

Yale



**THE NEW HAVEN MENTAL HEALTH OUTREACH
FOR MOTHERS (MOMS) PARTNERSHIP:**

A collaboration across the City of New Haven including Clifford Beers Clinic, the State of Connecticut Department of Children and Families, City of New Haven, Elm City Communities Housing Authority of New Haven, National Diaper Bank Network, Maternal and Child Health, New Haven Healthy Start, Diaper Bank of Connecticut, Read to Grow, and the Yale School of Medicine.

5-YEAR POST AWARD REPORT FOR 2018-2019

**Prepared for Oscar H. Mayer
and the Oscar G. & Elsa S. Mayer Family Foundation**

NOVEMBER 2019

Dear Oscar and the Mayer Family Foundation,

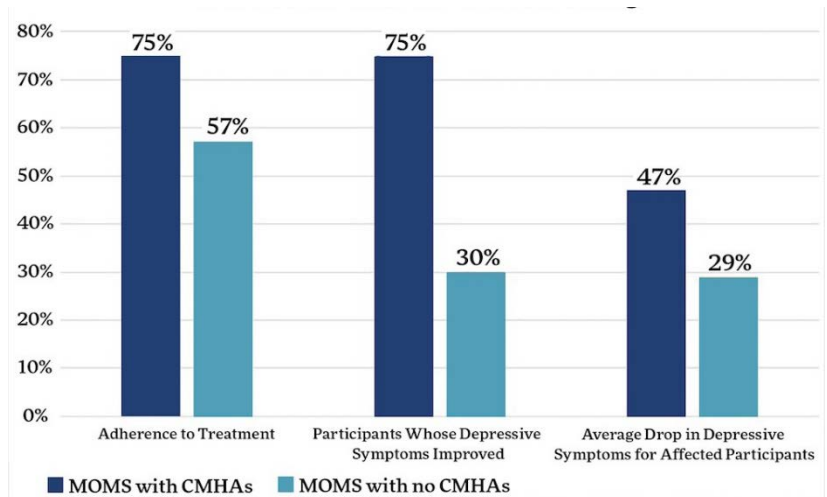
I am very happy to be able to share the latest news with you on the significant impacts being felt because of your prescient gift to the New Haven MOMS Partnership in 2014. With the initial pilot funding, we want to update you on the impact of the program, now five years after the foundation made its grant award of \$59,101. Currently, as we replicate the MOMS Partnership, Yale provides extensive training, extensive technical and legal assistance, human subjects approvals, and research infrastructure and services to the MOMS Partnership. The MOMS Partnership core staff are employed by Yale, but Yale does not pay for the MOMS Partnership to provide programmatic services.

Launched in New Haven but now rapidly expanding to other states, the MOMS Partnership brings mental health within reach of women, literally meeting them where they are. The MOMS Partnership has successfully reduced depressive symptoms among over-burdened, under-resourced pregnant women, moms, and other adult female caregivers in a family.

With implementation costs that can total as little as \$2,000 for each woman served, we are proud to partner with women to generate real results in their lives. Among the results of past evaluations:

- **78% of MOMS participants complete the program** compared to average of 30% nationally of a similar population who adhere to their mental health treatment.
- **76% of MOMS participants experience a decrease in depressive symptoms** from beginning to end of the MOMS program. Of those experiencing a decrease, the average participant experienced a **48%** drop in depressive symptoms.
- MOMS participants have a **67%** decrease in parenting stress from beginning to end of the MOMS program.
- Children of MOMS participants attend **6** more days of school per year compared to children of non-participants.
- The percentage of women working at least 15 hours a week dramatically increases after **participating in the MOMS Partnership** - from 15% at time of enrollment to 39% at six months after graduating from MOMS.

***Randomized Controlled Trial
in New Haven Public Housing***



Some of these findings come from a randomized controlled trial (RCT) conducted in 2012-2016 in New Haven public housing. The treatment condition was the MOMS Partnership -- specifically the Stress Management course (8 weeks of cognitive behavioral therapy), co-delivered by Community Mental Health Ambassadors and clinicians, as well as a facilitated connection to other social services. The control group received the same MOMS experience but with no CMHAs. The findings on page 2 show that mothers receiving the MOMS Partnership interventions for depression had lower depressive symptoms, better lease compliance, and higher adherence to the intervention than mothers in the control cohort.

NEW YALE POLICY LAB TO SCALE MOMS



Elevate is a policy lab at Yale School of Medicine in collaboration with Women's Health Research at Yale to elevate mental health and disrupt poverty. Elevate works with government partners in the U.S. to advance family mental health as a pathway to economic and social mobility, thereby interrupting the cycle of intergenerational poverty. A key focus of the lab is scaling the MOMS Partnership® outside of New Haven.

In partnership with the Center on Budget and Policy Priorities and Mathematica, Elevate held a MOMS Partnership Orientation on February 21-22, 2018 in Washington, D.C., gathering leaders from Temporary Assistance for Needy Families (TANF) and other public systems from several communities across the country. The event provided a deeper dive to help these leaders assess whether replicating the MOMS Partnership would be the right fit at this time.

EXPANSION INTO WASHINGTON, D.C., KENTUCKY, VERMONT, AND BRIDGEPORT

5



5 sites



5 years



relief for 5k

In April 2019, women in the District of Columbia were able to participate in MOMS’s services through an official collaboration with the DC Department of Human Services through the DC welfare program.

The MOMS Partnership also announced in May of 2019 an official collaboration with the Kentucky Cabinet for Health and Family Services, Kentucky Justice and Public Safety Cabinet, and the Kentucky Center for Statistics to launch a KY MOMS program in 2020.

In addition to Kentucky and Washington, DC, MOMS has established an official partnership with Vermont Reach Up – the state’s TANF program – to launch a Vermont MOMS program in early 2020. Reach Up joins families on their journey to overcome obstacles, explore opportunities, improve their finances and reach their goals, sharing in MOMS’ commitment to partnering with the women we serve. Setting forth on this common ground, and fueled by the generosity of philanthropic supporters, these will serve as five proof points of scalability, through which we aim to not serve 5,000 women but rather achieve relief from depressive symptoms for 5,000 women in five years.

Out of a commitment to respecting and engaging the many differences of each community, Elevate begins every new MOMS Partnership by asking local mothers what their goals and needs are so they can better tailor their programs. This process has just finished in Bridgeport in collaboration with community partners, and the Bridgeport MOMS program expects to start providing services in 2020. Also, we are happy to announce that the MOMS Partnership® Stress Management course in New Haven will be provided for Spanish-speaking moms. We are beginning to build a community of Hispanic mothers to join and receive emotional support and at the same time build an atmosphere of support right through our service.

NEW PROGRAMMATIC PARTNERSHIPS

With work underway in New York City, the MOMS Partnership is teaming up with Too Small to Fail, the early childhood initiative of the Clinton Foundation that promotes early brain and language development through a public awareness and action campaign across the country called “Talking is Teaching: Talk, Read, Sing.” Starting with a collaboration around MOMS in New



York City, the partnership will explore opportunities to pioneer a model that integrates early childhood literacy and maternal mental health services for the first time on a national level. The novel approach will look to promote healthy bonding between mothers and children with a particular focus on children’s early social-emotional and language development.

I hope you are as proud as we are about the remarkable strides the New Haven MOMS Partnership has made since the Oscar G. & Elsa S. Mayer Family Foundation supported the program with pilot funding in 2014. Your support of this program has helped transform the lives of children and families in New Haven. Thank you for sharing Yale’s dedication to serving our community.

Respectfully Submitted:



Megan Smith, DrPH, MPH

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Founder, Principal Investigator (PI), Executive Director, MOMS Partnership

Director, Yale Child Study Center Parent and Family Development Program