



NETWORK *Notification*

Notice Date: October 7, 2024
To: Georgia, Kentucky, North Carolina, Ohio, and West Virginia Marketplace Providers
From: CareSource
Subject: Perinatal Depression Screening - Edinburgh Depression Tool

Summary

CareSource wants to take every opportunity to partner with our providers. To support you in caring for CareSource members, we are sharing a Perinatal Depression flier and the Edinburgh Depression Screening Tool with instructions. This online educational material is located at **CareSource.com** under *Provider Overview > Education > [Behavioral Health](#)* for each state and provides information regarding risk factors, screening, and coordination of care to support timely identification and early intervention, including supportive, effective, and caring treatment.

Background

Perinatal depression is a serious, but treatable medical illness involving feelings of extreme sadness, indifference and/or anxiety, as well as changes in energy, sleep and appetite. Pregnancy and the period after delivery is a particularly vulnerable time for women. Mothers often experience biological, emotional, financial, and social changes during this time which can increase the risk for developing mental health problems, particularly depression and anxiety.

Impact

The Perinatal Depression flier offers support to you and your CareSource patients to improve identification of members and promote timely intervention where needed.

Importance

The information in the Perinatal Depression flier is intended to strengthen our partnership and instill quality in every patient interaction ultimately improving health and quality of life outcomes for our CareSource members.

Opportunity

Perinatal depression affects one in seven women – this includes minor and major depressive episodes that occur throughout pregnancy or within the first 12 months after childbirth. Increasing awareness of perinatal depression, the available screening tools, and resources to support CareSource members during this time is an important step toward improved outcomes for this population.

CareSource supports the American College of Obstetricians and Gynecologists (ACOG) recommendations that postpartum care should not be limited to a single encounter. New mothers are encouraged to promptly follow-up one to six weeks after delivery at least once, and often twice. Whether in office or via telehealth, postpartum care is especially important for women at risk of falling out of care.

Questions?

For additional assistance, please contact **your Health Partner Representative**. Or if you have a member who could benefit from additional outreach, education, and support, you may refer them to the CareSource Mom & Baby Beginnings program by contacting 1-833-230-2034.

Qualified Health Plans offered in North Carolina by CareSource North Carolina Co., d/b/a CareSource

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