What Can the MOMS Partnership® Offer?

Reduction in Depression, Improvement in Readiness to Work, Improvement in Child Outcomes

The Mental health Outreach for MotherS (MOMS) Partnership® is a program that has successfully reduced depressive symptoms among over-burdened, under-resourced moms. Launched in New Haven, the MOMS Partnership brings mental health within reach for women, literally meeting them where they are.

What the MOMS Partnership Provides

• The MOMS Partnership offers coaching, parenting supports, job readiness skill-building, and eight weeks of cognitive behavioral therapy (CBT) in places like grocery stores, shelters, community colleges, libraries, and tax prep organizations, where the program also conducts outreach and enrollment. Unlike many other social services, the MOMS Partnership reaches people in their own communities on their own terms.

• At these neighborhood hubs, the program also provides moms with resources like free diapers and shampoo to cover basic needs and connects moms with social services and government benefits for which they are eligible.

• Partnerships with government agencies allow the program to follow outcomes for participating families, including school attendance for their children. This feedback is coupled by regular feedback from participants, who help fine tune the program for future cohorts.

• Moms experience empathy in the form of connection with other moms in the group settings of interventions delivered by a licensed clinician and a Community Mental Health Ambassador, a local mom who can culturally and emotionally accompany moms on their journeys to improved well-being. Moms also access a related mobile app community.

Results of the MOMS Partnership

• 78% of participants complete the program compared to average of 30% nationally of a similar population who adhere to their mental health treatment.

• 76% of participants experience a decrease in depressive symptoms from beginning to end of MOMS. Of those experiencing a decrease, the average participant experienced a 48% drop in depressive symptoms.

• Participants have a 67% decrease in parenting stress from beginning to end of MOMS.

• Children of 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 MOMS – from 15% at time of enrollment to 39% at six months after graduating from MOMS.
Characteristics at Enrollment of Moms Served
- 73% experience severe depressive symptoms
- Have an annual income at or below 250% FPL
- Read on average at the 5th grade level
- Have moved on average five times in the past 12 months

Funding for MOMS Partnership Clinical Services
The MOMS Partnership has been able to bill Medicaid for its clinician CBT services.

Potential for Public Cost Savings and Increased Tax Revenue
Decreased depression can lead to greater employability, which can translate to increased earnings and tax revenue as well as decreased utilization of TANF and certain other public assistance programs.