

DML Excellence Awards 2016 Report

Project No: 81 - Wellness Support Group for Mothers with young children

Address: Newtownpark Avenue, Blackrock, Co. Dublin

Location: CHO Area 6 Cluain Mhuire Community Mental Health Services

Brief Description (up to 200 words)

This group intervention is a skills development programme within a supportive group environment. It is based on the CBT model. The group targets mothers (of children under the age of 5) identified by their mental health team, local Public Health Nurse or GP as needing support and who suffer from depression/PND. This group also aims to provide a preventative intervention to mothers who may be at risk of depression/PND and are experiencing difficulties regarding self esteem, communication, bonding with their baby/child or general coping skills.

Main goal(s) and aims of the Project

The treatment programme aims to reduce the symptoms of Postnatal Depression / Depression. It aims to meet the supportive and psycho educational needs of this group of women through a range of group experiences and skills teaching. There is a focus on providing a framework to think about, understand and validate/normalise the full range of feelings and thus the experience of being a mother.

The programme focuses on changes within relationships, with self and partner, with other children, extended family and the wider community. Support is provided to enable mothers to prioritise their own mental health in their relationship with their baby/child.

Outline of Approach – main steps taken to implement the Project

We used the treatment programme outlined in this manual: "Treating Postnatal Depression: A Psychological Approach for Health Care Practitioner" J. Milgrom, R.R. Martin, L.M. Negri.

This is a ten week group programme (including one booster session) which consists of behavioural interventions (phase I), cognitive interventions (phase II) and relapse prevention & evaluation (phase III).