

Mothers and Babies Facilitator Training

FEB. 4 AND 5, 8:30 A.M. - NOON

Mothers and Babies is an evidence-based mental health intervention that helps pregnant people and new parents manage stress by increasing helpful thoughts and behaviors that promote positive mood states. Designed for the perinatal period (pregnancy through the baby's 1st year), Mothers and Babies can also be delivered to families with older children.

Northwestern University, where Mothers and Babies originates, refers to the individuals who provide the intervention with families as 'facilitators' and those who will be teaching the training as 'trainers.' This opportunity is for people who want to facilitate or provide the intervention with families, not for those seeking to become trainers.

Intended audience

This virtual training is free of cost and intended for home visitors and supervisors of home visiting programs funded by MDH who have not been previously trained in Mothers and Babies.

Mothers and Babies training requirements

All trainees (home visitors and supervisors)

- Required pre-training: Complete the virtual and free 75-minute [Mothers and Babies Course Introduction Training \(https://institute4sp.org/modules/the-mothers-and-babies-course-introduction-training\)](https://institute4sp.org/modules/the-mothers-and-babies-course-introduction-training). Submit certificate of completion in PDF format to Haley.Lipo.Zovic@state.mn.us **by Wednesday, Jan. 21** to be admitted to the training.
- Attend the entirety of the two-part training.
- Complete the training evaluation survey.
- Attend a minimum of 6 of the 12 monthly reflective supervision consultations.
- Complete a 12-month implementation evaluation survey.

Supervisors/reflective supervision providers

In addition to the requirements for all trainees, supervisors must also:

- Attend a minimum of 3 of the 6 MDH-sponsored reflective supervision consultations.
- Provide a minimum of 6 of the 12 required reflective supervision sessions to each individual who completes and is planned to facilitate Mothers and Babies intervention.

Contact information

Questions about the training? Reach out to Rebecca.Paulson@state.mn.us.