



CommuniCare

HEALTH CENTERS

Welcome Home!



A Legacy of Care



- Founded in 1972 by Dr. John H. Jones as the Davis Free Clinic
- Mission driven, Patient Centered
- Culturally sensitive and supportive
- Comprehensive Services
- Became FQHC in 2007
- Federally funded as both Community Health Center and Migrant Health Center

Behavioral Health Department

- 70 employees
- Adult Psychiatrist, Child Psychiatrist, Licensed MFTs, LCSWs, MFTi/ASWs, Substance Use Specialists, Case Managers, Youth and Family Specialists, Outreach Workers, Child Development Staff and Administration.
- Primary Provider of Outpatient Substance Use Disorder treatment
- Only outpatient Perinatal Drug Treatment Provider in Yolo County
- Primary Mental Health Provider for Juvenile Justice involved youth
- Primary Parenting and Supervised visitation provider for Child Welfare

Moving Beyond Depression therapy team

- Sara Gavin, LMFT LPCC *MBD team lead*, Director of Behavioral Health
- Tegwin Millard, LMFT *MBD Clinician*, Perinatal and Family Treatment Supervisor
- Maria Gonzales, LCSW *MBD Clinician* (Bilingual English/Spanish)

- All trained in evidenced-based in-home cognitive behavioral therapy practice (Moving Beyond Depression) specifically designed for pregnant/postpartum Moms in home visiting who are experiencing major depression.

Home visitor In-home therapy

- MBD Therapy team receives referral from home visitor
- Therapist on team gets assigned and attempts to make contact with Mom within 48 hours.
- Inclusion criteria for the program are:
 1. Participating in home visiting program
 2. Mother is pregnant or has at least 9 months left in home visiting program
 3. Is 16 years of age or older
 4. Has Major Depressive Disorder (MDD) or other depressive disorder as determined by the PRIME-MD
 5. Is not currently in psychotherapy
 6. If taking psychotropic medications, we recommend a stable dose for 1 month

MBD Therapy program

Pre/post-assessment tools:

- PRIME MD
- Parenting Stress Index – Short Form (PSI-SF)(raw scores)
- Adverse Childhood Experiences Questionnaire (ACEs) (total score) (only pre-assessment)
- Interpersonal Support Evaluation List - Short Form (ISEL-SF) (total score)
- Edinburgh Postnatal Depression Scale (EPDS)
- Assessment results (eligible or ineligible)

MBD therapy

- 15 weekly sessions and one month booster.
- Treatment is provided in the *home setting*.
- Therapists complete a fidelity checklist and mothers complete the EPDS at each session.
- Therapists and home visitors communicate with each other on a regular basis to foster collaboration.
- On-site team leader, supervises therapists. Team meetings are structured in order to facilitate fidelity to the IH-CBT model and addressing of challenging clinical problems.
- IH-CBT is time-limited. Sessions may be extended in some circumstances. Mothers may continue to receive treatment in the community if they choose to do so.