



**Physicians Network Breakfast
Thriving Through Early Childhood:
Building Social-Emotional Resiliency**

Tuesday, October 27, 2015
7:15 am-9:00 am
Marion Street Cheese Market
(100 S. Marion St., Oak Park)

Carla M. Beatrici, PsyD

Dr. Carla Beatrici is a clinical psychologist with over 20 years clinical experience working with children, adolescents, parents and adults. She is also an Assistant Professor at Loyola University Medical Center in the Department of Psychiatry, where she treats patients, supervises interns and teaches child development to psychiatry residents.

To attend the breakfast presentation at Marion Street Cheese Market, please RSVP to: Tatiana Gomez at **708-613-6122** or **tgomez@collab4kids.org**

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A PHYSICIAN'S PERSPECTIVE ON the Impact of Postpartum Depression on Young Children

By Rebecca Barbato, MD

Approximately 12% of women will experience depression during their pregnancy or afterward. In low-income women, this rate is almost double. Postpartum depression has significant impact on infants; it can cause developmental delay by impairing social interactions between mother and baby, and can even result in failure to thrive. Language development depends greatly on the number of words that a child hears, as well as many of the interactions that he or she has with his or her mother. The longer that postpartum depression goes unrecognized and untreated, the less effective interventions will be for the child.

Pediatricians and family practice doctors have many opportunities to screen mothers at an infant's well child visits. There are many tools available for screening, which are very easy for mothers to complete and quick for physicians to score. The American Academy of Pediatrics recommends using the Edinburgh Postnatal Depression Scale. In Illinois, Medicaid pays physicians for completing the screen and the appropriate CPT code is 99420.

When we first started screening in my office, I would often forget to look at the screen until after the visit. I was amazed that several times, moms who seemed absolutely fine in the office had positive postpartum screening results and required psychiatric follow up. These experiences have highlighted the importance of postnatal depression screening in my practice.

Postpartum Depression and Young Children Resources

1. Perinatal Mental Health Disorders Including Postpartum Depression <http://illinoisap.org/wp-content/uploads/PostPartum-Depression-policy-brief-final-6-231.pdf>
2. National Center for Children in Poverty "Reducing Maternal Depression and Its Impact on Young Children" http://www.nccp.org/publications/pub_791.html

Physician Experience with the Collaboration's ASQ Online Developmental Screening Project

By Abigail Hodges, MD

Oak Park Pediatrics is currently participating in the Collaboration's initiative to expand the use of Ages and Stages Questionnaire (ASQ) - based online developmental screenings. ASQ screenings are research-based effective tools that reliably assist physicians to detect delays or identify children at risk for developmental delays. Through the Collaboration's project, parents are given online access to questionnaires for completion. Parental online screening completion is easier for our practice than providing paper copies and doesn't use up appointment time. Screening results can then be uploaded into the patient's charts with a few clicks making documentation straightforward.

The process of engaging in the ASQ Online Developmental Screening Project has been a positive one. We were first introduced to the program at a community information session, then followed up with Shannon Ellison, Developmental Screening Coordinator for the Collaboration for Early Childhood, who has been with us every step of the way and extremely responsive and helpful. Shannon has come to our clinic multiple times to facilitate training sessions with our doctors and nurses and was flexible with her availability. The ASQ Online Developmental Screening Project has provided our practice with a customizable framework for screening implementation protocol, and documents for communicating developmental screening information with patient families.

We are now up and running and feel good about the project. I urge other providers in the area to get on board to enhance developmental screening opportunities for our children

Best Practice and Developmental Screening Resources

1. The Enhancing Developmentally Oriented Primary Care Project (EDOPC) <http://www.edopc.net/>
2. Centers for Disease Control, "Learn the Signs. Act Early." Information for Healthcare Providers <http://www.cdc.gov/ncbddd/actearly/hcp/index.html>

Developmental Screening Corner

Shannon Ellison, M.Ed, the Collaboration's Developmental Screening Coordinator, continues to work with community physicians to provide:

- support around using the Ages and Stages Questionnaires, Third Edition (ASQ-3) and Ages and Stages Questionnaires: Social-Emotional (ASQ:SE) Online.
- support to implement an effective and efficient developmental screening program.
- support around establishing effective and efficient referral and follow-up procedures for children in need of referrals, so that these practices can continue to provide a high-quality medical home for patients.

To receive this valuable support for your practice, contact:

Shannon Ellison, M. Ed.

708-613-6122 or sellison@collab4kids.org

ASQ-3 and ASQ: SE are research-based, standardized, valid and reliable developmental screening tools. They are designed to identify those things that children CAN do, but also can identify areas of development where children may benefit from further assessment and possibly additional support. They DO NOT provide diagnoses.

ASQ-3 focuses on each child's global development (communication, gross motor, fine motor, problem solving and personal-social skills).

ASQ: SE examines the social and emotional competence of children. This instrument looks at the areas of self-regulation, compliance, communication, adaptive behaviors, autonomy, affect, and interaction with people.

Parenthesis Family Center

Parents as Teachers and Parenting Resource Programs

Do you treat Oak Park and River Forest families, with one or more children, prenatal to age three that:

- struggle financially?
- live with depression or other mental illness?
- include children with disabilities or chronic health conditions?
- are isolated?
- have experienced the significant loss of a relative, home, job, etc.?

Call NOW to learn about Parenthesis programs and very specific ways to connect your practice to them!

Gail Shelton

708-848-2227 or GShelton@parenthesis-info.org

Parents as Teachers provides personal visits to promote parenting skills, opportunities to connect with other parents, developmental screenings, to support those completed by physicians, and connections to needed services and resources.

Parenting Resource Program provides parenting support and resources to all families in the Oak Park and River Forest communities through workshops, parenting coaching, discussion groups, facilitated play groups and much more!!

Our mission is to make sure that all children (birth to age 5) in our local community arrive at kindergarten safe, healthy, ready to succeed and eager to learn.

www.collab4kids.org

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Physicians Network

Collaboration for
Early Childhood
Strong Start, Bright Future

