



Smart Aim



Maternal Depression

85% of women who screen positive for depression & access services will report a 25% reduction in symptoms in 12 weeks (from first service contact).

Primary Drivers

Primary Driver 1:
Standardized and reliable processes for maternal depression screening and response

1. Policy and protocol for screening to include use of reliable and valid tools
2. Policy and protocol for screening to include periodicity (e.g., prenatally, postnatally, rescreening as needed)
3. Policy and protocol along with talking points for explaining depression screening process to families
4. Policy and protocol for home visitor response to screening results and referral
5. Reminder system for rescreens

Primary Driver 2:
Competent and skilled workforce to address maternal depression

1. Training/education of home visitors on maternal depression symptoms, impact, and treatment
2. Training/education to enhance the skill development of home visitors for connecting with families on maternal depression
3. Training/education of home visitor on screening strategies, treatment modalities, protocol responses, etc.
4. Reflective supervision that encourages home visitors to discuss maternal depression
5. Support for home visitors on protocol responses
6. Materials available to facilitate support to families

Primary Driver 3:
Standardized processes for referral, treatment, and follow-up

1. Relationships with community service provider that are established and maintained (e.g., MOU/contract with mental health service provider for priority services)
2. Crisis-response protocol
3. Protocol for referral and linkage to service for mothers who screen positive (internal and/or external services)
4. Early childhood mental health provider integrated into program to provide group treatment, case consultation, joint visits, etc.
5. In-house, evidence-based preventative support (e.g., Mothers and Babies)

Primary Driver 4:
Active family involvement in maternal depression support

1. Materials to use with families to discuss, identify, and manage maternal depression
2. Communication techniques for engaging families in conversations about maternal depression, accepting referral, and ongoing management
3. Protocol for helping families identify the best choices among referral options

Primary Driver 5:
Comprehensive data-tracking system for maternal depression

1. Tracking system for maternal depression screening periodicity and results, referral, acceptance of referral, and follow-up to treatment
2. Tracking system for team meetings (i.e., weekly) to review improvement data and its use for guiding program effectiveness

Changes/Interventions