TARGET AUDIENCE
This program is delivered to young, first-time mothers and is intended to impact the child and mother.

SUMMARY
Minding the Baby® (MTB), a comprehensive, clinical home-visiting program, is designed to help strengthen the mother-child relationship through the development of a secure attachment, the enhancement of introspective parenting skills, and the cultivation of self-competence. In addition, the program intends to promote maternal and child physical and mental health.

EVIDENCE
One internal pilot evaluation study of MTB has been conducted. At 12-months post-baseline, MTB infants, compared to control infants, had higher rates of immunization compliance and secure attachment patterns and lower rates of disorganized attachment patterns. At 24-months post-baseline, MTB mothers, compared to control mothers, experienced fewer second births and improvements in maternal reflective capabilities but only among those with the lowest capabilities at intake. Over a 1- to 3-year post-program follow-up period, MTB mothers, compared to control mothers, reported their child displaying fewer externalizing behavior problems. No treatment effects were found for maternal mental health outcomes.

COMPONENTS
MTB consists of a series of home visits and utilizes an interdisciplinary treatment model that focuses on public health and mental health outcomes in an effort to address and meet the myriad needs of young mothers and their children. Home visits are delivered by a nurse practitioner and a clinical social worker who alternate visits, except for special occasions (e.g., first and last visit, transition from weekly to biweekly visits, crisis). Working as a team, these professionals strive to support the development of a secure attachment and enhance mothers’ insightful parenting capabilities through the following activities:

- Contemplating the infant’s biological and psychological experience;
- Discussing the mother's parenting experience;
- Increasing the mother's positive emotions for her baby; and
- Promoting the mother's reflective abilities, especially in challenging situations.

Medical care providers at an allied community health center help provide direction to the treatment team on how best to meet the needs of the mother and child. In addition, the treatment team assists the mother in developing a strong relationship with her doctors and her child’s medical providers, understanding the information and advice provided by medical personnel, and gaining access to necessary community aid.

PREVIOUS USE
MTB was developed in 2002 and has been implemented in Connecticut and Florida and the United Kingdom.
Minding the Baby (MTB)

TRAINING
A six stage training that occurs over 30 months is required. Stage 1 involves at least 30 hours of consultation. Stage 2 entails a 3-day, on-site training that accommodates up to 25 participants, and, for an additional cost, the training can accommodate up to 30 participants. Stage 3 encompasses an estimated 75 hours of on-going training and supervision that occur over the course of the intervention. Stage 4 occurs at Yale University within 3 months of the on-site training and involves a 2-day training for supervisors. Stage 5 occurs within 6 months of the on-site training, and MTB staff conduct a 2-day site visit. Stage 6, which entails another site visit by MTB staff, occurs within 1 year of the initial 2-day site visit. For more information on training, please contact Crista Marchesseault; see Contact section.

CONSIDERATIONS
Considerations for implementing MTB include recruiting and retaining qualified facilitators and participants, making suitable accommodations for the concentrated training protocol, finding a mutually convenient time to hold home visits, and understanding that MTB is a time- and resource-intensive program.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing MTB, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

MTB is implemented over 27-months. Home visits begin prenatally and continue to the child’s second birthday. Prenatally, home visitors make 8 to 10 weekly visits. From birth to the child’s first birthday, home visits occur weekly; after the child’s first birthday, home visits are reduced to a biweekly schedule. Each visit lasts approximately 45 to 90 minutes.

For information about program implementation costs, please contact the developer using the information contained in the Contact section.

EVALUATION PLAN
To move MTB to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact Crista Marchesseault, Project Director, by phone 1-203-785-5589, email cristamarchesseault@yale.edu, or visit mtb.yale.edu

SOURCE
mtb.yale.edu and homvee.acf.hhs.gov/Model/1/Minding-the-Baby-Program-Model-Overview/62/2