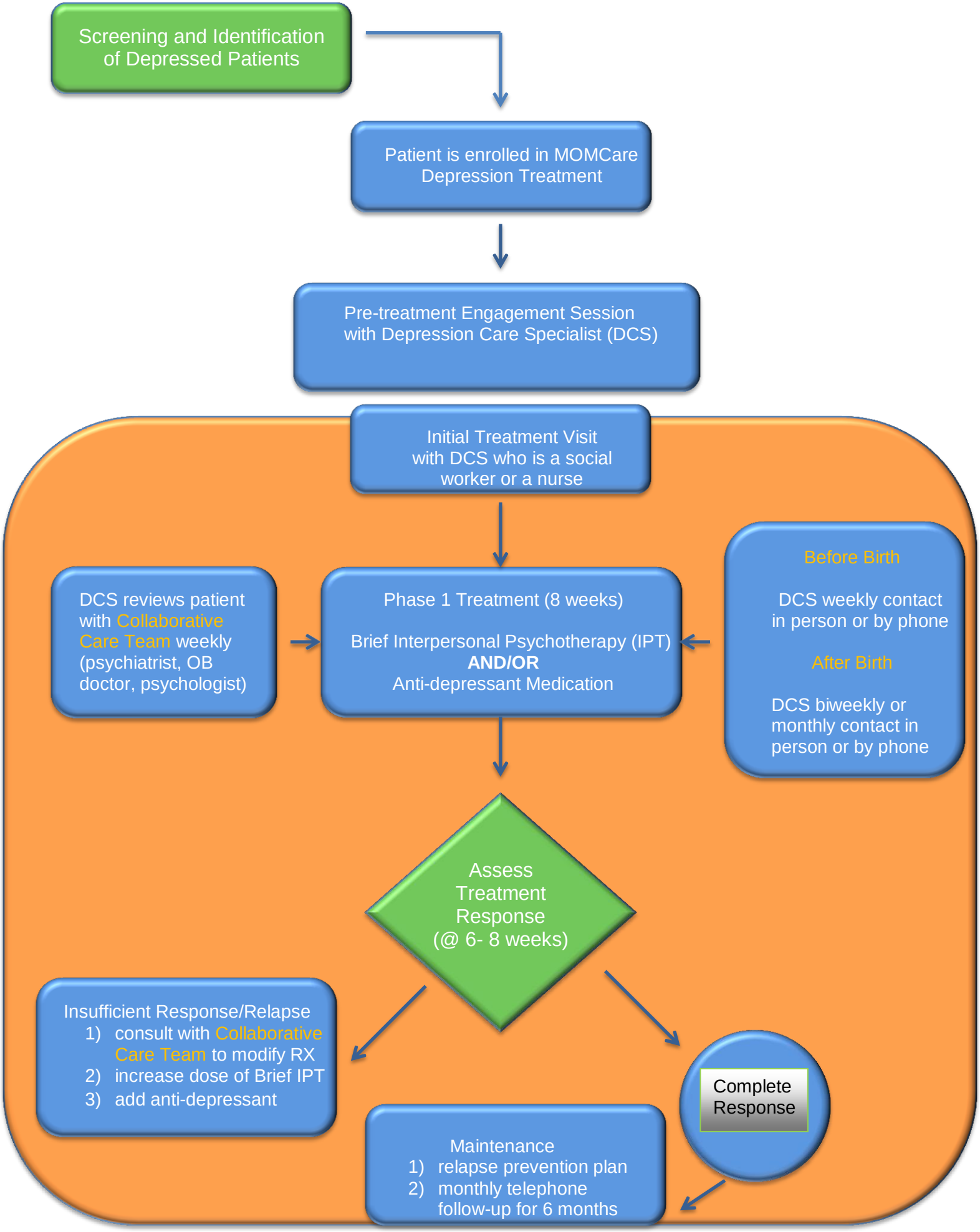
Screening and Identification of Depressed Patients
Patient is enrolled in MOMCare Depression Treatment
Pre-treatment Engagement Session with Depression Care Specialist (DCS)
Initial Treatment Visit with DCS who is a social worker or a nurse
DCS reviews patient with Collaborative Care Team weekly (psychiatrist, OB doctor, psychologist)
Phase 1 Treatment (8 weeks)
Brief Interpersonal Psychotherapy (IPT)
AND/OR
Anti-depressant Medication
Before Birth
DCS weekly contact in person or by phone
After Birth
DCS biweekly or monthly contact in person or by phone
Assess Treatment Response (@ 6- 8 weeks)
Insufficient Response/Relapse
1) consult with Collaborative Care Team to modify RX
2) increase dose of Brief IPT
3) add anti-depressant
Complete Response
Maintenance
1) relapse prevention plan
2) monthly telephone follow-up for 6 months