



### **Elevate Policy Lab (Elevate)**

Elevate Policy Lab was launched in 2019 and is based in the Yale School of Public Health. Elevate is dedicated to finding innovative and scalable solutions to support the needs of caregivers of color and low wealth as they seek health and well-being, pursue social and economic mobility, and foster environmental resiliency for themselves, their families, and their communities. Elevate is dually focused on practice and policy. Elevate collaborates with government and community partners to directly address maternal mental health as a public sector strategy to disrupt poverty. Elevate also partners with communities, government and policymakers to advance “Triple Bottom Line Justice,” collaborating to confront stressors, enhance family stability, and support families and communities in achieving their vision for the future.

### **The MOMS Partnership**

*Reducing depressive symptoms among under-resourced, over-burdened pregnant women and moms and increasing the social and economic mobility of their families.*

Elevate’s core program is the Mental Health Outreach for MotherS (MOMS) Partnership, a culturally responsive, community-based program that was specifically designed to reduce depressive symptoms and meet the mental health needs of low-income mothers and caregivers who identify as women. MOMS was launched in New Haven in 2011 and since 2019, Elevate has been collaborating with public sector systems to build MOMS Partnerships in communities outside New Haven. Elevate works with partners to learn about local needs and then tailor programming to local needs, to access federal, state and philanthropic resources to support large numbers of women to substantively strengthen their mental health, and to support women and families to move towards social and economic mobility.

### **What the MOMS Partnership® Provides**

- The MOMS Partnership offers eight weeks of cognitive behavioral therapy-based group classes, together with parenting supports, in places like grocery stores and libraries, 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 MOMS neighborhood hubs, the program provides moms with resources like free diapers and shampoo to cover basic needs, while also connecting moms with social services and government benefits for which they are eligible.
- The program is co-delivered in group settings by a mental health professional and a Community Mental Health Ambassador (CMHA). The CMHA is a local mom who can culturally and emotionally accompany moms on their journeys to improved well-being. Participants experience community and empathy in the group setting through connection to other moms.
- Partnerships with government agencies allow the program to follow outcomes for participating families, including school attendance for their children. This feedback is coupled with regular feedback from participants, who help fine tune the program for future cohorts.
- The MOMS Partnership offers the opportunity to run programming via virtual platforms.

**MOMS Partnership® Outcomes**

When mothers are provided with the supports and skills to address mental health and parenting challenges, significant changes can occur for mothers and families. Initial research on the MOMS Model has found that mothers who participate in MOMS can experience significant impacts, including:

- Reduction in maternal depressive symptoms,
- Increase in perceived social support,
- Increase in maternal employment, and
- An increase in a mother’s ability to meet her family’s basic needs.

Elevate partners will all MOMS Partnership sites to conduct Impact Evaluations.

**MOMS Partnership Sites**

Focusing on maternal mental health, MOMS creates a pathway to economic mobility for participants and improves outcomes for their children, disrupting poverty for both generations. Elevate has collaborated to establish MOMS Partnership sites in both rural and urban communities from Burlington, VT down to Louisville, Kentucky and many in between.

Bridgeport MOMS <sup>sm</sup> Bridgeport, CT	
<b>Partners</b>	<ul style="list-style-type: none"> <li>• Alliance for Community Empowerment (Alliance)</li> <li>• The Greater Bridgeport Area Prevention Program (GBAPP)</li> <li>• East End Neighborhood Revitalization Zone (East End NRZ)</li> <li>• Southwest Community Health Center (Southwest FQHC)</li> </ul>
<b>Participant population</b>	Mothers and caregivers who meet MOMS eligibility criteria
<b>Hub sites</b>	<ul style="list-style-type: none"> <li>• MOMS services are delivered virtually in Bridgeport</li> </ul>
<b>Description</b>	Elevate Policy Lab partnered with numerous local Bridgeport organizations to conduct a MOMS Needs Assessment in 2019. The developing Bridgeport MOMS Partnership is a collaboration between Elevate and several community-based organizations. In Bridgeport, Elevate is also piloting an approach that integrates Triple Bottom Line Justice efforts with the MOMS Partnership for the first time. Mothers in Bridgeport will have the opportunity to receive MOMS Stress Management and will also have the opportunity to participate in Civic Justice Engagement programming.
DC MOMS <sup>sm</sup> Washington, D.C.	
<b>Partner</b>	DC Department of Human Services (DHS)
<b>Participant population</b>	TANF customers
<b>Hub sites</b>	<ul style="list-style-type: none"> <li>• Phillips@THEARC (community center)</li> <li>• Bright Beginnings (school)</li> <li>• MOMS services have been delivered virtually in DC since March 2020</li> </ul>
<b>Description</b>	DC MOMS <sup>sm</sup> was the first team to launch a MOMS Partnership outside of New Haven. Prior to launching programming, Elevate and DHS surveyed 565 TANF households in DC about their needs and experiences. MOMS services began in April 2019. In response to COVID-19, DC MOMS transitioned to virtual programming in March 2020 and has continued to serve mothers and families in Wards 7 and 8 virtually during the pandemic. Acceptability,

feasibility, and initial outcomes of the program are published in Smith MV, Callinan LS, Posner CS, Holmes SC, Ebling R. Improving Maternal Mental Health as a Pathway to Economic Mobility in the TANF System. Psychiatr Serv. 2021 Oct 1;72(10):1139-1144. doi: 10.1176/appi.ps.202000492. Epub 2021 May 17. PMID: 33993713. Additional evaluation results will be forthcoming.

DC MOMS is considered a special project of DCWET, accessible across all four of the Division’s offices. DC MOMS offers programming to TANF customers.

**Kentucky MOMS<sup>sm</sup>  
Louisville, KY**

<b>Partners</b>	<ul style="list-style-type: none"> <li>• Justice and Public Safety Cabinet (JPSC)</li> <li>• Cabinet for Health and Family Services (CHFS)</li> <li>• KY Center for Statistics (KYSTATS)</li> <li>• Seven Counties Community Mental Health Center</li> </ul>
<b>Participant population</b>	Justice-involved mothers/caregivers (on probation & parole)
<b>Hub sites</b>	<ul style="list-style-type: none"> <li>• Diersen/Dismas Charities (residential transitional housing/re-entry facility)</li> <li>• St. Peter’s/MOLO Village (church)</li> <li>• Virtual delivery of services of services since March 2020</li> </ul>
<b>Description</b>	<p>A MOMS Goals and Needs Assessment was conducted in Kentucky in 2019. Staff from Seven Counties, a community mental health center partner, were trained by Yale to provide the MOMS Stress Management course in Louisville. Outreach began in late 2019, and services began in early 2020. In response to COVID-19, KY MOMS transitioned to virtual programming in March 2020 and continued to serve mothers and families virtually during the pandemic. The KY MOMS<sup>SM</sup> team completed the initial cohorts of the MOMS Stress Management Course planned as part of the Impact Evaluation. The Elevate team is currently working with KY partners to complete the planned Impact Evaluation of MOMS in KY.</p>

**New York City, NY**

**NYC DHS MOMS<sup>sm</sup>  
Pilot #1**

<b>Partners</b>	<ul style="list-style-type: none"> <li>• Department of Homeless Services (DHS)</li> <li>• BronxWorks</li> <li>• Center for Innovation and Data Intelligence (CIDI)</li> </ul>
<b>Participant population</b>	Mothers/caregivers in homeless shelters
<b>Hub sites</b>	<ul style="list-style-type: none"> <li>• Nelson Family Residence (BronxWorks shelter)</li> <li>• Jackson Family Residence (BronxWorks shelter)</li> </ul>
<b>Description</b>	<p>The New York City DHS MOMS Partnership<sup>SM</sup> (NYC DHS MOMS) began with the pilot implementation of the MOMS model and delivery of the MOMS Stress Management (SM) intervention in two BronxWorks family shelters in the summer of 2021. The NYC DHS MOMS pilot aims to deliver the SM course to 100 BronxWorks clients over the course of an anticipated five to six participant</p>

cohorts. The NYC DHS MOMS Pilot Evaluation will test the program’s multi-generational theory of change which rests on the premise that improvements in maternal mental health result in improvements in social and economic mobility for mothers — thereby also improving outcomes for children, families, and communities.

**Pilot #2**

<b>Partner</b>	Children of Promise, NYC (CPNYC)
<b>Participant population</b>	Justice-involved mothers/caregivers engaged in CPNYC programming
<b>Hub site</b>	CPNYC site in Brooklyn
<b>Description</b>	Children of Promise, NYC is a community-centered organization whose mission is to partner with children and families impacted by mass incarceration in order to dismantle the stigma and heal from the trauma plaguing Black and Brown communities. Together, Elevate and CPNYC are working together to explore how mothers can be supported to lead their families through adversity. Partners are collaborating to establish MOMS Partnership program in the CPNYC Brooklyn site and to pilot the program with at least 50 caregivers.

**Pilot #3**

<b>Partner</b>	Charles B. Wang Community Health Center (CBW)
<b>Participant population</b>	Chinese-American mothers/caregivers receiving health services at the CBW federally qualified health center
<b>Hub site</b>	CBW
<b>Description</b>	Working together, Elevate and Charles B. Wang Community Health Center, which provides health care services to the Asian American community in New York City, partnered to complete a linguistic translation and cultural adaptation of the original MOMS Stress Management Course. This culturally adapted intervention is for mothers of Chinese descent who are living in the U.S. In the current phase of the project, Elevate and CBW partners are working together to assess the culturally adapted intervention with respect to feasibility, acceptability, external validity, treatment fidelity, and promise of effectiveness. Research aims to establish the ecological and external validity of the adapted intervention toward filling the gaps in mental health services for underserved populations, such as those seen in community health centers.

**Vermont MOMS<sup>sm</sup>  
Burlington, VT**

<b>Partners</b>	<ul style="list-style-type: none"> <li>• VT Department for Children and Families (DCF), Economic Services Division (ESD)</li> <li>• Howard Center</li> </ul>
<b>Participant population</b>	Reach Up (TANF) recipients
<b>Hub sites</b>	<ul style="list-style-type: none"> <li>• Shaw’s (grocery store) was the planned hub site</li> <li>• MOMS services have been delivered virtually in VT since March 2020</li> </ul>
<b>Description</b>	Following completion of a MOMS Needs Assessment in 2019, VT MOMS <sup>SM</sup> was launched in early 2020. Staff from Howard Center, a community mental health center partner, were trained by Yale to provide the MOMS Stress Management course in Burlington. Outreach began in late 2019, and services began in early 2020. In response to COVID-19, VT MOMS transitioned to virtual programming in March 2020 and has continued to serve mothers and families virtually since

that time. Partnering with DCF and the Howard Center, Elevate is conducting an Impact Evaluation of the pilot. The VT MOMS team has expanded to serve a wider geographical area and is continuing to provide services to mothers in Vermont.

### Western Mass MOMS<sup>sm</sup> Springfield & Holyoke, MA

**Partners**

- Mathematica/NextGen
- Viability (Employment Services Provider)
- Department of Transitional Assistance (DTA)

**Participant population**

Mothers/nonbinary caregivers who have a monthly household income of less than 200% of the federal poverty level and do not receive SSI or SSDI.

**Hub sites**

- Viability’s Springfield and Holyoke offices
- DTA offices
- Local churches

**Description**

The Office of Planning Research and Evaluation has funded a series of studies designed to further build the evidence around effective strategies for helping low-income individuals find and sustain employment. Mathematica is leading the Next Generation of Enhanced Employment Strategies (NextGen) Project, which aims to identify and test innovative, promising employment interventions, such as MOMS Partnership, that are designed to help individuals facing complex challenges secure a pathway toward economic independence. In Western Massachusetts, Elevate is partnering with Mathematica, DTA and Viability to provide training and technical assistance on the MOMS model. Approximately 1000 mothers will be screened, and 500 mothers will be randomized to receive MOMS Stress Management. The study is launching in Spring 2022.