Moving Beyond Depression
BACKGROUND

Only 33% of new mothers referred from the Hopple Street Neighborhood Health Clinic complete the Moving Beyond Depression treatment program.
THEORY

Global Aim
Increase the percent of eligible mothers completing Moving Beyond Depression (completion of post-assessment) from 22% to 80% by August 2019

SMART Aim
Increase the percent of mothers completing weekly sessions from 0% to 35% by April 4, 2019

Population
Mothers of children ages 0 – 2 years receiving care at Hope Street Clinic who meet criteria for MBD

Key Drivers
- Committed & engaged mother
- Clear & reliable method of communication
- Appropriate (privacy, minimal interruptions, safe, comfortable & quiet) environment for therapy
- Positive rapport between therapist and mother
- Flexibility for scheduling sessions
- Accurate reliable data from therapist
- Therapist has clinical engagement skills and adherence to MBD model
- Sufficient staffing and resources to deliver high quality treatment
- Mother overcomes stigma & acknowledges benefits of mental health treatment

Interventions (LOR #)
- Menu of options for appointment reminder
- Conversation at assessment - discussing expectations and what's important to mother
- Script for how to ask mom about her day when scheduling the assessment
- Scheduling mom’s assessment in 1 to 2 days after referral
- Satisfaction/benefits survey
- Create a process for documentation
- Alternative ways to communicate with mom
- Update the rationale for treatment handout and create a script around the handout
- App to engage mother
- Send MBD testimony video link to mom after scheduling assessment
- App to increase mother’s active involvement in treatment

Legend
- Potential intervention
- Active intervention
- Adopted/Abandoned intervention
LEARNING CYCLES

PDSA #1
**Adopted** - Standardized phone script increased collaboration and problem-solving with mother resulting in less scheduling conflicts

**Abandoned** - Scheduling within 1-2 business days was found not effective

PDSA #2
**Adopted** - Mood Tracking App increased dialogue, rapport & engagement

PDSA #3
**Abandoned (will adapt)** – Testimonial video link with reminder between assessment & session 1, reduce stigma & increase engagement

PDSA #4
**Currently Testing** - Standardized introduction of program to increase engagement and decrease stigma

PDSA #5
**Currently Testing** - Moodtools App to reduce barriers to adhering to the cognitive model, leading to increased engagement
RESULTS

% of Mothers Who Complete Weekly Sessions

- PDSA #1: Schedule w/ 5 days using script
- PDSA #2: App for engagement
- PDSA #3: Testimonial Video w/ text reminder
- PDSA #4: Standardized Treatment Handout
- PDSA #5: Mood Tools App

RCIC Began Increased attention on engagement

Start of Week

% of Mothers

- % of Mothers
- Median
- Goal
MOST PROUD & WHY

We increased mothers completing weekly treatment from 0 to 75%!

100% of mothers that completed treatment no longer met diagnostic criteria for depression.
GREATEST OPPORTUNITY

Continue to improve access and reduce barriers for mothers engaging in Moving Beyond Depression treatment
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