

Figure 2. Prepare Your Practice

Implementation Guide for Depression Screening Part 1 “Prepare Your Practice”	
*Before you begin screening, you need to prepare your practice. Consider the following list of tasks.	
WHAT	WHO (In the space provided, write the person who will be responsible for performing the task)
Engage Your Practice 1. Identify Champions 2. Motivate Staff 3. Educate Staff	HOW 1. Identify a provider and a member of the practice staff who together will champion the screening program. Who are the practice champion(s)? _____ 2. Get your staff involved by setting the expectation that helping depressed parents is important part of routine care, and seek their ideas about helping families understand and cope. 3. Educate your staff about parental depression and its impact on children. Determine attitudes or misconceptions that may influence screening.
Develop Practice Approach 1. When and Who to Screen 2. Choose Screening Tool 3. Explore Available Resources 4. Network with Colleagues 5. Establish Triage/Referral Mechanism	1. Decide if screening is at all well child visits or limited by age or parent gender. 2. Select screening tool. 3. Develop a list of mental health referral options, community agencies, parental support groups, support lines, and Web sites. 4. Contact area providers and mental health agencies to inform them your practice will be screening for parental depression. Ask them if they are willing to accept referrals and provide clinical support. 5. Determine practice role in linking parent to resources A. Options for practice 1) Individualized referral to outside resources 2) Partner with outside agencies who will perform these services 3) Utilize behavioral health clinician within practice setting for these services
Develop Office System 1. Train Staff 2. Develop System to Distribute and Record Screener 3. Select Monitor 4. Change Office Environment	1. Train staff to introduce screening tool and respond to parents' questions. 2a. Develop a system to have screening tool available at the beginning of the visit. 2b. Choose a method to indicate screening occurred and how to document results. 3. Select a person to check and order materials for screening, and to stock exam rooms with brochures. 4. Place posters in waiting areas, exam rooms, by scales, etc.
Key: Provider = Blue Clinical Staff = Green Office Staff = Orange	

Figure 3. Part 2: The Visit and Beyond

Implementation Guide for Depression Screening
Part 2 “The Visit and Beyond”

WHAT	WHEN	WHO	HOW
Assess 1. Introduction 2. Review	In exam room, distribute screener to the parent before s/he sees the provider Before going into the exam room or during the visit.	Nurse or MA performs this role Physician, NP, or other provider performs this role	1a. Explain the purpose of the screener to the parent 1b. Make sure parent has a pen, and a place to write 1c. Clip screener to chart or develop a method that ensures the health provider sees the completed screener 2. Review and score the screener
Address & Agree 1. Discuss Results 2. Educate 3. Discuss Current Situation 4. Agree on a Plan of Action	During the visit	Physician, NP, or other provider performs these roles	1. Advise parent of negative or discuss positive screening results 2. Discuss with parent the significance of a positive result and the impact of parental moods on his or her child 3a. Talk with parent about stresses and issues that may influence his/her mood and also affect the child 3b. Explore how the child is coping if parent has symptoms 4. Jointly agree on what to do next (parent may not wish to take action)
Assist, Arrange & Address Again 1. Discuss Referral Options 2. Provide Referral 3. Provide Information 4. Record 5. Arrange Referral 6. Follow-up visit	During the visit At the end of the visit At the end of the visit At next visit	Physician, NP, or other provider performs these roles Designated staff member to perform this role	1. If parent thinks s/he might be depressed, discuss options for treatment/assistance 2. Provide referrals as indicated 3. Provide the parent with educational materials 4. Record screening results and actions taken 5. If necessary, arrange referral or contact referral provider 6. Arrange to follow up with the parent during a specified time period, or at next visit inquire about how s/he is getting along and about the child's well-being

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