

# MOTHERS & BABIES NEWSLETTER



Mothers & Babies Team

[Check out this New York Times article about postpartum depression prevention and Mothers & Babies!](#)

## MOTHERS & BABIES FLORIDA HEALTHY START RWJ IMPLEMENTATION PROJECT

For the past two years, the Mothers & Babies 1-on-1 program has been used with pregnant women and mothers experiencing mild to moderate symptoms of depression. It has been incorporated in Healthy Start agencies throughout the State of Florida, thanks to a partnership between Northwestern University, the Florida Department of Health, and the Florida Maternal, Infant, and Early Childhood Home Visiting Project with funding from the Robert Wood Johnson Foundation. We have completed our evaluation of its implementation and effectiveness and are in the process of preparing our data for publication and dissemination to all collaborating sites.

### **Snapshot of project implementation:**

- 126 mental health clinicians and Healthy Start managers are now qualified MB trainers
- 338 home visitors were trained to deliver MB, with nearly half (162) implementing MB with their clients across 32/33 coalitions
- 803 pregnant women received MB between July 1, 2017 and July 1, 2018. Of those, 28% had scored between 8 and 12 on the EPDS
- The Northwestern Team enrolled 1,226 (672 control and 554 intervention) clients into our study with the assistance of Healthy Start Home Visitors, who recently received some small tokens of our appreciation
- Preliminary data suggests that women who received the MB intervention exhibited decreases in depressive symptoms
- Dr. Darius Tandon and Molly McGown presented preliminary findings at Florida's First 1000 Days conference in West Palm Beach in September. Some of our superstar providers were in attendance and shared valuable testimonials during our session
- Data were presented at the Annual Dissemination & Implementation Conference in Washington, D.C. by Project Coordinator Molly McGown and Co-Investigator J.D. Smith in December, 2018

## MOTHERS & BABIES FLORIDA "2.0"

### MIECHV SUBSAMPLE

In July of 2018, Dr. Tandon trained a new cohort of trainers to bring MB 1-on-1 to 15 additional Florida MIECHV sites outside of Healthy Start (PAT, NFP, and Healthy Families Florida). These programs have been receiving monthly technical assistance from Project Coordinator Molly McGown since September 2018. Most of these programs currently have at least one nurse or parent educator who is using the program with one or more families. Some participants are about half-way through the program and a few have already completed it and received graduation certificates (Great work, Jeanie!).

Programs participating in MB-Florida 2.0 include:

- PAT: Alachua/Marion, Bay, Hardee/Desoto, Manatee/Sarasota, North Central, Pinellas
- NFP: Broward, Gadsden/Jackson, Highlands, Miami, Okeechobee
- HFF: Escambia, Orange



## MB "1-ON-1"

Illinois Children's Healthcare Foundation supported a RCT examining the effectiveness of the MB 1-on-1 with a long-term follow-up study. We are analyzing our long-term follow-up assessments to assess not only maternal mental health outcomes, but also parent-child interaction, infant behavior, infant social-emotional development, and utilization of pediatric preventive services.

- We enrolled 120 women into the study and worked with 17 Home Visiting programs across Illinois
- [Results were published in the Journal of Behavioral Medicine](#) May 2018
- Major findings included from the Effectiveness Study: Women receiving MB 1-on-1 exhibited decreases in depressive and anxiety symptoms at 6 months postpartum

## MB "GROUP"

### MIDWEST

The PCORI-funded MB Project is a trial comparing the efficacy of the Group model of MB delivered by paraprofessional home visitors to usual care (home visiting services without MB) on depression and other patient-reported outcomes. It also evaluates the relative effectiveness of the MB program delivered by home visitors versus trained mental health clinicians. This study launched in 2016 and will continue through 2019.

- The PCORI Group MB research study has been working with 36 home-visiting programs and 874 participants representing 7 states in the Midwest (Illinois, Minnesota, Iowa, Missouri, Michigan, Ohio, and West Virginia). The implementation phase of the study has now been completed with a total of 133 MB cohorts delivered by 48 group facilitators
- The Group model is successfully being used in NFP, PAT, HFA and Healthy Start programs
- A grant submitted to National Institutes of Health to conduct a longitudinal follow-up with the original study sample looking at parenting and early childhood development was highly reviewed and likely to be funded!
- A [manuscript](#) on the research design of this cluster-randomized controlled trial was published in November 2018



MOTHERS  
& BABIES

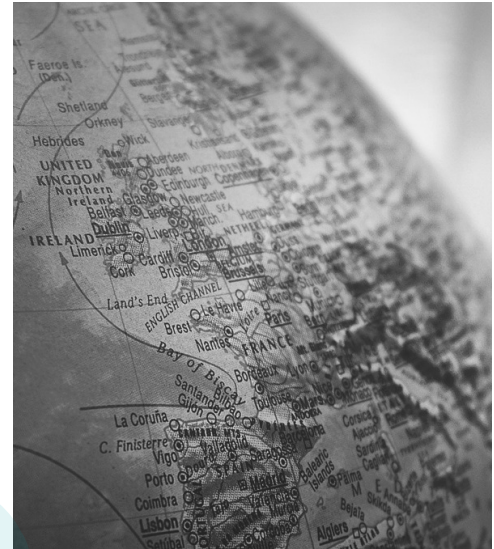
[www.mothersandbabiesprogram.org](http://www.mothersandbabiesprogram.org)

## MB GOES INTERNATIONAL!

A proposal submitted in January 2018 to the National Priorities Research Program (NPRP) to evaluate an adapted version of the MB 1-on-1 Program for use with Arabic- and English-speaking women at Sidra Hospital in Qatar (on the Arabian Peninsula) was accepted for funding. Research begins February 2019 for the four year project which includes a pilot study and RCT.

## MB EXPANSION

To date, MB training and implementation are occurring in 200+ home visiting programs across 20+ states! Programs not already implementing MB are welcome to reach out to Erin Ward at [erin.ward1@northwestern.edu](mailto:erin.ward1@northwestern.edu) for advice on training, implementation, and consultation.



## MB TEXT MESSAGING

A Text Message enhancement to the MB 1-on-1 curriculum is currently being piloted with funding from NIH. MB-TXT reinforces key MB skills, promotes project completion, and encourages self-monitoring of one's mood. Text messages are sent to clients, via a web-based platform, between each MB session.

- This feasibility and acceptability study of MB TXT began in April 2017 at HFA and PAT home visiting programs in Illinois and is expected to continue through March of 2019
- 62 home visiting clients have been enrolled
- 10 home-visiting programs have trained home visitors and are participating in the pilot

## FATHERS & BABIES

Fathers & Babies (FAB) is a partner-focused complimentary text based intervention to MB 1-on-1. FAB supports fathers' mental health and promotes support of their partners, as they become parents together. The FAB curriculum includes one introductory session, followed by texts linking to session content. FAB can be delivered via a combination of sessions with their partner and text-based sessions.

- Currently we are partnering with 5 programs in IL and CA to pilot FAB and have enrolled 14 dads
- If your program is interested in learning more about FAB, contact Jaime Hamil at [jaime.hamill@northwestern.edu](mailto:jaime.hamill@northwestern.edu)

## MB STAFF ANNOUNCEMENTS!

- Darius Tandon has a new role as Co-Director of Center for Community Health (alongside Namratha Kandula whose research focuses on improving health care delivery systems to reduce health disparities).
- Laura Campbell (previous Intervention Coordinator for the Florida Project) recently married her long-time partner. She has been working as the Community Research Liaison in Bend, Oregon for the past year and enjoying time with their new daughter, Amaya (pictured).
- Research Assistant Jesus Solano-Martinez is now in a graduate program in Psychology at DePaul University.
- Research Assistant Beth Hakamy was promoted to Research Study Coordinator on a study in the department of Endocrinology.

