

This research aims to support maternal mental health in early childhood settings. The project expanded access to *Mothers and Babies*, a postpartum depression intervention, to immigrant Latina mothers. The team delivered support virtually to help more mothers participate by reducing the need for them to miss work or find transportation to attend.

The Impact

This work supporting maternal mental health in early learning centers resulted in **community** and **economic** benefits.

Mothers and Babies teaches mood regulation skills to mothers. The team at Johns Hopkins set out to increase access to the program for immigrant Latina mothers. The team partnered with Judy Centers, early learning centers serving parents and children located in Title I School Zones. With the onset of the COVID-19 pandemic, the team added a virtual group option, reducing additional participation barriers. Program participants who used the virtual option did not have to take off work to attend or pay for transportation to the program. While the team initially focused on three Judy Centers, the program expanded to train all Judy Center staff in the state of New Jersey in *Mothers and Babies* material.

The Challenge

Immigrant Latinas are up to **three times** more likely to develop **postpartum depression** as compared to the general population of new mothers. While many postpartum depression services and treatments exist, **many barriers** prevent immigrant Latinas from seeking support.

The Approach

The team partnered with Judy Centers to deliver *Mothers and Babies* to Latina women. The program provided:

- Training in mood regulation skills
- Resources to address food insecurity
- Support in a virtual format, reducing participation barriers

RESEARCH HIGHLIGHTS

The Supporting Maternal Mental Health in Early Childhood Settings project resulted in:

- Expanded access to mood regulation skills for postpartum Latina mothers at Judy Centers.
- Increased accessibility of *Mothers and Babies* to immigrant Latina first-time mothers via virtual format.
- Potential reduced economic and social cost associated with decreased postpartum depression.

Key TSBM Impacts



COMMUNITY

Provided *Mothers and Babies*, an effective intervention for postpartum depression tailored to Latina women.



COMMUNITY

Increased access to learning mood regulation skills by utilizing Judy Centers.



COMMUNITY

Created a novel virtual service delivery format for *Mothers and Babies*.



ECONOMIC

Will reduce short-term economic burden of program participation through virtual service delivery.



ECONOMIC

Will reduce postpartum depression in program participants, thus reducing healthcare spending.

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Find out more:

[Read the full case study](#)

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