

PROJECT BRIEF

Improving the Health of Children with Special Needs in Birth to 3 Programs through Health Literacy and Maternal Depression Screening

Background

Postpartum depression (PPD) is a mood disorder that goes unrecognized in 50 percent of women. PPD has garnered federal, state, and local attention as a major public health problem, not only for the negative health outcomes that untreated PPD may have on mothers, infants, and families, but also for its link with health disparities. This project is designed to respond to calls for innovative, interdisciplinary, community-centered care models that may reach Milwaukee families at risk for PPD.

Objectives

Phase 1

Pilot study of health literacy, depression symptoms and post-traumatic stress disorder (PTSD) symptoms in women with children enrolled in an early intervention program.

Phase 2

Develop and implement a depression screening program in the early intervention practice of Lutheran Social Services' Birth to 3 Program.

Phase 3

Program the depression screening program components developed in phase 2 into the Starting Strong Early Childhood Integrated Database System.

Population Served

Approximately 50 mothers (25 from Ozaukee County and 25 from Milwaukee County) will be screened.

Timeline

May 21, 2007 – December 31, 2009

Funding Source

Center for Urban Population Health's Center Scientist Development Program through the Wisconsin Partnership Fund

Progress to Date

Phase 1 Summary of Findings

- 44% of the Milwaukee County sample (n=25) and 20% of the Ozaukee County sample (n=25) screened positive for depression symptomatology.
- 28% of the Milwaukee County sample and 14% of the Ozaukee County sample screened positive for birth-related post-traumatic stress disorder symptoms.
- Adequate health literacy was found in 98% of the total sample.

Phase 2

English and Spanish versions of a patient education pamphlet for postpartum post-traumatic stress disorder were developed and are available to healthcare providers and consumers.

Phase 3

Complete.

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Key Partners

University of Wisconsin-Milwaukee College of Nursing

Jennifer Doering, Ph.D., R.N.

University of Wisconsin-Milwaukee College of Health Sciences

Kris A. Pizur-Barnekow, Ph.D.,
Occupational Therapy

Timothy B. Patrick, Ph.D., Health
Administration and Informatics

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*Lutheran Social Services of Wisconsin and
Upper Michigan, Inc. (LSS)*

Molly Schrage, M.S.W., Director of
Lutheran Social Services Milwaukee and
Ozaukee County Birth to 3 Program

Academic Accomplishments

- Dr. Doering was named a *Robert Wood Johnson Foundation Nurse Faculty Scholar* (a 3-year, \$350,000 grant).
- A grant to study the readability of the Individualized Family Services Plan (IFSP) was funded by the *UWM Graduate School* to Drs. Pizur-Barnekow, Patrick, and Rhyner.
- Dr. Doering received the *2008 UWM College of Nursing New Investigator Award*.
- Dr. Doering received the *2007 New Investigator Award* from the Childbearing Nursing Research Section of the Midwest Nursing Research Society.

The Center for Urban Population Health is a partnership among the University of Wisconsin School of Medicine and Public Health, the University of Wisconsin-Milwaukee, and Aurora Health Care, Inc. Our mission is advancing population health research and education to improve the health of urban communities.

Publications/Presentations

Pizur-Barnekow, K., Doering, J., Cashin, S., Patrick, T. & Rhyner, P. (2010). Functional Health Literacy and Mental Health in Urban and Rural Mothers of Children Enrolled in Early Intervention Programs. *Infants & Young Children*, 23(1): 42-51.

Doering, J.J. & Pizur-Barnekow, K.B. (2009). Community-based maternal mental health screening in an early intervention program. Poster presented at the *Wisconsin Association of Perinatal Care (WAPC) Annual Conference*, Pewaukee, WI (April).

Doering, J.J. & Pizur-Barnekow, K.B. (2009). Community-based maternal mental health screening in an early intervention program. Poster presented at the *Association of Maternal and Child Health Programs (AMCHP) Conference*, Washington, D.C. (February).