

# Coos Coalition for Young Children and Families

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## **Indicators for Maternal Depression:**

1. % / #'s of mothers who receive evidence-based screening for maternal depression using a standardized tool
2. % / #'s of mothers identified with depressive symptoms who receive referral and treatment if indicated

## **What are the symptoms of depression?**

- Depressed mood, feeling down
- Decreased interest / pleasure
- Sleep disturbance
- Eating / appetite disturbance
- Feeling bad about self
- Trouble concentrating
- Fatigue
- Psychomotor agitation or retardation
- Thoughts of death / suicide

*50-80% of all mothers experience what many call “Maternity (Baby) Blues”, characterized by transient depressed mood, irritability, tearfulness, anxiety, fear, confusion, usually beginning a few days after birth and ending within a couple weeks. Functioning is not impaired and reassurance / support is sufficient for treatment*

## **How common is clinical depression?**

- In any given year, @ 7% of all adults experience depression – @ 13% of women
- 20% of women will experience clinical depression in their lifetime

## **Who is at highest risk?**

- Women in childbearing years – At least 33% experience symptoms of depression
- Mothers with young children, less income (prevalence doubled), and / or less education
- 40-60% of parenting teens / low income mothers experience depressive symptoms
- Low income women with young children have a prevalence of depression estimated @40 % (Zero-Three)
- Early Head Start mothers – rates as high as 48% (Zero – Three)
- When mothers experience postpartum depression, 25-50% of fathers also depressed

## **When is the risk greatest?**

- Rates for “minor” depression peak 2-3 months postpartum
- Major depression rates peak 6 weeks postpartum

## **Why is screening for Maternal Depression important for improving social and emotional outcomes for children birth-5 in Coos County?**

- Maternal depression is the second major reason (after childbirth) for hospitalization of women in the U.S. (Zero-Three)
- Infants living in neglectful environment exhibit MRI visible changes to frontal lobe

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- Maternal depression impacts bonding, attachment, school readiness, and complete range of development – emotional, social, intellectual / cognitive, language, physical.
- By 2 months, infants exhibit decreased ability to self regulate, are less likely to look at mother, interact, and even be active
- Increased exposure over time makes symptoms in child more persistent – less responsive to later intervention.
- “Children of depressed parents have high rates of anxiety, disruptive and depressive disorders that begin early and often continue into adulthood” Weissman et al, Journal of the American Medical Association 2006
- Up to 50% of children of parents with serious depression will also experience depression

### **What is happening now in Coos on maternal depression screening-(organizations involved, strategies/activities currently in place)?**

Maternal depression screening is currently available through:

- CC Family Health Services
- Child and Family Services
- Weeks Medical Center
- Indian Stream Health Center
- Northern Human Services
- Family Resource Center

Screening tools in use;

- PHQ-2 - 0-6 scale – 3 Optimal positive screening score (Kroenke, Spitzer, 2003)
  - 83% Sensitivity / @ 92% Specificity for Major Depression
  - 62% Sensitivity / 95% Specificity for any Depressive Disorder
- PHQ-9
- Edinburgh Depression screen

Treatment is available from medical providers, private mental health clinicians and Northern Human Services

### **How will the Coos Coalition strategic plan have an impact on screening and treatment for maternal depression?**

- Survey to determine where screening is taking place, how often, what tool, process for referrals
- Enhanced coordination of maternal depression screening throughout Coos
- Expanded maternal depression screening sites-early care and education programs, health fairs, well child visits
- Improved identification and follow up supports for mothers at risk
- Improved community awareness - importance of maternal depression screening
- Increased % of mothers with depression identified
- Increased % of mothers with depressive symptoms who receive referral and treatment, when indicated

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