

2020

# Perinatal Mental Health Toolkit for Pediatric Primary Care: Overview and Primer



DC Collaborative for Mental Health  
in Pediatric Primary Care  
Children's National Hospital  
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# Executive Summary

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The DC Collaborative for Mental Health in Pediatric Primary Care (the Collaborative) is a local public-private partnership dedicated to improving the integration of mental health in pediatric primary care for children in the District of Columbia. The Collaborative is particularly focused on supporting pediatric primary care providers (PPCPs) in the promotion of mental health for their youngest patients and those patients’ families, which includes perinatal mental health. The Collaborative supports Pediatric Primary Care Providers (PPCPs) in screening for perinatal mood and anxiety disorders, such as postpartum depression, during well-child visits in the first year postpartum, and has created a Perinatal Mental Health Toolkit to aid PPCPs in this important work. The toolkit includes:

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**NOTE:** The recommendations in this toolkit were developed by The Early Childhood and Family Mental Health Subcommittee within the Collaborative which includes perinatal mental health specialists. This toolkit is based on local policies and is therefore specifically intended for pediatricians serving patients in Washington, DC. If you have questions or concerns, please contact Sarah Barclay Hoffman at SBHoffma@childrensnational.org.

# Overview

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## Why is postpartum depression important to pediatric providers?

Perinatal mood and anxiety disorders (PMADs) affect between 10 – 20% of women, with even higher rates for low-income women. PMADs are one of the most common, yet underdiagnosed, complications of pregnancy and childbirth in America. They lead to increased costs of medical care, inappropriate medical care, child abuse and neglect, discontinuation of breastfeeding, family dysfunction, and adverse effects on early brain development.<sup>1</sup> Birth outcomes can be negatively affected by PMADs in pregnancy,<sup>2,6-9</sup> and PMADs can have a long-term impact on child outcomes. PMADs are associated with attachment insecurity,<sup>3</sup> difficult infant/childhood temperament,<sup>3,10</sup> developmental delay, and impaired language development.<sup>4,5</sup> Treatment of maternal depression until remission is associated with decreased psychiatric symptoms for the mother and improved functional outcomes among offspring.<sup>11,12</sup> Despite the profound negative effects on mother and child, some of which improve with treatment,<sup>11,12</sup> the vast majority of women with PMADs go untreated.<sup>13-16</sup>

**10-20%**

of women are  
affected by  
PMADs

## What is known about PMAD screening in pediatric settings?

Most perinatal care or obstetrical settings only see women at the 4-6 week postpartum visit, and only a minority screen for PMADs.<sup>17</sup> Pediatricians may be the only medical provider many mothers see during the child's first year of life.<sup>18,19</sup> PMADs can be identified in pediatric settings during the first postpartum year.<sup>16</sup> Training pediatric providers to detect and address PMADs can enhance pediatric providers' impact on maternal mental health,<sup>20</sup> carrying the potential to have a trans-generational impact. The American Academy of Pediatrics has developed a [Screening Conversation Tip Sheet](#) to help Pediatricians discuss PMADs with mothers in a pediatric setting.

## Can I bill for screening?

If you are using the Edinburgh Postnatal Depression Scale and the child is insured through a DC Medicaid Managed Care Organization or DC Medicaid Fee-for-Service, you can bill using 96161 and receive reimbursement. For other screening tools and insurances, please consult the infant's insurer.

**YES!**

Use code:  
**96161\***

**\*96161:** Administration of patient-focused health risk assessment instrument (eg, health hazard appraisal) with scoring and documentation, per standardized instrument

## Screening when an infant is the patient

Well-child visits provide an ideal opportunity to detect and address PMADs. As pediatric providers are most often not providing primary care to mothers, their main role is one of screening and referral. The Collaborative recommends screening at the following well-child visits as recommended by Bright Futures, the American Academy of Pediatrics, and the DC HealthCheck Periodicity Schedule:

**ONE** month visit

**TWO** month visit

**FOUR** month visit

**SIX** month visit

**TWELVE month visit.** The Collaborative also suggests screening at the twelve month visit to catch women who were previously referred to care but did not follow-up to treatment and/or remain depressed. This time point is spaced out further from the other screening intervals and allows providers to screen once more during the child’s first year of life. Screening at the twelve month visit is not required per the DC HealthCheck Periodicity Schedule.

The Edinburgh Postnatal Depression Scale (EPDS) Pediatric Screening & Referral Algorithm included in this toolkit offers guidelines for administering and responding to a screen. Even for those not screening positive (score of 13 or above), education and potential referrals for support and/or treatment may be indicated.

*For all mothers with a positive screen:*

1. If the parent is already in mental health treatment, refer to/notify (with consent) parent’s provider.
2. Give parent information and/or referral about community mental health resources.
3. Refer to/notify (with consent) parent’s PCP and/or OB/GYN for monitoring and follow-up. Consider scheduling brief follow-up visit for infant and parent in pediatric office.
4. Assess for natural supports and encourage parent to utilize them. A depressed parent who is alone or feeling alone is at higher risk for suicide. It is important for someone else in the parent’s life to be aware of the presence of depression and be able to step in to help.
5. If pediatric providers have clinical questions, they should call DC Mental Health Access in Pediatrics (DC MAP) at 1-844-30DCMAP. Information about DC MAP is available at [www.dcmmap.org](http://www.dcmmap.org).
6. Assess if there is an acute crisis or safety concern. If there is a crisis or safety concern, refer to Crisis Action Plan below, or parent’s local Emergency Services.

**Screening when a pregnant/postpartum young mother is also your patient**

The Collaborative recommends that pediatric providers caring for pregnant teens or postpartum young mothers screen for perinatal mood and anxiety disorders during pregnancy and in the postpartum period. Questions that arise specific to mental health concerns during screening and/or providing care for a pregnant teen or postpartum young mother should be directed to DC MAP at 1-844-30DCMAP.



**Documenting Screening Results**

The Collaborative recommends that pediatric providers document the screening result in the medical record as you would with other risk factors that may affect the child health such as substance use or domestic violence. The Collaborative also recommends that pediatric practices continue to use their current strategies for appropriately documenting potentially sensitive family information.

**Antidepressant medications and lactation**

*Considerations for lactating women:*

- SSRIs (and other antidepressants) are considered a reasonable treatment option during breastfeeding.
- Most psychiatric medications are passed into breast milk, though in very low amounts.
- When antidepressants are indicated, the benefits of breastfeeding while taking antidepressants generally outweigh the risks. The benefits of other psychiatric medications, including benzodiazepines, antiepileptics, stimulants, and antipsychotics, may outweigh the risks of the medication during breastfeeding. It is important to consider the risk of untreated illness to the mother-baby dyad, and balance this with the risk of medication use during breastfeeding.
- It is crucial that evaluation of the risks and benefits of medication use during breastfeeding is done on a patient-by-patient basis and considers the needs of the family.
- Recommendations are ideally made collaboratively with well-informed patients and family members.
- Monitor for side effects in nursing infants.

The Collaborative also recommend the NIH website **LactMed** which contains information on which medications breastfeeding mothers may be exposed: [www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm).

## Community Resources

A variety of community resources exist, from support groups to psychiatric treatment for mothers suffering from a perinatal mood and anxiety disorder. Resources can be found in the following places:

- Perinatal Mental Health section of the Collaborative’s Child and Adolescent Mental Health Resource Guide at <http://dchealthcheck.net/resources/healthcheck/mental-health-guide.html>.
- The Perinatal Mental Health Community Resources section of this toolkit (pages 15-26).

## Home Visiting Programs

Home visiting is an early childhood intervention that supports pregnant women and parents/caregivers in their role of raising children by bringing services to them in their natural setting: their home. This model provides visits for families on a weekly or monthly schedule. Home visitors utilize various screening tools to link families to needed community resources. Additionally, home visitors implement evidence-based programs that have been proven to help prevent child abuse and neglect, encourage positive parenting, and promote child development and school readiness. The District of Columbia offers these voluntary, family-focused home visiting services to expecting or new families with infants and children, which are delivered by trained home visiting professionals or paraprofessionals.



For more information about home visiting services, please see the Early Childhood section of the DC Collaborative Child and Adolescent Mental Health Resource Guide

<http://dchealthcheck.net/resources/healthcheck/mental-health-guide.html>

You may also contact the following for home visiting referrals:



**Prenatal up to age 3 of the child:**

Mary’s Center, Healthy Families America  
Fernanda Ruiz 202-420-7178 or Laura Hillstrom 202-302-9492

**Ages 3-5:**

The Family Place, Home Instruction for Parents of Preschool Youngsters (HIPPPY)  
Andrea Gallegos-Montilla at 202-265-0149

# Summary of Mood and Anxiety Disorders During Pregnancy and the Postpartum Period (PMADs)

**Note about “The Baby Blues”:** A temporary and common experience after childbirth, with peak onset 3-5 days after delivery and a maximum duration of two weeks. Occurs in 80% of new mothers. Features symptoms such as mood swings and excessive worry which are also seen in many PMADs. Can be a risk factor but is not a determinant for a PMAD. Usually resolves naturally, though outside intervention such as a peer support group can be helpful.

Disorder:	Perinatal Depression	Perinatal Anxiety	Obsessive-Compulsive Disorder (OCD)	Posttraumatic Stress Disorder (PTSD)	Postpartum Psychosis
<b>What is it?</b>	Depressive episode that occurs during pregnancy or within a year of giving birth.	A range of anxiety disorders, including generalized anxiety, panic disorder and/or social anxiety, experienced during pregnancy or the postpartum period.	Intrusive repetitive thoughts that are scary and do not make sense to mother/expectant mother. Compulsions (e.g., counting, hand washing) may or may not be present.	Specific anxiety symptoms, including nightmares, flashbacks, and hyper-vigilance, experienced after traumatic events(s), including a traumatic birth.	Sudden onset of psychotic symptoms following childbirth, in particular delusions regarding self and/or child(ren). Increased risk with bipolar disorder.
<b>When does it start?</b>	Onset can be anytime during pregnancy or first year postpartum. Peaks at 3-4 months. Can also be triggered by weaning and/or when menstrual cycle resumes.				Onset between 2 – 12 weeks after delivery. Watch carefully if sleep deprived for ≥48 hours.
<b>Risk factors</b>	<ul style="list-style-type: none"> <li>• History of perinatal mood/anxiety disorder</li> <li>• Personal history of depression or anxiety</li> <li>• Family history of depression or anxiety</li> <li>• Recent, big life changes (in addition to pregnancy/new baby)</li> <li>• Lack of social support</li> <li>• Poor marital/partner relationship</li> <li>• Multiples</li> <li>• Difficult pregnancy</li> <li>• Difficult infant temperament (colic, fussy) or related problems (sleep, feeding)</li> <li>• Special needs/NICU baby</li> <li>• Prior pregnancy or infant loss</li> <li>• Infertility treatments</li> </ul>			Risk factors for Depression, Anxiety, and OCD, plus: <ul style="list-style-type: none"> <li>• Traumatic birth (as experienced by mother) and/or</li> <li>• Previous sexual trauma</li> </ul>	Bipolar disorder, history of psychosis, history of postpartum psychosis (80% will relapse), family history of psychotic illness, severe sleep deprivation, medication discontinuation for bipolar disorder (especially when done quickly).

Disorder:	Perinatal Depression	Perinatal Anxiety	Obsessive-Compulsive Disorder (OCD)	Posttraumatic Stress Disorder (PTSD)	Postpartum Psychosis
<b>What happens?</b>	Change in appetite, sleep, energy, motivation, concentration. Negative thinking including guilt, hopelessness, helplessness, and worthlessness. May also experience suicidal thoughts and evolution of psychotic symptoms.	Fear and anxiety, panic attacks, shortness of breath, rapid pulse, dizziness, chest or stomach pains, fear of detachment /doom, fear of going crazy or dying. Excessive sometimes debilitating worry. May have intrusive thoughts (see OCD).	Disturbing repetitive thoughts (which may include harming baby or fear of harm coming to baby), adapting compulsive behavior to prevent baby from being harmed (secondary to obsessional thoughts about harming baby that scare women).	Change in cognition, mood, arousal associated with traumatic event(s) and avoidance of stimuli associated with traumatic event.	Mood fluctuation, confusion, marked cognitive impairment. Bizarre behavior, insomnia, visual and auditory hallucinations. May have moments of lucidity. May include altruistic delusions about infanticide and/or homicide and/or suicide.
<b>How common is it?</b>	Occurs in up to 20% of all new mothers. Low SES: 33-50%	Generalized anxiety: 6-8% Panic disorder: 0.5-3% Social anxiety: 0.2-7%	Reported in up to 4% of new mothers; likely higher due to fear of reporting.	Presents after childbirth in 2-9% of mothers.	Occurs in 1-2 in 1,000 births.
<b>Resources and treatment</b>	<p>For depression, anxiety, PTSD and OCD:</p> <ul style="list-style-type: none"> <li>• Self-Care: Exercise, Sleep, Nutrition, Time off from childcare</li> <li>• Peer Support Groups</li> <li>• Psychotherapy (Individual, Dyadic [mother-baby], Couples, Family)</li> <li>• Medication</li> </ul> <p>Additional complementary and alternative therapy options for depression include bright light therapy, Omega-3, fatty acids, acupuncture and folate.</p>				<p><b>Requires immediate psychiatric help.</b></p> <ul style="list-style-type: none"> <li>• Hospitalization and medication are usually indicated.</li> <li>• If history of postpartum psychosis, preventative treatment is needed in subsequent pregnancies.</li> <li>• Encourage sleep hygiene for prevention (e.g. consistent sleep/wake times, help with feedings at night).</li> </ul>

Adapted by the DC Collaborative for Mental Health in Pediatric Primary Care <http://aapdc.org/chapter-initiatives/mental-health/> from MCPAP for Moms © 2014. Original Authors: Byatt N., Biebel K., Friedman, L., Lundquist R., Freeman M., & Cohen L. Original Funding provided by the Massachusetts Department of Mental Health.

# Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information

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## ABOUT THE EPDS

Response categories are scored 0, 1, 2 and 3 according to increased severity of the symptom. Items 3 and 5-10 are reverse scored (i.e., 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the ten items. Users may reproduce the scale without further permission providing they respect copyright (which remains with the *British Journal of Psychiatry*) quoting the names of the authors, the title and the source of the paper in all reproduced copies.

The EPDS was developed to assist primary care health professionals in detecting mothers suffering from postpartum depression (PPD); a distressing disorder more prolonged than the “blues” (which occur in the first week after delivery), but less severe than puerperal psychosis.

Previous studies have shown that PPD affects at least 10-20 percent of women and that many depressed mothers remain untreated. These mothers may cope with their baby and with household tasks, but their enjoyment of life is seriously affected and it is possible that there are long term effects on the family.

The EPDS was developed at health centers in Livingston and Edinburgh, Scotland. It consists of 10 short statements. The mother underlines which of the four possible responses is closest to how she has been feeling during the past week. Most mothers complete the scale without difficulty in less than five minutes.

The validation study showed that mothers who scored above a threshold 12/13 were likely to be suffering from a depressive illness of varying severity. Nevertheless, the EPDS score should not override clinical judgement. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother felt during the previous week, and in doubtful cases it may be usefully repeated after two weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

## INSTRUCTIONS FOR USERS

1. The mother is asked to underline the response that comes closest to how she has felt during the previous seven days.
2. All 10 items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.
5. The EPDS may be used at six to eight weeks to screen postnatal women or during pregnancy. The child health clinic, postpartum check-up or a home visit may provide suitable opportunities for its completion.

## SUGGESTED LANGUAGE

When introducing the EPDS, the Collaborative recommends using the following supportive language:

“Feeling depressed or anxious is very common during pregnancy and/or after birth. 1 in 7 women experience depression, anxiety or frightening thoughts during this time. It is important that we screen for depression since it is twice as common as gestational diabetes. It can also impact you and your baby’s health. We will be seeing you and your baby a lot over the next few months/years and want to support you.”

## CITATION

Modified from: Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786.

The Spanish version was developed at the University of Iowa based on earlier Spanish versions of the instrument. For further information, please contact Michael W. O’Hara, Department of Psychology, University of Iowa, Iowa City, IA 52245, e-mail: mikeohara@uiowa.edu.

## Edinburgh Postnatal Depression Scale (EPDS)

Name: \_\_\_\_\_

Address \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_

\_\_\_\_\_

Baby's Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today. Here is an example, already completed:

I have felt happy:

- Yes, all the time
- Yes, most of the time
- No, not very often
- No, not at all

This would mean: "I have felt happy most of the time" during the past week.

Please complete the other questions in the same way.

In the Past 7 Days:

1. I have been able to laugh and see the funny side of things as
  - I always could
  - Not quite so much now
  - Definitely not so much now
  - Not at all
2. I have looked forward with enjoyment to things
  - As much as I ever did
  - Rather less than I used to
  - Definitely less than I used to
  - Hardly at all
- \*3. I have blamed myself unnecessarily when things went wrong
  - Yes, most of the time
  - Yes, some of the time
  - Not very often
  - No, never
4. I have been anxious or worried for no good reason
  - No, not at all
  - Hardly ever
  - Yes, sometimes
  - Yes, very often
- \*5. I have felt scared or panicky for no very good reason
  - Yes, quite a lot
  - Yes, sometimes
  - No, not much
  - No, not at all
- \*6. Things have been getting on top of me
  - Yes, most of the time I haven't been able to cope at all
  - Yes, sometimes I haven't been coping as well as usual
  - No, most of the time I have coped quite well
  - No, I have been coping as well as ever
- \*7. I have been so unhappy that I have had difficulty sleeping
  - Yes, most of the time
  - Yes, sometimes
  - Not very often
  - No, not at all
- \*8. I have felt sad or miserable
  - Yes, most of the time
  - Yes, quite often
  - Not very often
  - No, not at all
- \*9. I have been so unhappy that I have been crying
  - Yes, most of the time
  - Yes, quite often
  - Only occasionally
  - No, never
- \*10. The thought of harming myself has occurred to me
  - Yes, quite often
  - Sometimes
  - Hardly ever
  - Never

Administered/Reviewed by \_\_\_\_\_ Date \_\_\_\_\_

Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786 .

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## Escala Edinburgh para la Depresión Postnatal (EPDS)

Nombre: \_\_\_\_\_

Dirección: \_\_\_\_\_

Su fecha de Nacimiento \_\_\_\_\_

\_\_\_\_\_

Fecha de Nacimiento del Bebé: \_\_\_\_\_

Teléfono: \_\_\_\_\_

Como usted está embarazada o hace poco que tuvo un bebé, nos gustaría saber como se siente actualmente. Por favor MARQUE (V) la respuesta que más se acerca a como se ha sentido durante LOS ÚLTIMOS 7 DÍAS y no sólo como se ha sentido hoy.

Me he sentido feliz:

Me he sentido feliz:

Sí, todo el tiempo

No, no muy a menudo

No, en absoluto

Esto significa: "Me he sentido feliz la mayor parte del tiempo" durante la última semana..

Por favor complete las otras preguntas de la misma manera.

En los últimos 7 días:

1. He podido reír y ver el lado bueno de las cosas
  - Tanto como siempre he podido hacerlo
  - No tanto ahora
  - Sin duda, mucho menos ahora
  - No, en absoluto
2. He mirado al futuro con placer para hacer cosas
  - Tanto como siempre
  - Algo menos de lo que solía hacerlo
  - Definitivamente menos de lo que solía hacerlo
  - Prácticamente nunca
- \*3. Me he culpado sin necesidad cuando las cosas marchaban mal
  - Sí, casi siempre
  - Sí algunas veces
  - No Definitivamente menos de lo que solía hacerlo
  - Prácticamente nunca
4. He estado ansiosa y preocupada sin motivo alguno
  - No, en absoluto
  - Casi nada
  - Sí, a veces
  - Sí, muy a menudo
- \*5. He sentido miedo o pánico sin motivo alguno
  - Sí, bastante
  - Sí, a veces
  - No, no mucho
  - No, en absoluto
- \*6. Las cosas me oprimen o agobian
  - Sí, la mayor parte del tiempo no he podido sobrellevarlas
  - Sí, a veces no he podido sobrellevarlas de la manera
  - No, la mayoría de las veces he podido sobrellevarlas bastante bien
  - No, he podido sobrellevarlas tan bien como lo hecho siempre
- \*7. Me he sentido tan infeliz, que he tenido dificultad para dormir
  - Sí, casi siempre
  - Sí, a veces
  - No muy a menudo
  - No, en absolute
- \*8. Me he sentido triste y desgraciada
  - Sí, casi siempre
  - Sí, bastante a menudo
  - No muy a menudo
  - No, en absolute
- \*9. Me he sentido tan infeliz que he estado llorando
  - Sí, casi siempre
  - Sí, bastante a menudo
  - Ocasionalmente
  - No, nunca
- \*10. He pensado en hacerme daño
  - Sí, bastante a menudo
  - A veces
  - Casi nunca
  - No, nunca

Administrada/Revisada por: \_\_\_\_\_

Fecha: \_\_\_\_\_

Fuente: Cox, J.L., Holden, J.M. y Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. Revista Británica de Psiquiatría 150:782-786.

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# Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Postpartum depression is the most common complication of childbearing.<sup>2</sup> The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk for “perinatal” depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt **during the previous week**. In doubtful cases it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

Women with postpartum depression need not feel alone. They may find useful information on the web sites of the National Women’s Health Information Center <[www.4women.gov](http://www.4women.gov)> and from groups such as Postpartum Support International <[www.chss.iup.edu/postpartum](http://www.chss.iup.edu/postpartum)> and Depression after Delivery <[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)>.

## SCORING

### QUESTIONS 1, 2, & 4 (without an \*)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

### QUESTIONS 3, 5-10 (marked with an \*)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score:30

Possible Depression: 10 or greater

Always look at item 10 (suicidal thoughts)

## Instructions for using the Edinburgh Postnatal Depression Scale:

1. The mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
2. All the items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others. (Answers come from the mother or pregnant woman.)
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.

<sup>1</sup>Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

<sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002,194-199

# Implementing the Edinburgh Postnatal Depression Scale

## — Pediatric Primary Care Well-Child Visits —

### 1. After the EPDS has been distributed, collected, and scored - explain the screener:

“Feeling depressed or anxious is very common during pregnancy and/or after birth. 1 in 7 women experience depression, anxiety or frightening thoughts during this time. It is important that we screen for depression because it is twice as common as diabetes. It can also impact the health of you and your baby. We will be seeing you and your baby a lot over the next few months to years and we want to support you.”

### 2. Explain the results and provide education specific to the woman’s risk level (see page 6).

Below are recommendations and suggested language for discussing results in each range:

#### Score of 0-9: Normal/Negative Screen (likely not suffering at this time)

- Provide education about risks/incidence (see *Summary of PMADs* on Page 6).
- Use clinical judgment regardless of score.
- Provide Postpartum Support DC contact for support groups and other community resources: 202-643-7290.

“From the screen, it seems like you are doing well. Having a baby is always challenging and every parent deserves support. Do you have any concerns you would like to talk to us about? In the future, should you start to have a difficult time or develop depression or anxiety, please follow-up with your doctor or talk to me about it at your child's next visit.”

#### Score of 10-12: At-Risk for Depression and/or Anxiety

- Discuss results and provide education (see *Summary of PMADs* on Page 6).
- Strongly consider making referral and/or providing Postpartum Support International, DC number: 202-643-7290.

“Based on what you've told me and your score, I am concerned that you may be having a difficult time or be depressed. It can be hard to feel this way when you have a baby/young child. There are things you can do to feel better. Let's talk about some ideas that might work for you.”

#### Score of 13+: Positive Screen (likely suffering from depression and/or anxiety)

- Discuss results and provide education (see *Summary of PMADs* on Page 6).
- Make referral and/or give Postpartum Support International, DC number: 202-643-7290.

“Based on what you've told me and your score, I am concerned that you may be depressed. What you are feeling is real and it is not your fault. It can be very hard to feel this way when you have a baby/young child. Getting help is the best thing you can do for you and your baby. Many effective support and treatment options are available. Let's talk about some ideas that might work for you.”

**Question #10 (self-harm): If "Yes" to – hardly ever, sometimes, or quite often –  
MOVE TO CRISIS ACTION PLAN**

# Action Crisis Plan

If patient answered “YES” to #10 on EPDS or patient reports thoughts of harm to self or others, follow these steps:

## 1. Ask further questions:

- **Intent:** “You have said that you think about killing or harming yourself. Have you made any plans?”
- **Means:** “Can you describe your plans? How have you thought about killing yourself (your infant)? Do you have access to [stated method]?”
- **Likelihood:** “Do you think you would actually harm or kill yourself or someone else?”
- **Protective Factor:** “What is keeping you from following through with your plan?”
- **Impulsivity:** “Have you tried to harm yourself or someone else in the past?”

## 2. If patient has a plan and provider or patient feels she cannot be safe, follow these steps:

1. Do not leave patient by herself or alone with baby
2. Contact and engage supportive person in their life (partner, relative, friend)
3. Make this person aware of current circumstance
4. Engage them to plan for: child care, transportation to emergency services, emotional support

## 3. Coordinate immediate psychiatric/crisis intervention or evaluation:

- Be familiar with Emergency Department policies and referral processes
- When no resources are available, call 911 (ask for Crisis Intervention Officer/Team if available)

## 4. If patient is not in the office and feels she cannot be safe or worries if she will be safe follow these steps:

1. Ask where she is and if she is alone
2. Assess degree of risk
3. Arrange for immediate psychiatric/crisis intervention or evaluation while patient remains on phone
4. Assess availability and proximity of resources and support

# Key Clinical Considerations

## When Assessing the Mental Health of Pregnant and Postpartum Women

### Assessing Thoughts of Harming Baby

#### Thoughts of harming baby that occur secondary to obsessions/anxiety:

- Good insight
- No psychotic symptoms
- Thoughts are intrusive, scary, and cause mother anxiety
- Ego-dystonic

Suggests **not** at risk of harming baby

#### Thoughts of harming baby that occur secondary to postpartum psychosis:

- Poor insight
- Symptoms of psychosis (eg. auditory and/or visual hallucinations)
- Delusional beliefs with distortion of reality present
- Ego-syntonic

Suggests **at risk** of harming baby

### Medication

#### Factors Indicating Medication May Not be Necessary:

- Mild depression based on clinical assessment
- No suicidal ideation
- Able to care for self/baby
- Engaged in psycho-therapy or other non-medication treatment
- Depression has improved with psychotherapy in the past
- Strong preference for and access to psychotherapy

#### Factors Indicating Medication Should Be Considered:

- Moderate or severe depression based on clinical assessment
- Suicidal ideation
- Difficulty functioning caring for self/baby
- Psychotic symptoms present
- History of severe depression and/or suicidal ideation and/or attempts
- Comorbid anxiety diagnosis or symptoms

### Postpartum Depression

#### Risk Factors

- Personal history of anxiety disorder, major depression and/or postpartum depression
- Family history of mood or anxiety disorder
- Gestational diabetes
- Difficulty breastfeeding
- Fetal/Newborn loss
- Lack of personal or community resources
- Financial challenges
- Complications of pregnancy, labor/delivery, or infant's health
- Teen pregnancy
- Unplanned pregnancy
- Major life stressors
- Violent or abusive relationship
- Isolation from family or friends; lack of social support
- Substance use/addiction

#### How to Talk about Perinatal Depression with Moms

- *How are you feeling about being pregnant/a mother?*
- *What things are you most happy about?*
- *What things are you most concerned about?*
- *Do you have anyone you can talk to that you trust?*
- *How is your partner doing?*
- *Are you able to enjoy your baby?*

### Other Considerations During Clinical Assessment

- Past history of psychiatric diagnosis
- Previous counseling or psychotherapy
- Previous psychiatric medication
- History of other psychiatric treatments such as support groups
- History of substance use or substance use treatment
- Excessive anxiety and worry
- Trauma history
- Domestic Violence

**Source:** Adapted from Massachusetts Child Psychiatry Access Project for Moms' *Key Clinical Considerations When Assessing the Mental Health of Pregnant and Postpartum Women*, available at [www.mcpapformoms.org](http://www.mc papformoms.org)

# Perinatal Mental Health Community Resources

Resources for treating mothers who may be experiencing postpartum depression or anxiety, or be in need of support during pregnancy or the postpartum period.

## Postpartum Support International (PSI) – Greater Washington, DC Area

PSI's coordinators are trained to provide supportive counseling and local resource and referral information to mothers, their families, and the providers who serve them. Providers are welcome to refer their patients to PSI coordinators directly, or to contact coordinators themselves to obtain information and referrals.

Washington DC	Maryland	Virginia
<p><b>Postpartum Support DC</b> 202-643-7290 <a href="mailto:info@postpartumdc.org">info@postpartumdc.org</a> Website: <a href="#">PSI: DC Support Groups</a></p> <p>DC Coordinator: Nina Ashford</p>	<p><b>Postpartum Support Maryland</b> Jessica Katznelson: 915-593-2636 <a href="mailto:jkatznelson@gmail.com">jkatznelson@gmail.com</a> Website: <a href="#">PSI: MD Support Groups</a></p>	<p><b>Postpartum Support Virginia</b> 703-829-7152 <a href="mailto:info@postpartumva.org">info@postpartumva.org</a> Website: <a href="#">PSI: VA Support Groups</a></p>
<p>To contact coordinators in other states and countries, please visit: <a href="http://www.postpartum.net">www.postpartum.net</a></p>		

## Outpatient Treatment Programs Specific to Perinatal Mental Health (e.g., assessment, therapy, medication management)

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>Akoma Counseling Concepts</b> 817 Silver Spring Ave Maryland, MD 20910 Silver Spring- Red Bus: F4, 16,17,20,28 P: 202-905-2725</p> <p><a href="http://www.Akomacounselingconcepts.com">www.Akomacounselingconcepts.com</a></p>	<ul style="list-style-type: none"> <li>Individual counseling, online counseling, family counseling, perinatal mental health counseling and consults. In home therapy for pregnancy and 6 months postpartum moms (self-pay only). Short-term self-care planning (4 sessions). Shivonne Odom, owner and therapist, specializes in providing care to women of color. Provides teletherapy and office based therapy to individuals that have BCBS and out of network, and home based therapy to AmeriHealth and out of network clients.</li> </ul> <p>Languages: English</p>	Ages 16+	<p><b>Insurance:</b> Cigna, CareFirst BCBS, self-pay options available.</p> <p><b>Referral:</b> Schedule appointments online anytime or via <a href="mailto:info@akcctherapy.com">info@akcctherapy.com</a>.</p> <p><b>Availability:</b> Accepting New Patients.</p>
<p>George Washington University Medical Center, Department of Psychiatry &amp; Behavioral Sciences - <b>The Five Trimesters Clinic</b></p> <p>Medical Faculty Associates Building 2120 L Street NW 6th Floor</p>	<ul style="list-style-type: none"> <li>Help women assess need for treatment before, during or after pregnancy for mood or anxiety disorder. Each woman meets once or twice with a psychiatrist-in-training; partners may be included. Each case is reviewed by senior psychiatrists specializing in perinatal mental health.</li> </ul>	Ages 18+	<p><b>Insurance:</b> If cost is an issue, patients can negotiate a sliding scale fee. Intake appointments are \$60 and subsequent follow ups are \$20.</p>

<p>WDC 20037 Foggy Bottom/GWU – Orange and Blue Bus: D1, D3, D5, D6, H1, L1, N3, 38B</p> <p>P: 202-741-2888 and specify that you want to be seen in the 5 Trimesters Clinic.</p> <p><a href="http://www.gwdocs.com/psychiatry/women's-mental-health">http://www.gwdocs.com/psychiatry/women's-mental-health</a></p>	<ul style="list-style-type: none"> <li>Services include: outpatient evaluation and screening; short-term individual therapy and medication management; couples and family therapy; access to community resources.</li> </ul> <p>Languages: English</p>		<p><b>Referral:</b> Asks that patient tells intake coordinator the referring physician to ensure appropriate referral.</p> <p><b>Availability:</b> Generally 2 weeks to 1 month</p>
<p><b>Lynne McIntyre, Tele-Maternal Mental Health Practice</b></p> <p>E: <a href="mailto:lynne@lynnemcintyre.com">lynne@lynnemcintyre.com</a> P: +1-202-744-3639</p> <p><a href="http://www.lynnemcintyre.com/">http://www.lynnemcintyre.com/</a></p>	<ul style="list-style-type: none"> <li>Lynn is a mental health professional, trained and licensed in the United States and living in Barcelona. She has a HIPPA-compliant website and is able to provide psychotherapy remotely to mothers based in the US.</li> </ul> <p>Languages: English, Spanish, Catalan, French</p>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> \$75 per session (with package discounts and some sliding scale appointments)</p> <p><b>Referral:</b> Email or call Lynne at <a href="mailto:lynne@lynnemcintyre.com">lynne@lynnemcintyre.com</a> or +1-202-744-3639</p> <p><b>Availability:</b> Call for availability.</p>
<p><b>Mamatoto Village</b></p> <p>311 47th Street, NE WDC 20019 Bus: U5, U8, 96, 97, W4 Benning Road- Blue/Silver</p> <p>Main: 202-248-3434 Intake: 202-248-2877</p> <p><a href="http://www.mamatotovillage.org">www.mamatotovillage.org</a></p>	<ul style="list-style-type: none"> <li>Provides expectant and new mothers with expansive ancillary and wraparound services during the perinatal period. These services are only available for pregnant women and up to 6 months postpartum (with extension program) so program is most beneficial if enrolled while pregnant or shortly after giving birth. Services include, Labor Support; Postpartum Support (Day or Night); Lactation Consultations; Family and Social Service Support; Blossoming Bellies (health and nutrition); Bellies Strides (fitness); Mama Mingles (group for breastfeeding, pregnant and new mothers); Education (breastfeeding, parenting, nutrition, fitness, single motherhood); care coordination and in-home visits. Mama Mingles is the first and third Wednesday of every month from 11-1pm call or email to reserve spot. Services are most beneficial for women with a racially or ethnically diverse background with an array of psychosocial factors and social determinants of health.</li> </ul> <p>Languages: English and Sign Language</p>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> AmeriHealth, Amerigroup, Trusted, and HSCSN. There are some pro-bono spots every year if insurance is a barrier to care.</p> <p><b>Referral:</b> Providers can refer through the online platform or call the office for emergency appointments (202-248-2877). Once a referral is made, the organization will follow-up directly with the patient within the first 24-48hrs and can get them linked to services within a week. Provides feedback to the referring provider.</p> <p><b>Availability:</b> Accepting New Patients.</p>
<p><b>Mary's Center, Behavioral Health Department, Maternal Mental Health Program</b></p>	<ul style="list-style-type: none"> <li>Perinatal mental health therapist</li> <li>Psychiatry</li> </ul>	<p>Child-bearing age women</p>	<p><b>Insurance overview:</b> Aetna, AmeriHealth, Beacon (Behavioral</p>

<p>1707-B Kalorama Rd NW Washington, DC, 20009 Metro: Columbia Heights- Green/ Yellow and Woodley Park- Adams Morgan-Zoo- Red Bus: 90, 93, 96, X3, S1, S2, S4, S9</p> <p>3912 Georgia Avenue NW Washington, DC 20011 Metro: Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8</p> <p>P: 202-545-2061: Maternal Mental Health Program (direct)</p> <p>P: 202-851-3671: Behavioral Health front desk (specify that you are calling for Maternal Mental Health)</p> <p><a href="https://www.maryscenter.org/behavioral-health/other-specialties-and-services/maternal-mental-health/">https://www.maryscenter.org/behavioral-health/other-specialties-and-services/maternal-mental-health/</a></p>	<ul style="list-style-type: none"> <li>• Social Services, including support applying for benefits</li> <li>• Please call the Maternal Mental Health Program to check on status</li> </ul> <p>Languages: English/Spanish</p>		<p>Health), Amerigroup, CareFirst, DC FFS Medicaid, HSCSN, Trusted, Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi), MD Medicaid, Uninsured DC residents.</p> <p><b>Referral:</b> No referral necessary. Call to schedule.</p> <p><b>Availability:</b> Accepting new patients, depending on therapist availability.</p>
<p><b>MedStar Georgetown University Hospital- Perinatal Mental Health Clinic</b></p> <p>2115 Wisconsin Avenue Suite 200 WDC 20007 Bus: 30N, 30S, 31, 33</p> <p>P: 202-944-5400</p> <p>Director: Aimee Danielson, PhD</p> <p><a href="http://www.medstargeorgetown.org/our-services/psychiatry/treatments/womens-mental-health">http://www.medstargeorgetown.org/our-services/psychiatry/treatments/womens-mental-health</a></p>	<ul style="list-style-type: none"> <li>• Offers outpatient evaluation and treatment of psychiatric disorders and adjustment problems experienced by women who are transitioning into motherhood. Provide diagnostic evaluations and multidisciplinary treatment for women experiencing mood and anxiety disorders during pregnancy and postpartum, infertility-related distress, pregnancy loss, and difficulty with the transition to motherhood.</li> <li>• In cases where psychiatric medication is necessary, psychiatrists with expertise in use of medication in pregnant and lactating women are available.</li> <li>• Reproductive psychiatrists on staff, as well as residents in training, and part-time therapists who specialize in perinatal mental health.</li> <li>• Services are generally time-limited for 1 year postpartum (may be longer dependent on when</li> </ul>	<p>Ages 18+</p>	<p><b>Insurance:</b> Most major private insurance and DC Medicaid (AmeriHealth and FFS)</p> <p><b>Referral:</b> Referral from MedStar provider.</p> <p><b>Availability:</b> Accepting new patients.</p>

	woman is diagnosed)  Languages: English/Spanish		
<p><b>MedStar Washington Hospital Center- Women’s Mental Health Clinic</b></p> <p>110 Irving St NW Room 5 in the OB clinic on the ground floor WDC 20010 Bus: 80, D8, H1, H2, H3, H4  P: 202-877-7101</p>	<ul style="list-style-type: none"> <li>• Work with social worker Karen (202-877-0755)</li> <li>• Assess patients with a depression scale</li> <li>• Patients must be receiving services at WHC to be referred to the clinic. Women that are not WHC patients can receive care at the MedStar outpatient program at Trinity Square: 202-877-6321.</li> </ul> <p>Languages: English, interpreter line available.</p>	Child-bearing age women	<p><b>Insurance:</b> DC FSS, AmeriHealth, Alliance, MD Medicaid, MedStar Family Choice, Beacon, most private plans.</p> <p><b>Referral:</b> Women must be receiving services at WHC and/or delivered at WHC to qualify for services.</p> <p><b>Availability:</b> Currently accepting new patients that meet referral criteria.</p>
<p><b>Ruthie Arbit Counseling</b></p> <p>5225 Connecticut Avenue, Suite 705 Washington, DC 20015 Bus: D31, D33, D34  P:240-863-2618 <a href="http://www.arbitcounseling.com">www.arbitcounseling.com</a></p>	<ul style="list-style-type: none"> <li>• Maternal, Pediatric, and adolescent Psychotherapy. Ruthie has certification in CBT and DIR/Floortime model and uses a blended behavioral and emotionally-focused approach and PCIT, child parent psychotherapy</li> </ul> <p>Language: English, Spanish, Hebrew</p>	0-18, & adults	<p><b>Insurance:</b> No insurance accepted. \$150-\$190/Session. Sliding Scale available and limited number of home visits available.</p> <p><b>Referral:</b> Call to schedule</p> <p><b>Availability:</b> No waitlist</p>
<p><b>SPRING Project</b></p> <p>Multiple locations in NW Washington, MD, &amp; VA Metro and bus accessible: Red, Blue, Yellow lines  P: 301-654-2322, Dr. Laura Hickok P: 703-356-4710, Elizabeth Fritsch  <a href="http://www.springproject.org">www.springproject.org</a></p>	<ul style="list-style-type: none"> <li>• The SPRING Project offers affordable psychotherapy for expectant and postpartum mothers and their families experiencing perinatal mood problems. The Project has a network of experienced psychodynamic therapists trained in work with this population committed to working on a reduced fee basis with session fees set as low as \$20/session for a period of up to one year.</li> </ul> <p>Languages: English</p>	Child-bearing age women	<p><b>Insurance:</b> Within network insurance availability is limited but all providers will work on a reduced fee basis so that insurance limitations are not a concern.</p> <p><b>Referral:</b> Contact Dr. Laura Hickok, <a href="mailto:hickoklaura@gmail.com">hickoklaura@gmail.com</a> or Dr. Elizabeth Fritsch, <a href="mailto:DrElizabethFritsch@gmail.com">DrElizabethFritsch@gmail.com</a> and the patient will be connected to an available, conveniently located provider.</p> <p><b>Availability:</b> Contact will be made within 48 hours and wait times are</p>

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### Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>Ascensions Psychological &amp; Community Services</b></p> <p>1526 Howard Road SE WDC 20020 Anacostia - Green Line Bus: W2, W3, W6, W8, &amp; 94 P: 202-889-4344</p> <p><a href="http://www.2ascend.org/index.html">http://www.2ascend.org/index.html</a></p>	<ul style="list-style-type: none"> <li>Provides family therapy, individual therapy for issues that require focus outside of the family unit; therapeutic groups to facilitate peer learning and psychoeducation on topics including surviving the homicide of a loved one; parenting education/support/therapy groups; clinical evaluations to assess if other community services and referrals are needed (such as special education, rehabilitation, and/or medication); home structuring visits to assist with developing house rules, consequences and reward; parenting classes to teach alternatives to physical discipline, and school based interventions.</li> </ul> <p>Languages: English</p>	5-99	<p><b>Insurance:</b> Clients seen regardless of financial situation. Sliding scale fee available. Accept Aetna, AmeriHealth, Amerigroup, APS, BCBS, Cigna, Healthright, Kaiser-Permanente, Magellan, Maryland Medicaid, MHN, Tricare, United</p> <p><b>Referral:</b> No referral necessary.</p> <p><b>Availability:</b> Call to verify wait time.</p>
<p><b>Fresh Start Therapy</b></p> <p>1140 3rd St NE WDC 20002 Bus: 220, 240, 260, D4 Metro: NoMa Gallaudet U New York Ave (red) P: 855-325-3909</p> <p><a href="https://www.afreshstarttherapy.com/">https://www.afreshstarttherapy.com/</a></p>	<ul style="list-style-type: none"> <li>Mental health professionals specialize in helping women overcome gender-specific issues and improve their quality of life using CBT, Mindfulness-CBT, motivational and life coach, and trauma therapy.</li> </ul> <p>Languages: English</p>	5-99	<p><b>Insurance:</b> AmeriHealth, Amerigroup, Aetna, Carefirst BCBS, Magellan, sliding scale. See website for full fee schedule for out-of-pocket services.MD Medicaid, DC Medicaid MCOs (Amerigroup and AmeriHealth).</p> <p><b>Referral:</b> Not required.</p> <p>Clients can request an appointment by going to website: <a href="http://www.afreshstarttherapy.com">www.afreshstarttherapy.com</a></p> <p><b>Availability:</b> Typically two weeks wait for intake. Therapy starts immediately after intake. Evening and daytime appointments.</p>
<p><b>DC Department of Behavioral Health Access HelpLine</b></p> <p>888-7WE-HELP or 888-793-4357</p>	<ul style="list-style-type: none"> <li>Access line for perinatal mental health services. Determine what services are available and get connected with core service agency if appropriate. Get emergency psychiatric care. Determine whether</li> </ul>	All Ages	<p><b>Insurance:</b> Medicare, Medicaid, and no insurance</p> <p><b>Referral:</b> No Referral Needed</p> <p><b>Availability:</b> 24/7. Legal guardian</p>

	<p>to seek ongoing mental health services or other types of services. Languages: English</p>		<p>call for intake. Have Medicaid ID# available. Crisis supports available immediately, wait for general mental health services once matched to CSA.</p>
<p><b>DC Department of Behavioral Health Parent Infant Early Childhood Enhancement Program (PIECE) Healthy Start</b></p> <p>821 Howard Road SE WDC 20020 Anacostia – Green Line Bus: P18, W14, B2, W2, W4, 90, 94, A42, A46, A48, P6, A2, A7, A8, A4, W5, W6, W8, W2, W3, A9, Circulator P: 202-698-1834</p>	<ul style="list-style-type: none"> <li>The Parent Infant Early Childhood Enhancement Program (PIECE) has two components: 1) Early Intervention provides screening, assessment, individual, family, and art therapy, Parent Child Interaction Therapy (PCIT) and Child Parent Psychotherapy for Family Violence; and 2) Healthy Start works with moms with depression/other mental health issues who have a child birth-3 years. Includes psycho-educational parenting group, and home visits if mother is too ill for office-based services.</li> </ul> <p>Languages: Can utilize interpreter service if necessary</p>	<p>Mother and Father with child 0-8 years</p>	<p><b>Insurance:</b> DC FFS Medicaid, HSCSN, Amerigroup, AmeriHealth, Trusted. Serves all individuals regardless of ability to pay. <b>Referral:</b> Referral from physician not necessary, but helpful. Referral form obtained by calling 202-698-1838. Can also schedule through Access Helpline 1-888-793-4357 <b>Availability:</b> No waiting list and accepting new patients.</p>
<p><b>Healthy Babies Project</b></p> <p>4501 Grant Street NE WDC, 20019 Minnesota Ave – Blue/Orange Bus: V2, V4, X9 P: 202-396-2809</p> <p><a href="http://www.healthybabiesproject.org/">http://www.healthybabiesproject.org/</a></p>	<ul style="list-style-type: none"> <li>Supports pregnant and parenting women and children to move out of the cycle of poverty. Collaborates with service provider partners to connect women and families to resources including health care, housing, nutrition, mental health services, educational support, skills building, substance abuse support, and employment.</li> <li>Free classes offered for pregnant or parenting young adults. The Teen Parent Empowerment Program is every Wednesday from 5-7pm.</li> <li>Participants in the program and/or classes can access a Psychologist.</li> <li>Free child care and transportation.</li> </ul> <p>Languages: English</p>	<p>16-21</p>	<p><b>Insurance:</b> Free <b>Referral:</b> Register for all classes by calling (202) 396-2809 or sending an email to <a href="mailto:hbpprograms@gmail.com">hbpprograms@gmail.com</a>. Intake must be completed which includes proof of income, mom and baby's SS card or birth certificate, proof of residency, and ID card. Can be faxed or shown in person. <b>Availability:</b> No wait</p>
<p><b>Healthy New Moms: Maryland's Maternal Mental Health Campaign</b></p> <p>P: 443- 901- 1550, ext. 215: Kari Gorkos, Director of Youth &amp; Family Programs</p> <p><a href="https://healthynewmoms.org/">https://healthynewmoms.org/</a></p>	<ul style="list-style-type: none"> <li>Provide Resources of support groups, information on local organizations, and other clinical resources pertaining to perinatal mental health. The healthy new moms programs also offer talks for more information on educating mothers.</li> </ul> <p>Languages: English and google translate (all languages)</p>	<p>0-99</p>	<p><b>Insurance:</b> Free <b>Referral:</b> No Referral Needed <b>Availability:</b> 9-5pm.</p>

<p><b>Maternal Wellness Services</b></p> <p>4405 East West Highway, Suite 601 Bethesda, MD 20814 Metro: Bethesda (red)</p> <p>P: 202-909-5215 (Nicole Grocki)</p>	<ul style="list-style-type: none"> <li>Licensed marriage and family therapist (LMFT) in DC, VA, and MD and a perinatal specialist. Services include individual and family therapy to support and heal moms who do not feel like themselves during pregnancy and/or after the baby arrives. Practice is solely focused on providing support and therapy to women to the perinatal population including preconception through postpartum.</li> <li>Provider is a Certified Bringing Baby Home Educator, has a Level I Trauma Certification through the Ferentz Institute, has a Maternal Mental Health Certificate from PSI, and training in Perinatal Mood Disorders also through PSI.</li> </ul> <p>Languages: English</p>	<p>Women of childbearing age</p>	<p><b>Insurance:</b> \$145 for 50 minute session, \$215 for 90 minute session. An additional \$25 travel fee added for in home sessions.</p> <p><b>Referral:</b> Call Nicole Grocki at 202-909-5215</p> <p><b>Availability:</b> Call for details</p>
<p><b>Multicultural Human Services</b></p> <p>Locations throughout Northern Virginia. 6400 Arlington Blvd</p> <p>P: 571-748-2800 OR 571 for reception OR 748-2818 for intake coordinator</p> <p><a href="http://www.nvfs.org/">http://www.nvfs.org/</a></p>	<ul style="list-style-type: none"> <li>Provides Individual, Couples, Group, &amp; Family Therapy; Domestic Violence Counseling; Sexual Violence; Anger Management Counseling; Batterers Intervention Program; Program for Survivors of Torture &amp; Severe Trauma (PSTT); Management/Consultation with Psychiatrist.</li> <li>Healthy Families home visiting services.</li> </ul> <p>Languages: English, Spanish, French, Arabic, Amharic</p>	<p>Ages 4+</p>	<p><b>Insurance:</b> Self-Pay, Sliding Scale, <b>Referral:</b> <a href="http://www.nvfs.org/wp-content/uploads/2017/04/MCReferral2017.pdf">http://www.nvfs.org/wp-content/uploads/2017/04/MCReferral2017.pdf</a></p> <p><b>Availability:</b> Must call to confirm availability</p>
<p><b>Pieur Wellness</b></p> <p>1300 I Street NW, Suite 400E WDC, 20005 Metro: McPherson Square Bus:16E, D1, D4, D6, G9, X9, 64, 752,810,820,830,840</p> <p>P: 202-902-7324 F: 848-213-0063</p> <p>Hours: M-Thu 10am- 5pm Urgent Hours: Thurs- Sat 5pm-9pm</p> <p><a href="http://pieurwellness.com/">http://pieurwellness.com/</a></p>	<ul style="list-style-type: none"> <li>Provides initial psychiatric evaluation, medication management, and substance abuse treatment.</li> <li>Specializes in women’s mental health related to pregnancy and breastfeeding, pregnancy-related trauma, perinatal mood and anxiety disorders, miscarriages, still birth, neonatal death, infertility, premenstrual dysphoric disorder, and peri-and-post menopausal mood disturbances.</li> <li>Offers psychiatric telehealth and urgent care appointments.</li> </ul> <p>Languages: English,</p>	<p>18-64 years</p>	<p><b>Insurance:</b> Cigna, CareFirst Blue Cross Blue Shield (Anthem BCBS in near future); others are out-of-network. Self-pay options available (\$300/hr evaluations, \$175/ 30 min med management).</p> <p><b>Referral:</b> Complete intake forms on the website or call to schedule.</p> <p><b>Availability:</b> Accepting new patients</p>

<p><b>The Northwest Center</b></p> <p>2702 Ontario Rd NW, WDC 20009</p> <p>P: 202-483-7008</p> <p><a href="http://www.northwestcenter.net/">http://www.northwestcenter.net/</a></p>	<ul style="list-style-type: none"> <li>• Provides prenatal and postnatal support resources, counseling, education, health education referrals, transitional housing for pregnant women, and case management.</li> <li>• Does not offer Cognitive Behavioral Therapy but their social workers can make the appropriate referral if necessary.</li> <li>• Services are for pregnant women and up to three months postpartum.</li> </ul> <p>Languages: English/Spanish/Amharic</p>	<p>Women of childbearing age – until child is 2 and half years old.</p>	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> Provider or patient can call directly or schedule an appointment online.</p> <p><b>Availability:</b> &lt;1 week</p>
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### Parenting and New Mother Groups

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>The Breastfeeding Center of Greater Washington DC</b></p> <p>1020 19<sup>th</sup> St, Suite 150 WDC 20036</p> <p>202-293-5182 Farragut- West (blue/orange/silver) Farragut- North (red)</p> <p>Bus: 42,43,L2,N2,N4,N6, 820</p> <p><a href="http://breastfeedingcenter.org/">http://breastfeedingcenter.org/</a></p>	<ul style="list-style-type: none"> <li>• Provides one on one prenatal, lactation, and follow-up consultations with experienced IBCLCs that can take place in office, in home or over skype. Phone consultations are also available.</li> <li>• Provides a variety of classes on topics including breastfeeding, childbirth, infant sleep, baby care, nutrition and much more.</li> </ul> <p>Languages: English</p>	<p>Women of child-bearing age</p>	<p><b>Insurance:</b> Most Aetna and United plans accepted. Reserved spots in paid classes for moms on Medicaid or WIC to take for free. Also offers 1 free lactation consultation for moms on Medicaid. If follow-up is needed, moms can utilize our volunteer trade program (2 hours of volunteer time in exchange for one consultation). For low-income moms not on Medicaid, we offer the volunteer option to everyone (and for classes too) and offer payment on a sliding scale based on income.</p> <p><b>Referral:</b> Fill out online referral form to schedule appointment.</p>
<p><b>East of the River Lactation Support Center</b></p> <p>2101 Martin Luther King Jr. Ave. SE WDC 20020</p>	<ul style="list-style-type: none"> <li>• Provides prenatal breastfeeding education classes, community lactation support services, Mom-to-Mom Breastfeeding support groups, Back-to-Work Breastfeeding consults</li> <li>• Prenatal classes for breastfeeding: 1<sup>st</sup> and 3<sup>rd</sup> Thursday</li> </ul>	<p>Women of child-bearing age</p>	<p><b>Insurance:</b> Free but call to confirm schedule of events.</p>

<p>Bus:90, A33, B2, P6, V2 Metro: Anacostia station (green)</p> <p>P: 202-476-6941</p> <p>Email: <a href="mailto:lactationsupport@cnmc.org">lactationsupport@cnmc.org</a></p>	<p>of every month from 1-3pm</p> <ul style="list-style-type: none"> <li>• Moms got milk club for breastfeeding moms: 2<sup>nd</sup> Thursday for every month from 1-2pm.</li> <li>• Hours are Monday-Friday, 8am-4:30pm</li> </ul> <p>Languages: English and translation through language line</p>		
<p><b>The Family Place</b></p> <p>3309 16<sup>th</sup> St NW, WDC 20010</p> <p>P: 202- 265- 0149 <a href="http://www.thefamilyplacedc.org/">http://www.thefamilyplacedc.org/</a></p>	<ul style="list-style-type: none"> <li>• Provides diapers and food</li> <li>• Provides a domestic violence support group, case management, referrals and emergency services (food, clothing, diapers).</li> </ul> <p>Languages: English/Spanish</p>	Children and adults	<b>Insurance:</b> Free but call to confirm schedule of events.
<p><b>Latin American Youth Center</b></p> <p>1419 Columbia Road NW WDC 20009</p> <p>Columbia Heights Metro Station – Green/Yellow Bus: 52, 53, 54, H1, H2, H3, H4</p> <p>P:202-319-2225</p> <p><a href="http://www.layc-dc.org/">http://www.layc-dc.org/</a></p>	<ul style="list-style-type: none"> <li>• Services include prenatal and parenting classes with stipends, food, childcare, transportation and mentorship</li> <li>• Core Service Agency that provides assessment; individual, group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support.</li> <li>• Provides Child-Parent Psychotherapy (CPP).</li> </ul> <p>Languages: Spanish</p>	11-Parents aged 24 years and under	<p><b>Insurance:</b> For DC residents: DC FFS Medicaid, Trusted, and AmeriHealth. For MD residents: MD Medicaid, UnitedHealth care. Also CareFirst, Aetna, Cigna, United Healthcare. Sliding scale fee available or qualifying individuals. <b>Referral:</b>Form can be found online. <b>Availability:</b> Assessments ~1 month, Psychiatry ~2 weeks after assessment. Spanish sessions have longer wait.</p>
<p><b>Mamatoto Village</b></p> <p>311 47<sup>th</sup> Street, NE WDC 20019 Bus: U5, U8, 96, 97, W4 Benning Road- Blue/Silver</p> <p>P: 202-248-3434</p> <p><a href="http://www.mamatotovillage.org">www.mamatotovillage.org</a></p>	<ul style="list-style-type: none"> <li>• Provides expectant and new mothers with expansive ancillary and wraparound services in addition to classes and groups. Groups include: <ul style="list-style-type: none"> <li>○ <b>Childbirth:</b> 1- Day intensive course</li> <li>○ <b>Breastfeeding Essential</b></li> <li>○ <b>Your Happiest Baby- Baby Care Basics</b></li> <li>○ <b>Belly Strides</b> fitness class. Every 2<sup>nd</sup> &amp; 4<sup>th</sup> Saturday</li> <li>○ <b>Mama Mingles</b> meet-up with other expectant and new mothers. Bi-weekly mingles group to share joys and challenges of motherhood. Must have a child 3 months or less. Every 2<sup>nd</sup></li> </ul> </li> </ul>	Child-bearing age women	<p><b>Insurance:</b> AmeriHealth Caritas DC, MD Medicaid, Amerigroup DC, and Trusted Health Plan members are covered by insurance. For class fees refer to the website.</p> <p>No one will be turned away. Contact us if you are experiencing financial burden.</p> <p>Class sign up: <a href="http://www.bookwhen.com/mamatoto">www.bookwhen.com/mamatoto</a></p>

	<p>Wednesday. Also offers other resources like food and diapers. Languages: English</p>		
<p><b>Medstar Washington Hospital Center Teen Alliance for Prepared Parenting (TAPP) Program</b></p> <p>110 Irving St NW Washington, DC 20010 Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 202-877-0755</p> <p><a href="https://www.medstarwashington.org/our-services/womens-health/treatments/maternity-services/teen-alliance-for-prepared-planning/">https://www.medstarwashington.org/our-services/womens-health/treatments/maternity-services/teen-alliance-for-prepared-planning/</a></p>	<ul style="list-style-type: none"> <li>TAPP is a comprehensive program that provides a unique mix of clinical and psychosocial services, to help young parents avoid unintended subsequent pregnancy during adolescence; continue and complete their education; master life management skills and improve the future for their children.</li> <li>Part of DC diaper bank and provide with 50 free diapers each month.</li> <li>Transportation (with insurance companies) can be arranged and food will be provided. Gift cards available to enrolled TAPP patients and receive services.</li> </ul> <p>Languages: English and phone line interpreter</p>	Adolescents who are pregnant, must be age 21 or younger to enroll	No cost for group but call ahead to confirm date and time. All wrapped under OBGYN clinic (DC Medicaid, AmeriHealth, MD Medicaid, Medstar family choice Maryland)
<p><b>Metropolitan Doulas</b></p> <p>Classes in DC, Bethesda, and Arlington</p> <p>P: 301-643-6419</p> <p><a href="https://metropolitandoulas.com/">https://metropolitandoulas.com/</a></p>	<ul style="list-style-type: none"> <li>In addition to providing doula supports, Metropolitan Doulas offers a free postpartum preparation class.</li> <li>Class covers the following topics, what can you do before baby arrives to ensure success, what to expect in your newborn, what to expect – parents, local resources, a free planning worksheet, class length – 1.5 hours.</li> </ul> <p>Languages: English</p>	Child bearing age women	<p><b>Insurance:</b> Class is free.</p> <p><b>Referral:</b> Call 301-643-6419 to sign up.</p>
<p><b>Mindful Return</b></p> <p>Lori Mihalich-Levin - <a href="mailto:lori@mindfulreturn.com">lori@mindfulreturn.com</a></p> <p><a href="http://www.mindfulreturn.com">www.mindfulreturn.com</a></p>	<ul style="list-style-type: none"> <li>Provides new mothers and new fathers with peer support and resources to help with the transition to working parenthood</li> <li>Three new groups start every other month: (1) for new working moms; (2) for new working dads; and (3) for new working moms with special needs babies and toddlers.</li> </ul> <p>Languages: English</p>	All parents	\$199 for 4-week program. New session starts every other month. Ability to register online; 50 employers offer as parental leave benefit.
<p><b>Momease</b></p> <p>110 Irving St. NW WDC 20010 Bus: 80, D8, H1, H2, H3, H4</p>	<ul style="list-style-type: none"> <li>Classes for expectant parents, new parents and their families offered through Momease at Washington Hospital Center, Rosslyn, Chevy Chase and Medstar Georgetown University Hospital. Classes include CPR, baby care basics, breastfeeding, child birth classes (lamaze class), appropriate sleep training, and infant</li> </ul>	Child-bearing age women	<p>Prices vary depending on class (\$40-\$225). Sliding scale options available.</p> <p>Register and pay online for classes.</p>

<p>P: 703-739-2832  <a href="http://momease.com/">http://momease.com/</a></p>	<p>massage. Languages: English</p>		
<p><b>Postpartum Support International</b>   Nina Ashford  P: 202-643-7290  <a href="mailto:info@postpartumdc.org">info@postpartumdc.org</a></p>	<ul style="list-style-type: none"> <li>Twice-monthly peer support group in Tenleytown neighborhood of NW DC (English)</li> </ul> <p>Languages: English/Spanish/French</p>	<p>Child-bearing age women</p>	<p>No cost for group or other services. Email or telephone communication with PSI volunteer is necessary before attending first group.</p>
<p><b>PACE</b>   All communication should go through the website: <a href="http://www.pacemoms.org/">http://www.pacemoms.org/</a></p>	<ul style="list-style-type: none"> <li>Provides educational and emotional support groups for new and second time around mothers in the DC area led by professional mental health educators. Groups begin when enough people register to make up a group of 10-12 women in a similar geographic area so groups have rolling start times. The sessions take place all over the DMV area in rented space from various churches and temples in the area. There are a few sites in northwest DC and one in southeast DC.</li> </ul> <p>Languages: English</p>	<p>New and second time mothers</p>	<p><b>Insurance:</b> None accepted. \$220-\$350 depending on chosen workshop. Scholarships available--no questions asked. When the mom registers, she can mention that she would like to be considered for scholarship funds. One of the registrars will contact her to discuss it.  <b>Referral:</b> Anyone can refer a new mom to the website and mothers should register themselves at <a href="http://www.pacemoms.org">www.pacemoms.org</a>.</p>
<p><b>Washington DC Public School New Heights Program</b>   1200 First Street, NE,  Washington, DC 20002   NoMa-Gallaudet/New York Ave (red)  Bus: 80, P6   P:202-442-5040   <a href="https://dcps.dc.gov/publication/new-heights-program-information">https://dcps.dc.gov/publication/new-heights-program-information</a></p>	<ul style="list-style-type: none"> <li>The New Heights Program for Expectant and Parenting Students provides expectant and parenting DCPS students (male or female) with the assistance, support and guidance they need to handle the responsibilities of raising a child and graduating from high school.</li> </ul> <p>Languages: English and Spanish</p>	<p>13+ DCPS students</p>	<p>Call to enroll.</p>
<p><b>Other Support Groups for Expectant/New Moms (not clinically led/based)</b></p>	<ul style="list-style-type: none"> <li><u>Mamistad</u>: Groups in DC and NoVA  <a href="http://www.meetup.com/Mamistad/">http://www.meetup.com/Mamistad/</a></li> <li><u>Moms on the Hill</u> (MOTH - A virtual and real-world community for parents living in Capitol Hill.)  <a href="https://www.facebook.com/pages/Moms-on-The-">https://www.facebook.com/pages/Moms-on-The-</a></li> </ul>	<p>Child-bearing age women</p>	<p>Mamistad – one-time fee of \$50 if placed in private group</p>

	<p><a href="https://www.hill/83988628593">Hill/83988628593</a></p> <ul style="list-style-type: none"> <li>• <a href="https://www.monamoms.org/">Mothers of North Arlington, VA</a> (MONA is a local social and support group for mothers)</li> <li>• <a href="https://www.monamoms.org/">Takoma Moms and Families Group</a> (free, meets weekly at a library) email takomamamas@gmail.com</li> </ul>		
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### Online Resources

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>Healthy New Moms: Maryland’s Maternal Mental Health Campaign</b></p> <p>Kari Gorkos, Director of Youth &amp; Family Programs P: 443- 901- 1550, ext. 215</p> <p><a href="https://healthynewmoms.org/">https://healthynewmoms.org/</a></p>	<ul style="list-style-type: none"> <li>• PMADs website and newsletters including crisis &amp; warm lines; support groups, family and partner resources, general childbirth resources, and research opportunities.</li> <li>• Comprehensive and current regional directory of support groups, resources, local organizations, and other clinical resources pertaining to perinatal mental health in Maryland.</li> </ul> <p>Languages: English</p>	Families	Free
<p><b>LactMed – Drugs and Lactation Database</b></p> <p><a href="http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a></p>	<p>Contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. Includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced.</p>	Child-bearing age women	Free
<p><b>Motherisk</b></p> <p>P: Helpline for mothers and health care providers: 1-877-439-2744</p> <p><a href="http://www.motherisk.org">www.motherisk.org</a></p>	<ul style="list-style-type: none"> <li>• Provides evidence-based information and guidance about the safety; or risk to the developing fetus/infant; of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents.</li> <li>•</li> </ul>	Child-bearing age women	Free
<p><b>MothertoBaby</b></p> <p>P: Helpline for mothers, health care professionals, and the general public: 1-866-626-6847</p> <p><a href="http://www.mothertobaby.org/">http://www.mothertobaby.org/</a></p>	<p>Provides evidence-based information about medications and other exposures during pregnancy and while breastfeeding.</p>	Child-bearing age women	Free

<b>Mothers and Babies Online Course</b> <a href="https://www.emb.health/">https://www.emb.health/</a>	<ul style="list-style-type: none"> <li>• An online program that teaches skills to manage changes in how you feel.</li> <li>• Designed for pregnant women, new mothers, and those who want to support them.</li> <li>• Languages: English and Spanish</li> </ul>	Child-bearing age women	Free
<b>DMV Perinatal Mental Health Resource Guide</b> <a href="http://www.dmvpmhresourceguide.com">www.dmvpmhresourceguide.com</a>	<ul style="list-style-type: none"> <li>• Comprehensive and current regional directory of specialized mental health providers, support groups, advocacy organizations, and other clinical resources pertaining to perinatal mental health.</li> <li>• It can be helpful to cross reference the list of providers with a list of in-network providers given by your insurance.</li> </ul>	Child-bearing age women	Free
<b>Smart Patients</b> <a href="https://www.smartpatients.com/">https://www.smartpatients.com/</a>	<ul style="list-style-type: none"> <li>• Free online support groups specializing in postpartum depression.</li> </ul>	Child-bearing age women	Free
<b>Text4Baby</b> <a href="http://www.text4Baby.org">www.text4Baby.org</a>	<ul style="list-style-type: none"> <li>• Parenting Support text messages</li> </ul>	Child-bearing age women	Free

### Research Studies

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<b>National Institute of Mental Health</b> <i>Behavioral Endocrinology Branch</i>  Annie Shellswick, LCSW-C P: 301-402-9207 <a href="mailto:annieshellswick@mail.nih.gov">annieshellswick@mail.nih.gov</a> <a href="https://www.nimh.nih.gov/labs-at-nimh/join-a-study/adults/adults-postpartum-depression.shtml">https://www.nimh.nih.gov/labs-at-nimh/join-a-study/adults/adults-postpartum-depression.shtml</a>	<ul style="list-style-type: none"> <li>• Series of outpatient studies to learn more about the cause of and effective treatments for PPD. Languages: English/Spanish</li> </ul>	Contact NIMH for details	No charge; participants may be compensated.

**Source:** DC Collaborative for Mental Health in Pediatric Primary Care’s Child & Adolescent Mental Health Resource Guide available at: <http://dchealthcheck.net/resources/healthcheck/mental-health-guide.html>

### UPDATES, QUESTIONS OR COMMENTS

Contact Sarah Barclay Hoffman at [SBHoffma@childrensnational.org](mailto:SBHoffma@childrensnational.org) or complete this form to provide feedback:  
<https://cri-datacap.org/surveys/?s=pi8ike9vu6>

# References and Acknowledgments

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