

# Hope at Home

YEAR ONE OVERVIEW · APRIL 2024-MARCH 2025

The Hope at Home pilot program is working to improve maternal health and the ability for mothers to care for their children with individualized clinical mental health services.<sup>1</sup> The Moving Beyond Depression model is used for some individuals with depressive symptoms. Hope at Home supports mothers in Columbus Public Health's home visiting programs with an extensive, evidence-based and inclusive approach to address postpartum depression by providing In-Home Cognitive Behavioral Therapy delivered by licensed counselors.<sup>2</sup>

## Satisfaction

Of initial enrollees, 100% of mothers agreed or strongly agreed to core satisfactions:

- Understanding the information that was given during their visit.
- Hope at Home staff answering their questions or referring them to someone who can.
- Acceptable waiting times.
- Having services being readily available at a convenient time.
- Being treated with respect.
- Being satisfied with the services received.

## Screening and Assessment Tools

To better identify and support mothers at risk of postpartum depression and other mental health issues, the program used some of these tools for tailored support:

- Edinburgh Postnatal Depression Scale.
- Interpersonal Support Evaluation List.
- Adverse Childhood Experiences.
- Alcohol Use Disorders Identification Test.

## Testimonials

"The therapist has been extremely helpful during my therapist sessions in navigating through shifting my mindset and providing coping skills that I can use during and even after my pregnancy. I'm extremely grateful for the services."

- Mother

"The program helped my client work on their goals. Through therapy, they were able to gain confidence, and they were able to see there is hope."

- Home Visitor

"Every client that was referred learned coping skills. All were able to create a plan with the therapist and would still follow this plan after the program."

- Home Visitor

"I referred one mom that was new to the country and had a 3-year-old who was on the spectrum. She was really stressed trying to get him enrolled in school. I referred even though she was not necessarily depressed, but it really helped her process/talk through her emotions."

- Home Visitor

"Some clients were reluctant to engage in Hope at Home, but I pushed because I felt like it was useful. I saw great improvements in clients that accepted services."

- Home Visitor

### YEAR ONE STATS:

 **96** Mothers Referred

 **53** Mothers Connected to Services

 **8.1** Counseling Sessions with Mothers (on average)