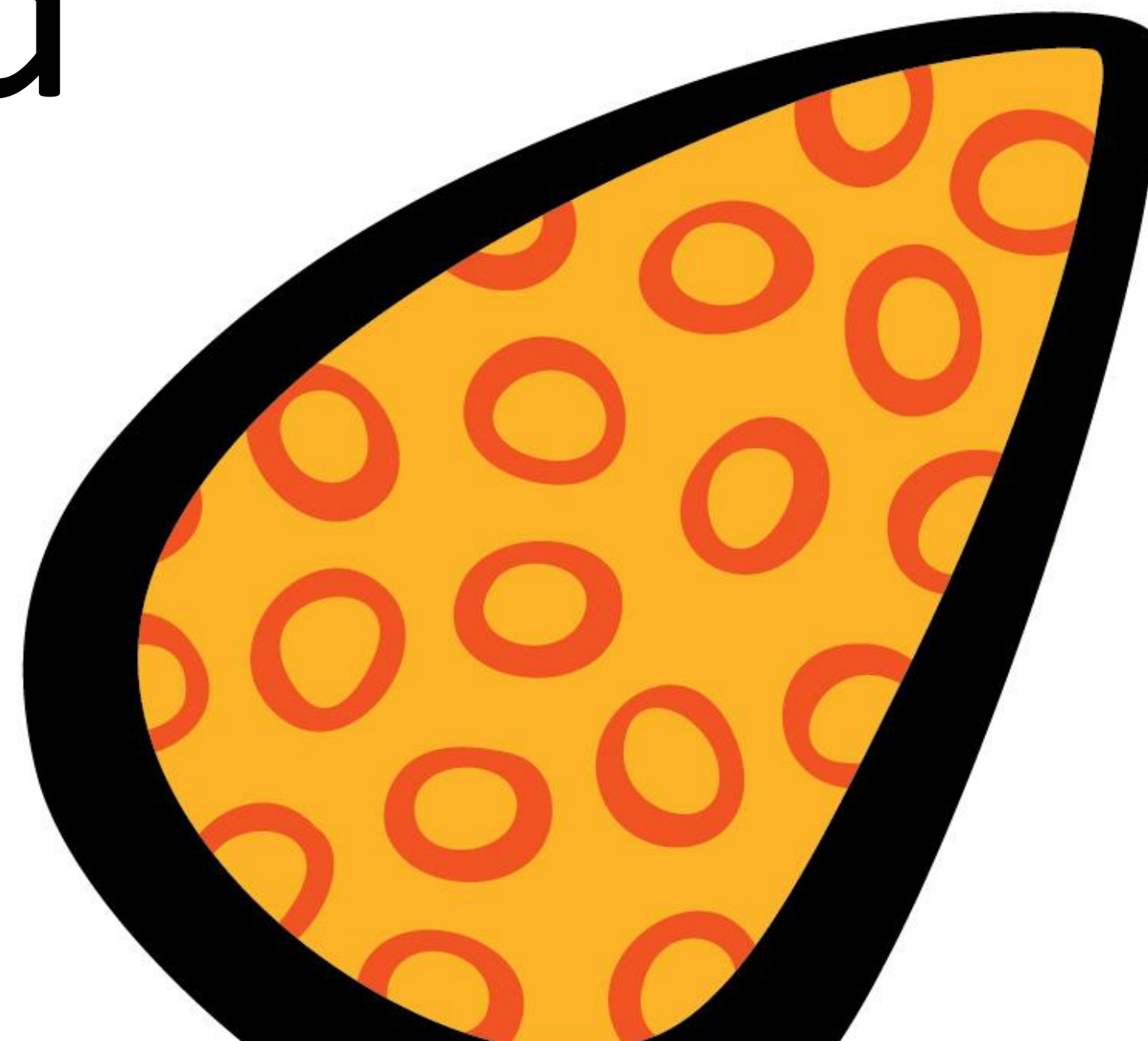
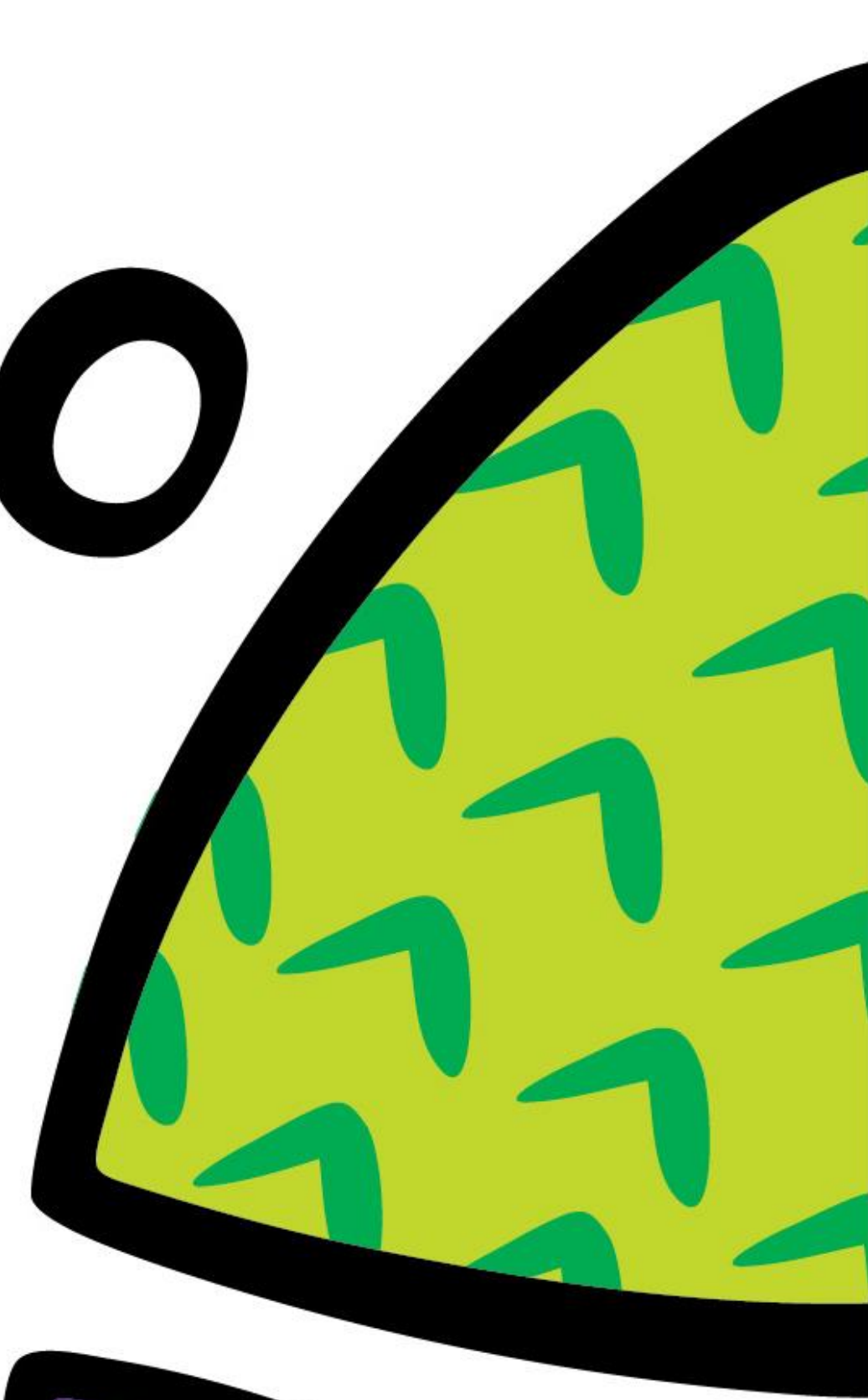
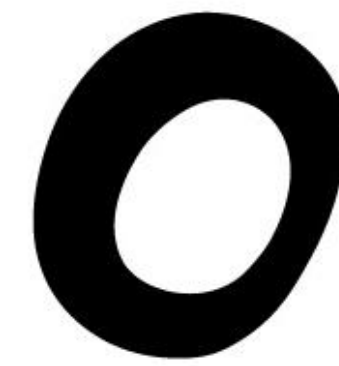
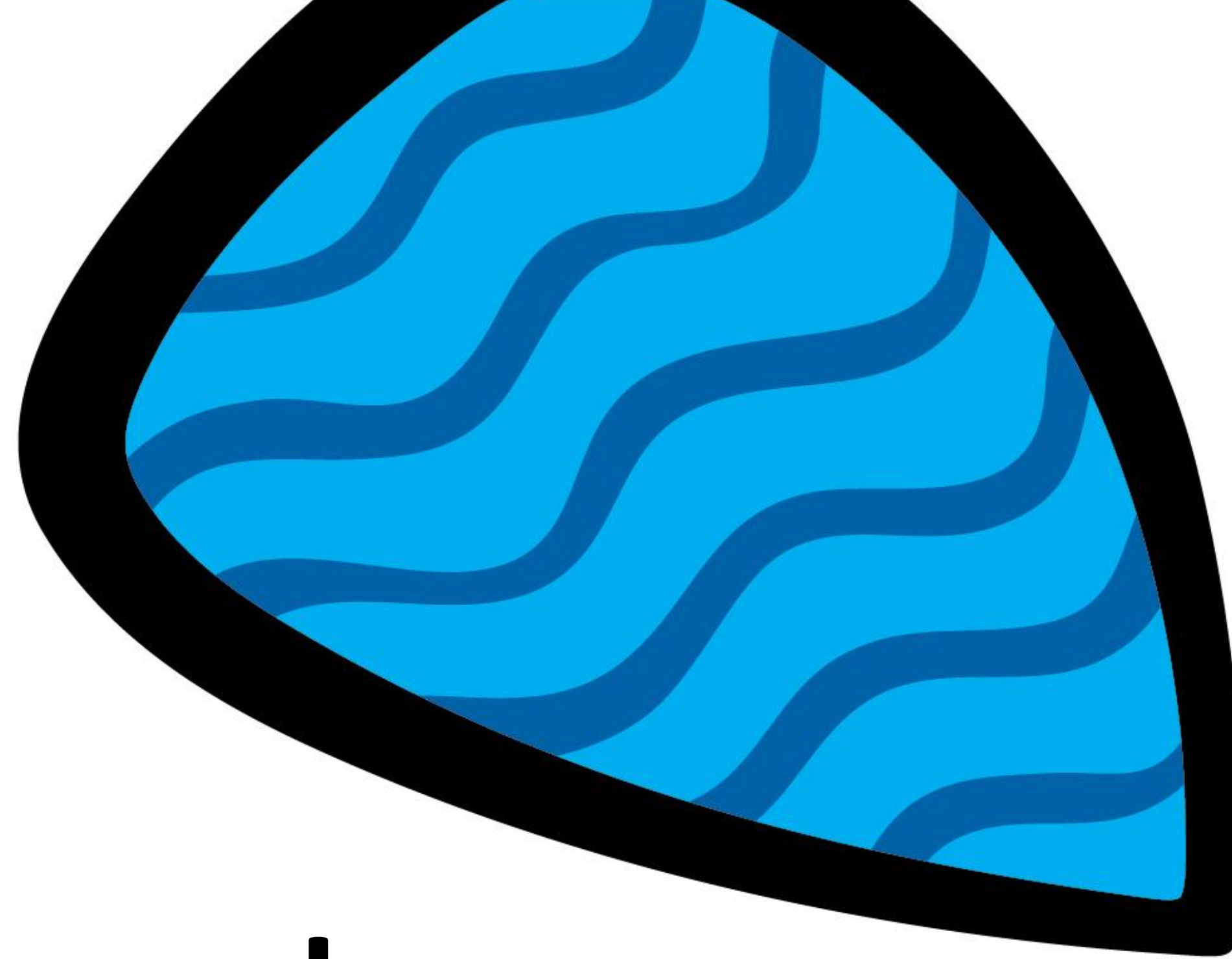




# Moving Beyond Depression





# BACKGROUND

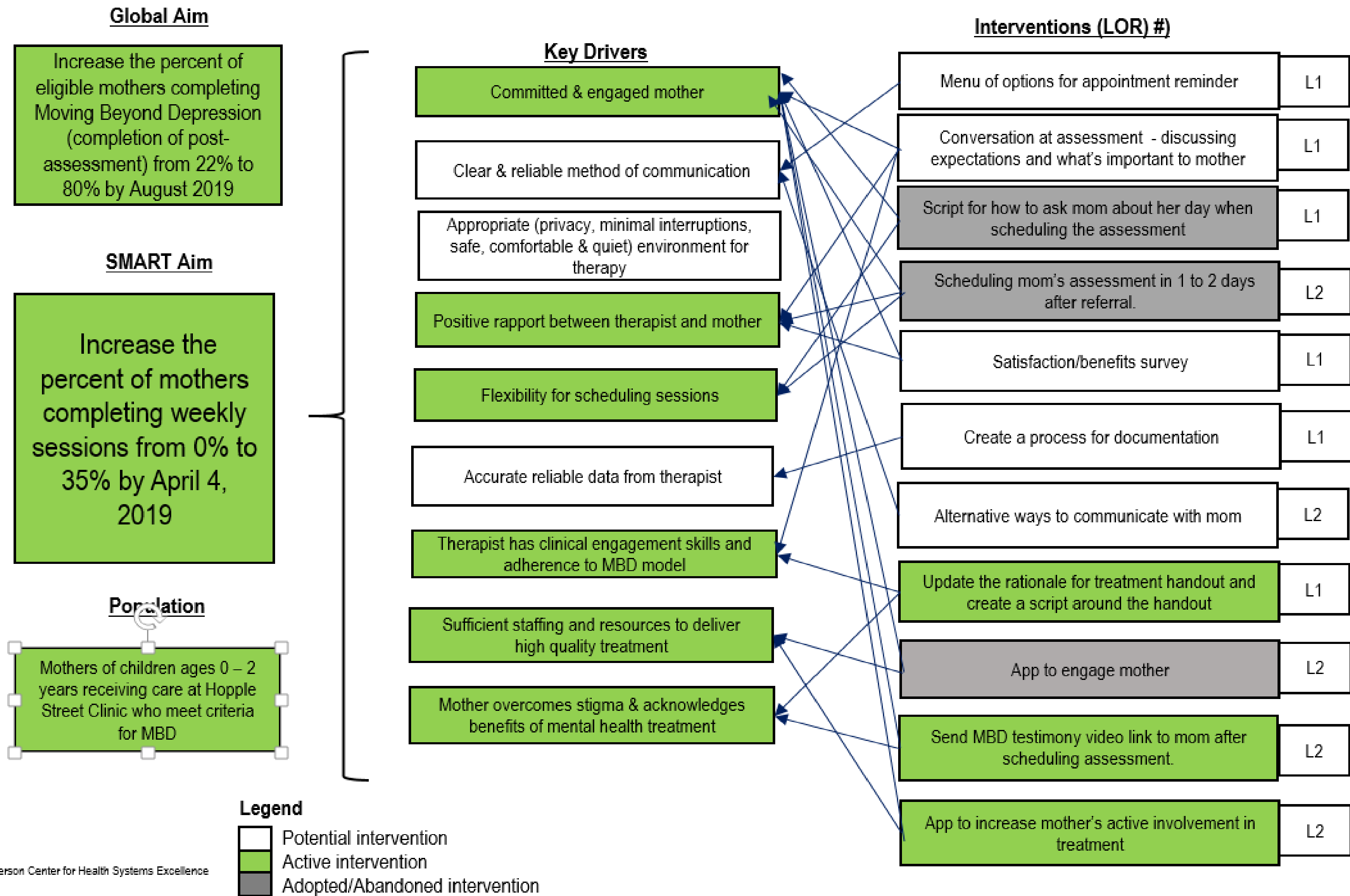


Only 33%  
of new mothers referred  
from the Hopple Street  
Neighborhood Health  
Clinic complete the  
Moving Beyond  
Depression treatment  
program.





# THEORY



# 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

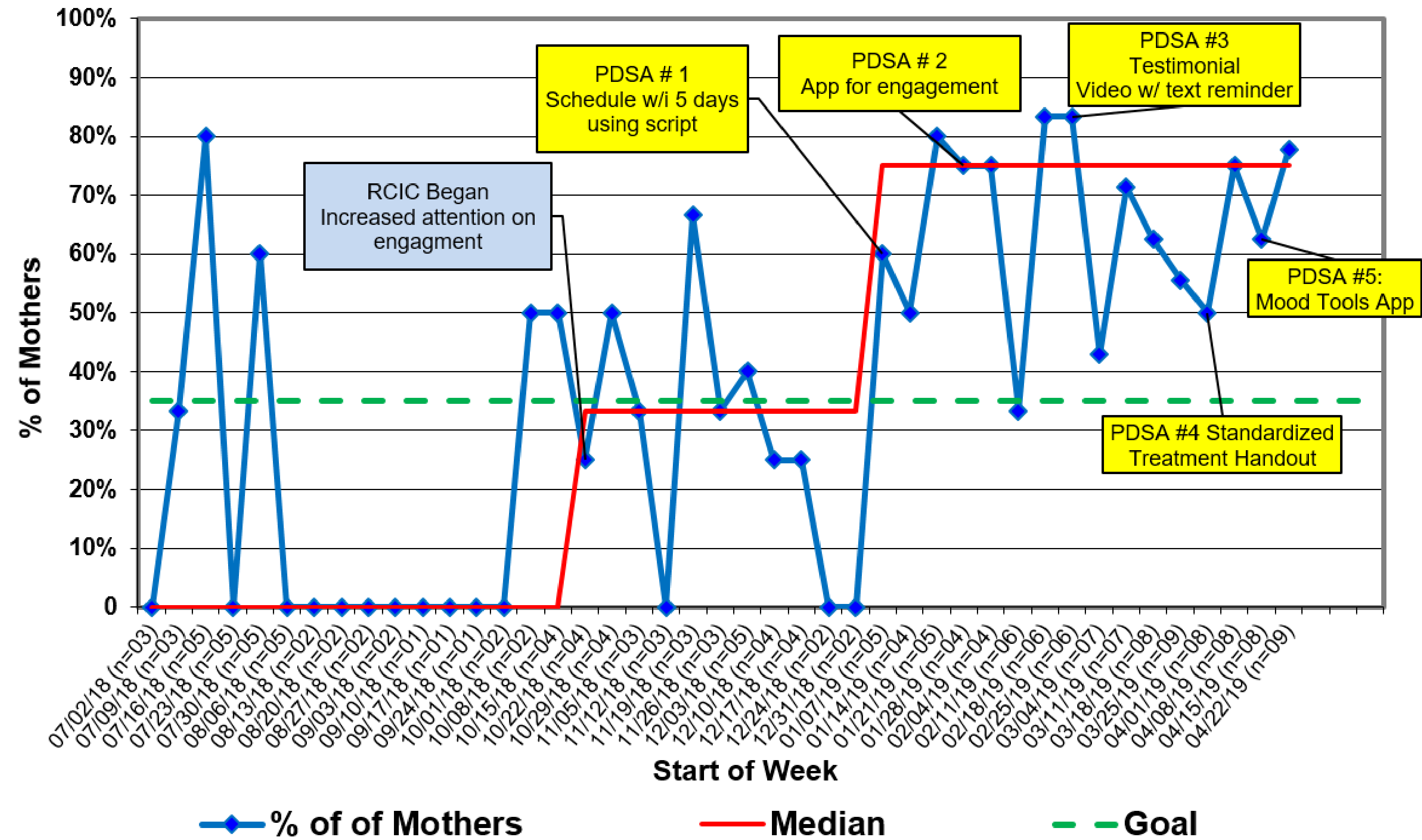
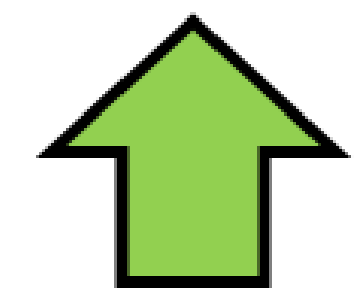
## PDSA #5

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

# RESULTS



## % of Mothers Who Complete Weekly Sessions



# 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



For more information  
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## TEAM MEMBERS

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