

## What is MOMS?

The MOMS Partnership® is a program that has successfully reduced depressive symptoms among overburdened, under-resourced pregnant women, moms, and other adult female caregivers in a family (hereafter, “mothers”). Launched in New Haven in 2011 out of Yale, MOMS brings mental health within reach of these women, literally meeting them where they are. Elevate is a policy lab at Yale that is scaling MOMS to and with new communities in concert ultimately with government partners.

## What is the KY MOMS Goals & Needs Assessment?

It is a survey that the MOMS Partnership co-creates for mothers in a community to share **what they want, what they need, and what goals they have for themselves and their family**. The KY MOMS Goals and Needs Assessment was distributed in the Summer of 2019 to mothers under Kentucky Department of Corrections supervision in the Louisville area, and the data collected from the survey was analyzed by Elevate in the Summer of 2019. Elevate analyzed data from **176 eligible responses**.

## Who can KY MOMS serve?

Of the eligible mothers who completed the KY MOMS Goals & Needs Assessment:

- Many self-reported **low levels of social support**, with 31.8% reporting a low level of social support.
- Many were screened as **at risk for clinical depression**, with 50.7% of respondents receiving a score on the Center for Epidemiologic Studies Depression Scale (CES-D), a depressive symptom screener, of 16 or greater. CES-D score of 16 or greater indicates that an individual is at risk for clinical depression.
- Many reported experiencing **difficulties accessing treatment** for mental and emotional health, including not being able to get an appointment soon enough, not having transportation, experiencing long wait times in offices, and not having insurance coverage for services.

The majority of survey respondents, **64.2%**, identified as White and non-Hispanic. Respondents reported an average age of **33.8 years** and caring for an average of **2.0 children**.

## What hopes and goals do Kentucky’s justice-involved mothers hold?

Mothers who completed the KY MOMS Goals & Needs Assessment were asked about their **goals for the next month and for the next year**. The most popular responses fell into the following themes:

- *Securing or improving employment*
- *Maintaining sobriety*
- *Finding stable housing*
- *Completing mental health, recovery, or rehab program*
- *Beginning or completing school or GED*
- *Gaining visitation, custody, or contact with children*
- *Improving finances, paying bills, or saving*
- *Getting or fixing a car*

## What needs do Kentucky’s justice-involved mothers voice?

- **63.9%** screened positive for **food insecurity**, and **68.9%** screened positive for **housing insecurity**.
- **48.8%** reported that there was a time in the last 12 months where they were **not able to pay their mortgage or rent on time**.

- **86.4%** reported ever receiving **Medicaid**, and **88.1%** reported ever receiving **SNAP benefits**.
- **27.1%** of those with children in diapers reported **diaper need**, the inability to provide a sufficient supply of diapers to change their child as often as they would like.
- **45.7%** of respondents reported ever wanting help with their **emotional health** but not receiving it.
- **61.7%** of respondents reported having lost a job or missed a doctor's appointment for themselves or their children because **they did not have transportation**.

The needs of these mothers may impact other aspects of their lives, as suggested by statistically significant ( $p < 0.05$ ) associations found between needs and depression.

- Mothers who experienced **housing insecurity** were more likely to have higher **depressive symptoms**.
- Mothers who experienced **food insecurity, financial insecurity, any transportation barrier, and any barrier to receiving health care** were more likely to have higher **depressive symptoms** and **to be at risk for depression**.
- Mothers who had **low social support** and who gave **low rating of their own emotional health** were more likely to have higher **depressive symptoms** and **to be at risk for depression**.

## What puts Kentucky's justice-involved mothers at risk for recidivism?

Supplementary data from the Risk and Needs Assessments of **1,824** justice-involved women with dependents in Jefferson County shows that:

- **54.7%** are at are at high **neighborhood** risk for recidivism: they are more likely to recidivate because they live in high-crime areas where drugs are readily available.
- **19.1%** are at high **education & employment** risk for recidivism: they are more likely to recidivate because they experience unemployment and financial instability, and have no high school diploma or GED
- **15.0%** are at high **substance use** risk for recidivism: they are more likely to recidivate because they have a history of drug or alcohol use causing problems in their life.

## What are the next steps for the KY MOMS Partnership<sup>SM</sup>?

- **The majority** (66%) of those who responded to the KY MOMS Goals & Needs Assessment indicated that they **would be interested in receiving more information about KY MOMS services in the future**.
- The findings of the KY MOMS Goals & Needs Assessment will strongly inform the delivery of the intervention. Elevate will use the findings—as well as feedback from community partners and stakeholders—to tailor the forthcoming **MOMS services in Kentucky planned for 2020**.
  - ▶ For example, mothers named **churches, grocery stores, libraries, other stores, and parks** as places where they feel **welcome and comfortable**.

## Acknowledgements

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*For more information, please visit [elevate.yale.edu](http://elevate.yale.edu) and [moms.yale.edu](http://moms.yale.edu)*