

MOTHERS & BABIES

A Postpartum Depression Prevention Intervention

Mothers & Babies Expansion Team
Northwestern University
Institute for Public Health and Medicine
Center for Community Health
Chicago, IL
www.mothersandbabiesprogram.org



Agenda

The Mothers & Babies Intervention

MB's Impact

Community-Driven Adaptation

Training, Implementation & Sustainment

WHAT IS Mothers & Babies?

An evidence-based mental health intervention to address perinatal stress and depression.

- Framed as a stress reduction intervention.
- Can be delivered by home visitors and other paraprofessionals.
- Individual and group modalities, in person and/or virtual delivery.

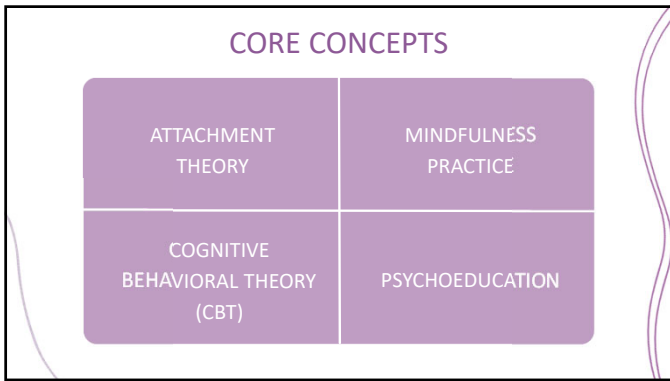


THE MOTHERS AND BABIES COURSE
Facilitator Guide

Developed By:
Dorothy C. Morone, PhD
Christine M. Beckmann, PhD
Ruth H. Brown, PhD
Michelle J. Dickerson, PhD
Meredith E. Hill, PhD
Larissa La Plante, MS

2017 Adaptation By:
Dana Bergin, PhD
Lisa Benda, MSW
Alicia E. Carter, MSW
Wendy H. Gardner, MSW
Michelle G. Johnson, PhD
Christine M. Beckmann, PhD
Larissa La Plante, MS

An expansion of the MBP to include a virtual delivery modality.
© 2017 Northwestern University. All rights reserved.



WORKSHEET 2.3: MINDFULNESS PRACTICE
BODY SCAN PRACTICE

Begin by bringing your attention into your body. You can close your eyes if that's comfortable to you. You can either practice lying down or sitting upright. Feeling the weight of your body on the chair, on the floor, or on the bed beneath you.

Start at your feet and move up.

Bring your attention to your feet. Feel the sensation of your feet touching the floor. The weight and pressure of your feet. You can either wiggle your toes or lift and lower them.

Notice your feet against the chair. If you are sitting, notice the pressure of your feet against the chair. If you are lying down, notice the weight of your feet against the floor.

Bring your attention to your ankles. Notice your ankles. Feel your ankles touch or lift. If you are sitting, notice the pressure of your ankles against the chair. If you are lying down, notice the weight of your ankles against the floor.

Bring your attention to your knees. Notice your knees. Feel your knees touch or lift. If you are sitting, notice the pressure of your knees against the chair. If you are lying down, notice the weight of your knees against the floor.

Bring your attention to your hips. Notice your hips. Feel your hips touch or lift. If you are sitting, notice the pressure of your hips against the chair. If you are lying down, notice the weight of your hips against the floor.

Bring your attention to your torso. Notice your torso. Feel your torso touch or lift. If you are sitting, notice the pressure of your torso against the chair. If you are lying down, notice the weight of your torso against the floor.

Bring your attention to your chest. Notice your chest. Feel your chest touch or lift. If you are sitting, notice the pressure of your chest against the chair. If you are lying down, notice the weight of your chest against the floor.

Bring your attention to your neck. Notice your neck. Feel your neck touch or lift. If you are sitting, notice the pressure of your neck against the chair. If you are lying down, notice the weight of your neck against the floor.

Bring your attention to your head. Notice your head. Feel your head touch or lift. If you are sitting, notice the pressure of your head against the chair. If you are lying down, notice the weight of your head against the floor.

Highlighting Mindfulness

Practicing mindfulness helps us notice what is happening inside and around us.

Mindfulness supports perinatal experiences:

- sleep difficulty
- labor and delivery
- breastfeeding
- connecting with baby

THE MOTHERS & BABY



INTRODUCTION

- How Stress Affects the Mother-Baby Relationship
- Introducing CBT Concepts
- Tracking Your Mood
- Introduction to Mindfulness




PLEASANT ACTIVITIES

- What We Do Affects How We Feel
- Identifying Pleasant Activities
- Pleasant Activities with Baby
- Overcoming Obstacles to Engaging Pleasant Activities

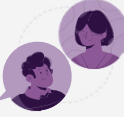
THE MOTHERS & BABY

THE MOTHERS & BABIES CURRICULUM



THOUGHTS

- How Thoughts Affect our Mood
- Noticing Helpful + Unhelpful Thoughts
- Reducing Unhelpful Thoughts
- Thoughts about Being a Mother
- Thinking About Baby's Future



SOCIAL CONNECTIONS

- Our Mood + Social Interactions
- Identifying Supportive People
- Communicating Needs
- Role Changes
- Resolving Conflicts

MOTHERS & BABIES MODALITIES

MB 1-ON-1	MB GROUP
<ul style="list-style-type: none"> • 9 sessions, 20-25 minutes each • Can be delivered within home visit • In-Person or Virtual • Multiple Translations (English, Spanish) 	<ul style="list-style-type: none"> • 6 sessions, 90 – 120 minutes each • Group Socialization • In-Person or Virtual • Multiple Translations (English, Spanish, Greek)

DELIVERING MB COUNTS AS A COMPLETED MENTAL HEALTH SERVICE REFERRAL, PER MIECHV

WHO SHOULD RECEIVE MB?	WHEN SHOULD CLIENTS RECEIVE MB?
<ul style="list-style-type: none"> • Women who have mild to moderate depression symptoms, elevated stress and/or anxiety levels • MB can be implemented universally, or targeted for clients who need mental health intervention 	<ul style="list-style-type: none"> • Designed for use during the perinatal period (pregnancy through baby's 1st year) • MB can be used beyond the perinatal period by adapting content to reflect client family situations

IMPACT

<p>Six randomized controlled effectiveness trials demonstrate MB:</p> <ul style="list-style-type: none"> - Reduces depression, anxiety, & stress - Increases social support & coping skills, - Prevents the onset of postpartum depression 	<p>Longitudinal data demonstrates MB:</p> <ul style="list-style-type: none"> - Encourages positive parenting practices - Improves early childhood developmental outcomes
<p>Women who received MB prenatally are more likely to remain engaged with home visiting, even beyond the perinatal period.</p>	<p>Women who have received MB exhibit better compliance with preventive pediatric care (AAP recommended immunizations).</p>

After training and implementing MB in home visits, about 200 home visitors were surveyed...

<p>92%</p> <p>Reported significant increases in their ability to engage women in discussions about depression, amid other family issues.</p>	<p>91%</p> <p>Reported significant increases in their ability to recognize signs and symptoms of depression.</p>	<p>86%</p> <p>Reported significant increases in their ability to work effectively with clients who have significant depression.</p>
<p>68%</p> <p>Reported the MB training significantly improved their ability and skills in addressing mental health issues with HV clients.</p>	<p>63%</p> <p>Reported the MB training significantly improved their confidence in addressing mental health issues with HV clients.</p>	

CULTURALLY-ADAPTED MOTHERS & BABIES

This participant manual was developed in collaboration with a workgroup from the Lakota Sioux region.

It conveys the core MB concepts, and it has been tailored to better serve indigenous families in the Great Plains area - including discussion of how spirituality plays into mental and emotional health.

MB INNOVATIONS
MOTHERS & BABIES VIA TEXT (MB-TXT)

A series of texts sent between each MB session through our text message platform

- MB-TXT can supplement MB 1-on-1 and MB Group
- Texts complement the MB content and focus on:
 - Skill reinforcement
 - Homework reminders
 - Self-monitoring
- All texts are available to be sent in English or Spanish

MB INNOVATIONS
FATHERS & BABIES (FAB)

- A text-based intervention, delivered in parallel with MB with dual goals:
 - Supporting fathers' mental health
 - Promoting father and baby bonding
- Piloted with 30 father/mother dyads and integrated father feedback in the revision phase

MB TRAINING & IMPLEMENTATION

OUR TRAINING MODEL INCLUDES:

- **Readiness conversations** to customize training, implementation, and evaluation plans
- **Training** for providers, supervisors, and consultants
- **Train-the-trainer** support for in-house sustainability of the intervention
- **Consultation** for trained providers during initial implementation
- **Implementation evaluation** to inform and support sustainment



VIRTUAL INTRODUCTION TRAINING MODULE



IDENTIFYING STRESSORS AND HOW THEY AFFECT US

Identify sources of stress

Session 1 - Topic 1

Primer

This training module can act as a training primer to help prepare participants for training.

Refresher

This training module can act as a refresher training to help trained providers strengthen their grasp of the curriculum.

CONTACT INFORMATION

EMMA GIER, MPH
emma.gier@northwestern.edu

Center for Community Health
Northwestern University
750 N. Lake Shore Drive
Chicago, IL 60611

Mothers & Babies manuals are free and accessible at:
www.mothersandbabiesprogram.org

mothersandbabiesnu@gmail.com