



Power in Partnerships  
CONTRA COSTA COUNTY WIC  
Depression and Anxiety  
Project  
February 12, 2015

# Today's talk

- Why screen for depression?
- Description of the Contra Costa County WIC depression/anxiety screening, education, and referral program
- The Power of Partnerships—integrating depression and anxiety screening throughout the County system
- Funding and Sustainability
- Next Steps?



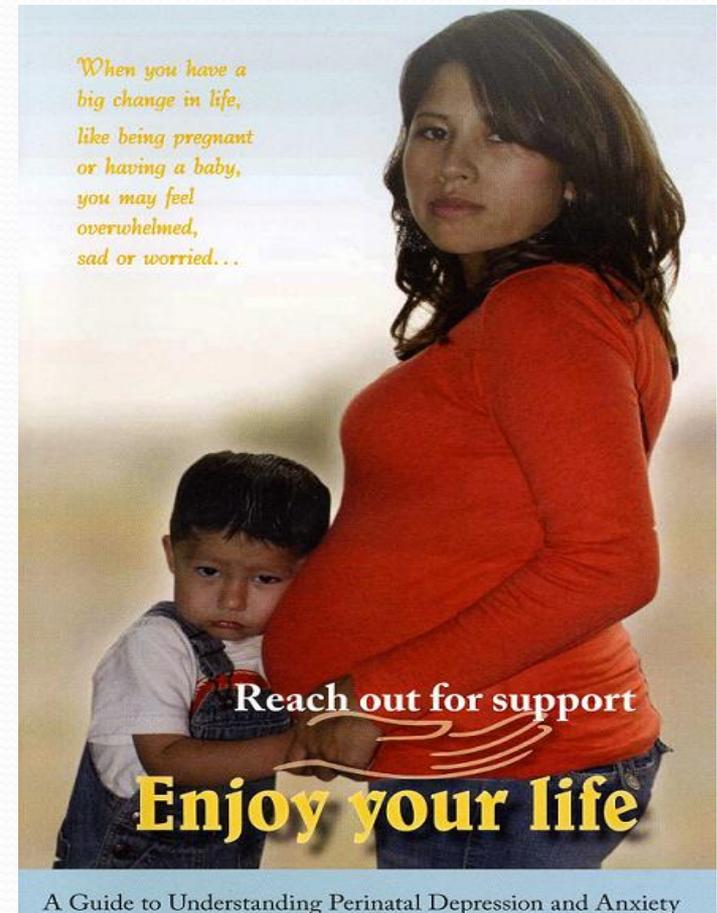
# WHY WIC?



**WIC** clients are high risk for depression and anxiety. WIC has the opportunity to screen, educate and refer all vulnerable clients for care.

# Depression and Anxiety Affects WIC Families

- About 15~21% of women experience depression/anxiety in pregnancy
- Depressed mothers are less likely to breastfeed or seek prenatal care
- When mothers have untreated depression, infants and children cry more, and have more behavioral problems
- Many depressed mothers do not receive help or treatment.



# Depression and Anxiety Impacts Infants and Children

- Difficulty in developing trusting relationships
- Impeded growth during first year of life
- Inactivity or hyperactivity
- Irritability
- Irregular sleep and feeding behaviors
- Lifelong decreased ability to handle stress



(Hammen, C and P. Brennan, Arch Gen Psychiatry, 2003;60:253-258)

# WIC Screening, Education and Referrals

- Screening for depression and anxiety using PHQ-4 +3
- Education on depression and anxiety in WIC classes
- Referrals for clients with a positive screen

**Patient Health Questionnaire**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Over the last 2 weeks, how often have you been bothered by the following problems?

Problem	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling tired, exhausted, or lacking energy	0	1	2	3
Difficulty concentrating	0	1	2	3
Moving or speaking so slowly that other people could notice	0	1	2	3
Feeling that you are a burden on others	0	1	2	3

How often do you have any of the following problems?

Problem	Not at all	Several days	More than half the days	Nearly every day
Worried, nervous, or anxious	0	1	2	3
Having trouble sleeping	0	1	2	3
Feeling sad, hopeless, or discouraged	0	1	2	3
Feeling that you are a burden on others	0	1	2	3

What have you done to help yourself feel better?

What are your thoughts about your health?

What are your thoughts about your baby's health?

What are your thoughts about your relationship with your partner?

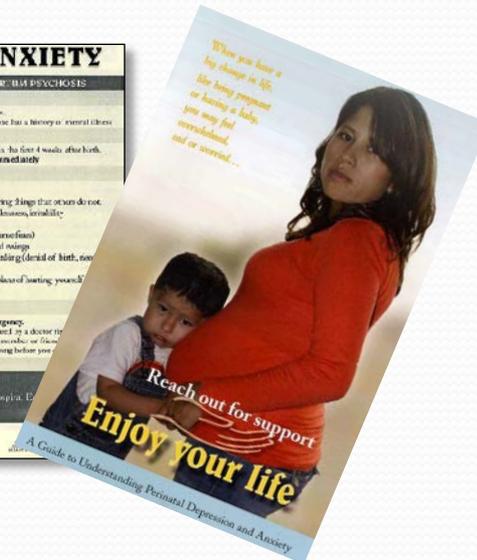
What are your thoughts about your support system?

What are your thoughts about your future?

What are your thoughts about your life?

**PERINATAL DEPRESSION AND ANXIETY**

POSTPARTUM "BLUES"	PERINATAL DEPRESSION AND ANXIETY	POSTPARTUM PSYCHOSIS
<b>How common is it?</b> It is common. 50-80% of women experience the blues. Can occur anytime in the first week, will be gone in 2-3 weeks.	<b>How common is it?</b> 1.5% - 3% of women, occurs often in weeks 1-8 after birth. Can occur anytime in pregnancy or first year. It can be gradual or sudden. Unless treated, it may not go away.	<b>How common is it?</b> 1-3 per 100 women. More often if someone has a history of mental illness.
<b>When does it start, how long does it last?</b> You are experiencing?	<b>When does it start, how long does it last?</b> You are experiencing?	<b>When does it start, how long does it last?</b> You are experiencing?
Feel sad or hopeless Little interest or pleasure in doing things You are overwhelmed or stressed You are worried or guilty You are tired or have too much energy You are irritable or angry You are unable to concentrate You are unable to do things you used to do	<input type="checkbox"/> Trouble concentrating, remembering, or making decisions <input type="checkbox"/> Withdrawing from friends and family <input type="checkbox"/> Loss of interest in having, feeding, or getting dressed <input type="checkbox"/> Having little or no energy about the baby <input type="checkbox"/> Eating too much or too little <input type="checkbox"/> Not feeling connected or successful <input type="checkbox"/> Trouble sleeping or sleeping too much <input type="checkbox"/> Thoughts about death or suicide	<input type="checkbox"/> Seeing or hearing things that others do not <input type="checkbox"/> Apoptosis, or delusions, or irritability <input type="checkbox"/> Confusion <input type="checkbox"/> Paranoia (extreme fear) <input type="checkbox"/> Extreme mood swings <input type="checkbox"/> Delusional thinking (denial of birth, non-ill baby) <input type="checkbox"/> Thoughts or plans of hurting yourself or the baby
<b>It's not your fault and you are not to blame!</b> Talk about how you are feeling. Find a supportive person to talk with - like another new mom. Reach out for support.	<b>It's not your fault and you are not to blame!</b> Talk about how you are feeling. Find a supportive person to talk with - like another new mom. Reach out for support.	<b>This is an emergency.</b> Needs to be treated by a doctor right away. Avoid family members or friends if something is wrong before you get help.
<b>Get help and information?</b> 1-800-773-6657 Postpartum Depression Hotline.org	<b>Get help and information?</b> 1-800-944-4773 Perinatal Support Line.org	<b>Get help and information?</b> Go to the Hospital, ER



*Screening and referring can assist mothers that might not otherwise receive treatment*

# Screening Form

## Patient Health Questionnaire-4

Given to mothers at enrollment or recertification appointments

Over the last 2 weeks, how often have you been bothered by the following problems?				
Would you say:	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
PHQ-4 Score: Add Columns				
How often do you feel happy, joy-filled and/or grateful?	Almost never	Sometimes	Most of the times	Almost always
Anyone trying to control, threaten, or hurt you (physically or verbally)	Yes	No	If yes, refer to programs for help.	
Are you concerned about the effects of Alcohol, Cigarettes or other Drug Use on you or your family?	Yes	No		

Questions 1-4 are totaled to screen for depression/anxiety on a 0-12 scale.

\*Question 5 is to affirm positivity and strengths \*\*\* Just starting in 2015

Questions 6 and 7 are to assess any immediate concerns.

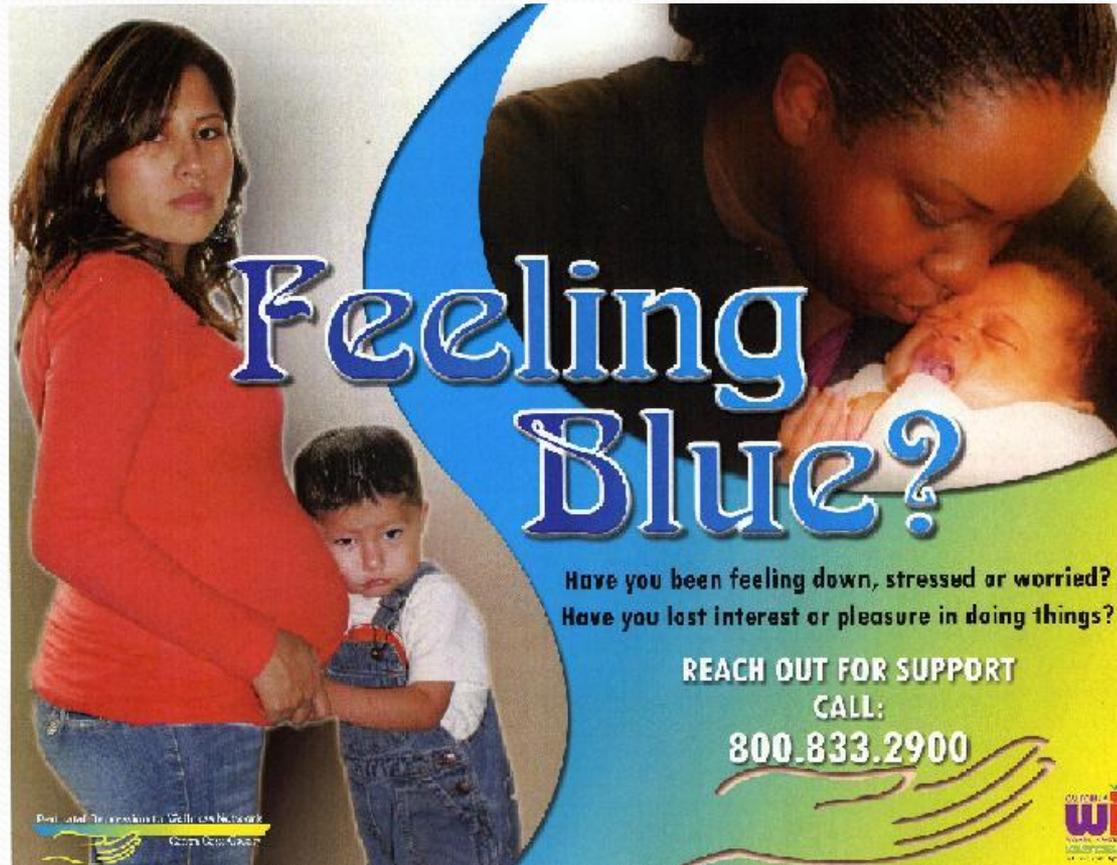
# Reasons cited for feeling down, stressed or worried

What causes you to feel down, stressed, or worried?

- I don't feel down, stressed, or worried
- Money issues
- Trying to cope with children (parenting problems)
- Health issues
- Housing concerns
- Relationship concerns
- Not enough sleep/tired
- Too much to do/ no time for me
- Unhappy with weight/body
- Safety concerns
- Drug/Alcohol issues
- Family loss/death
- Big changes in life (move, breakup, job change, new baby, pregnancy)
- I don't know/unsure
- Other \_\_\_\_\_

\*Clients **can** select multiple choices

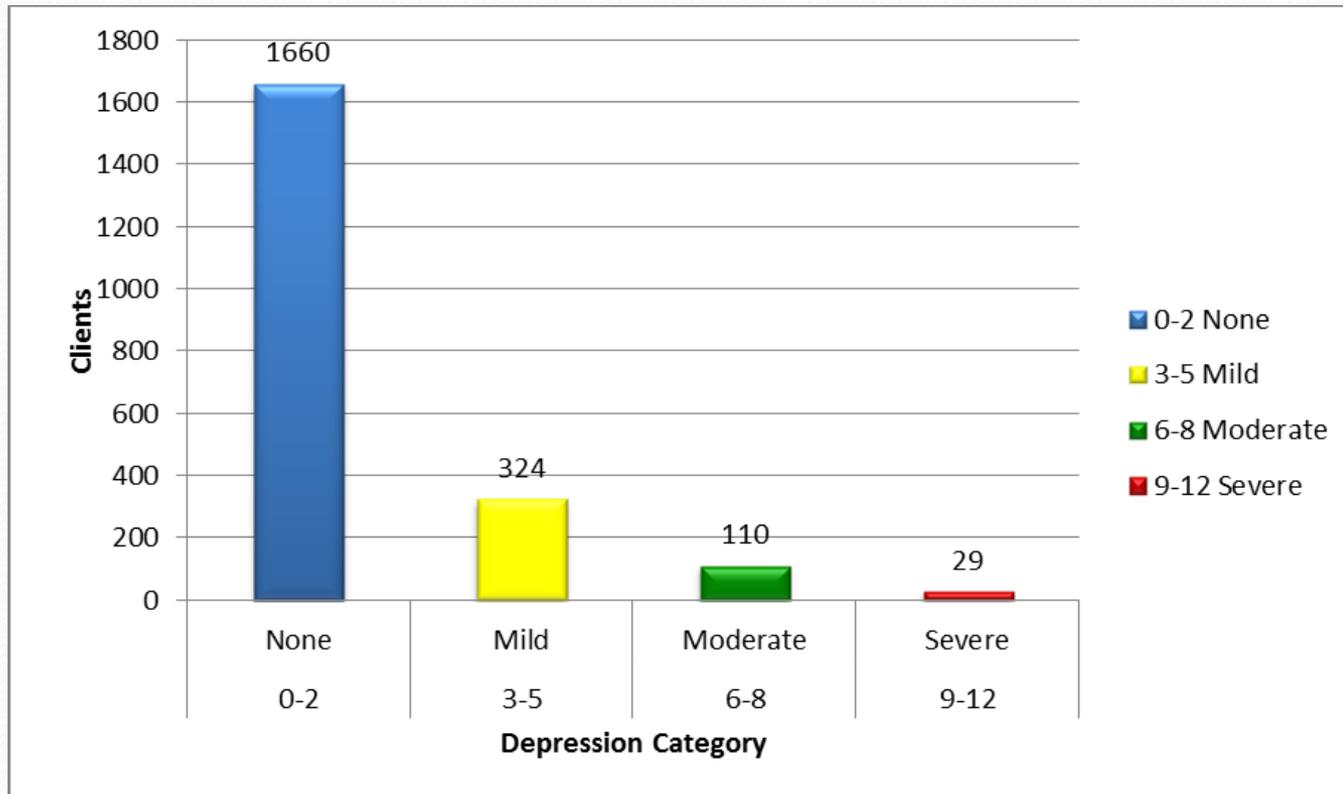
# Screening Poster



WIC posters use a modification of PHQ-2. WIC posters are displayed in community and health service offices. We changed the one word from hopeless to worried.

# What to Expect?

## Results of PHQ-4 Screening for April 2011



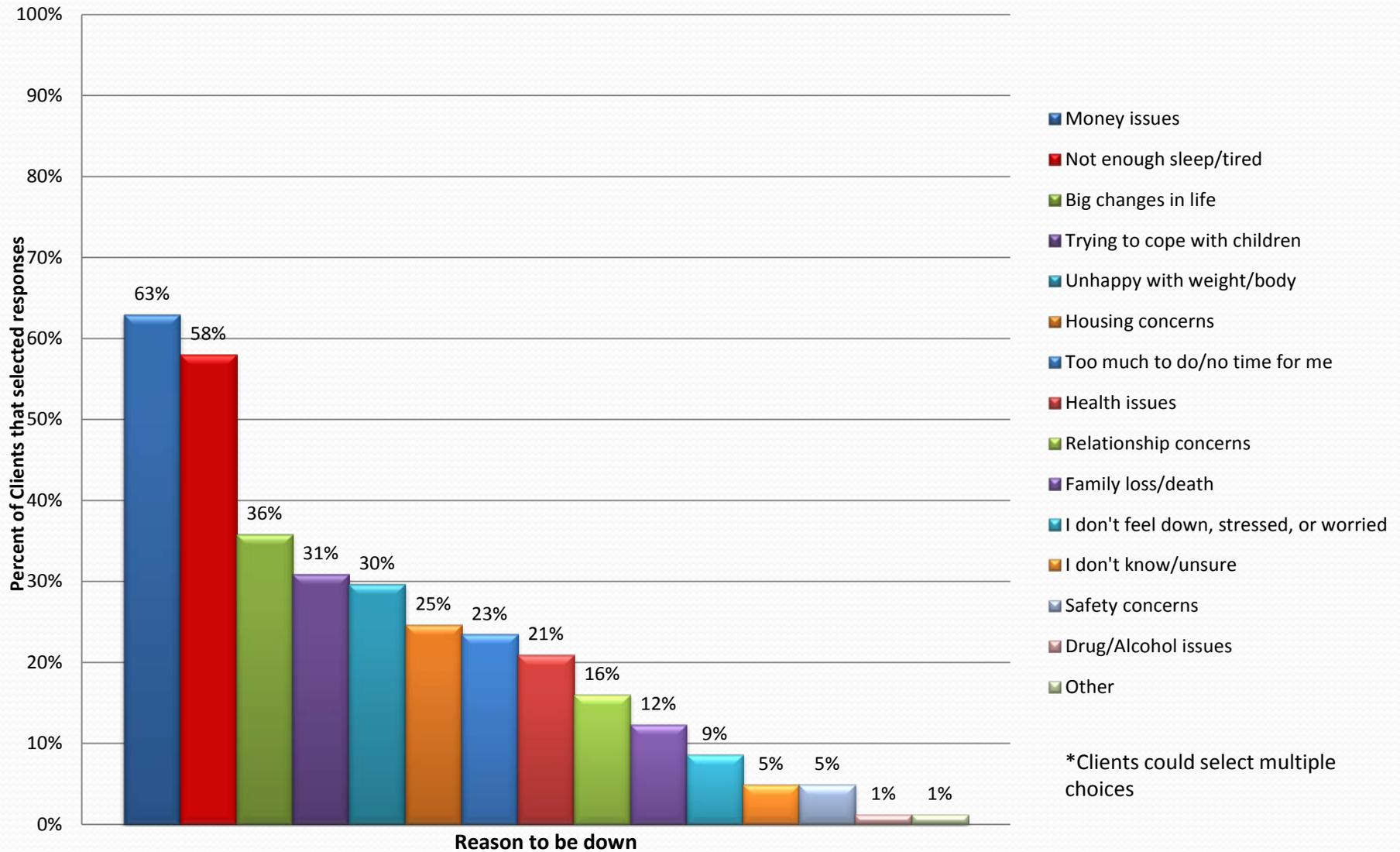
Score	Category	# of Clients	Percent
0-2	No Depression	1660	78%
3-5	Mild Depression	324	15%
6-8	Moderate Depression	110	5%
9-12	Severe Depression	29	2%

# FEAR

What do I do with clients that screen positive???



## Score 6 and above-Reasons to be down



\*Clients could select multiple choices



# What Happens to Women with Positive Screens at WIC?

<b>Score</b>	<b>WIC Procedure</b>
0-2 No Depression	Education in class, referrals or information as needed
3-5 Mild Depression	For anyone scoring above 2, open a conversation: “It looks like you are having some (depression, anxiety or stress) in your life right now. Sometimes you can feel better by getting some help. Can I offer you some information and/or referrals”? What would help you? Education in class , referrals- give handouts
6-8 Moderate Depression	<b>Offer referral to public health nurse. Follow-up with</b> nutritionist/home economist/WIC Nutrition Assistant in 1-3 months.
9+ Severe Depression	Call crisis line or mental health access line in office, as needed. <b>Follow-up with</b> nutritionist in 1-3 months. <b>Referral to public health nurse.</b>

# Is it Worth The Effort?

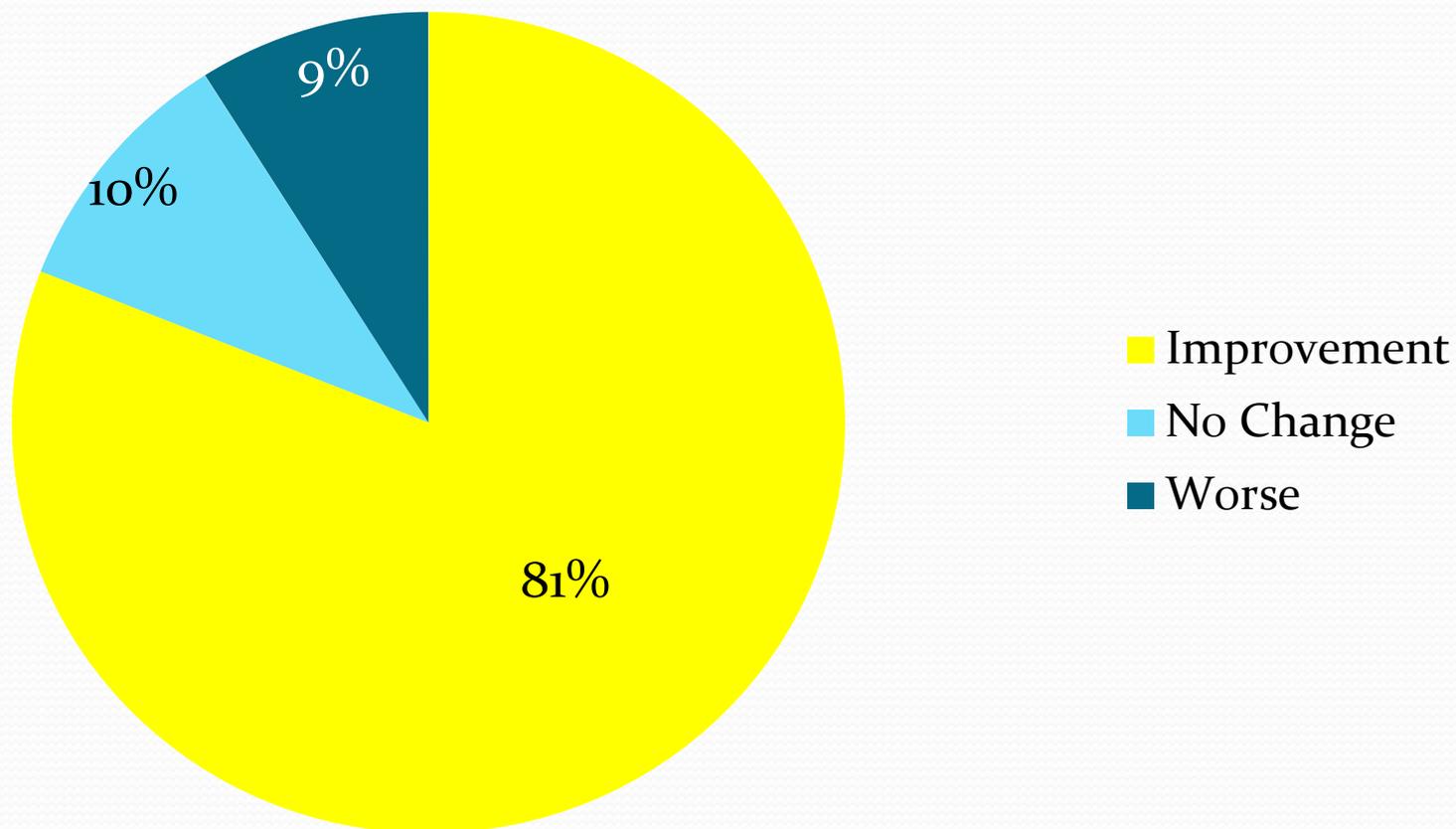
Screening for Depression and Anxiety Can Help



Is the program sustainable?

Did the scores of mothers with moderate or severe depression improve?

**Change from April 2011 screenings to July 2011  
follow up for 81 out of 139 women contacted**

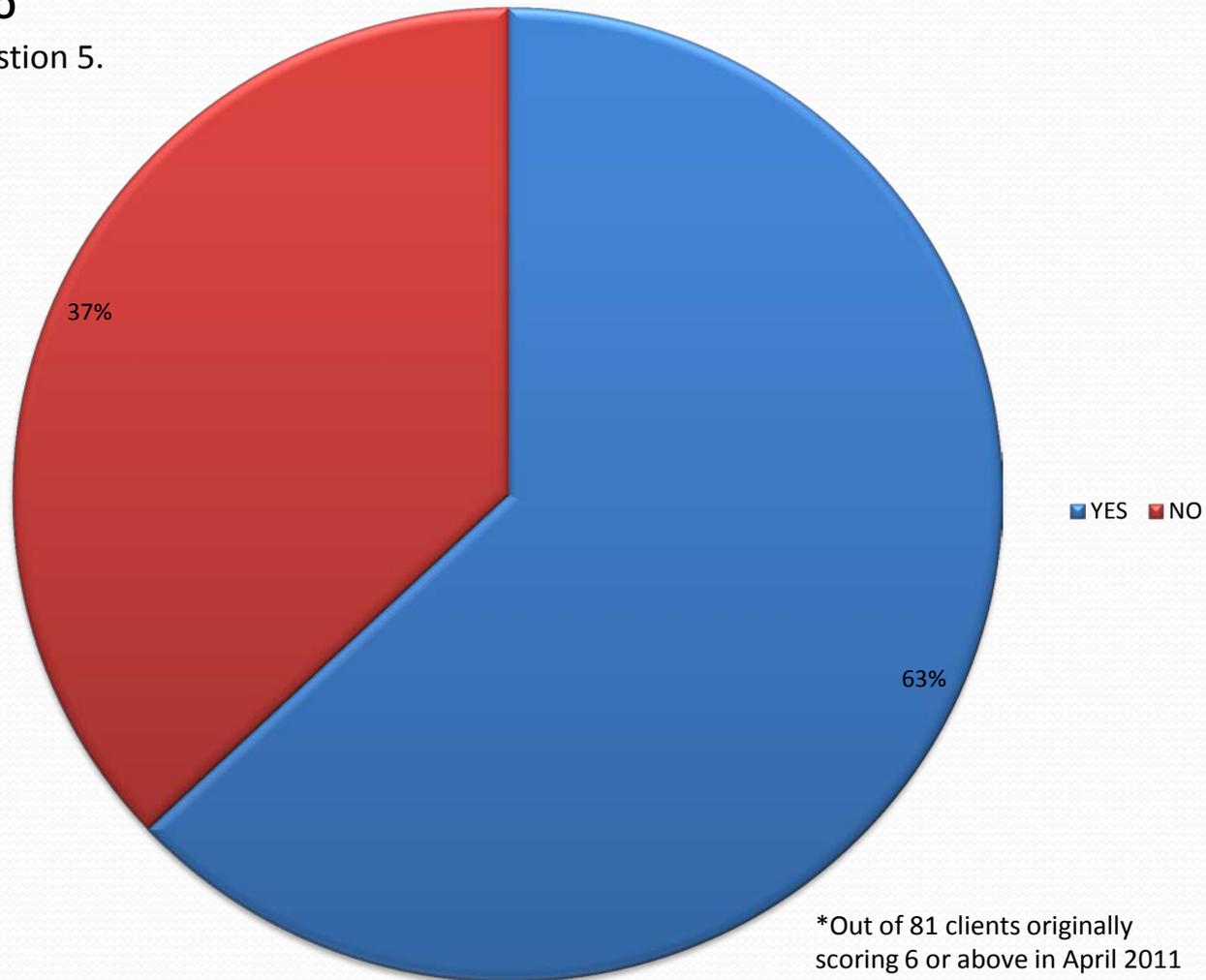


# Did WIC clients with scores 6 and above seek help?

1. *When you were feeling stressed or down, did you get any help?*

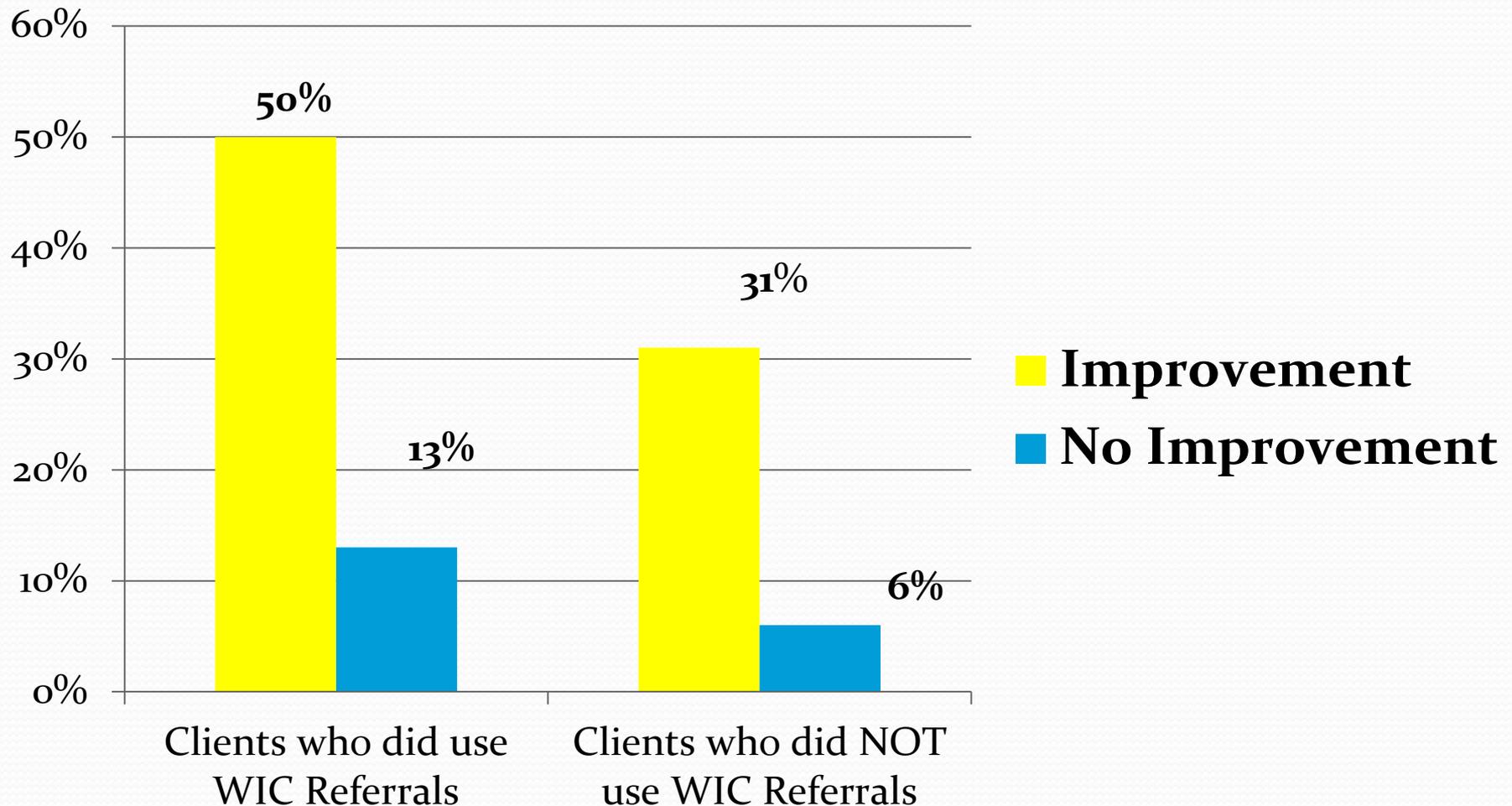
Circle YES or NO

If NO, skip to question 5.

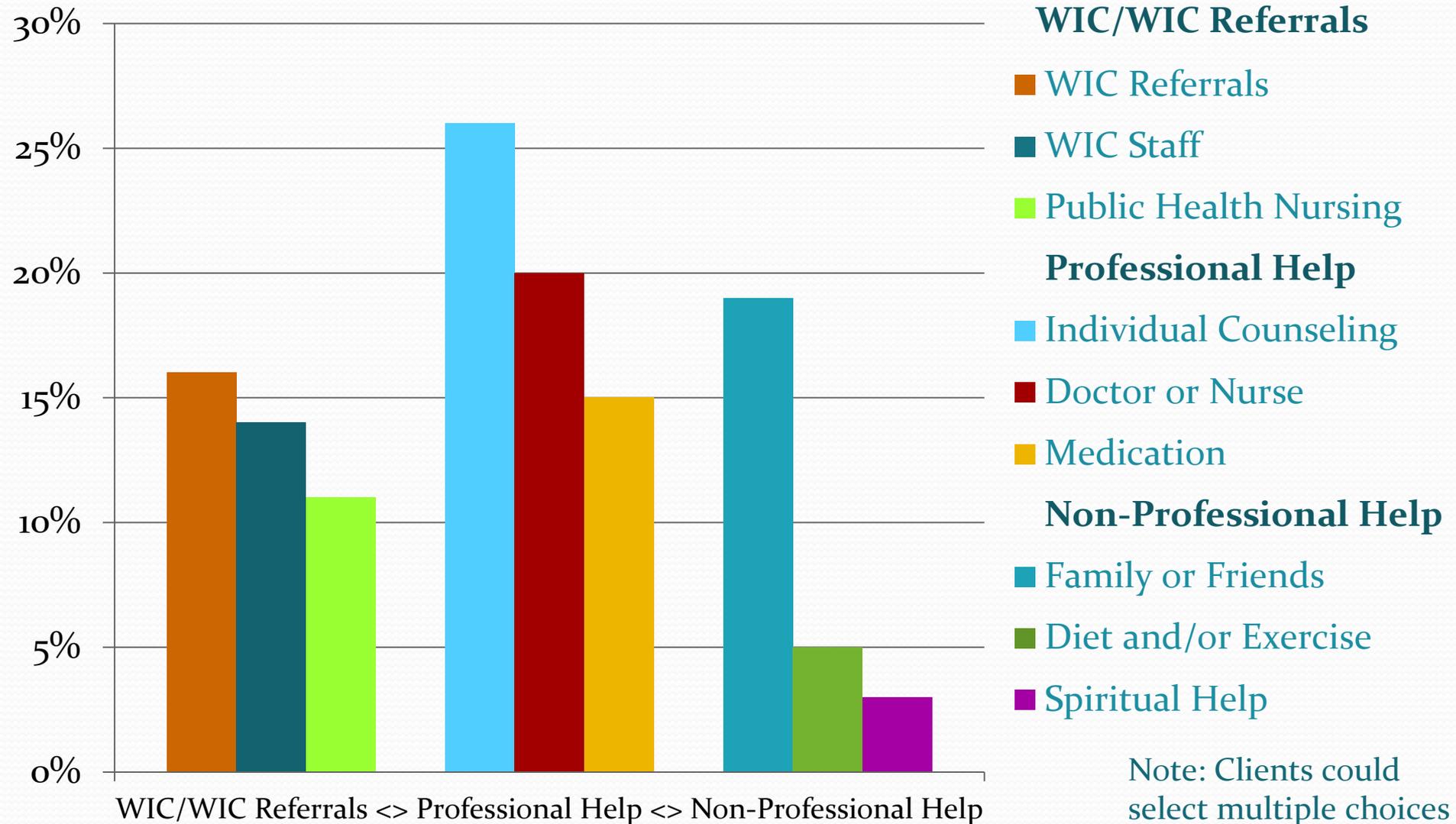


\*Out of 81 clients originally scoring 6 or above in April 2011

Comparison of the WIC clients with moderate to severe depression receiving help versus not receiving help



# What helped?



# Power in Partnerships



# Power in Partnerships

## Accomplishments

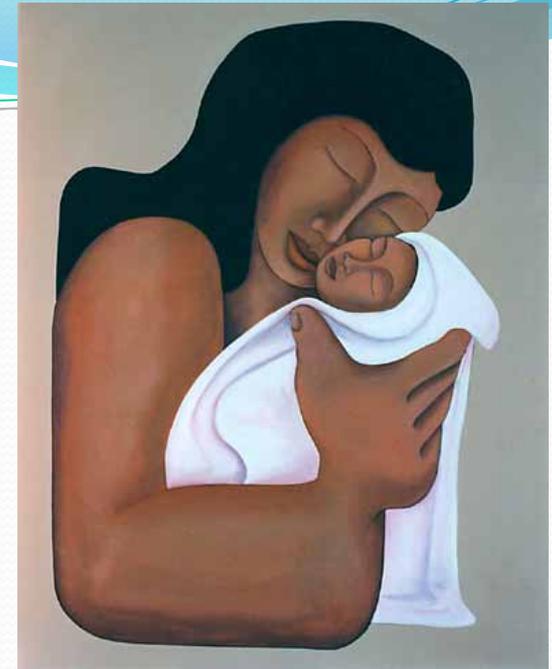


- ❖ Depression and Anxiety Screening in Family Practice and Healthy Start Clinics and Home Visiting
  - ❖ Referral System
- ❖ Perinatal Depression to Wellness Network
  - ❖ WELL Program (MHSA Innovative Grant)



# Women Embracing Life and Learning (WELL)

- This project is a collaboration between:
  - Contra Costa Mental Health
  - Public Health Nursing and
  - The Women, Infants and Children (WIC) program.
- Our goal is to reduce stigma, improve health outcomes, strengthen and support families and prevent serious mental illness.
- The team provides:
  - one-on-one and group counseling (Therapist and Public Health Nurse)
  - medication support as appropriate (Psychiatrist)
  - and referral and linkage to additional treatment as needed.





# Current Funding for WELL Mental Health Services Act, Innovation Component



WELLNESS • RECOVERY • RESILIENCE

- The passage of Proposition 63 (now known as the Mental Health Services Act or MHSA) in November 2004, provides increased funding, personnel and other resources to support county mental health programs and monitor progress toward statewide goals for children, transition age youth, adults, older adults and families\*.
  - These innovative programs accomplish one or more of the following objectives; i) increase access to underserved groups, ii) increase the quality of services, to include better outcomes, iii) promote interagency collaboration, and iv) increase access to services.
  - Innovation programs are time-limited; on-going funding sources must be identified for successful programs
- Talk with your local county representatives about Mental Health Services Act programming in your county.
  - \*[http://www.dhcs.ca.gov/services/mh/Pages/MH\\_Prop63.aspx](http://www.dhcs.ca.gov/services/mh/Pages/MH_Prop63.aspx)
  - \*\*<http://cchealth.org/mentalhealth/mhsa/#simpleContained3>

# Targeted Case Management (TCM) Funding

Targeted Case Management (TCM), is a federal funding source through the Medi-Cal program in California. It assists in funding Public Health Nursing activities and consists of comprehensive case management such as:

- Medical services
- Social services
- Educational services
- Other services



The MHSA funds, which are Prop 69 State funds, assists in funding the Public Health Nurses delivering TCM to WELL clients.

Talk with your county Local Governmental Agency (LGA) Coordinators about TCM programming in your count



# Lessons Learned

- 22% of low income mothers enrolled in WIC screen positive for mild to severe depression and/or anxiety
- Over half of WIC clients' depression started before pregnancy. Depression and/or anxiety may persist until clients get treatment
- Tools are available and staff can be trained to briefly screen and refer these mothers to program to get help
- Identifying depression and anxiety and providing education and referrals can improve mothers' emotional well-being
- Although the program was initially funded by the State WIC Program as a special project, the program has been sustained at WIC without additional funding. Funding through partnerships with Public Health Nursing and Mental Health Services has enhanced and improved our program.
- Look for the good and great in people. 78% of the clients were not depressed. Absence of depression is not an end, but only a beginning toward improving health and well-being in our clients.

# Next Steps

- Screen and affirm clients for happiness and resiliency.
- Look for funding to expand WELL to all WIC clinic sites

All Perinatal Depression Screening PDFs available online at:

<http://cchealth.org/wic/perinatal-depression/>

Screening Tools	Staff Protocol for Screening
Provider Resources	Provider Training PowerPoint Presentation
Brochure	Community Resource List
Class Handout	Follow-Up Phone Questionnaire
Posters	Perinatal Depression Logic Model



# POSITIVE COMMENTS

## From Clients

“My depression started with my first child. That was 4 years ago. I thought it was normal to feel down. I didn’t know that I could get help. I feel better again!”



# THE END

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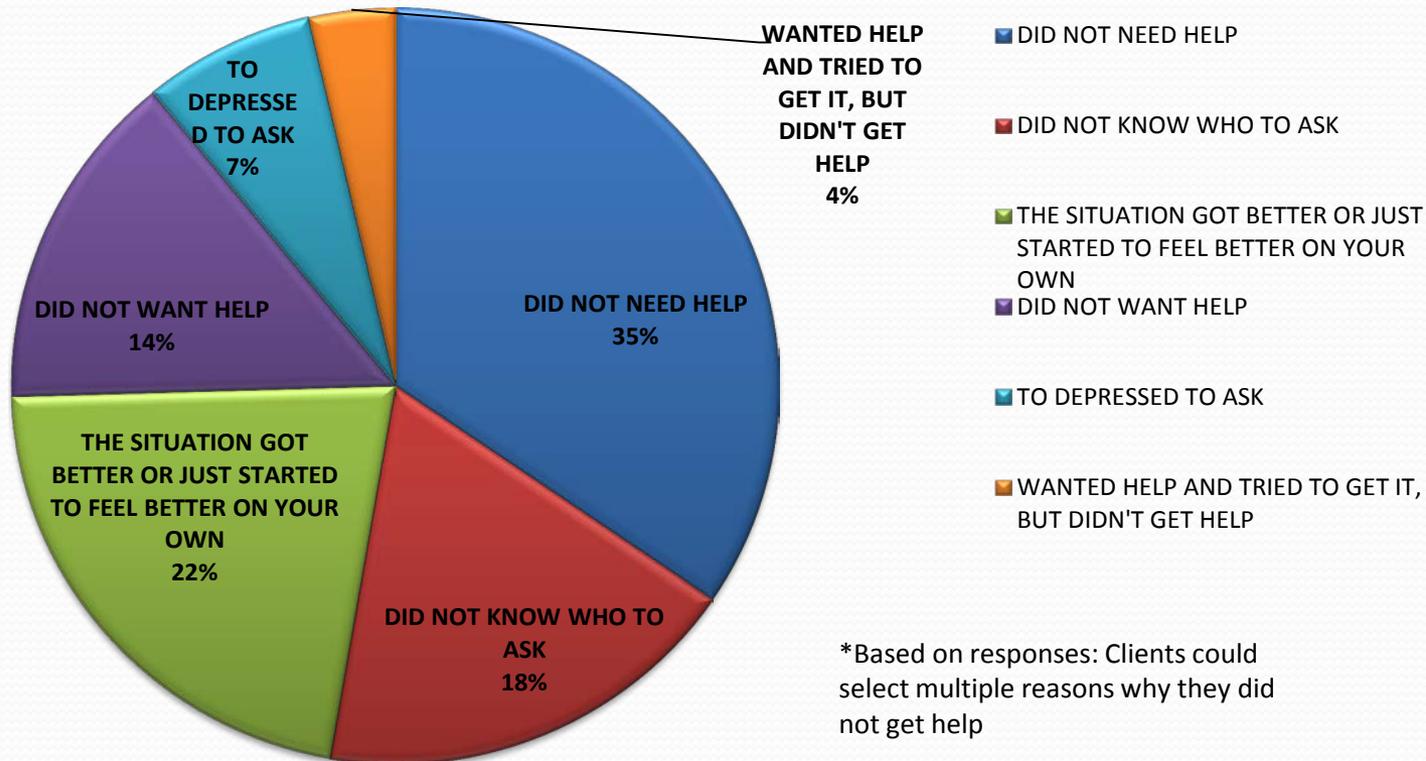
925-646-5145



# Why did Clients with scores 6 and above not get help?

## 1. If no, why did you not get any help? (Probe as needed)

- Did not need help?
- Did the situation get better or did you just start to feel better on your own?
- Did you feel you did not want help?
- Were you afraid of losing your kids if you asked for help?
- Were you too depressed to ask for help, or were you uneasy about asking for help?
- Did you want help and tried to get it, but didn't get help?
- Did you not know who to ask? (If yes, Probe: Did you get any phone numbers to call? YES or NO. If NO, skip to question 6.)



# Why Screen All WIC clients?

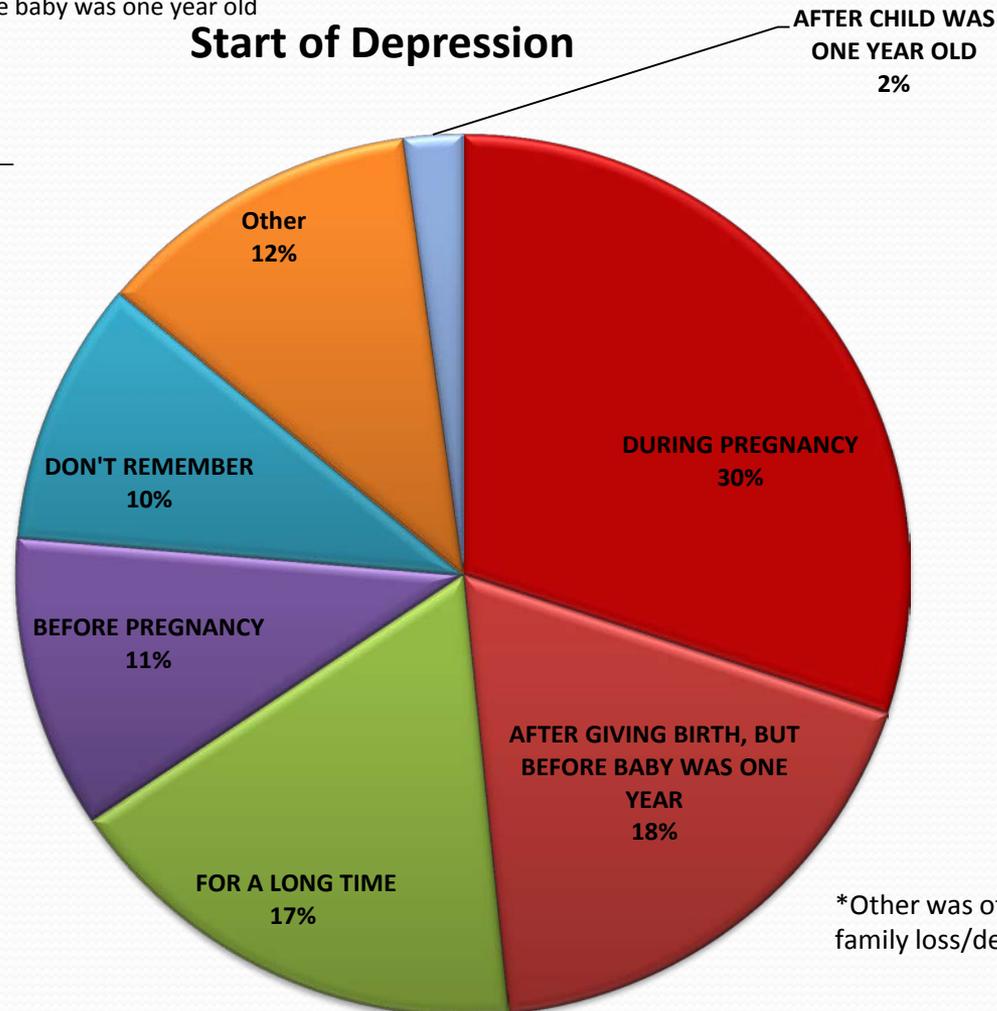
Clients with score of 6 +

## Pregnant, Postpartum and Parenting Women

2. Can you tell me when you first started to feel down or stressed (refer to previous PHQ-4)? (Probe)

- Before Pregnancy
- During Pregnancy
- After giving birth, but before baby was one year old
- After child was one year old
- For a long time
- Don't remember
- Other \_\_\_\_\_

### Start of Depression



\*Other was often situational; Job loss, family loss/death, big life change etc.

# WIC Participants

## Contra Costa County

- WIC serves some of the most vulnerable women, infants, and children in the county.
- In an average month, Contra Costa County WIC serves:

Prenatal	Breastfeeding	Non-BF	Infants	Children	Total
1854	2078	1114	4571	10342	19959