

High Risk Screening for Women of Childbearing Age

Addressing Substance Use, Mental Health, Perinatal Depression, Tobacco Use & Intimate Partner Violence

Providing routine, universal screening ensures that practitioners have an opportunity to talk with every client about the risks of alcohol, illicit drugs, prescription drugs, tobacco, and other substances and risky behaviors. When built into the care of every pregnant woman and woman of childbearing age, structured screening helps eliminate “educated guessing,” which is often influenced by practitioners’ bias and attitudes. With education and practice, the provider’s skill and comfort confronting these issues improves, interviewer bias is eliminated, and the stigma of substance use and abuse is reduced. The practice of universal screening increases the likelihood of identifying substance users and allows for the earliest possible intervention or referral to specialized treatment.¹

SCREENING TOOLS FOR SUBSTANCE USE, EMOTIONAL HEALTH AND INTIMATE PARTNER VIOLENCE

Screening tools are available to assess for mental health, perinatal depression, tobacco use, intimate partner violence and substance use during pregnancy. Screening for these high risk behaviors is considered “Best Practice” (ACOG, SAMHSA) and can take as little as 10 minutes.

The Virginia Behavioral Health Screening Tool for Women of Child Bearing Age is one simple tool that combines standardized screening tools for substance use, perinatal depression and intimate partner violence. The tool includes:

- **5Ps** (screens for substance use including tobacco)
- **Edinburgh 3** (screens for perinatal depression)
- A comprehensive question regarding experience with intimate partner violence

The Virginia tool guides the provider through the screening process and recommends the following tools if further screening is needed for emotional health or intimate partner violence.

Emotional Health and Perinatal Depression Screening Tools

- **Edinburg Depression Screen** (if pregnant)
- **PHQ 2 or PHQ 9** (if not pregnant)

Intimate Partner Violence (IPV) Screening Tools

- **Relationship Assessment Tool(RAT)/Women’s Experiences with Battery(WEB)**
- **Abuse Assessment Screen (AAS)**

The Virginia Behavioral Health Screening tool was adapted by the Virginia Department of Behavioral Health and Developmental Services (DBHDS), the Virginia Department of Medical Assistance (DMAS) and the Virginia Department of Health (VDH) from a tool created by the Institute of Health and Recovery in Massachusetts and is approved for reimbursement by DMAS for substance use screening and brief intervention services.

For additional tools and information regarding screening and brief intervention services, see <http://www.dbhds.virginia.gov/Screeners.htm>

¹ [http://www.med.uvm.edu/vchip/Downloads/ICON%20-%20SCREENING FOR PREGNANCY SUBABUSE.pdf](http://www.med.uvm.edu/vchip/Downloads/ICON%20-%20SCREENING%20FOR%20PREGNANCY%20SUBABUSE.pdf)

REIMBURSEMENT FOR SCREENING

Coverage for screening varies amongst insurance providers. Virginia Medicaid, FAMIS and FAMIS MOMS programs cover administration of a variety of substance use screenings tools as well as the *Virginia Behavioral Health Screening Tool for Women of Child Bearing Age*, but do not cover separate screenings for mental health or intimate partner violence.

For more information about Medicaid, FAMIS and FAMIS MOMS reimbursement of the various screening tools, please visit: www.dbhds.virginia.gov/documents/scrn-MedicaidReimbursement.pdf or <http://dmasva.dmas.virginia.gov>.

TIPS FOR SCREENING

Combining screenings into a “high risk” screening may be the easiest and most effective way to screen. Screening – whether for substance use, perinatal depression or intimate partner violence involves similar principles and skills.

- **ASK ROUTINELY**
 - Integrate your questions with other routine inquiries.
 - Use framing questions such as “because violence/substance use/depression is so common in so many people’s lives, I now ask all women I see....” Or “I don’t know if this is a problem for you, but many of the patients I see are dealing with personal problems that they are afraid or uncomfortable to bring up, so I’ve started asking all my patients/clients about these issues.”
 - Screen all women – this takes the stigma out of the question and ensures you don’t miss anyone who might have a problem.
 - Be non judgmental and validate their situation.
 - Ask (screen) periodically – As women develop trust, they may share more. Issues in their lives may also change over time.

- **ADVISE**
 - Educate women regarding the risks and their options.

- **ASSESS**
 - Determine whether the woman, her unborn infant or other children are at risk for immediate harm.
 - Assess the woman’s motivation to make needed changes.

- **ASSIST AND ARRANGE**
 - You do not need to FIX the problem. Your role is to learn about resources in your community and to refer women where they can get the help they need.
 - Document your findings and activities.
 - Remain involved. Your continued interest and support will make a significant difference.

TREATMENT RESOURCES

TOBACCO USE:

- **Encourage her to use 1-800-QUIT NOW (1-800-784-8669) - A free and effective service!** To register, fax her enrollment to 1-800-QUIT NOW.

SUBSTANCE USE AND MENTAL HEALTH SERVICES

To Locate Outpatient Substance Use and/or Mental Health Treatment Services

- **Virginia's Department of Behavioral Health and Developmental Services (DBHDS) provides public services through community services boards (CSBs)** for individuals who have a mental health or substance use disorder and/or an intellectual disability.
 - Federal funding requires that every CSB provide gender specific substance abuse services for pregnant and parenting women. The exact nature and extent of these services varies by CSB depending upon the community's needs and resources.
 - Federal funding also requires that the **CSBs accord treatment priority to pregnant substance using women and provide them with services within 48 hours of their request.**
 - Virginia's CSBs provide services to women who have co-occurring substance use and mental health disorders.
 - Virginia's CSBs serve women who experience mental health problems and perinatal depression but do not accord them treatment priority unless they are a danger to themselves or others.

To learn more about outpatient CSB services available in your community, contact your local CSB. Women and providers can locate the CSB that serves their community by going to the DBHDS website (<http://www.dbhds.virginia.gov>) and click on Locating Services/Get Help.

- **Women may also be able to access treatment services for substance use and/or mental health disorders from private providers in their community.** Medicaid, FAMIS² and FAMIS Moms³ and many private insurance policies cover outpatient treatment for both mental health and substance use disorders.

² Family Access to Medical Insurance Security Plan: <http://www.famis.org>

³ *ibid.*

To Locate Residential Substance Abuse Treatment Programs for Women

- Funding for residential substance abuse treatment for non-pregnant women maybe available through the woman's local CSB.
- Medicaid, FAMIS, and FAMIS MOMS cover residential substance abuse treatment for pregnant women. Check with the program to see if it qualifies as a Medicaid provider.

Northern Virginia

- **Demeter House (Arlington):** Serves pregnant & parenting women & their children.; <http://www.phoenixhouse.org/locations/virginia/demeter-house> Ph: 703-841-0703 Ext #1
- **Fairfax-Falls Church CSB's New Generations (Fairfax):** Serves pregnant, postpartum women & their children. Admission limited to Fairfax residents. Ph: 703-359-7040

Tidewater Area

- **Southeastern Family Project/ Hampton Newport News CSB:** Provides services for pregnant & recently postpartum women & their newborns. Serves CSBs in Tidewater area but will accept women from other localities as space allows. Ph: 757-788-0500

Central Virginia

- **Rubicon (Richmond):** Provides services for pregnant & parenting women & their children. <http://rubiconrehab.org>; Ph: 804-359 -3255 ext 3049

Southwest Virginia

- **Bethany Hall (Roanoke):** Serves pregnant & parenting women & their children. Women may bring up to 2 children. <http://www.bethanyhall.org>; Ph: 540-343-4261
- **Life Center of Galax (Galax):** Accept pregnant women but are unable to accept newborns or older children. <http://www.galaxrecovery.com/>

To Locate Inpatient Treatment for Someone with a Mental Health Concern

- Contact the local CSB for information and assistance regarding inpatient services for mental health concerns.
- ***If you are concerned that someone may try to harm themselves or someone else,*** call 9-1-1 or contact the nearest CSB for assistance

INTIMATE PARTNER VIOLENCE

- Contact the Virginia Family Violence and Sexual Assault Hotline 1- 800-838-8238 <http://www.vsdvalliance.org/#/need-helpayuda>

ADDITIONAL INFORMATION AND RESOURCES

Perinatal Depression

- *Postpartum Support Virginia:* <http://postpartumva.org/index.html>
- *Depression during and after Pregnancy: a Resource for Women, Their Families, and Friends:* <http://mchb.hrsa.gov/pregnancyandbeyond/depression>
- *MedEd Postpartum Depression website:* <http://www.mededppd.org>

Intimate Partner Violence

- *Virginia Department of Health's Project RADAR:*
<http://www.vahealth.org/injury/projectradarva/index.htm>
- *American College Obstetrics & Gynecology Domestic Violence*
http://www.acog.org/publications/patient_education/bp083.cfm

Behavioral Health Services for Women

- For more information contact:
Martha Kurgans, Women's Services Coordinator
Office of Substance Abuse Services
Virginia Department of Behavioral Health and Developmental Services
Martha.kurgans@dbhds.virginia.gov
Phone: (804) 371-2184

**Services may also be available from private providers and local agencies in your area.
To find additional resources and treatment services in your area,
dial 2-1-1 or check out <http://www.211virginia.org/211provider/consumer/index211.do> .**

4/11/2013