

MATERNAL DEPRESSION RESOURCES

Salt Lake County

Resource	Population Served	Services Offered	Cost to Family	Phone Number
Family Counseling Center	Families, whether one or many All ages	Professional counseling services for Families, individual or group	Accepts most private insurance - Sliding Fee for low income	801-261-3500 Fax: 801-261-2111 Call 24 hours 7 days a week
Family Support - Sugarhouse Family Support – Midvale	Families, Individuals, and Children Mission to support families and children	Crisis Nursery Counseling for Individuals, Families	Accepts most private insurance - Sliding Fee for low income	801-487-7778 801-255-6881
The Children’s Center (contracts with Valley Mental Health)	Low income and private pay (insurance) children age birth to 5 (and family)	Assessment, treatment, link to community resources	None to low income— accepts private insurance	801-582-5534
Trauma Awareness and Treatment Center	Children, Adults, Individuals and Families affected with PTSD, including depression	Various therapeutic counseling and treatment modalities	Accepts most private insurance	801-263-6367
Centro de la Familia de Utah- Migrant Head Start	Early Head Start serves children from birth to three years and pregnant women.	Early identification and developmental services- family counseling	None	801-521-4473
Salt Lake CAP Head Start	Early Head Start serves children from birth to three years and pregnant women.	Early identification and developmental services.	None	801-977-1122
Indian Walk In Center Community Health Center	Native American population (No one will be denied access to care due to inability to pay full fees)	Offers medical, dental, and behavioral care services and resources	Sliding Fee-Accepts Medicaid, Medicare, CHIP, PCN, and other insurances	801-486-4877
Wasatch Homeless Care – Community Health Center	All ages – Homeless population (No one will be denied access to care due to inability to pay full fees)	Offers medical, dental, and behavioral care services and resources	Sliding Fee-Accepts Medicaid, Medicare, CHIP, PCN, and other insurances	801-364-0058
Community Health Centers – sites in Central City, Copperview, Oquirrh View	Open to all ages, providing services at reduced rates (No one will be denied access to care due to inability to pay full fees)	Offers medical, dental, and behavioral care services and resources	Sliding Fee-Accepts Medicaid, Medicare, CHIP, PCN, and other insurances	801-412-6920
Valley Mental Health Children’s Coordinator - Karen Plattis	Medicaid recipients of all ages	All mental health services to Medicaid recipients	None for Medicaid — accepts insurance if VMH service is billable; does not accept CHIP	801-263-7100

NAMI Utah – Serves Entire State of UTAH

<p>NAMI UTAH – National Alliance on Mental Illness</p> <p>Sherri Wittwer – Executive Director</p>	<p>Mission is to ensure dignity and improve the lives of those who suffer mental illness and their families through education, support, advocacy and research.</p> <p>http://www.namiut.org/support.htm</p>	<p>Education, Support, Family to Family and Peer Support, Assistance in finding and obtaining resources</p>	<p>None</p>	<p>801.323.9900</p> <p>877.230.6264 (toll free)</p> <p>See Website for local contacts</p>
---	---	---	-------------	--

Davis County

Resource	Population Served	Services Offered	Cost to Patient	Phone Number
<p>Family Support – The Family Connection Center of Davis County Jason Wilde – Counseling Coordinator</p>	<p>Families, Individuals, and Children Mission to support families and children</p>	<p>Crisis Nursery Counseling for Individuals, Families</p>	<p>Accepts most private insurance - Sliding Fee for low income</p>	<p>801-773-0712 801-776-4535</p>
<p>Davis Head Start & Early Head Start</p>	<p>Early Head Start serves children from birth to three years and pregnant women.</p>	<p>Early identification and developmental services.</p>	<p>None</p>	<p>801-402-7309</p>
<p>Davis Behavioral Health Children’s Coordinator – Marty Hood</p>	<p>Medicaid recipients of all ages</p>	<p>All mental health services to Medicaid recipients</p>	<p>None for Medicaid — Accepts Medicaid, civilly committed, and contracts (i.e. SA).</p>	<p>801-773-7060</p>
<p>Midtown Community Health Center - Ogden</p>	<p>Open to all ages, providing services at reduced rates (No one will be denied access to care due to inability to pay full fees)</p>	<p>Offers medical, dental, and behavioral care services and resources</p>	<p>Sliding Fee-Accepts Medicaid, Medicare, CHIP, PCN, and other insurances</p>	<p>801-393-5355</p>

Southwest Utah – (includes Beaver, Iron, Washington, Kane and Garfield Counties)

Resource	Population Served	Services Offered	Cost to Patient	Phone Number
Family Support Center Southwestern Utah	Families, Individuals, and Children Mission to support families and children	Crisis Nursery Counseling for Individuals, Families	Accepts most private insurance - Sliding Fee for low income	435-586-0791 800-748-4535
Southwest Community Health Clinic	Open to all ages, providing services at reduced rates (No one will be denied access to care due to inability to pay full fees)	Offers medical, dental, and behavioral care services and resources	Sliding Fee- Accepts Medicaid, Medicare, CHIP, PCN, and other insurances	435-986-2565
The Learning Center Early Intervention and Early Head Start	Early Head Start serves children from birth to three years and pregnant women. Children birth to 3 who meet or exceed the definition of developmental delays.	Early identification and developmental services.	None	435-673-5353
SUU Early Intervention - Early Head Start and Head Start	Children birth to 3 who meet or exceed the definition of developmental delays Early Head Start/Head Start serves children from birth to three years and pregnant women.	Early identification and developmental services.	None	Cedar City 435-586-6070, x201, x205, x204
Southwest Behavioral Health – Clinical Coordinator Matt Denhalter	Medicaid recipients of all ages	All mental health services to Medicaid recipients	None for Medicaid – sliding fee for SPMI and SED clients	1-800-574-6763 St. George – (435) 634- 5600 Cedar City – (435) 865- 0986

Referral FAQ's

What if I suspect that the mother may be depressed?

The issue of Maternal Depression is extremely common in Utah. In fact, Utah has one of the highest rates of maternal depression in the country. A quick way of screening mothers that you think may be depressed is by asking these two questions:

- During the past month, have you often been bothered by:
 - Little interest or pleasure in doing things? ___ Yes ___ No
 - Feeling down, depressed or hopeless? ___ Yes ___ No
 - If the patient's response to **both** questions is "no", the screen is negative
 - If the patient responded "yes" to **either** question, consider asking more detailed questions or refer to their mental health provider.

(*These questions were obtained from **The MacArthur Initiative on Depression and Primary Care at Dartmouth and Duke**. Go to: www.depression-primarycare.org)

If a mother screens positive to the above questions, a more in-depth depression assessment should be considered. If your practice only serves children, a referral to the *mother's primary care physician or a mental health provider* is appropriate.

What if the mother has no primary care provider?

While women may take their children in for "well child visits", they are sometimes less likely to take care of their own needs, and may not have a primary care provider. If this is the case, it is recommended that the mother be referred directly to a mental health provider.

If a mother has:

- **Private Insurance –**
 - Private insurance companies list all relevant information on the insurance card. One side will list information relevant to medical care and the other will list information about mental health services. Let the patient know that they can call the number on the card and obtain information about mental health services and referral to a licensed mental health provider.
- **Medicaid –**
 - Refer directly to the Community Mental Health Agency (i.e. Valley Mental Health, Weber Human Services, Wasatch Mental Health, etc. in your local area-see tables above). The phone number should be listed on the card.
- **Uninsured Mothers –**
 - Community Health Centers (CHCs) provide access to case-managed, family-oriented preventive and primary health care services for people living in medically underserved communities. Utah has 11 Community-Based-Health Centers throughout the state and are listed in the following pages. CHCs' services are provided on an ability-to-pay basis. Patients are charged on a sliding-fee scale to ensure that income or having no insurance coverage are not barriers to care.
 - There are agencies that will see individuals for reduced fees or use a sliding fee scale. A few are listed in the following pages. If the mother has a child in Early Head Start or Head Start, a mental health worker is often available to address issues that affect the entire family.
 - The Office of Consumer Health Assistance is part of the Utah Department of Insurance and may be able to give information about services. Their contact information is: http://www.insurance.utah.gov/consumer_Health.html
 - The Utah chapter of NAMI (National Alliance for Mentally Ill) provides education and peer/family support. Call NAMI Utah: 801-323-9900; Toll Free: 877-230-6264 or www.namiut.org for more information.