**Ideal Work Flow: Screening for Postpartum Depression/Anxiety in Well-Child Visits using PHQ9**

1. **Parent and child arrive**
   - Every parent accompanying a child to a well-child check for the 6 month visit or earlier visit receives a PHQ9 tool to fill out while waiting for appointment.

2. **Roaming staff collects the tool, and helps parent to complete it if needed. Then roaming staff scores the tool and gives it, with score and notation on #10 (harm) to the provider. Provider reviews before beginning visit.**

3. **Is there a risk of self-harm or infant harm or positive on #9?**
   - **YES**
     - Risk of self harm or infant harm:
     - Implement clinic crisis plan:
       - Staff call for mental health urgent appointment.
       - Collaborate with parent to find supportive adult to join them, and secure childcare.
       - Contact parent's primary care provider.
       - Document.
       - *If no clinic crisis plan exists call 911*
     - Result negative:
       - Follow up with parent to see if they have received care within 3 days.
       - Help problem solve issues with accessing appropriate care.
       - Document response.

   - **NO**
     - PHQ9 Score:
       - 5 or less
         - Parent does not seem depressed/anxious. Administer EPDS at next appropriate visit.
       - 5-9
         - Parent at risk for depression or anxiety.
         - Educate about PPD/A.
         - Give access to PHQ9, for self screen and know 9 or higher warrants visit to primary care.
         - Give My Wellbeing Plan.
       - 10 or more: Likely parent is depressed/anxious. Needs further evaluation.
         - Make warm referral back to parent's primary care provider and/or previous mental health care provider OR OB/GYN— for appointment in next 2 weeks.
         - If no existing care provider, make referral to a new primary care provider, and/or behavioral health (if to behavioral health, notify primary care).
         - Make warm referral to family home visiting.

4. **Result negative:**
   - Routine care

**Note:**
- Maternal and Child Health Section
- http://www.health.state.mn.us/divs/cfh/topics/ppda
- Phone: (651) 201-8780
- Oct 2015

**Logo:**
- Minnesota Department of Health