthy Start women participants for follow-up behavioral health services when indicated. All cases of perinatal depression can be treated and Healthy Start women participants should know that help is available.

This Resource Sheet provides recommended strategies and a selection of resources and evidence-based practices to aid Healthy Start grantee organizations, partners and their staff in promoting depression screening and referral among Healthy Start women participants during the perinatal period.



Developed by JSI for the Healthy Start EPIC Center



PERINATAL DEPRESSION SCREENING

Program Level Strategy

Build Capacity to Screen for Depression

Strategies	Select Resources & Evidence-Based Practices
<p>Educate Healthy Start staff on perinatal depression and the importance of screening and referral to identify and treat women as indicated.</p> <p>Train Healthy Start staff to discuss and conduct culturally and linguistically competent perinatal depression screening using validated screening tools.</p> <p>Establish referral systems with local health care providers to coordinate referral and treatment for perinatal depression among Healthy Start women participants as indicated.</p>	<p>A Comprehensive Approach for Community-Based Programs to Address Intimate Partner Violence and Perinatal Depression</p> <p>Screening for Perinatal Depression</p> <p>Depression in Mothers: More Than the Blues (A Toolkit for Family Service Providers)</p> <p>Postpartum Depression Screening Scale (PDSS)</p> <p>Edinburgh Postnatal Depression Scale (EPDS)</p> <p>4Ps Plus©</p> <p>Patient Health Questionnaire-9 (PHQ-9)</p>
<p>Establish a process in your program or workflow to educate and screen for (using a standardized validated tool) perinatal depression among Healthy Start women participants at least one time during the prenatal or postpartum period.</p> <p>Integrate perinatal depression screening for Healthy Start women participants with other risk screenings and interventions during the pregnancy and/or postpartum periods (e.g., smoking, drug and alcohol use, IPV).</p> <p>Implement a followup process with Healthy Start women participants identified via screening to have depressive symptoms to promote uptake of referral and resources.</p>	<p>A Comprehensive Approach for Community-Based Programs to Address Intimate Partner Violence and Perinatal Depression</p> <p>Depression in Mothers: More Than the Blues (A Toolkit for Family Service Providers)</p>
<p>Educate Healthy Start staff on ACA requirements for health insurers to offer certain preventive health services free of co-pays or coinsurance, including depression screening.</p>	<p>Preventive Care Benefits for Adults</p> <p>Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</p>



PERINATAL DEPRESSION SCREENING

Individual & Family Level Strategies

Screen and Refer for Depression During the Prenatal and Postpartum Periods

Strategies	Select Resources & Evidence-Based Practices
<p>Discuss and provide education on perinatal depression with Healthy Start women participants during the prenatal and postpartum periods.</p> <p>Screen all Healthy Start women participants for perinatal depression, using an evidence-based screening tool, at least once during the prenatal or postpartum period.</p> <p>Provide information on perinatal depression, local resources for depression, and coordinate a referral to a mental health center or primary care provider for perinatal depression treatment as indicated.</p> <p>Follow up with all Healthy Start women participants referred for treatment for perinatal depression to ensure uptake of referral and treatment.</p>	<p>Depression During and After Pregnancy: A Resource for Women, Their Families, and Friends</p> <p>Postpartum Depression Screening Scale (PDSS)</p> <p>Edinburgh Postnatal Depression Scale (EPDS)</p> <p>4Ps Plus©</p> <p>Patient Health Questionnaire-9 (PHQ-9)</p> <p>Healthy Start Screening Tools</p>
<p>Assist Healthy Start participants in enrolling in and obtaining health insurance to support access to treatment for perinatal depression and other preventive care.</p>	<p>From Coverage to Care</p> <p>Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</p> <p>Health Insurance Marketplace</p>



PERINATAL DEPRESSION SCREENING

Community Level Strategies

Promote Awareness and Screening for Depression Among Community Providers and Partners

Strategies	Select Resources & Evidence-Based Practices
<p>Partner with community programs that serve women, children, and families (e.g., WIC, transitional housing, home visiting) to promote (1) awareness on perinatal depression and (2) integration of perinatal depression screening and referral into programs and services.</p>	<p>A Comprehensive Approach for Community-Based Programs to Address Intimate Partner Violence and Perinatal Depression</p>
<p>Distribute cultural and linguistically competent education materials on perinatal depression to community partners and programs that serve women, children, and families.</p> <p>Conduct outreach and education to health care providers in the community (e.g., primary care providers, obstetricians, and pediatric providers) on perinatal depression, and the providers' role in screening, referral and treatment.</p>	<p>Postpartum Care</p> <p>Depression in Mothers: More Than the Blues (A Toolkit for Family Service Providers)</p> <p>Depression During and After Pregnancy: A Resource for Women, Their Families, and Friends</p> <p>Preventive Care Benefits for Adults</p>



Healthy Start EPIC Center Webinar Resources:

[Ask the Expert: Stress, Depression, and Resilience](#)

[Ask the Expert: The Value of Integrating Trauma Informed Care for the Healthy Start Community](#)

This Resource Sheet can be accessed electronically: <http://healthystartepic.org/>