Healthy Mom, Healthy Family Overview Algorithm

ASK
Ask birth mothers 18 years or older that opt-in about depression & anxiety symptoms, tobacco and multivitamin use and family planning.

ADVISE
Educate mom about desired healthy behaviors and respond to maternal mental health needs.

Assess mom’s need for care and advise on options of care.

• Assess mom’s readiness to change.
  - How important is quitting tobacco?
  - How confident is she about quitting?
  - Is mom willing to quit?

• Assess mom’s willingness to take a multivitamin and provide her a sample.

• Assess mom’s future plans and discuss family planning and birth control options.

Advise mom about risks of untreated postpartum depression and anxiety.

Advise mom to quit using tobacco products.

Advise mom on why it is important to take a multivitamin with folic acid.

Advise mom about healthy 18 month birth spacing.

Discuss options for care and referral
Provide educational material
Document positive screens in child’s electronic health record (EHR)

ARRANGE
Arrange for mom to follow up with Quitline, PCP, OB/GYN, family planning center or specialist to receive interconception care via a referral or screening note.
Healthy Mom, Healthy Family Workflow

Child Presents for Birth-18 Month Well-Child Visit

Birth Mother Present?

- NO
  - Proceed with Routine Well-Child Visit

Birth mother opt-in?

- NO
  - Proceed with Routine Well-Child Visit

- YES
  - Administer Brief Screener
    - Does mother have symptoms of postpartum depression or anxiety?
    - Does mother currently smoke or vape?
    - Does mother currently take a multivitamin, prenatal vitamin or folic acid?
    - Does mother plan on becoming pregnant?

Positive Screen?

- NO
  - Reinforce Positive Behaviors

- YES
  - Administer Secondary Screener
    - Mental Health secondary question.
    - Tobacco Use secondary questions.
    - Multivitamin Use secondary questions and distribute multivitamins as appropriate.
    - Family Planning secondary questions.

Provide Referral-Screening Note and/or Educational Materials?

- YES
  - Complete Referral-Screening Note, Provide Mother with Prescription for a Healthy Family Handout

- NO
  - Document Positive Screens for Tobacco Use and/or Mental Health in child’s EHR

Send Completed Referral-Screening Note to Provider

Document Positive Screens for Tobacco Use and/or Mental Health in child’s EHR

Submit data or completed form via secure REDCap portal

Repeat IMPLICIT ICC Screening at Next Birth-18 Month Well-Child Visit