

Postpartum Anxiety and Depression

About Technical Assistance Briefs. The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

Initial Query for this Brief. Identify measures and best practices around Postpartum Anxiety and Depression.

Evidence-Based Strategy Measures

ESM: Program Integration. These ESMs have been chosen by other states. You can review the ESMs to see if any resonate with your goals. Evidence Center staff are available to talk through how you could modify select ESMs to serve your needs.

| State | ESM |
|-------|--|
| AS | ESM 1.5 Percent of postpartum women, who received a depression screening after delivery. |
| AZ | ESM 1.9 Percent of mothers enrolled in home visiting programs who received a postpartum visit with a healthcare provider within 60 days of delivery |
| RI | ESM 5.1 Percent of perinatal patients screened for depression |
| SC | ESM 3.3 Percent of Medicaid prenatal care providers screening pregnant women for smoking, alcohol and drug use, domestic violence and depression using the SBIRT tool |
| TN | ESM 1.7 Percent of postpartum women with positive screenings for depression (using a validated screening tool) who will receive resources/education or referrals for professional services |

Evidence-Based Strategies – What Works for Health

The following programs have been identified as effective models related to behavioral health

| Title | Link | Category |
|------------------------------------|---|---------------|
| Community Health Workers | https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-health-workers | Some Evidence |
| Mobile Reproductive Health Clinics | https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/mobile-reproductive-health-clinics | Some Evidence |

Evidence-Based Strategies – Innovation Hub

The following programs have been identified as effective models related to behavioral health

| Title | Link | Category |
|---|---|--------------|
| Moving Beyond Depression | https://amchp.org/wp-content/uploads/2021/05/AMCHP-Best-Practice-Form-MBD-2017.pdf | Best |
| The HealthConnect One Community-based Doula Program | https://amchp.org/wp-content/uploads/2021/05/HealthConnect.pdf | Best |
| Perinatal Depression Screening and Referral Program | https://amchp.org/wp-content/uploads/2021/05/Perinatal-Depression-Screening-Referral_2015.pdf | Emerging |
| Quality Improvement in Maternity Care via Project ECHO | https://amchp.org/wp-content/uploads/2021/05/Project-ECHO_Practice-Handout_Emerging.pdf | Emerging |
| Perinatal Continuum of Care | https://amchp.org/wp-content/uploads/2021/05/Perinatal-Continuum-of-Care_Practice-Handout-CuttingEdge.pdf | Cutting-Edge |

Postpartum Depression/Anxiety: Technical Assistance Brief

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Access other resources at <https://www.mchevidence.org>

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