

Lakeview Center



BAPTIST HEALTH CARE

FOR IMMEDIATE RELEASE

U.S. Preventive Task Force Recommends Mental Health Screenings

Pensacola, Fla. (February 29, 2016) – The U.S. Preventive Services Task Force (USPSTF) has recommended screening for depression in adults in the primary care setting where they can be treated or get a referral if clinically depressed. The new guidelines are meant to help reduce risks of suicide, address poor quality of life and help pregnant and postpartum women.

“What this means is that people will get the help they need when they need it, earlier rather than later,” said Dennis Goodspeed, vice president, Lakeview Center. “Ultimately, screenings will have a positive impact on quality of life for many people who have depression.”

Depression is among the leading causes of disability in persons age 15 years or older. It affects individuals, families, businesses, and society. Depression also is common in postpartum and pregnant women and affects not only the woman, but her child as well.

The USPSTF bases the recommendation on adequate evidence that programs including depression screening and support systems improve clinical outcomes, and treatment with cognitive behavioral therapy (CBT) improves clinical outcomes in pregnant and postpartum women with depression. In addition, convincing evidence shows that treatment of adults with depression identified through screening in primary care settings with antidepressants, psychotherapy, or both decreases clinical morbidity.

More information about the Community Preventive Services Task Force and its recommendations on depression interventions is available on its Web site thecommunityguide.org.

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About Lakeview Center, Inc.

An affiliate of Baptist Health Care, Lakeview Center is a network of behavioral health, vocational and child protective services. These services address a broad spectrum of human needs, reflecting a longstanding commitment to helping people overcome life's challenges. Lakeview Center is based in Pensacola and serves the people of northwest Florida. To learn more, go online to eLakeviewCenter.org.

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