



Prenatal Visits are Critical Opportunities for Mental Health Screenings and Referrals



Developed by the Nebraska PRAMS Prenatal Care Work Group

www.dhhs.ne.gov/prams

Prenatal care visits are an important place to assess mental and physical health.

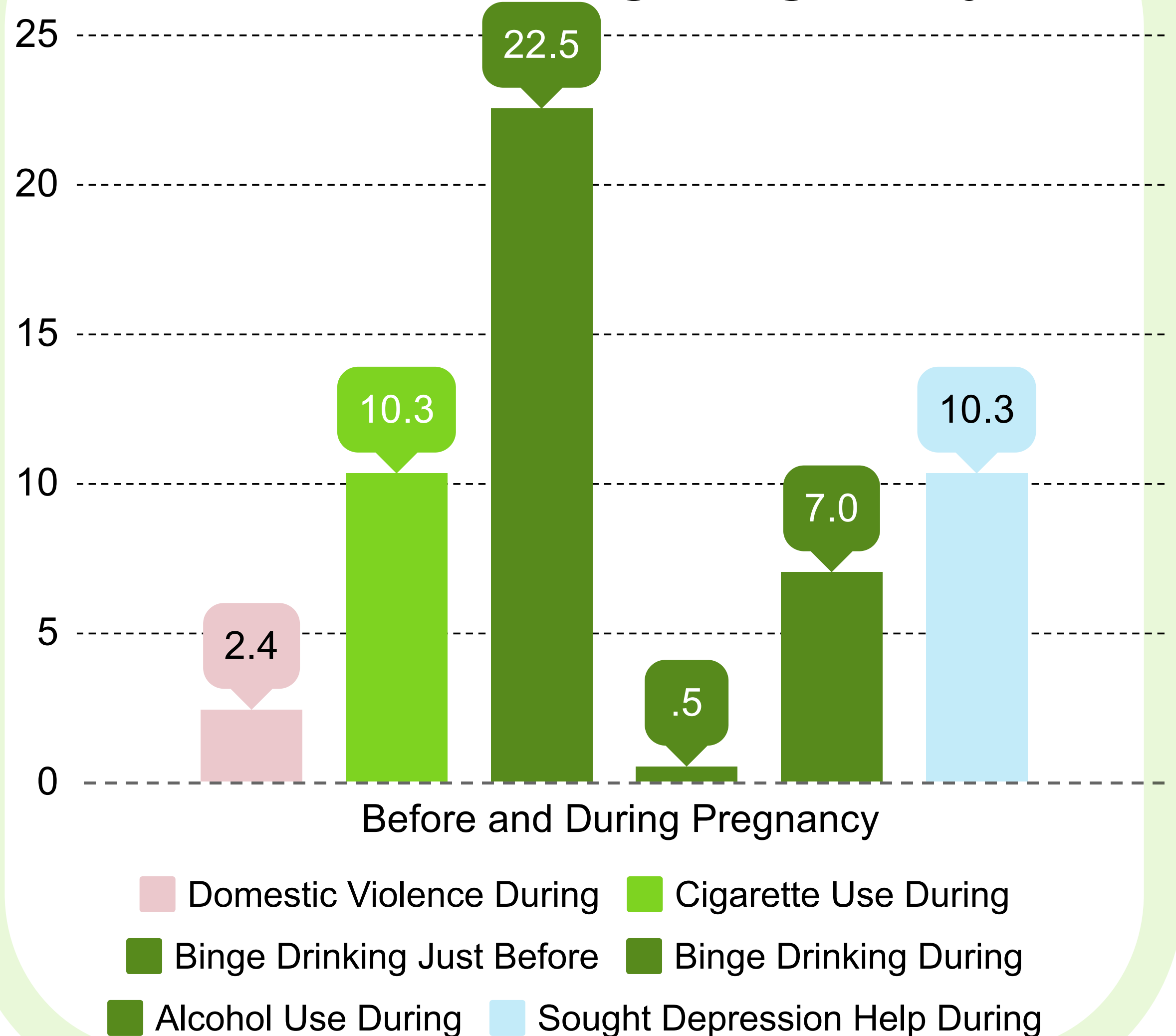
Women experiencing depression, substance use, or domestic violence benefit from referrals provided during prenatal care visits.

Regardless of income, race, appearance, etc. All women have the potential to experience these issues.

Assessing risk and providing critical referrals for care can provide women with opportunities to safely prepare their world for their new baby.

ALL women should be screened.

Mother Reported Experience Before or During Pregnancy



During prenatal care visits, mothers had conversations with providers. During these conversations, mothers reported that...



52.5% of providers talked about physical abuse

64.2% of providers talked about illegal drugs

70.0% of providers talked about smoking

72.1% of providers talked about drinking alcohol

77.2% of providers talked about depression

Recommended Prenatal Care Screenings

Depression

Center for Epidemiological Studies Depression Scale - Revised (CES-D R).

Antenatal Risk Questionnaire (ANRQ).

Edinburgh Postnatal Depression Scale (EPDS).¹

Domestic Violence

Abuse Assessment Screen

Antenatal Risk Questionnaire (ANRQ)*
*Should be used with the EPDS

*Brain injury can be assessed using the HELPS TBI screening tool

Substance Use

Alcohol Use Disorders Identification Test - C (AUDIT-C).

Drug Abuse Screen Test (DAST-10).

Screenings should be done with adequate systems in place to ensure accurate diagnosis, effective referrals and treatment, and appropriate follow-up are available to all women.²

Hyperlinks to these screening tools can be accessed at http://dhhs.ne.gov/publichealth/Pages/prams_reports.aspx

¹ This screening is appropriate for use before or after a woman gives birth. It is recommended to be completed before and after birth. (Ideal use of this screening tool for postnatal women is 6-12 weeks after birth.)

² U.S. Preventive Services Task Force. July 2017. "Published Recommendations" <https://www.uspreventiveservicestaskforce.org/BrowseRec/Index>

Referral Resources in Nebraska

Nebraska is large and available services vary by location. These resources can provide information about the services available in your area.

Healthy Mothers, Healthy Babies Helpline

1-800-862-1889



healthy mothers, healthy babies

Nebraska Rural Response Hotline

1-800-464-0258

Nebraska Behavioral Health Network of Care

http://dhhs.ne.gov/behavioral_health/Pages/networkofcare_index.aspx



Any Problem. Any Time.

1-888-866-8660

A woman's health can be severely impacted by these issues before, during, and after pregnancy.

Providing referrals for care may be **life saving.**

Don't forget to do these screenings at the postpartum visit too!

NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES

This resource is designed for health staff who have contact with pregnant women.

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