



# Welcome to the webinar!

We will begin our webinar shortly. Please take a minute to respond to the polling questions on screen.



# **OFA Webinar - MOMS Partnership: Helping mothers with low incomes manage their stress and improve their social and economic mobility**

Thursday, June 29<sup>th</sup> from 1:00 – 2:15 EDT

# Welcome



Lizeth Hester  
Program Specialist,  
Office of Family Assistance



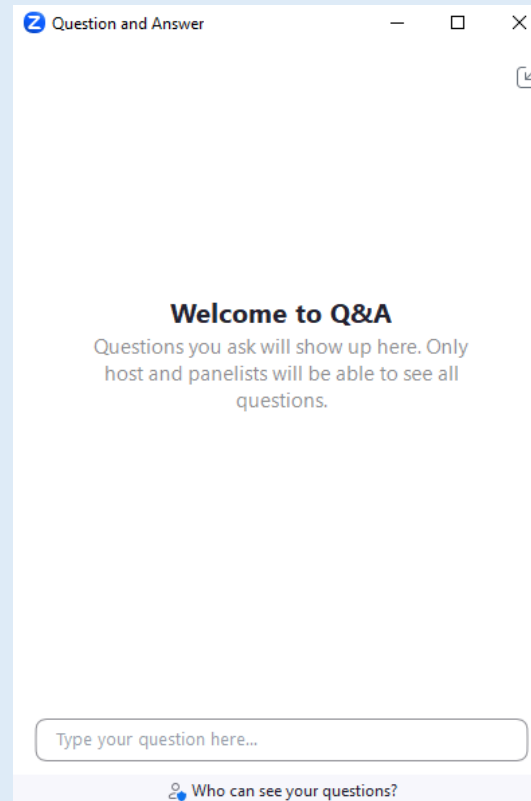
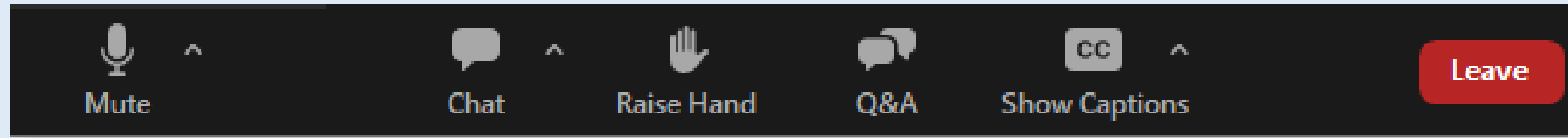
Michelle Derr

Founder and CEO,  
The Adjacent Possible

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# Using Zoom Webinar



Click this button if you would like closed captions for our webinar today!

# Today's Webinar

**Hilary Hahn, Elevate Lab at Yale University**

**Panel of MOMS clinicians and CMHAs**

**Panel of TANF program leaders who have implemented MOMS**





# Hilary Hahn

Executive  
Director,  
Elevate Lab at Yale

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# Why The MOMS Partnership® Exists



Improve Mental Health



Increase Family Stability



Improve Economic  
& Social Mobility



# MOMS sites



# What is The MOMS Partnership?



**Access to High Quality Mental Health Support**



**MOMS Stress Management Course**



**Co-delivery** by a CMHA & Clinician



**MOMS Hub**



**Incentives**



**Connection to Other Supports and Resources**

# The MOMS Partnership: Key Features



## **MOMS Stress Management Course**

- Cognitive behavioral therapy (CBT) -based course
- Manualized curriculum
- 8 classes, typically over 8 weeks
- Small group experience designed to foster social connection and skill-building



# The MOMS Partnership: Key Features



## **MOMS Stress Management Course**

- Primary goal: to promote healthy mood management by teaching participants how their thoughts and behaviors influence their mood.
- Teaches a variety of techniques (tools) for mood management (e.g., relaxation breathing, mood tracking, cognitive restructuring, activity scheduling)



# The MOMS Partnership: Key Features



## **CMHA = Community Mental Health Ambassador**

- lived experience to support MOMS participants in their journey to improved mental health and wellbeing.
- ensures that MOMS programming is delivered in the highest quality and most culturally competent manner possible.



# The MOMS Partnership: Key Features



## **Co-delivery by a MOMS CMHA & Clinician**

Together, the MOMS Clinician and CMHA divide and share responsibilities:

- Outreach and engagement
- Connections outside MOMS
- Class delivery





# The MOMS Partnership: Key Features



**Access to High Quality Mental Health Support**

**MOMS Stress Management Course**



**Co-delivery** by a MOMS CMHA & Clinician



**MOMS Hub = Accessible Programming**

# The MOMS Partnership: Key Features



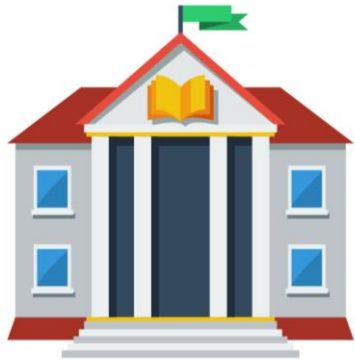
## New Haven MOMS Hub



# The MOMS Partnership: Key Features



**MOMS Hub= Accessible Programming**



**Library**



**Community  
Center**

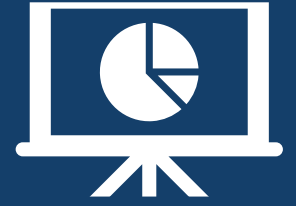


**Place of  
Worship**



**Virtual  
Setting**

# The MOMS Partnership: Key Features



## Access to High Quality Mental Health Support



**MOMS Stress Management Course**



**Co-delivery** by a MOMS CMHA & Clinician



**MOMS Hub**



**Incentives** to participate

# The MOMS Partnership: Key Features



**Access to High Quality Mental Health Support**



**MOMS Stress Management Course**



**Co-delivery** by a MOMS CMHA & Clinician



**MOMS Hub**



**Incentives** to participate



**Connection to Other Supports and Resources**

# Select Outcomes for Participants in MOMS Programming



**Depressive symptoms**



**Perceived Stress**



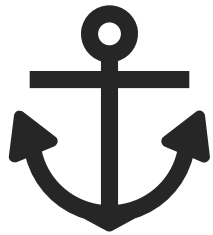
**Social support**



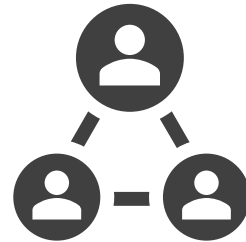
**Employment ( $\geq 15$  hours per week)**



# Building a local MOMS Partnership



Government  
Partner



Community  
Partner



Elevate

# Why The MOMS Partnership® Exists



Improve Mental Health



Increase Family Stability



Improve Economic  
& Social Mobility

# Panelists – MOMS Clinicians & Community Mental Health Ambassadors

Facilitator: Keitra Thompson, Elevate  
Lab

- Megan Wendt, MOMS Clinician
- Apri Davidson, MOMS CMHA
- Velissa Knatt, MOMS CMHA



# Panelists – TANF administrators

Facilitator: Michelle Derr, The Adjacent Possible

- Anthea Seymour, Administrator, DC Department of Human Services
- Monika Madaras, Assistant Administrator, Reach Up, Vermont Department of Children and Families
- Tim Sturtevant, Program manager, Maine Department of Health and Human Services



# Questions & Answers

# PeerTA Resources



<https://peerta.acf.hhs.gov>



# Additional Information

- A recording of this webinar will be available on the OFA PeerTA website (<https://peerta.acf.hhs.gov>)
- Please send us your feedback about today's webinar via the survey that will populate when the webinar ends

# Thank you!