The Strategy:
The intervention was an 8-session course that used a cognitive-behavioral mood management framework, and incorporated social learning concepts, attachment theory, and socio-cultural issues. The community health workers/promotores (CHW/Ps) helped participants create a healthy physical, social, and psychological environment for themselves and their infants.

The Participants:
357 women participants
- 40% of women completed the program – 6+ sessions
- 60% of women completed five or fewer sessions
- 61% of women (n=221) were between the ages 21-35 years of age.
- 61% of women reported Spanish as their primary language.
- 62% of participants identified as Mexican, Mexican American.

The Impact:
Depression symptoms significantly decreased among the women who participated in the program.

Testimonial:
“This program lifted my self-esteem. I feel more confident and I learned how to have healthier feelings and I would like to see this program continue so that it can help other mothers.”

“I learned how to relax. I learned how to manage my stress. How to treat the baby and make him happy.”

Program Participant.

CESD Scores (n=132)
Center for Epidemiologic Studies Depression Scale (CES-D)
t=14.660; df=131; p<.001