

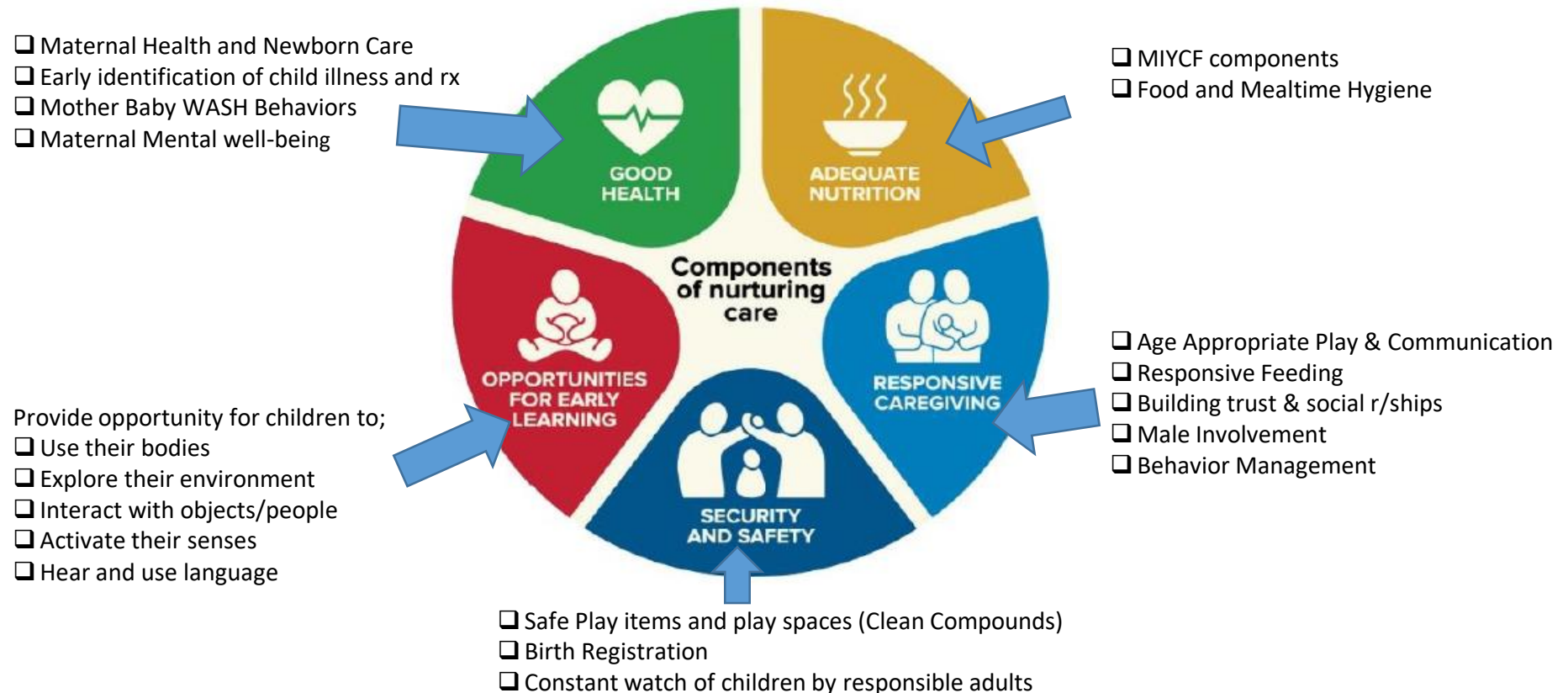
Integrating Maternal Mental Health into NC Interventions

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Introduction

ECD Interventions

- Funded by Conrad N. Hilton Foundation
- Implemented by Catholic Sisters
- Targets Pregnant & Lactating Women (Cu2)
- Capacity strengthening of congregations

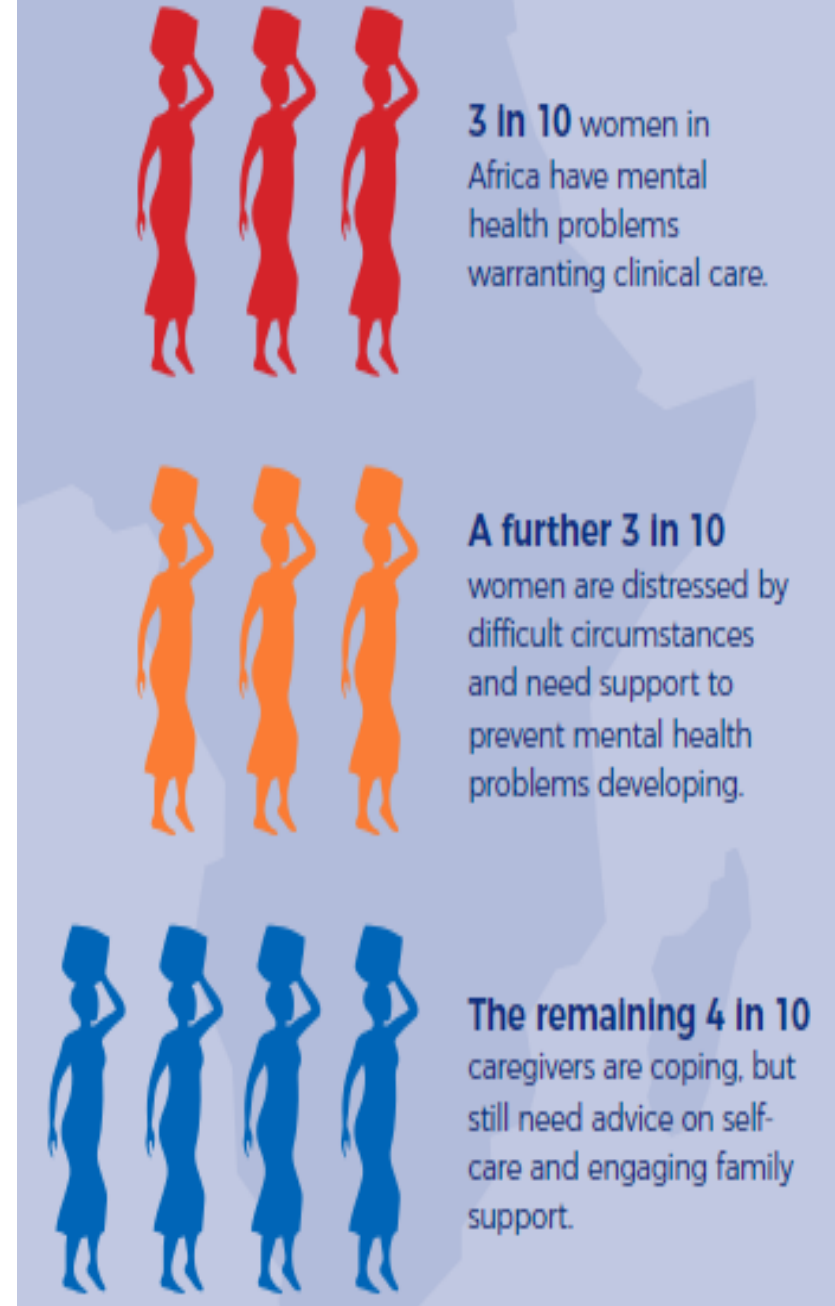


Mental Health Situation

Caregiver emotional wellbeing and mental health are central to responsive caregiving

There is a substantial body of suggestive evidence that maternal mental health affects children in many child development domains.

Children of caregivers with mental health problems usually record poor developmental outcomes like stunting, diarrheal diseases, incomplete immunizations etc

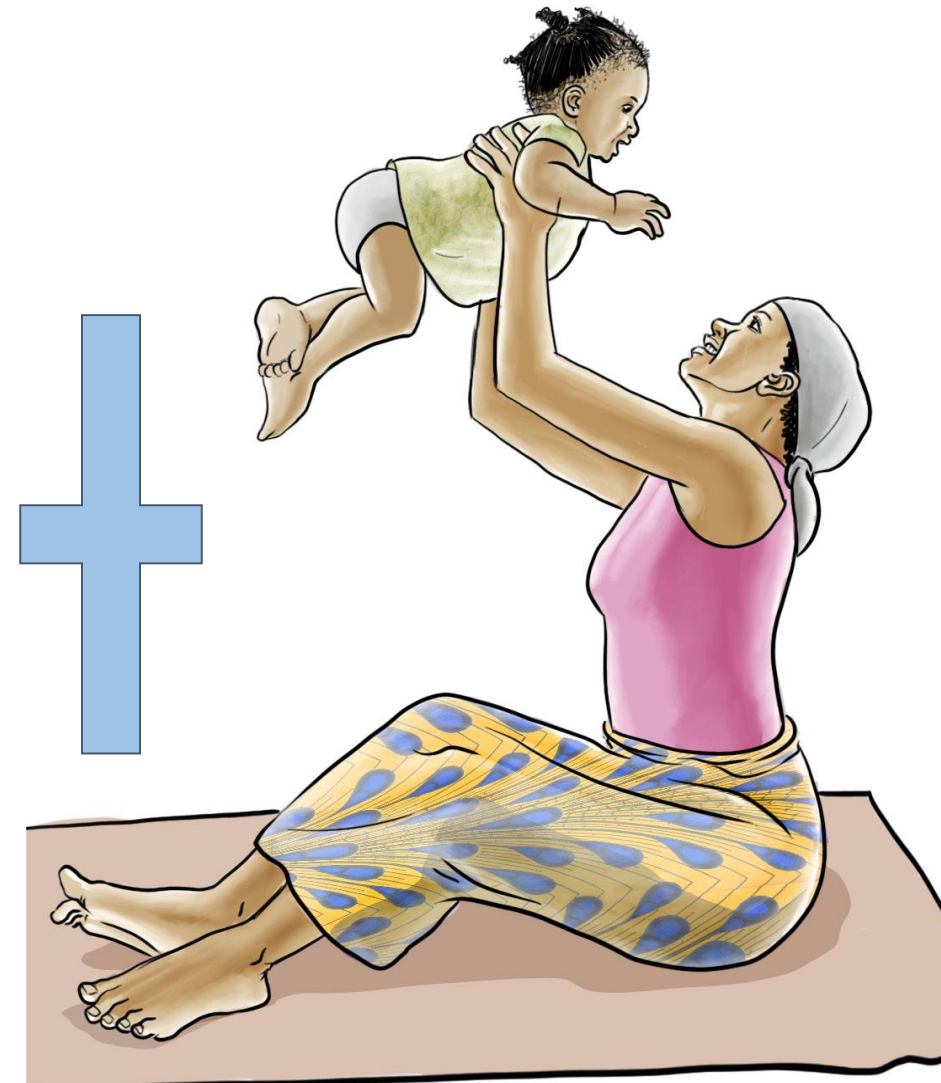


Integrated Mothers and Babies Course (i-MBC)

- A postpartum depression prevention intervention model
- Based on principles of cognitive behavioral therapy (CBT) and attachment theory.
- Aims to:
 - Decrease risk of depression
 - Increase knowledge and skills to identify and manage daily stressors effectively
- Group-based intervention with 13 sessions and follow-up home visits after every session

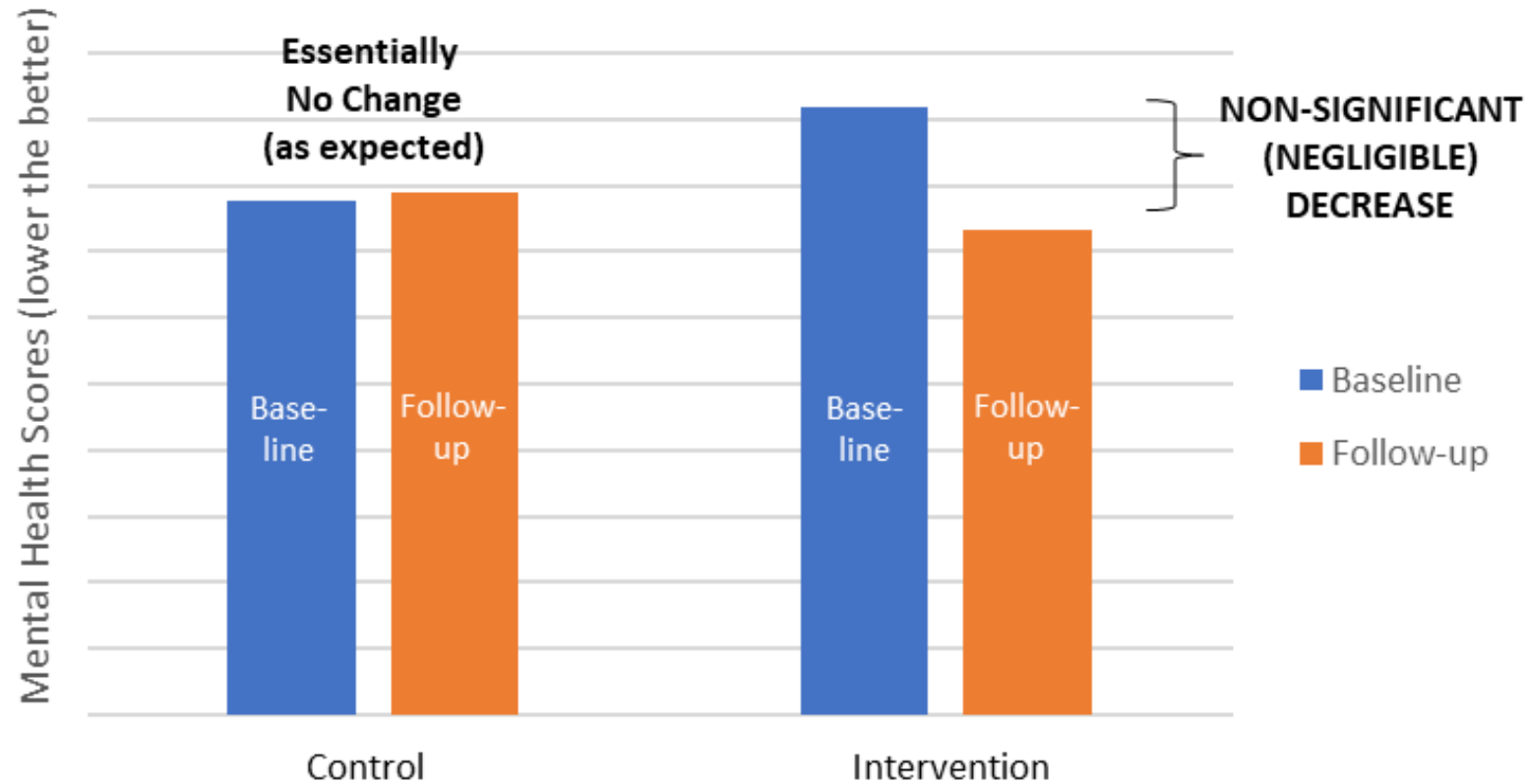


ECD integrated with i-MBC



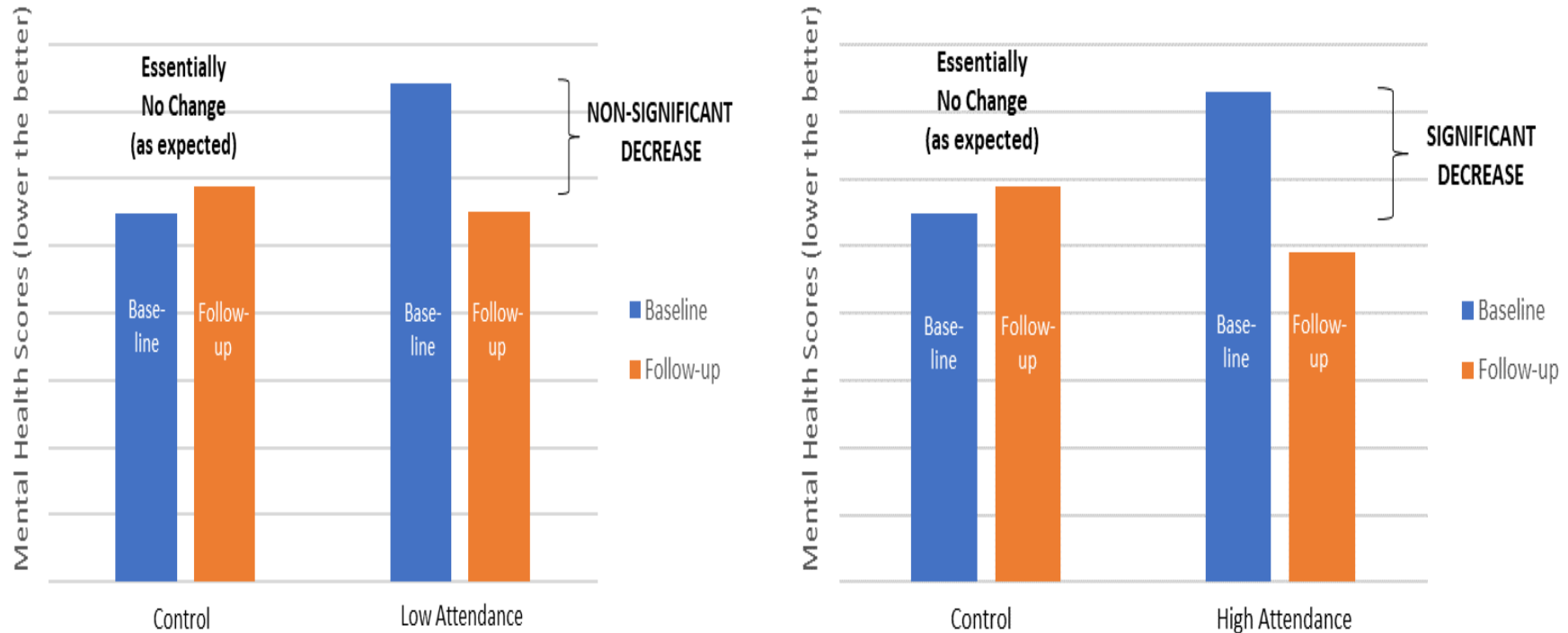
Preliminary Findings: Overall Impact

Comparison of Scores at Baseline and immediate post interventions (7 Months)



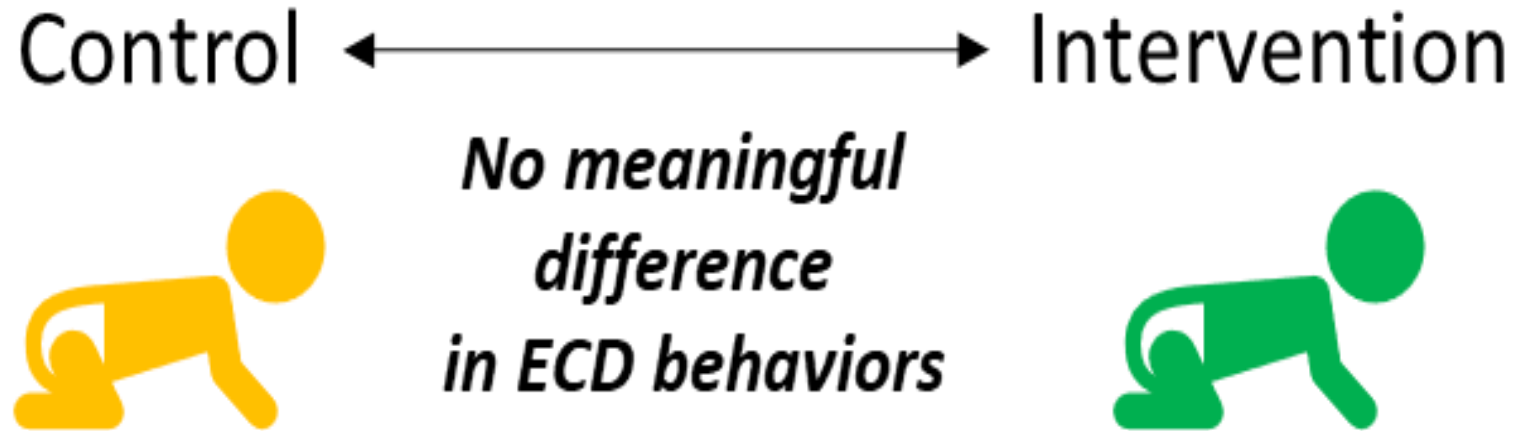
Preliminary Findings: Dosage Impact

Comparison of Scores at Baseline and immediate post interventions (7 Months)



Preliminary Findings: Uptake of ECD Behaviours

Comparison of Scores at Baseline and immediate post interventions (7 Months)



N/B: This analysis was done immediately after the intervention. The study posits that over time, the caregivers on the intervention arm will demonstrate higher uptake and practice of responsive caregiving.

Response to covid 19

Distributed Hand Washing Stations and Bleach Solutions

Supported County Governments of Naitobi and Kisumu on IPC, training of Health Care workers and review of protocols

Integrated COVID-19 IPC messages in ECD messaging

Collected data using [Pandemic Stress Index](#) and the [COVID-19 Exposure and Family Impact Scale](#)



Achievements

- CRS received grants to support families and communities during the pandemic to sustain NC
- CRS has data on the perceived effects of the pandemic on children and families.

Challenges

- Low participation by caregivers during the pandemic

Recommendations/Way forward

- Presentation of the data in the next sittings