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MCHB/DHSPS
February 2008
Train the Trainer:
Maternal Depression Screening
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Moderator:
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Train the Trainer: Maternal Depression Screening



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Webcast Overview

Introduce the *Train the Trainer: Maternal Depression Screening program (TTT)*

Describe how TTT has increased the sustainability of maternal depression screening in Healthy Start, Visiting Nurse Services, Des Moines Iowa

TTT Team

Iowa Depression and Clinical Research Center
University of Iowa

- Michael W. O'Hara, Ph.D.
- Laura Gorman Ph.D.

Early Childhood Iowa

- Gretchen Hageman, MA

Bureau of Family Health

- Stephanie Trusty, RNC, BSN

Sponsoring Agency

Iowa Department of Management

Maternal Depression: Prevalence



Maternal depression affects as many as 19.2% of women in the first 3 months postpartum... with as many as 7.1% experiencing a major depressive episode.



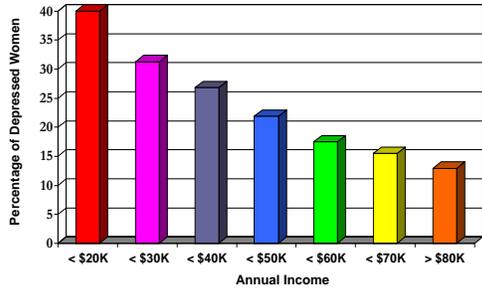
Who is at Risk?

The prevalence of depressed mood is not uniformly distributed.

- African American ethnicity is a significant risk factor for depressed mood
Segre, Losch, & O'Hara (2006)
- The prevalence of postpartum depression is significantly higher in lower income women
Segre, O'Hara, Arndt, & Stuart (2007)

Maternal Depression and Income

Segre, O'Hara, Arndt, & Stuart (2007)



Subjects: 4,332 postpartum women

Measure: Inventory to Diagnose Depression (IDD)

Maternal Depression: Significance

Parenting

- Pregnancy
- Mothering
- Mother-Infant Interactions

Children

- Attachment (emotional development)
- Intelligence
- Conduct

Maternal Depression Screening and Healthy Start

- In 2001, HRSA mandated maternal depression screening for all of the Healthy Start programs
- Each program developed their own screening protocols

Implementing Depression Screening: Healthy Start/Visiting Nurse Services/Iowa

Intensive Consultation Model

- Collaboration with Iowa Depression and Clinical Research Center



Intensive Consultation Model

Implementation Individual/Agency Level



Implementation Systems Level



New mom and depressed?

Get help for you
and your baby.



FOR FREE HELP, CALL VNS AT 288-1516

Funded by HRSA of the US Dept. of Health & Human Services. Grant #1 H7E MC 00021-01

Increasing Community Awareness:
Healthy Start/VNS Billboard

Intensive Consultation Model: Evaluation

	02	03	04	05	06	07
Number of Clients	319	294	227	215	272	344
Number Screened/ Percentage Screened	223 70%	278 95%	224 99%	212 99%	269 99%	338 98%
Number of Clients with EPDS Scores \geq 12	56	76	78	68	94	129
Number Referred	35	67	67	66	80	109

“Train-the-Trainer” Model: Rationale

- Intensive consultation model not feasible on long term or wide scale basis
- Train the Trainer developed to increase sustainability of education of new Healthy Start staff and more widely disseminate screening in other programs

Train the Trainer: Rationale (cont.)

- In June 2006, Segre and O'Hara trained representatives from 25 programs across the State of Iowa
- These representatives, in turn, provided training to their personnel and implemented depression screening in their program

Train-the-Trainer: Description Workshop 1

Provide education about maternal depression

- Introduction to Perinatal Mood Disorders
- Negative Effects of Maternal Depression
- Screening and Referral
- Psychological and Medical Treatments

Teach trainers to teach

Train-the-Trainer: Description Workshop 1 (cont.)

Homework Workshop 1

- Develop their own slides
- Develop their screening protocols

Train-the-Trainer: Description Workshop 2

- Finalize training materials and screening protocols
- Review the logistics of organizing their training for their programs
- Prepare them for the barriers of implementing depression screening

Train the Trainer: Evaluations of Presentations by Certified Trainers

Item	Pre-workshop % Knowledgeable/ Very Knowledgeable	Post-workshop % Knowledgeable/ Very Knowledgeable
Knowledge of....		
Perinatal Mood Disorders	28.2	95.7
Negative effects of PPD	46.7	98.9
Depression screening and referral procedures	18.5	86.8
Psychological and medical treatments	30.4	98.0

These data are the evaluation results of 92 workshop participants who attended the presentation of 6 certified trainers from TTT #1.

Train the Trainer in Healthy Start?

How can TTT be useful to Healthy Start programs which already have established screening programs?



Darby Taylor, B.S.
Healthy Start Project Director
Visiting Nurse Services, Des Moines, Iowa

- Usefulness of TTT in Healthy Start
- On becoming a certified trainer

**Des Moines Healthy Start Project
Visiting Nurse Services, Des Moines, Iowa**

- TTT supports the sustainability of maternal depression screening by providing certified trainers on staff to:
 - Train new staff hired due to turnover and/or project expansion
 - Offers opportunity to provide refresher training as needed to ensure continuity of screening across case managers

TTT efforts include:

- Three Healthy Start staff are currently certified TTT trainers (Project Director, Mental Health Counselor, Case Manager)
- The plan is to train two more project staff to increase the number and diversity of project trainers

**Des Moines Healthy Start Project
Visiting Nurse Services, Des Moines, Iowa**

Benefits of TTT:

- As a new Project Director, TTT provided me with a comprehensive overview of perinatal depression and the importance of screening.
- As a certified trainer, I possess a working knowledge of the training experience and what staff should gain and implement from the training.

**Des Moines Healthy Start Project
Visiting Nurse Services, Des Moines, Iowa**

Benefits of TTT continued:

- As a certified trainer, I am able to co-facilitate trainings for staff and partners; utilize the training in site visits with contractors; and in supervision with project staff.
- I gained an understanding of the utility of the training and can share the experience with other projects/programs.



Questions & Answers

Thank you for attending this event.

Please complete the evaluation directly following the webcast.

Archives of the event are located at, <http://www.mchcom.com>
