MIND-I | Remote Supervision for Implementing Collaborative Care for Perinatal Depression

- Term: 01/01/16 – 12/31/20
- Grantee: University of Washington
- Sub-recipient: OCHIN, Inc.
- Funding Agency: National Institutes of Health, National Institute of Mental Health, and the California Health Care Foundation
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Depression is a common and serious disorder among pregnant women, but few from low income groups receive effective treatment. The highly evidence-based collaborative care model for depression has been shown to work for women in pregnancy but has not been widely implemented, particularly in care settings that serve vulnerable populations. We will conduct a prospective, pragmatic, cluster-randomized trial to assess the implementation, clinical outcomes, and cost-effectiveness of the Longitudinal Remote Consultation implementation strategy for collaborative care of perinatal depression in OCHIN member sites.

Potential Impact

Longitudinal Remote Consultation improves the implementation of evidence-based practices for mental health care provided by individual providers, but it has not been assessed for complex interventions such as collaborative care. Because of the negative impact of perinatal depression, particularly on low income women and their families seen in safety net settings, this promising strategy has great potential for public health impact nationally.