



**Moving Beyond
Depression Integration
at Hopple Street
Neighborhood Health
Clinic**



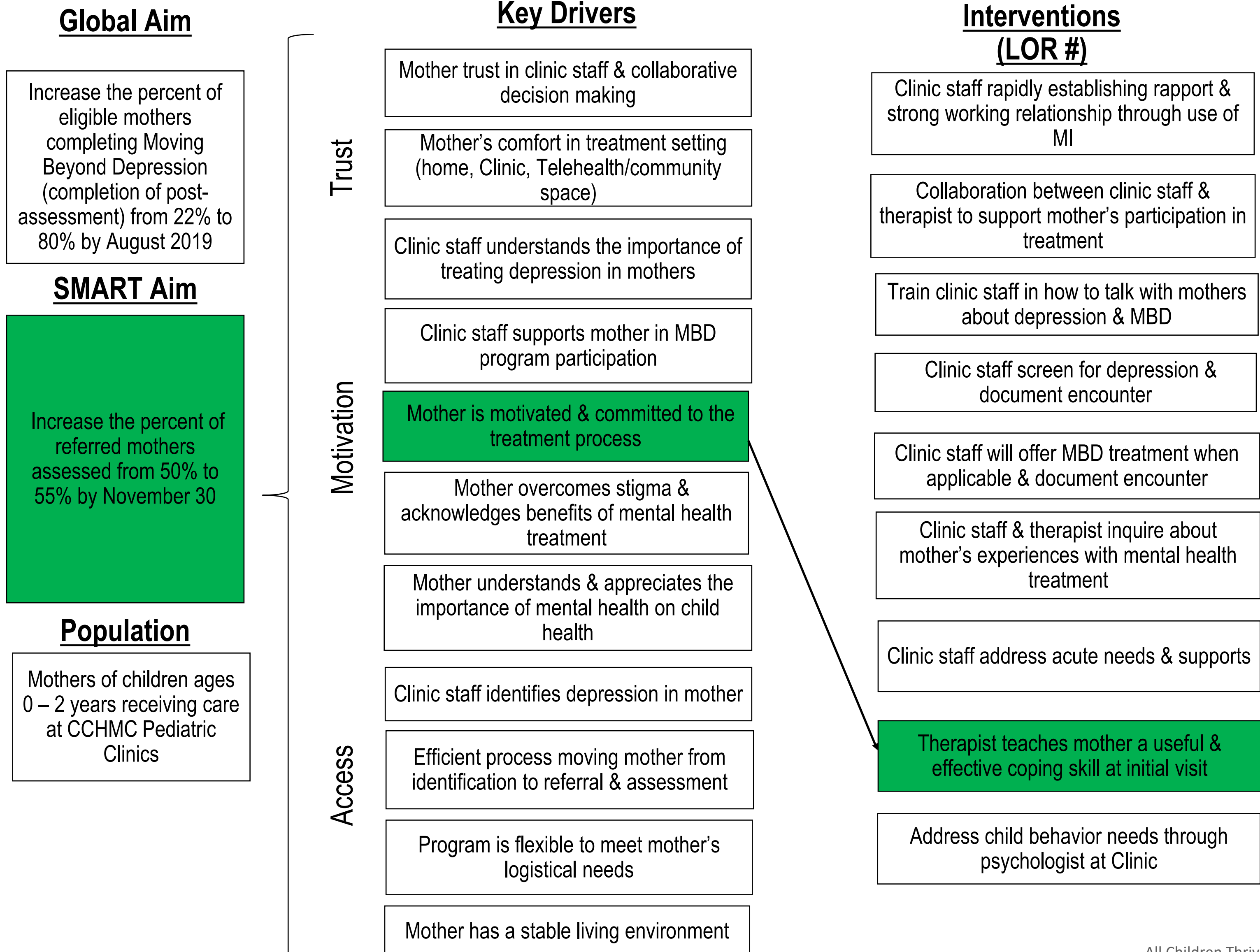
BACKGROUND

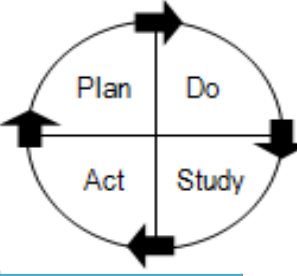
Brief statement or image about why you are doing your project (e.g. problem statement)

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

MBD Integration at Hopple Key Driver Diagram (KDD)

Revision Date 9/7/18 (v4)





Ramp #: 2

Test #: 1

Test Start Date: 10/12/18

Test Complete Date: 10/17/18

Project SMART Aim: Increase the percent of eligible mothers completing MBD from 22% to 80% by August 2019

What key driver does this test impact? Mother is motivated & committed to the treatment process

What is the objective of the test? Engagement

PLAN:

A. Briefly describe the test:

Therapist will make appt. reminder call and mention symptom/issue; text sent after call with video. Therapist will teach mom coping skill for symptom/issue mentioned at clinic visit at initial (assessment) session.

B. How will you measure the success of this test?

Mom attends initial (assessment) session with therapist.

C. What would success look like?

Mom completes treatment.

D. What do you predict will happen?

Mom will have buy-in and complete initial (assessment) session.

E. Plan for collection of data:

PDSA form and excel sheet.

F. Tasks:

List the tasks necessary to complete this test (what)	Person responsible (who)	When	Where
Create menu of coping skills	MBD Therapists		

DO: Test the changes.

Was the cycle carried out as planned? Yes or No

Record data and observations.

Study was carried out as planned with the exception of sending the text with the video. Therapist confirmed session the day before and mentioned how therapy could help with sleep. Therapist addressed sleep early during the assessment and taught mother sleep hygiene techniques at the end of session.

What did you observe that was not part of the plan?

Therapist did not have MBD video readily available to send the day of the call.

STUDY:

Did the results match your predictions? Yes or No

Compare the result of your test to your previous performance:

Mother responded well to learning the coping skill as it addressed the issue she identified as being her most pressing issue.

What did you learn?

Teaching a skill the corresponds with a problem that Mother has identified seems to be a good way to make sure mother will complete assessment.

ACT: Decide to Adapt, Adapt or Abandon (shade one box).

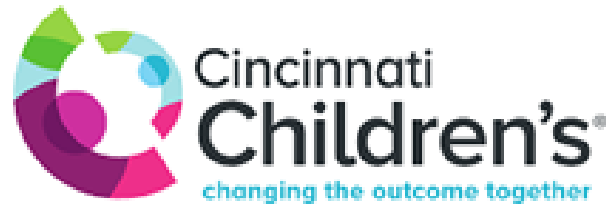
Adapt. Improve the change and continue testing the plan.
Plan/changes for next test:

Continue to teach a skill in the assessment that has been identified in clinic. Have therapists save the link to MBD videos on cell phone.

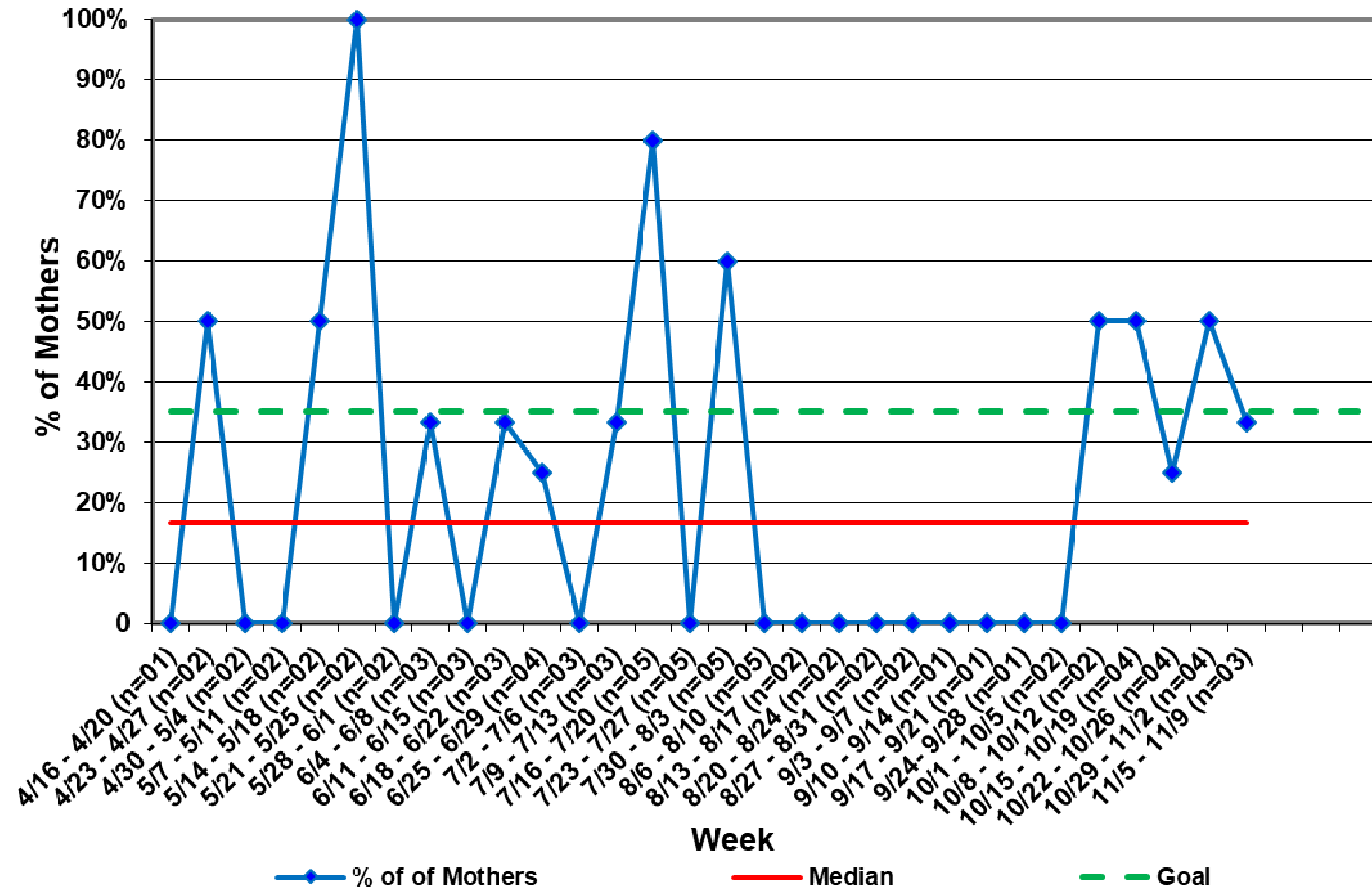
Adopt. Select changes to implement on a larger scale and develop an implementation plan and plan for sustainability.

Abandon. Discard this change idea and try a different one.

Baseline Data



% of Mothers Who Complete Weekly Sessions April - November 2018



CONTACT US



Robert Ammerman, Ph.D.	Robert.Ammerman@cchmc.org
Michelle Rummel	Michelle.Rummel@cchmc.org
Cindy Zion	Cynthia.Zion@cchmc.org
Laura Hershberger, LISW-S	Laura.Hershberger@cchmc.org
Shameka Perry, LISW	Shameka.Perry@cchmc.org
Megan Posinski	Megan.Posinski@cchmc.org