



Adult Training Scenario - Jessica

A maternal health nurse sends a referral letter to the intake team for mental health intervention. Jessica is 25 years of age and has just had her second baby, now 3.5 months old. As part of the universal screening recommended by the State Health Service, Jessica completed the Edinburgh Postnatal Depression Scale scoring 16 (indicating moderate depression). As per the local Health Pathway, the maternal health nurse referred Jessica to the intake team. The intake team arrange a telephone appointment for an initial assessment.

Domain 1 – Symptom severity and distress

Jessica recalled getting the “baby blues” with her first baby and was assisted at the time by her GP, with good recovery. She says that she started “feeling teary” a few days after the birth of her second child; at first, she brushed it off, but the “teary feeling” persisted. Jessica reports feeling tearful and crying most days. When asked, Jessica says she is not sleeping well - but she says that this is mainly because the baby wakes several times a night for feeding. Jessica reports not feeling connected to her new baby and not having time for her toddler. She says she feels like she is a failure as a mother and has no energy.

Domain 2 – Harm

Jessica tells you that she has no suicidal ideation and reports no history of suicide ideation or attempts. She is not self-harming and has no history of self-harm – and she says she has never had thoughts of harming her child or baby. You assess Jessica as having normal thought-form and no perceptual disturbance.

Domain 3 – Functioning

Jessica tells you that she hasn't been cooking or cleaning as much. She says she has been looking after her partner and her children but hasn't been looking after herself properly (not showering as often and skipping meals).

Domain 4 – Impact of co-existing conditions

Jessica tells you that she has had mastitis several times. She indicates a solid commitment to breastfeeding but struggles with discomfort and pain. She acknowledges that this isn't helping her feel better.

Domain 5 – Service use and response history

Jessica has not previously accessed a mental health service; however, she was assisted by her GP following the birth of her first baby, with good recovery.

Domain 6 – Social and environmental stressors

Jessica reports feeling overwhelmed by “the new baby period.” She says that she has less patience and less interest in intimacy. Jessica and her partner are fighting more often.

Domain 7 – Family and other supports

Jessica says she has a close family, but she does not feel comfortable disclosing her feelings for fear of being judged. She hasn't disclosed how she feels to her partner but thinks she has noticed a change. Jessica said that she knows her family and partner would support her if she asked for help.

Domain 8 – Engagement and motivation

Jessica reports a strong desire to feel better. She recognises that what is happening to her is a repeat of the experience she had after the birth of her first child and that she can get better with help. Jessica says she is worried about finding the time for treatment but knows it is important.