

# **The NorthShore MOMS Program**

**2020 Mom Innovation Award  
Honorable Mention – Innovative Programs in Care**

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# Background: NorthShore Perinatal Depression Program

- Founded in 2002, in memory of Jennifer Mudd Houghtaling
- Embedded in the Department of Obstetrics in a large suburban private training hospital system
- Mission: To identify and support families at risk for perinatal depression and reduce barriers to care

# NorthShore MOMS Core Component #1: Universal Perinatal Depression Screening

- Screen all pregnant & postpartum women receiving care through our system (5,000 women per year)
- Currently use Edinburgh Postnatal Depression Scale
- All women screening at risk receive individual mental health outreach and tailored referral plans
- Transitioning to an innovative Computerized Adaptive Testing (CAT) technology

# NorthShore MOMS Core Component #2: 866-364-MOMS Line

- Available 24 hours a day, 7 days a week
- Staffed by licensed mental health professionals
- Capacity to serve callers in any language via use of interpretive service line
- Free and confidential
- Operates via state-of-the-art call routing technology (RACF)

# NorthShore MOMS Core Component #3: Community-Based Resource Network

- Includes therapists, psychiatrists, support groups, home visiting programs, doulas, lactation consultants and online resources
- Reduce barriers to care by tailoring referrals by insurance, location and other factors including warm hand-offs to maximize referral uptake
- Utilize other resources as needed (SAMHSA Behavioral Health Facility Locator, DCFS Statewide Provider Database, PSI, etc.)

# NorthShore MOMS Core Component #4: Provider Education

- Goal: create a next generation of primary care physicians and nurses equipped to recognize and treat perinatal mood disorders
- Train University of Chicago medical students
- OB and Family Practice residents
- Engage with our Perinatal Network to train area nurses
- Sponsor 1-2 Grand Rounds per year to provide ongoing education and updates

# NorthShore MOMS Core Component #5: Research Piloting Innovative Interventions

- Feasibility & acceptability of smartphone-based depression screening and text-based smartphone intervention for depression
- Evaluation of CBT intervention delivered via smartphone (MomMoodBooster; B. Danaher)
- Evaluation of “Chat-Bot” intervention for depressed women (D. Beiser)
- Feasibility & acceptability of computerized adaptive screening for perinatal mood disorders (R. Gibbons)

# NorthShore MOMS: Impact

- **88,000** perinatal depression screens administered with **6,400** women identified as at-risk and provided with phone outreach from our licensed mental health professionals
- **8,600** calls to our 866-364-MOMS hotline; **431** callers guided to the nearest emergency department based on their acute presentation, for urgent psychiatric referral



# NorthShore MOMS: Impact

- **188** women received psychiatric care through the No Mom Left Behind perinatal psychiatry clinic for low-income women
- **55** perinatal women admitted to inpatient psychiatric unit provided with support, psycho-education and discharge planning assistance
- **32** professional society conference presentations and **9** peer reviewed publications in high impact journals

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  - Jo Kim, PhD, Program Director
  - Laura La Porte, LCSW, Program Coordinator
  - Suzanne Caulfield-Quirós, LSW, Bilingual Clinical Coordinator
  - Skilled Hotline Staff

# Questions?

**Stressed or worried during pregnancy?  
Heartbroken by infertility or loss?  
Overwhelmed by a new baby?**



**You are not alone.**

Many women have these feelings. With support, you can feel better.

Please call us. We can help.

**1-866-364-MOMS (6667)**

We offer support 24 hours a day, 365 days a year. Interpreters available in any language. Our free and confidential hotline is answered by caring, professional counselors. We can listen, answer questions, offer support and find referrals for you.

The NorthShore University HealthSystem Perinatal Depression Program is a partnership between the Department of Obstetrics & Gynecology, Psychiatry, Pediatrics and Nursing. Founded in memory of Jennifer Mudd Houghtaling.

