

Patients will recognize the symptoms of depression and/or anxiety

Patients will know where to go to get help for depression and anxiety

Patients will be aware of how depression and anxiety affects infants and children

WIC will screen women enrolled on WIC for depression and anxiety

Clients will know that feeling anxiety and/or depression are not their "fault" and that treatment is safe and effective.

Reduce stigma of depression and anxiety disorders

Moderately to severely depressed or anxious clients will access MH or other supportive services

Children will be less likely to suffer the negative effects of maternal depression, ie attachment issues, injuries, brain damage,

developmental delay, depression, aggressiveness

Children will optimum brain development and exhibit school readiness skills

Pregnant women will have better birth outcome

Pregnant women will access health care

Doctors and other health professionals will be trained to help clients with depression or anxiety

System to identify and treat depressed or anxious clients will be adopted throughout the County.

Children will receive appropriate health care

Pregnant women will access appropriate health care

Families will stay intact or have better relationships

Children will have less trips to the ER

Mothers will feel motivated to breastfeed their baby

Health care services will be available to depressed or anxious patients

Positively screened WIC clients will be assessed for depression or anxiety by a

public health nurse or mental health professional

CA State WIC program will adopt statewide screening for WIC clients, adding screening questions into the computer system.

Drug abuse will decrease among depressed patients

Children will suffer less mental health problems

Post partum women will employ self care, health care and weight management

Less racial disparities in accessing health care

Questions:

Are pregnant and postpartum women more likely to be depressed than the other women enrolled on WIC?

When did their depression first start?

Are African Americans, whites or Hispanics more likely to be depressed?