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April 20, 2015

Honorable Board of Supervisors  
Eric Rood Administrative Center  
950 Maidu Avenue  
Nevada City, CA 95959

**DATE OF MEETING:** May 12, 2015

**SUBJECT:** Resolution approving a Services and License Agreement with Every Child Succeeds (ECS) for Contractor's "Moving Beyond Depression Program" implementation materials and consulting services in the maximum amount of \$32, 216.21 for the period of June 1, 2015 through May 31, 2017.

**RECOMMENDATION:** Approve the attached Resolution.

**FUNDING:** These contract services will be funded by Mental Health Services Act Prevention and Early Intervention funds. There are no county general funds required for this agreement and services are planned for in the department budget.

**BACKGROUND:** Every Child Succeeds, Inc. is a home visiting program in Southwestern Ohio and Northern Kentucky that helps first-time parents create a nurturing, healthy environment for their children. The program was founded in 1999 by three organizations – Cincinnati Children's Hospital Medical Center, Cincinnati-Hamilton County Community Action Agency and United Way of Greater Cincinnati. Using two national models of home visiting (Healthy Families America® and Nurse-Family Partnership®), Every Child Succeeds has provided over 425,000 home visits, serving more than 20,000 children.

Up to one-in-three mothers in home visiting programs have a major depressive episode at some point during service, reducing their ability to be effective parents, preventing them from taking advantage of home visiting, and impacting their children's lives for years to come.

Moving Beyond Depression is a systemic program of In-Home Cognitive Behavioral Therapy (IH-CBT) for treatment of Maternal Depression developed by researchers at Every Child Succeeds and Cincinnati Children's Hospital Medical Center. It is an evidence-based treatment program specifically for mothers in home visiting programs with a proven record of success.

When new mothers are depressed, home visiting programs face challenges in helping them. Moving Beyond Depression equips home visiting programs to help them identify, treat, and provide ongoing support to mothers struggling with depression. Moving Beyond Depression involves three phases instituted over two years: 1) on-site training of home visitors in identification of maternal depression and their role in the

program, 2) training of therapists in Cincinnati in IH-CBT treatment, 3) ongoing training and support of therapists, team leaders, and program leadership in implementation of the program.

The purpose of this Agreement is to engage the Contractor to provide program materials and consulting services in connection with implementation of the Moving Beyond Depression Program.

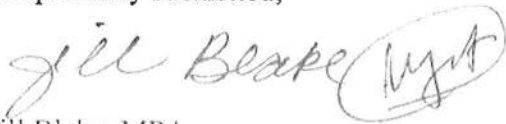
Under the agreement, ECS will:

- Develop an implementation plan based on site visit and discussion with home visiting agencies.
- Train home visitors and site administration in screening and referral procedures.
- Schedule and provide 2 therapists and 1 doctoral level supervisor with an intensive, two-day training in IH-CBT in Cincinnati.
- Provide licensed therapists and the supervisors with the IH-CBT manual and IH-CBT clinical tools.
- Conduct regularly scheduled on-site and telephone conversations to support therapists in effectively implementing the program.
- Review a sample of audiotapes of IH-CBT sessions to ensure quality and fidelity to the treatment model.

Maternal depression makes home visiting programs less effective. It is recommended that the Board approve the contract with ECS for services related to the implementation of the Moving Beyond Depression Program, which will provide evidence-based treatment for mothers, leveraging home visiting services to reduce or eliminate their depression and help them create healthy home environments, benefitting Nevada County mothers and their children.

Please contact me if any additional information is required.

Respectfully submitted,

A handwritten signature in cursive script that reads "Jill Blake" followed by a circled set of initials, likely "JB".

Jill Blake, MPA  
Interim Director

JB/lw