



**Request for City Council Committee Action
From the Department of Health & Family Support**

Date: August 24, 2011

To: PUBLIC SAFETY, CIVIL RIGHTS & HEALTH COMMITTEE
Referral to: WAYS & MEANS/BUDGET COMMITTEE

Subject: REQUEST TO APPLY FOR A FEDERAL GRANT TO REDUCE
DEPRESSION AMONG PREGNANT WOMEN

Recommendation:

Council authorization for the proper City officials to apply for a 3-year grant from the US Department of Health and Human Services, for an amount not to exceed \$300,000 the first budget year and \$900,000 for the full project period, beginning February 1, 2012, to implement and evaluate a home-based intervention to reduce depression among pregnant women. The intervention would be delivered by public health nurses from the Minnesota Visiting Nurse Agency.

Previous Directives: None

Prepared or Submitted by: Becky McIntosh, Director of Planning & Administration
Phone: x2884

Approved by:

Gretchen Musicant, Commissioner of Health

Permanent Review Committee (PRC): Approval ____ Not Applicable X
Policy Review Group (PRG) Approval ____ Date of Approval ____ Not Applicable X

Presenters in Committee: Gretchen Musicant, Commissioner of Health

Financial Impact (Check those that apply)

X Other financial impact (Explain): The City would receive a grant of up to \$300,000 the first budget year and up to \$900,000 the full project period.

Background/Supporting Information Attached

The grant request is to implement an intervention called Listening Visits, which was developed in the United Kingdom and tested there and in Iowa to address depression among low-income women during pregnancy. Reducing depression during this period is associated with healthier maternal health and improved birth outcomes and reduces the likelihood of postpartum depression. The intervention consists of six visits by nurses trained in this technique that focus on listening to the client's perspective on her emotional distress and working with her to develop a plan to alleviate that distress. The research grant would fund the intervention for approximately 200 depressed pregnant women over a 24-month period and measure its success against a control group of depressed women who received usual care. The project would be a partnership between the Health Department, the Minnesota Visiting Nurse Association, and the Director of Hennepin Women's Mental Health Program.