

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

---

**PROGRAM TITLE:** MHSA Perinatal Program      **PROVIDER:** Department of Behavioral Health

**PROGRAM DESCRIPTION:** The Perinatal program provides for outpatient mental health services to pregnant & postpartum teens, adults and infants. Short term mental health includes outreach, early mental health identification through screening, assessment, and referrals to treatment. In addition, this program also has Public Health Nurse Visitation, assessment, and preventive services. Services are open to women who experience first onset of mental disorders during the perinatal period (the period during pregnancy and post partum).

**AGES SERVED:**

Children  
 Adult

TAY  
 Older Adult

**DATES OF OPERATION:** April 5, 2010 to Current

**DATES OF DATA REPORTING PERIOD:** April–Dec 2010

**OUTCOME GOAL**

**Improvement in the level of Functioning** – Consumers score on the Level of Care Utilization System (LOCUS) instrument, administered upon intake, at six months, and upon discharge.

**Reduction in risk factors and/or stressors**- Consumers score on the Edinburgh or PHQ-9 screening instrument, and PER – GAS instrument administered upon intake and upon discharge.

**OUTCOME DATA**

As of mid – January 2011, staff has completed LOCUS training and will retroactively implement the LOCUS evaluation tool back to January 2011; base line data is currently being gathered at this time.

PHQ-9 is a screening tool linked to the DSM IV for a more accurate diagnosis. The tool is utilized by the program to determine the acuity of care and accurate triaging of the referrals. The PHQ-9 scoring is from 0-27; clients scoring 10 or more are referred to treatment, those scoring less than

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

---

10 are monitored for several months; hence clients who have significantly lowered their scores have improved. Scoring is taken at initial contact and at time of discharge. Of the 41 clients that were discharged and had PHQ-9 scores measured, the average client score at initial contact was 18 and the average client score at discharge was 3; (see figure 1 below) showing a very significant improvement of well being.

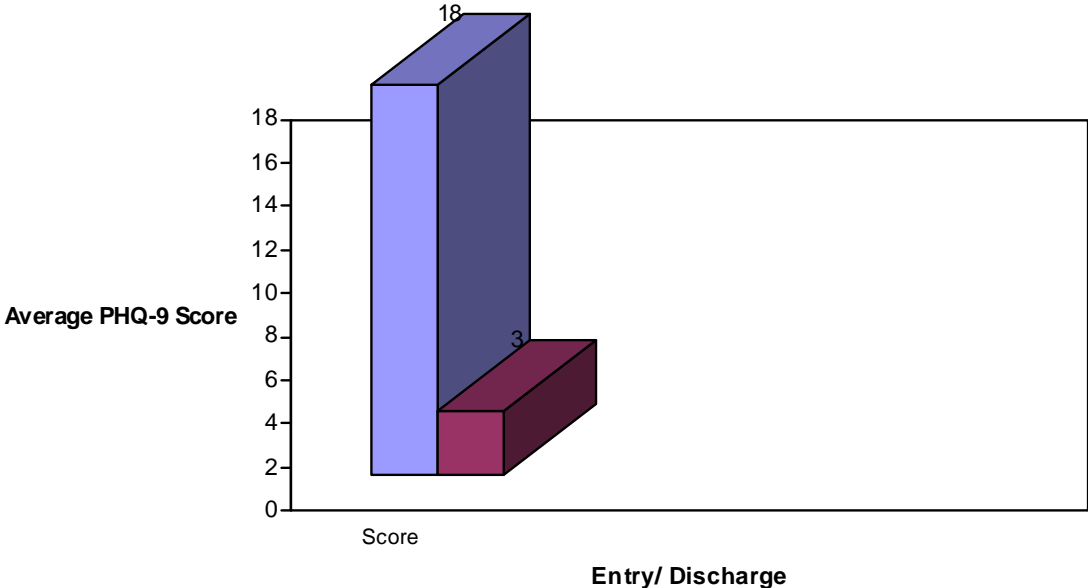
**DEPARTMENT RECOMMENDATION(S):** Based on outcome and contract measurements reported, the Department recommends to continue MHSA Funding for this program for FY 2011-12

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

---

Figure 1

Average PHQ-9 Score at Entry vs PHQ-9 at time of Discharge



The PHQ-9 scoring is from 0-27. Clients scoring 10 or more are referred to treatment, those scoring less than 10 are monitored for several months; hence clients have significantly lowered their scores and have greatly improved.