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## MOVING BEYOND DEPRESSION

A COLLABORATIVE APPROACH TO TREATING DEPRESSED  
MOTHERS IN HOME VISITING PROGRAMS



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E.ANN INGRAM, CENTERSTONE INFANT AND EARLY CHILDHOOD SERVICES  
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EVERY CHILD SUCCEEDS

CINCINNATI CHILDREN'S HOSPITAL MEDICAL CENTER

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## MOVING BEYOND DEPRESSION™



- Length of service: 15 sessions plus one booster session.
- Direct clinical contact: 60 minute sessions, telephone, texting.
- Setting: home.
- Therapist: Masters level mental health professional, training in CBT and familiarity with serious mental health issues.
- Training: MBD training, CBT workshops, structured readings, pilot cases.
- Team Leaders: LCSW, weekly and as needed.
- HV Collaboration: Integral, proactive, joint 15th session.

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## DEPRESSION IMPACTS HOME VISITING



- Psychiatric crises
- Intense negative emotions
- Disengagement in visits
- May appear as “lazy” or unmotivated
- Poor learning and memory
- Takes time away from home visiting curricula



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## BARRIERS TO EFFECTIVE TREATMENT IN COMMUNITY MENTAL HEALTH SETTINGS



<b>Transportation limitations</b>	<b>Minimal communication and collaboration</b>
<b>Child care needs</b>	<b>Lack of specialized training in treatment of perinatal depression</b>

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## IN-HOME COGNITIVE BEHAVIORAL THERAPY



- One of two evidence-based psychological treatments for depression.
- More effective than antidepressant medications for traumatized women.
- Good relapse prevention.

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## CRITICAL ELEMENTS OF MBD



- System for screening mothers
- Infrastructure for capturing, storing, and managing data—screen, clinical processes, documentation
- Procedures for offering treatment to mothers & informing clinical team
- Procedures for ensuring collaborative relationship and communication between therapist & home visitor

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## CRITICAL ELEMENTS OF MBD (CONT.)



### **Home Visitors:**

- Experienced in providing home visiting
- Good understanding of maternal depression
- Understands MBD processes
- Collaborative with therapist

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## CRITICAL ELEMENTS OF MBD (CONT.)



### Therapist:

- Masters degree in social work, psychology, counseling, or related MH field
- Training in CBT
- Strong clinical skills (mastery of literature, good case conceptualization, self-awareness, openness to supervision, warmth/empathy)

### Clinical service:

- Close supervision from CBT therapist
- Licensed therapist supervision

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## COLLABORATION

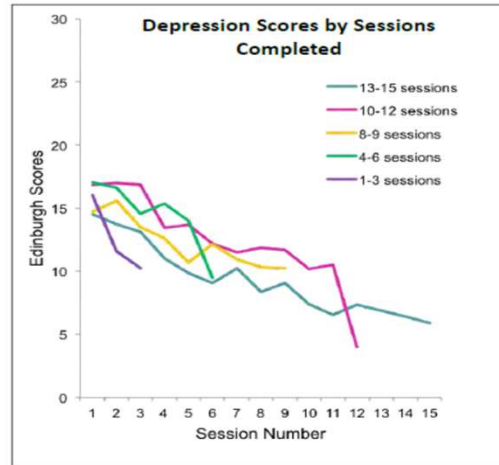
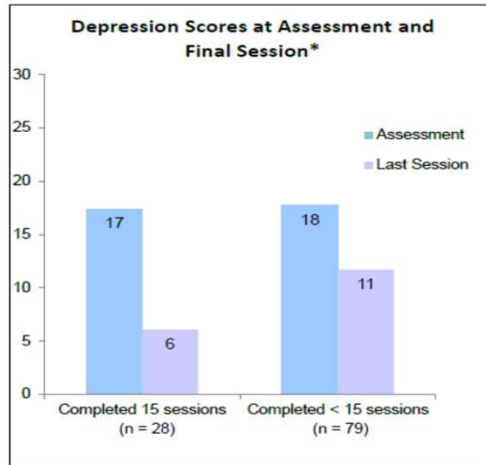


### Working together....

- Enhances participation in home visitation
- Supports the mother and the treatment
- Share insight into issues
- Provides additional resources
- Provides strategies to work with the mother
- Supports the home visitor and the therapist in crisis situations

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## Changes in Depression for All Participants



\*p<.001. Assessed with Edinburgh Postnatal Depression Scale (J. L. Cox, J. M. Holden, and R. Sagovsky, "Detection of Postnatal Depression. Development of the 10-item Edinburgh Postnatal Depression Scale." *British Journal of Psychiatry* 150 (1987): 782–786.)

58

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## Other Key Findings



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- Mothers in IH-CBT receive **3.2 more home visits** than controls during treatment. <sup>1</sup>
- Mothers in IH-CBT who receive **more home visits** have lower depression scores than those with fewer home visits. <sup>2</sup>
- Mothers in IH-CBT who fully complete treatment are **retained in home visiting** for 4½ months longer than controls. <sup>3</sup>
- Recovery from depression is associated with **improved** maternal coping, nurturing parenting, child social and emotional health, and improvement in anxiety. <sup>4</sup>
- Secondary benefit: therapists provided consultation, support and training for home visitors on issues related to mental health.

<sup>1</sup>Ammerman et al., 2013 (Behavior Therapy)

<sup>2</sup>Ammerman et al., 2012 (Behavior Modification)

<sup>3</sup>Teeters et al., 2013 (Assoc. for Behavioral and Cognitive Therapies)

<sup>4</sup>Ammerman et al., 2014 (under review)

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## MBD EXPERIENCE



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## FOR MORE INFORMATION



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  - **Including specialized CARF Accreditation – Adult and Children & Youth Health Home**

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