

Head Start of Lane County
Early Head Start
Depression Screening and Referral Flow Chart

Administer PHQ-9 Depression Screening no less than every 3 months for the following families/persons:

- pregnant women in Early Head Start
- mothers with a child 0-24 months (even if that child is not enrolled)

Once youngest child is 24 months, rescreen as needed, or if concerns arise.



Document in Child Plus
(Health Domain, Events tab, Add Event)



If score is 0-4, there are no current signs of depression.
If score is 5-9 (mild) or 10-14 (moderate), watchful waiting, with rescreen in 2-3 months is recommended.
If score is 15 or above, treatment (including counseling or medications) are recommended.

*If there are concerns related to suicidal or homicidal ideation (a score of anything but “0” on question 9), contact your ECEC, Regional Manager, or Emergency Services immediately.



If score is 10 or above, contact your ECEC and/or FSC for support on creating a plan or to create a referral to a mental health provider, such as Options Counseling and Family Services, WellMama, Relief Nursery, Center for Family Development, or Health Care Provider.



Followup weekly with the family, and update status in Child Plus.

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