

## Virginia's Behavioral Health Risks Screening Tool for Pregnant Women and Women of Childbearing Age

The Virginia Department of Behavioral Health and Developmental Services (DBHDS), Department of Medical Assistance Services (DMAS) and Department of Health (VDH) developed the **Behavioral Health Risks Screening Tool for Pregnant Women and Women of Childbearing Age** based on the Integrated Screening Tool developed by the Institute for Health and Recovery (IHR). IHR's tool may be located online at [www.mhqp.org/guidelines/perinatalPDF/IHRIntegratedScreeningTool.pdf](http://www.mhqp.org/guidelines/perinatalPDF/IHRIntegratedScreeningTool.pdf). Virginia follows Bright Futures Guidelines ([www.brightfutures.org/mentalhealth](http://www.brightfutures.org/mentalhealth)) as a framework for prevention and use of standardized screening tools.

The purpose of the **Behavioral Health Risks Screening Tool for Pregnant Women and Women of Childbearing Age** is to encourage providers to use a standardized screening tool. This tool is easy and quick to administer. There are two versions of the tool, one to be administered by the practitioner, and the second to be self-administered by the woman to then be reviewed by the practitioner. This tool is meant for a brief screening and to help detect risks, not to assess the severity of the risks. Further assessment with additional tools may be necessary. The practitioner will determine the need for further review, referral and/or intervention necessary. For referral sources in your area, contact Virginia 211.

The table below references a list of standardized screening instruments for behavioral health risks for women of childbearing age as well as pregnant and postpartum women.

### ADDITIONAL BEHAVIORAL HEALTH SCREENING TOOLS

<p><b>Screening Instruments for Women: Substance Use, Mental Health and Intimate Partner Violence</b></p>
<p>Please visit the Department of Behavioral Health and Developmental Services (DBHDS) website at <a href="http://www.dbhds.virginia.gov/documents/scrn-Perinatal-InstrumentsChart.pdf">www.dbhds.virginia.gov/documents/scrn-Perinatal-InstrumentsChart.pdf</a> for an extensive list of State approved screening tools for women.</p>
<p><b>Depression Screening Tools</b></p>
<p>Edinburgh Postnatal Depression Scale (available in 23 languages)  <i>English</i> - <a href="http://brightfutures.aap.org/pdfs/Other%203/Edinburgh%20Tool.pdf">http://brightfutures.aap.org/pdfs/Other%203/Edinburgh%20Tool.pdf</a>  <i>Spanish</i> - <a href="http://www2.aap.org/sections/scan/practicingsafety/Toolkit_Resources/Module2/ESCALA_DE_EDINBURGO1.pdf">www2.aap.org/sections/scan/practicingsafety/Toolkit_Resources/Module2/ESCALA_DE_EDINBURGO1.pdf</a></p>
<p>Beck Depression Inventory, BDI-II Aaron T. Beck  <a href="http://www.pearsonassessments.com/haiweb/cultures/en-us/productdetail.htm?pid=015-8018-370">www.pearsonassessments.com/haiweb/cultures/en-us/productdetail.htm?pid=015-8018-370</a></p>
<p>Primary Care Evaluation of Mental Disorders-Patient Health Questionnaire  <a href="http://www.pdhealth.mil/508/guidelines/downloads/appendix2.pdf">www.pdhealth.mil/508/guidelines/downloads/appendix2.pdf</a></p>
<p>Patient Health Questionnaire PHQ-2 <a href="http://www.commonwealthfund.org/usr_doc/PHQ2.pdf">www.commonwealthfund.org/usr_doc/PHQ2.pdf</a></p>
<p>Patient Health Questionnaire PHQ-9 <a href="http://www.dbhds.virginia.gov/documents/scrn-pw-PHQ-9-Eng.pdf">www.dbhds.virginia.gov/documents/scrn-pw-PHQ-9-Eng.pdf</a></p>
<p><b>Intimate Partner Violence Screening Tools</b></p>
<p>Women's Experience with Battering (WEB) Scale / Relationship Assessment Tool (English) - <a href="http://www.dbhds.virginia.gov/documents/scrn-pw-WEB.pdf">www.dbhds.virginia.gov/documents/scrn-pw-WEB.pdf</a>            Women's Experience with Battering (WEB) Scale / Relationship Assessment Tool (Spanish) – <a href="http://www.dbhds.virginia.gov/documents/scrn-pw-WEB-Span.pdf">www.dbhds.virginia.gov/documents/scrn-pw-WEB-Span.pdf</a>            Abuse Assessment Screen (AAS) - English - <a href="http://www.dbhds.virginia.gov/documents/scrn-pw-AAS-Eng.pdf">www.dbhds.virginia.gov/documents/scrn-pw-AAS-Eng.pdf</a>            Abuse Assessment Screen (AAS) - Spanish - <a href="http://www.dbhds.virginia.gov/documents/scrn-pw-AAS-Span.pdf">www.dbhds.virginia.gov/documents/scrn-pw-AAS-Span.pdf</a></p>
<p><b>Substance Use Tools</b></p>
<p>Code of Virginia § 54.1-2403.1 requires that prenatal care providers obtain a substance use history from their pregnant patients. Providers may find the Assist screening tool, which collects information regarding past and current substance, helpful in satisfying this requirement: <a href="http://www.who.int/substance_abuse/activities/assist/en/">www.who.int/substance_abuse/activities/assist/en/</a></p>