



The primary component of Moving Beyond Depression™ is In-Home Cognitive Behavioral Therapy (IH-CBT), an adapted evidence-based treatment for depressed mothers participating in home visiting programs. IH-CBT was developed by Every Child Succeeds® at Cincinnati Children's Hospital Medical Center. IH-CBT has been rigorously tested in a clinical trial and through other empirical methods.

Key findings from this research:

Recovery

After receiving IH-CBT, 70% of mothers no longer met criteria for major depressive disorder.

Emotional Health and Social Support

Mothers receiving IH-CBT reported substantial drops in psychological distress and increased social support.

Engaged in Treatment

Mothers receiving IH-CBT had an average of 11.2 treatment sessions, in contrast to the average of 4.3 sessions in adult outpatient clinics.

Increased Home Visits

Mothers receiving IH-CBT had an average of 3.2 additional home visits during the treatment phase relative to controls.

Mothers who recovered from depression reported that they:

- Coped better with stress
- Were more responsive to their child's social and emotional needs
- Had fewer relationship difficulties

IH-CBT is cost-effective:

Over a three-year time horizon, mothers receiving IH-CBT were expected to have 345.6 fewer days of depression relative to those receiving standard home visiting and treatment in the community.

For more information on Moving Beyond Depression™ contact:

Robert T. Ammerman, Ph.D.

Every Child Succeeds® - Cincinnati Children's Hospital Medical Center

robert.ammerman@cchmc.org

(513) 636-8209