

Adult Depression Considerations

In working with clients and considering whether a mental health assessment is needed, Child Welfare Professionals should consider and document the following information based on client information/observations. Doing so will help the Child Welfare Professional in engaging the client to connect him/her with the appropriate services and might help the Mental Health Professional in working with the client:

- ✓ Age of onset
- ✓ Number of previous episodes
- ✓ Medical history (including a recent physical exam)
- ✓ Familial history of depression or substance abuse
- ✓ Perception of support systems
- ✓ Substance abuse history
- ✓ Information about any stressful life events, particularly losses, occurring during the past six months to one year

