The Mothers and Babies Program

Huynh-Nhu (Mimi) Le

Darius Tandon
My Personal Reality

Internal Reality
(In your mind)

External Reality
(In your world)

Thoughts

Activities

Mood

Promote parent-infant bonding using cognitive-behavioral strategies
MB CORE CONCEPTS

- Psychoeducation
- Attachment Theory
- Cognitive Behavioral Theory
- Relaxation Practice
# Quick Mood Scale

## BEST MOOD

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## OK/AVERAGE

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## WORST MOOD

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## # Harmful Thoughts

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### Mothers and Babies Modalities and Adaptations

<table>
<thead>
<tr>
<th>MODALITIES</th>
<th>ADAPTATIONS</th>
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<tbody>
<tr>
<td>Group: 6 or 8 session versions; each session ~90-120 minutes</td>
<td>Tribal/Indigenous 1-on-1: incorporates native teachings and concepts; uses culturally relevant imagery</td>
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<tr>
<td>1-on-1: 9 sessions; each session ~20-25 minutes; designed to be integrated into existing service provider (e.g., home visiting, prenatal care)</td>
<td>“Parents and Babies” 1-on-1: gender and sexuality expansive, and inclusive of varying family structures and non-traditional pathways to parenthood</td>
</tr>
<tr>
<td>Online: 8 sessions; self-guided with flexibility on session order and dosage</td>
<td>Sub-Saharan Africa:</td>
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<td>Text: Receive automated text messages for 6 months</td>
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**Northwestern Medicine**

Feinberg School of Medicine

**THE GEORGE WASHINGTON UNIVERSITY**

WASHINGTON, DC
MB Online (https://www.emb/health/)

offline for maintenance

Alinne Barrera
Babytext Program

• A fully-automated text messaging program based on the Mothers and Babies Course
• Introduction and Graduation are Zoom groups
• Six months of text message “tips”
• Based on the 8-lesson MB
• All perinatal individuals who are Spanish and English-speaking
• https://www.babytextstudy.com

 Everybody has stress. It affects how you feel and can affect your baby. Do something today to manage stress, like taking a few deep breaths.

Remember to keep track of how you are feeling by rating your mood at the end of the day.

Here is a brief guided breathing meditation to introduce you to mindfulness practice:
Cover of Tribal Adaptation Manual

Cover Art from Parents and Babies
MBC: ADAPTATION FOR SUB-SAHARAN AFRICA

The Integrated Mothers and Babies Course
Flipchart for Facilitators

Healthy Mothers, Healthy Children: 
THE INTEGRATED MOTHERS AND BABIES COURSE 
WITH HIV CARE AND PREVENTION 
FACILITATOR'S MANUAL

Developed By: 
Ricardo F. Muñoz, Ph.D. 
Huy Nh Le, Ph.D. 
Chandra Ghosh-Ippen, Ph.D. 
Alicia F. Lieberman, Ph.D. 
Manuela Diaz, Ph.D. 
Lauren La Plante, B.A. 
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Adapted By: 
Huy Nh Le, Ph.D. 
Elena McEwan, M.D. 
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MBC: ADAPTATION FOR SUB-SAHARAN AFRICA

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<td>LOW</td>
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IMBC video from Kenya
Fathers and Babies

• Curriculum for male partners to a) improve paternal mental health and b) support female partners’ mental health

• 9-session curriculum
  – First session delivered in person or by phone
  – Subsequent sessions delivered in person or via text message with embedded links to FAB content (e.g., videos, worksheets)

• Pilot study generated reductions in paternal stress and depressive symptoms when delivered concurrently with MB (Tandon et al., 2021; Hamil et al., 2021)

• Current work to develop FAB as free-standing intervention and conduct experimental study to test effectiveness
Provider and Client Reflections on MB/FAB

• “Mothers and Babies has been a way to bridge the major gap we are seeing with mental health services in our community.” - Wyoming Parents as Teachers Home Visitor

• “I feel Mothers and Babies has really helped me provide psychoeducation on CBT within the context of home visiting because of its emphasis on attachment and parenting.” - Early Impact Virginia Home Visitor

• “Love this program! Especially the short time commitment for caregivers and straightforward strategies.” - Vermont Rutland County Home Visitor

• “MAB/FAB has helped me grow as a person, man, husband & father. Using some of the methods & activities has proved to me that patience, communication & understanding is key. I never thought there was so much to learn about children, while also learning about myself. This program has helped me think & be more positive about things & people in my life. ..My family has come a long way since in these past 3 years & it's all thanks to MAB/FAB.” --Georgia Home Visiting Client

Who can benefit?

- **Who** can/should receive the MB intervention?
- Women who have mild to moderate depression symptoms, elevated stress, or anxiety symptoms
- MB can also be implemented universally—presented as a stress management course
- MB can be delivered across various settings that serve perinatal individuals—health centers, prenatal care/OB, home visiting and early childhood programs
How Can My Program/System Be Trained on MB?

• Materials are freely available on our websites

• Training/TA model:
  – In-person/virtual training with follow-up supervision sessions
  – MB “primer” video developed for reviewing pre-training or as a refresher
  – Train-the-trainer encouraged
  – No mental health experience needed to be trained/implement
  – Pre-readiness and readiness assessments (https://www.mothersandbabiesprogram.org/pre-readiness-survey/)
Leading the charge toward a world without depression: perinatal depression can be prevented

Ricardo F. Muñoz¹,² · Huynh-Nhu Le³ · Alinne Z. Barrera¹ · Blanca S. Pineda¹

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<tr>
<th>Mothers and Babies Course (MBC) Iterations</th>
<th>Number of sessions</th>
<th>Setting</th>
<th>Sample/age group</th>
<th>Facilitators</th>
<th>Specific adaptations for</th>
<th>Country</th>
<th>Language</th>
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<tbody>
<tr>
<td>2001–2013: MBC/Mamas y Bebés (original)</td>
<td>6, 8, 12</td>
<td>Hospital, home visiting, community primary care; urban</td>
<td>Latinas, African American; Adults</td>
<td>Psychologists; mental health staff</td>
<td>Low-income mothers</td>
<td>USA, Spain</td>
<td>English, Spanish</td>
</tr>
<tr>
<td>2014: MBC-Adolescent Version</td>
<td>12</td>
<td>Public schools; urban</td>
<td>African American; adolescents</td>
<td>Psychologist and school counselor</td>
<td>African American adolescents</td>
<td>USA</td>
<td>English</td>
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<tr>
<td>2014: MB Program-Group</td>
<td>6</td>
<td>Home visiting, clinic; urban</td>
<td>African American, Latino, White; adults, adolescents</td>
<td>Case manager, nurse, home visitor</td>
<td>Home visiting</td>
<td>USA, Greece</td>
<td>English, Spanish, Greek</td>
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<tr>
<td>2016, 2018, 2020: The Integrated Mothers and Babies Course</td>
<td>12, 13</td>
<td>Maternal healthcare facilities and home visiting; rural</td>
<td>African; adults</td>
<td>Community Health Volunteers, lead mothers</td>
<td>ECD programs; low literacy</td>
<td>Kenya, Ghana, Tanzania</td>
<td>English, Swahili and Luo (Kenya), Nabo and Mampruli (Ghana)</td>
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<tr>
<td>2018, 2021: MB Program 1–1</td>
<td>9</td>
<td>Home visiting; urban</td>
<td>African American, Latino, White; adults (in progress: Arabic women in Middle East; Tribal communities)</td>
<td>Home visitor</td>
<td>Home visiting</td>
<td>USA, Middle East</td>
<td>English, Spanish, Arabic</td>
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<td>2020: Group Antenatal Care (G-ANC+)</td>
<td>8</td>
<td>CSComs (health clinics); rural</td>
<td>African; adults</td>
<td>Midwives</td>
<td>Adolescents</td>
<td>Mali</td>
<td>Bambara</td>
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<tr>
<td>2020: Healthy Mothers Healthy Children; MBC with HIV Care and Prevention</td>
<td>12</td>
<td>PMTCT sites; rural</td>
<td>African; adults</td>
<td>Community health volunteers</td>
<td>Low literacy; women living with HIV; ECD and PMTCT programs</td>
<td>Zimbabwe</td>
<td>English, Ndebele</td>
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<td>2021: Fathers and Babies</td>
<td>9</td>
<td>Home visiting; urban</td>
<td>African American, Latino, White; adults</td>
<td>Home visitor</td>
<td>Males</td>
<td>USA</td>
<td>English</td>
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<td>Digital adaptations</td>
<td></td>
<td>Online</td>
<td>International; adults</td>
<td>N/A, site is fully automated</td>
<td>Perinatal women (2007, 2020) and their support network (2020)</td>
<td>International</td>
<td>English, Spanish</td>
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<td>2007, 2020: Mothers and Babies Online Course</td>
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<td>Online</td>
<td>International; adults</td>
<td>N/A, site is fully automated</td>
<td>Perinatal women (2007, 2020) and their support network (2020)</td>
<td>International</td>
<td>English, Spanish</td>
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<tr>
<td>2016, 2018, 2021: Baby-Text Program</td>
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<td>Online, SMS; community-based</td>
<td>Adults</td>
<td>Psychologist and graduate students</td>
<td>Reduced to brief messages/“tips”</td>
<td>USA</td>
<td>English, Spanish</td>
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<td>2020: Mothers and Babies App</td>
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<td>Online</td>
<td>Adults</td>
<td>N/A, site is fully automated</td>
<td>Perinatal women</td>
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<td>2021: You, Me, Baby Online Course</td>
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<td>Online; hospital obstetric clinic</td>
<td>Adults</td>
<td>Nurses and psychologists</td>
<td>French/Canadian women 14–25 weeks pregnant with an EPDS score 9–13</td>
<td>Canada</td>
<td>French</td>
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ECD early childhood development, PMTCT prevention of mother to child transmission

See supplemental section for the references for the manuals and associated citations and website/contact information
Further Information

Darius Tandon: dtandon@northwestern.edu
https://www.mothersandbabiesprogram.org/

Huynh-Nhu (Mimi) Le: hnle@gwu.edu
http://mbp.columbian.gwu.edu/

Alinne Barerra: abarrera@paloaltou.edu
http://www.barreralab.paloaltou.edu/