

## Perinatal Mental Health Integration - Resource/Reference Guide for Providers

### Screening Tool

- **Edinburgh Postnatal Depression Scale (EPDS)**
  - English: <http://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>
  - Spanish: <https://www.mcpapformoms.org/Docs/EPDS%20Spanish.pdf>

### Provider Training

- **Mental Health First Aid**
  - <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>
- **Postpartum Support International**
  - <http://www.postpartum.net/>
- **Maternal Mental Health 101 Webinar by 2020mom**
  - <https://www.2020mom.org/free-intro-to-mmh/>

### Provider Resources – Recommendation/Opinion Statements and Guidelines

- **\*US Preventive Services Task Force Recommendation Statement**
  - <https://www.uspreventiveservicestaskforce.org/Page/Document/evidence-summary-primary-care-screening-for-and-treatment-of/depression-in-adults-screening1>
- **(See related article in New York Times)**
  - [http://www.nytimes.com/2016/01/27/health/post-partum-depression-test-epds-screening-guidelines.html?\\_r=0](http://www.nytimes.com/2016/01/27/health/post-partum-depression-test-epds-screening-guidelines.html?_r=0)
- **ACOG Committee Opinion**
  - <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Screening-for-Perinatal-Depression>
- **AAP news article on ruling on Medicaid coverage of maternal depression screening during well-child visits**
  - <http://www.aapublications.org/news/2016/06/21/MaternalDepression062116>
- **National Clinical Recommendations for Maternal Depression Screening, excerpted from a Report from the California Task Force on the Status of Maternal Mental Health Care**
  - <https://static1.squarespace.com/static/56d5ca187da24ffed7378b40/t/5a7ab34ff9619af057e15869/1517990735484/Screening+Tools-CATaskForce-4.17.pdf>
- **The Maternal Mental Health Continuum of Care: From Identification Through Treatment, excerpted from a Report from the California Task Force on the Status of Maternal Mental Health Care**
  - <https://static1.squarespace.com/static/56d5ca187da24ffed7378b40/t/5a7ab2c60852297925b6173f/1517990599139/Continuum+of+Care-CATaskForce-4.17.pdf>

### Provider Resources – Support/Treatment Resources

- **Directory of Community Mental Health Centers in Kansas**
  - <http://www.acmhck.org/about-us/cmhc-directory/>

- **Postpartum Support International**
  - <http://www.postpartum.net/>
- **ACOG Depression and Postpartum Depression: Resource Overview**
  - <https://www.acog.org/Womens-Health/Depression-and-Postpartum-Depression>
- **“Depression in Mothers – More Than the Blues” – toolkit for Family Service Providers, by SAMHSA**
  - English: <https://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues/SMA14-4878>
  - Spanish: <https://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues-A-Tool-Kit-for-Family-Service-Providers-Spanish-Version-/SMA15-4878SPANISH>
- **A Menu of Treatment Options: Stepped Care, Evidence Based Prevention and Treatment Options for Maternal Mental Health, excerpted from a Report from the California Task Force on the Status of Maternal Mental Health Care**
  - <https://static1.squarespace.com/static/56d5ca187da24ffed7378b40/t/5a7ab318ec212d9f9b772a1a/1517990680981/Menu+of+Treatment+Options-CATaskForce-4.17.pdf>
- **Perinatal Psychiatric Consult Line – Support and Guidance for Medical Professionals**
  - <https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>
- **Support Groups in Kansas, by Wichita State University**
  - <https://supportgroupsinkansas.org/>

#### Provider Resources – Minnesota Department of Health Toolkit

- **Information for Health Professionals**
  - <http://www.health.state.mn.us/divs/cfh/topic/pmad/professionals.cfm>
- **Information for Family Home Visiting**
  - <http://www.health.state.mn.us/divs/cfh/topic/pmad/familyvisiting.cfm>
- **EPDS Screening Algorithm in the Pediatric Setting**
  - <http://www.health.state.mn.us/divs/cfh/topic/pmad/content/document/pdf/workflowepds.pdf>
- **Responding to a Positive Screen for Depression**
  - <http://www.health.state.mn.us/divs/cfh/topic/pmad/fvpositive.cfm>
- **Crisis Intervention Algorithm**
  - <http://www.health.state.mn.us/divs/cfh/topic/pmad/content/document/pdf/crisisalg.pdf>

#### Provider Resources – Related Resources

- **Kansas Association for Infant and Early Childhood Mental Health**
  - <http://www.kaimh.org/>
- **2020 Mom**
  - <https://www.2020mom.org/our-work/>
- **The Village**
  - <https://monarchks.org/thevillageict/>

## Patient Education Resources – Patient Handouts

- **Mom’s Mental Health Matters: Action Plan for Depression and Anxiety Around Pregnancy**  
Tear Pad (50 sheets per pad) (free)
  - English: [https://www.nichd.nih.gov/publications/pages/pubs\\_details.aspx?pubs\\_id=5889](https://www.nichd.nih.gov/publications/pages/pubs_details.aspx?pubs_id=5889)
  - Spanish: [https://www.nichd.nih.gov/publications/pages/pubs\\_details.aspx?pubs\\_id=5893](https://www.nichd.nih.gov/publications/pages/pubs_details.aspx?pubs_id=5893)
- **Moms' Mental Health Matters: Talk About Depression and Anxiety Around Pregnancy** (Postcard) (free)
  - English: [https://www.nichd.nih.gov/publications/pages/pubs\\_details.aspx?pubs\\_id=5890](https://www.nichd.nih.gov/publications/pages/pubs_details.aspx?pubs_id=5890)
  - Spanish: [https://www.nichd.nih.gov/publications/pages/pubs\\_details.aspx?pubs\\_id=5894](https://www.nichd.nih.gov/publications/pages/pubs_details.aspx?pubs_id=5894)
- **Mom’s Mental Health Matters: Happiest Time** (Poster) (free)
  - English: [https://www.nichd.nih.gov/publications/product/470?pubs\\_id=5888](https://www.nichd.nih.gov/publications/product/470?pubs_id=5888)
  - Spanish: [https://www.nichd.nih.gov/publications/product/474?pubs\\_id=5892](https://www.nichd.nih.gov/publications/product/474?pubs_id=5892)
- **Mom’s Mental Health Matters: Prepared for Anything** (Poster) (free)
  - English: [https://www.nichd.nih.gov/publications/product/469?pubs\\_id=5887](https://www.nichd.nih.gov/publications/product/469?pubs_id=5887)
  - Spanish: [https://www.nichd.nih.gov/publications/product/473?pubs\\_id=5891](https://www.nichd.nih.gov/publications/product/473?pubs_id=5891)
- **Depression During and After Pregnancy – A Resource for Women, their Families, and Friends** (Booklet)
  - English: [https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression During and After Pregnancy ENGLISH.pdf](https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression%20During%20and%20After%20Pregnancy%20ENGLISH.pdf)
  - Spanish: [https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression During and After Pregnancy SPANISH.pdf](https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression%20During%20and%20After%20Pregnancy%20SPANISH.pdf)
  - To order free print copies of this booklet, call the HRSA Information Center at **1-888-Ask-HRSA**
- **Postpartum Support International: Supporting Postpartum Families** (brochure)
  - English: <http://www.postpartum.net/wp-content/uploads/2014/11/EnglishBrochure.pdf>
  - Spanish: <http://www.postpartum.net/wp-content/uploads/2017/08/SpanishBrochure.pdf>
- **Pregnancy and Postpartum Resource Center** (brochure)
  - English: <https://www.kansasppd.org/wp-content/uploads/2016/02/Pregnancy-and-Post-partum-Resource-Center-Rack-Card-English-6-7-2017.pdf>
  - Spanish: <https://www.kansasppd.org/wp-content/uploads/2016/02/Pregnancy-and-Post-partum-Resource-Center-Rack-Card-Spanish-6-7-2017-imp.pdf>
  - For pre-printed and folded brochures, please call the PPRC at (866) 363-1300

## Patient Education Resources – Online Support

- **The Pregnancy and Postpartum Resource Center of Kansas**
  - <http://www.kansasppd.org/>
- **Postpartum Support International**
  - <http://www.postpartum.net/>

- **National Suicide Prevention Lifeline**
  - <https://suicidepreventionlifeline.org/>
  - Live chat: <https://suicidepreventionlifeline.org/chat/>
- **Beyond Blue**
  - <https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents>
- **Beyond Blue – Mental Health Checklist**
  - <https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/maternal-mental-health-and-wellbeing/mental-health-checklist-for-mums>
  - This could be an excellent opportunity to screen your participants online
- **2020 Mom**
  - <https://maureen-fura-iseh.squarespace.com/mmh-disorders>
- **The Village**
  - <http://monarchks.org/thevillageict/>

### Patient Education Resources – Related Websites, Resources and Videos

- **Social and Emotional Health – A Guide for Families with Children Birth to Age 8**  
by the Kansas Association for Infant and Early Childhood Mental Health
  - [http://www.kaimh.org/Websites/kaimh/images/A\\_Guide\\_for\\_Families\\_with\\_Children\\_Birth-8\\_Years\\_420515\\_7.pdf](http://www.kaimh.org/Websites/kaimh/images/A_Guide_for_Families_with_Children_Birth-8_Years_420515_7.pdf)
- **Baby Buffer** by the Kansas Chapter of the AAP, website plus video on homepage
  - <http://babybuffer.org/>
- **Brain Builders** video by the Alberta Family Wellness Initiative
  - <https://www.youtube.com/watch?v=23jDxNOdDCk>
- **The Road to Babyville**
  - <https://www.youtube.com/watch?v=margRRoqRJ0>
- **Speak Up When You're Down**
  - [https://www.youtube.com/watch?v=fV8EnIXA7q4&list=PLY94EwQioZsFXnW4Urp\\_Np6cmOwAP-Fwb&index=2](https://www.youtube.com/watch?v=fV8EnIXA7q4&list=PLY94EwQioZsFXnW4Urp_Np6cmOwAP-Fwb&index=2)
- **Healthy Mom, Happy Family**
  - <https://www.youtube.com/watch?v=qKOHIPsu6To>
- **Fathers Respond**
  - <https://www.youtube.com/watch?v=5uX-RAaA2G4>
- **Support Groups in Kansas**, by Wichita State University
  - <https://supportgroupsinkansas.org/>