

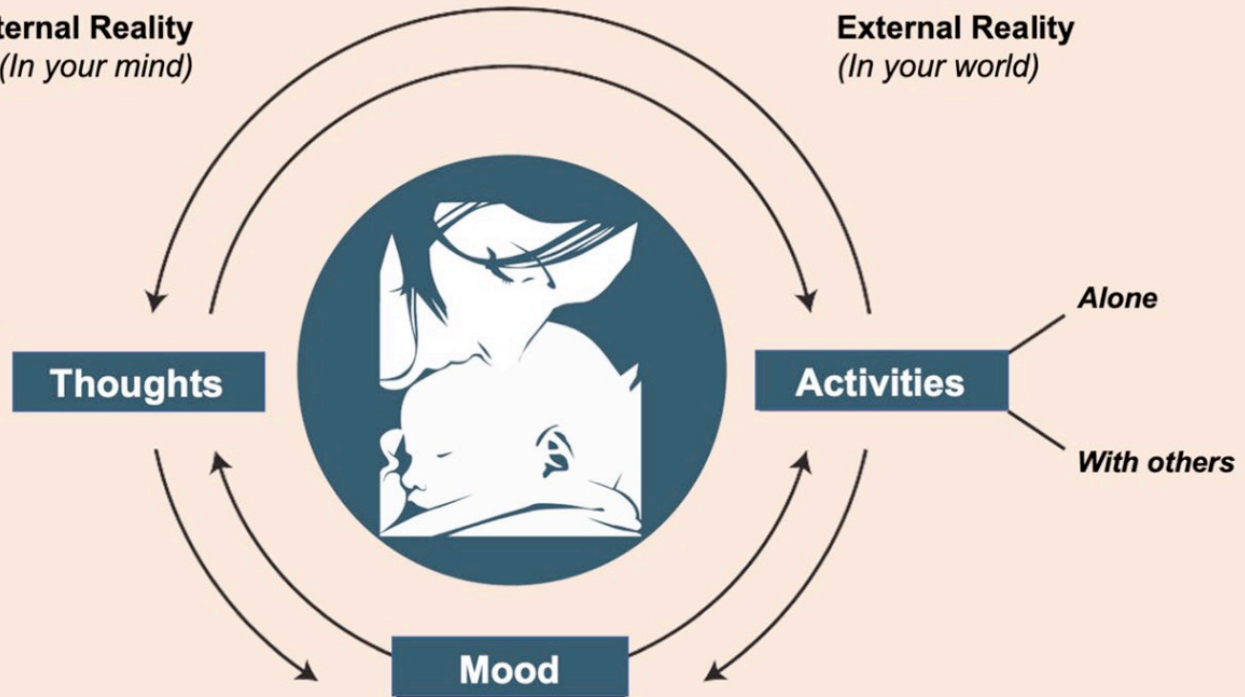
The Mothers and Babies Program

Huynh-Nhu (Mimi) Le
Darius Tandon

My Personal Reality

Internal Reality
(In your mind)

External Reality
(In your world)



Promote parent-infant bonding using cognitive-behavioral strategies

MB CORE CONCEPTS



Psychoeducation



Attachment Theory



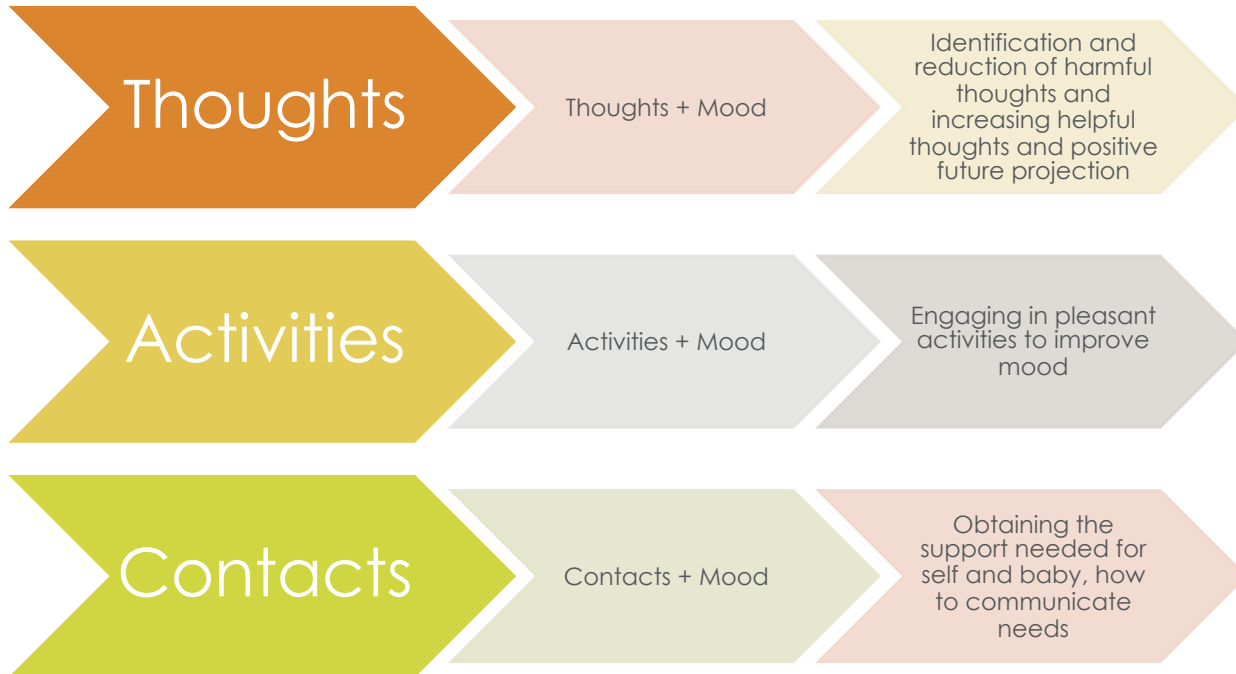
Cognitive Behavioral Theory



Relaxation Practice

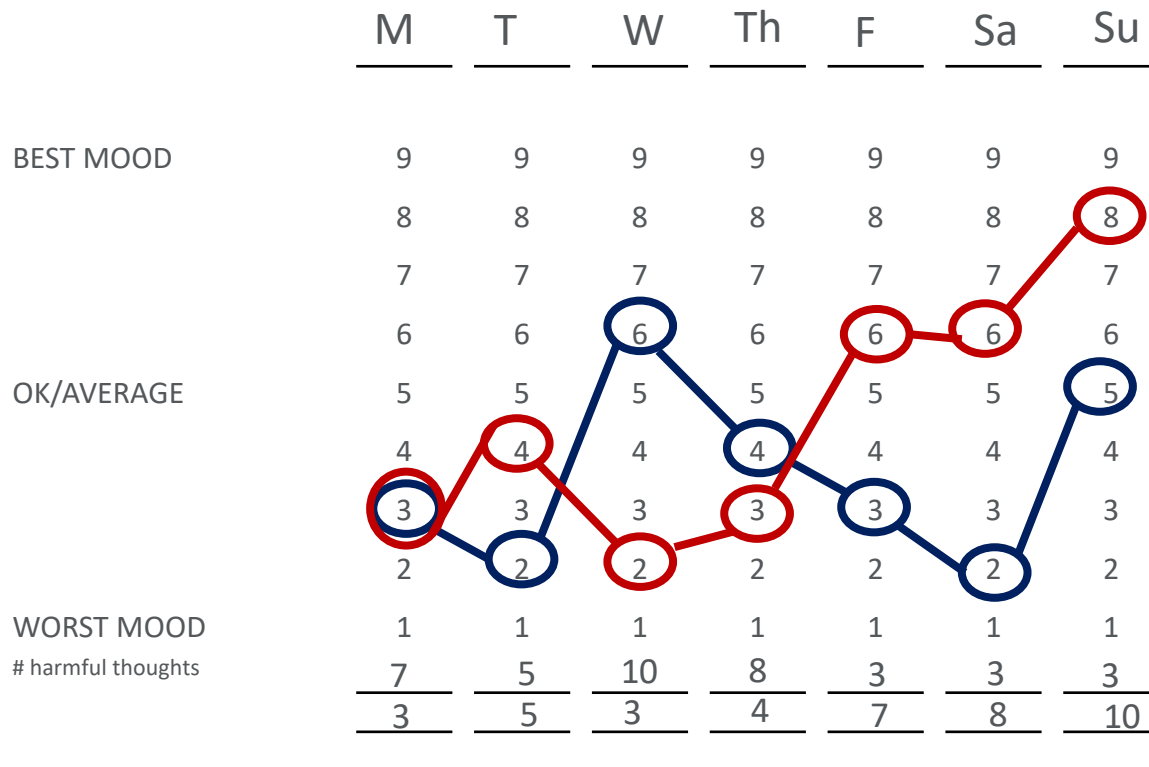
Introduction

Psychoeducation, reality management model



Planning for the future and graduation

QUICK MOOD SCALE



Mothers and Babies Modalities and Adaptations

MODALITIES

Group: 6 or 8 session versions; each session ~90-120 minutes

1-on-1: 9 sessions; each session ~20-25 minutes; designed to be integrated into existing service provider (e.g., home visiting, prenatal care)

Online: 8 sessions; self-guided with flexibility on session order and dosage

Text: Receive automated text messages for 6 months

ADAPTATIONS

Tribal/Indigenous 1-on-1: incorporates native teachings and concepts; uses culturally relevant imagery

“Parents and Babies” 1-on-1: gender and sexuality expansive, and inclusive of varying family structures and non-traditional pathways to parenthood

Sub-Saharan Africa:

MB Online (<https://www.emb/health/>)



MOTHERS AND BABIES ONLINE COURSE

An online program that teaches skills to manage changes in how you feel.
Designed for pregnant women, new mothers, and those who want to support them.



Alinne Barrera



ENGLISH

Sign up or log in again.
COMING SOON!

LEARN MORE

Learn about this course,
the team, and access
resources.
COMING SOON!

ESPAÑOL

Gracias por su paciencia
mientras terminamos
este sitio.

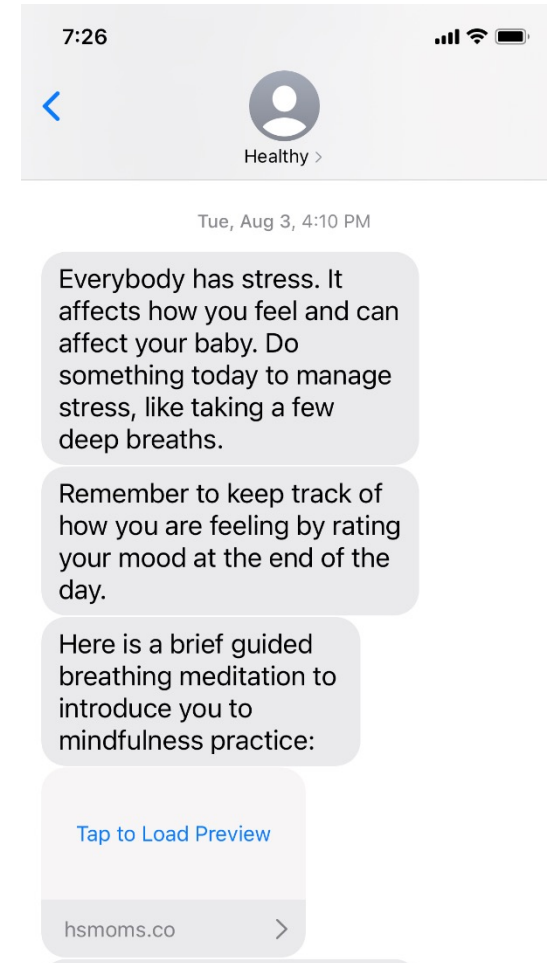
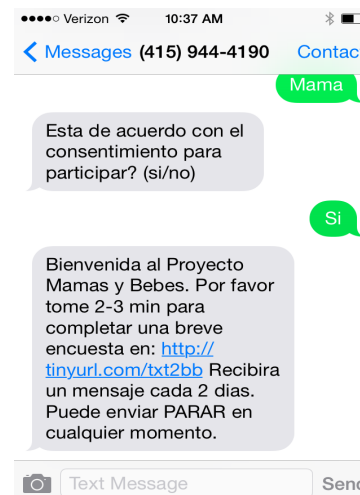
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GET IN TOUCH

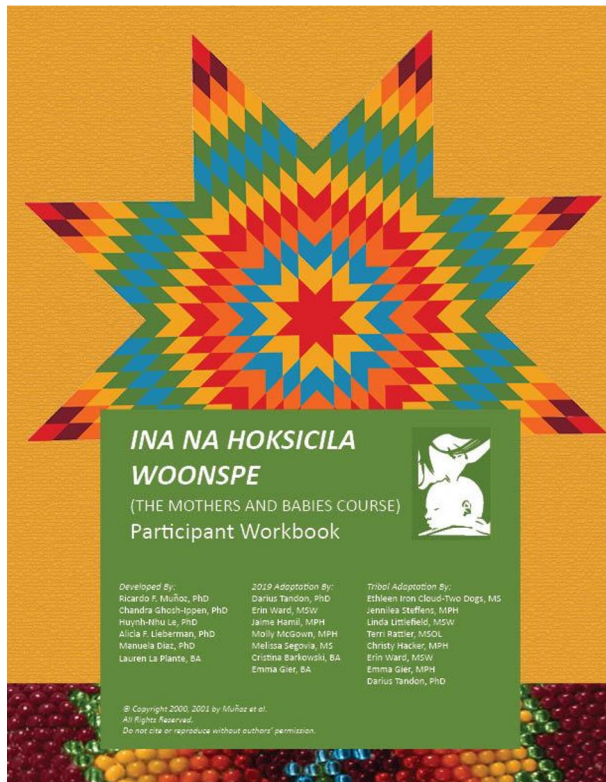
We'd love to hear from you. Reach out if you have any questions or want to learn more about the Mothers and Babies Online Course.
mama@psu.caltou.edu

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>



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



THE H-MBC/HM/ECD Facilitators Manual

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



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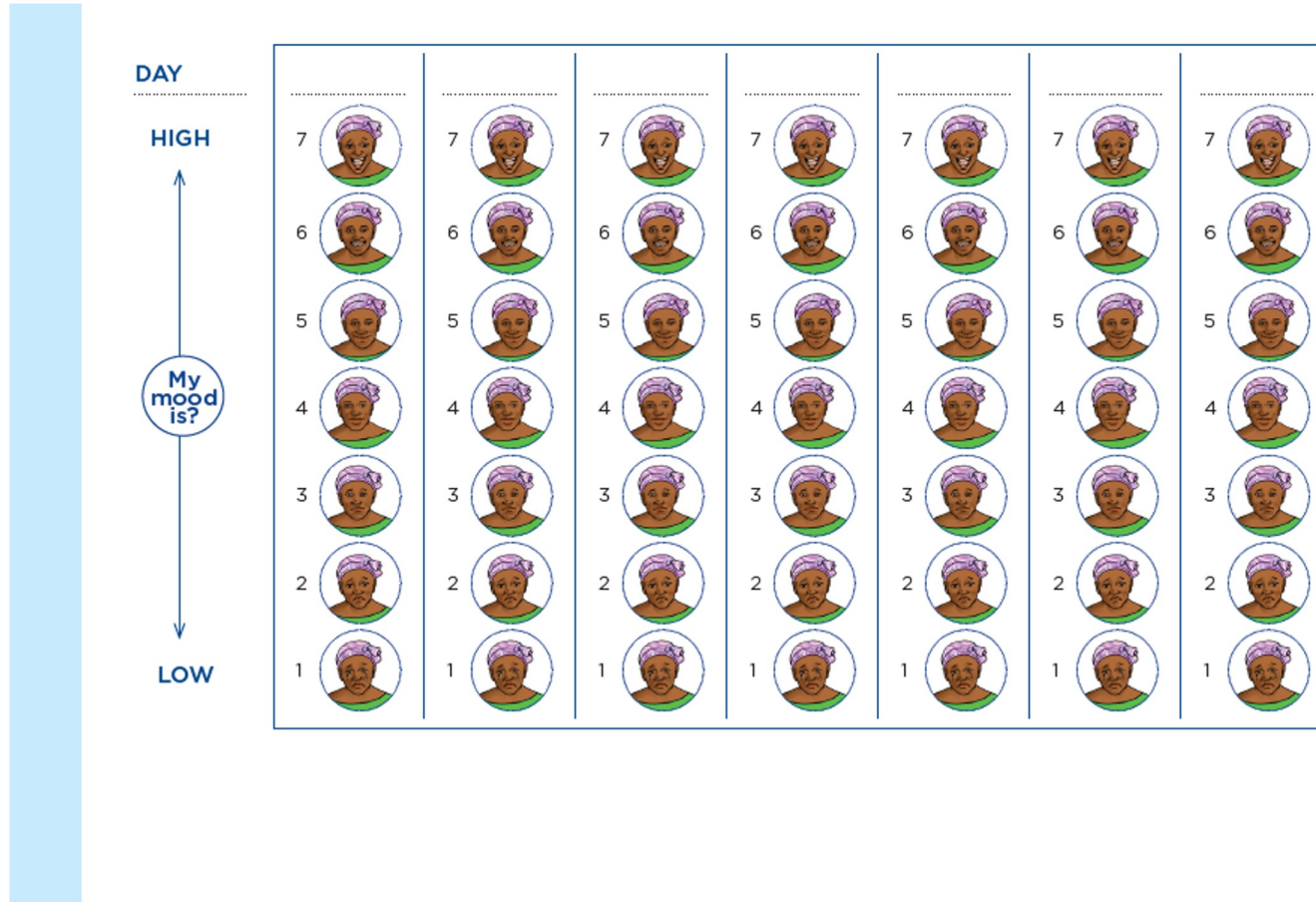
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THE H-MBC/HM/ECD Facilitators Manual 2019

MBC: ADAPTATION FOR SUB-SAHARAN AFRICA





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



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**
- **<https://www.thedenverchannel.com/news/national/pilot-program-aims-to-address-the-stress-of-new-fatherhood> (Story on Fathers and Babies)**

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

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Table 1 The original and adaptations of the Mothers and Babies Course

Mothers and Babies Course (MBC) iterations	Number of sessions	Setting	Sample/age group	Facilitators	Specific adaptations for:	Country	Language
2001–2013: MBC/Mamás y Bebés (original)	6, 8, 12	Hospital, home visiting, community primary care; urban	Latinas, African American; Adults	Psychologists; mental health staff	Low-income mothers	USA, Spain	English, Spanish
2014: MBC-Adolescent Version	12	Public schools; urban	African American; adolescents	Psychologist and school counselor	African American adolescents	USA	English
2014: MB Program-Group	6	Home visiting, clinic; urban	African American, Latino, White; adults, adolescents	Case manager, nurse, home visitor	Home visiting	USA, Greece	English, Spanish, Greek
2016, 2018, 2020: The Integrated Mothers and Babies Course	12, 13	Maternal healthcare facilities and home visiting; rural	African; adults	Community Health Volunteers, lead mothers	ECD programs; low literacy	Kenya, Ghana, Tanzania	English, Swahili and Luo (Kenya), Nabt and Mampuli (Ghana)
2018, 2021: MB Program 1–1	9	Home visiting; urban	African American, Latino, White; adults (in progress: Arabic women in Middle East; Tribal communities)	Home visitor	Home visiting	USA, Middle East	English, Spanish, Arabic
2020: Group Antenatal Care (G-ANC+)	8	CSComs (health clinics); rural	African; adults	Midwives	Adolescents	Mali	Bambara
2020: Healthy Mothers Healthy Children: IMBC with HIV Care and Prevention	12	PMTCT sites; rural	African; adults	Community health volunteers	Low literacy; women living with HIV; ECD and PMTCT programs	Zimbabwe	English, Ndebele
2021: Fathers and Babies	9	Home visiting; urban	African American, Latino, White; adults	Home visitor	Males	USA	English
Digital adaptations							
2007, 2020: Mothers and Babies Online Course	8	Online	International; adults	N/A, site is fully automated	Perinatal women (2007, 2020) and their support network (2020)	International	English, Spanish
2016, 2018, 2021: Baby-Text Program	2	Online, SMS; community-based	Adults	Psychologist and graduate students	Reduced to brief messages/“tips”	USA	English, Spanish
2020: Mothers and Babies App	11	Online	Adults	N/A, site is fully automated	Perinatal women	Spain	Spanish
2021: You, Me, Baby Online Course	10	Online; hospital obstetric clinic	Adults	Nurses and psychologists	French/Canadian women 14–25 weeks pregnant with an EPDS score 9–13	Canada	French

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

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Q & A