

MOMS Partnership®

Celebrating 5 Years of Success Elevating Maternal Mental Health



The MOMS Partnership® provides community partners with a set of core principles, strategies, and culturally tailored interventions to effectively improve maternal mental health in their communities.

Elevate at Yale School of Medicine is the steward and scaling engine for the MOMS Partnership.

The MOMS Partnership Model

Targeted Focus on Improving Maternal Mental Health

Mothers and women who are raising children (ages 0-17) build practical skills to reduce stress and improve their mental health and well-being.

Community Partnership

We partner with organizations already serving local mothers — like social service agencies, Federally Qualified Health Centers, shelters, and public housing.

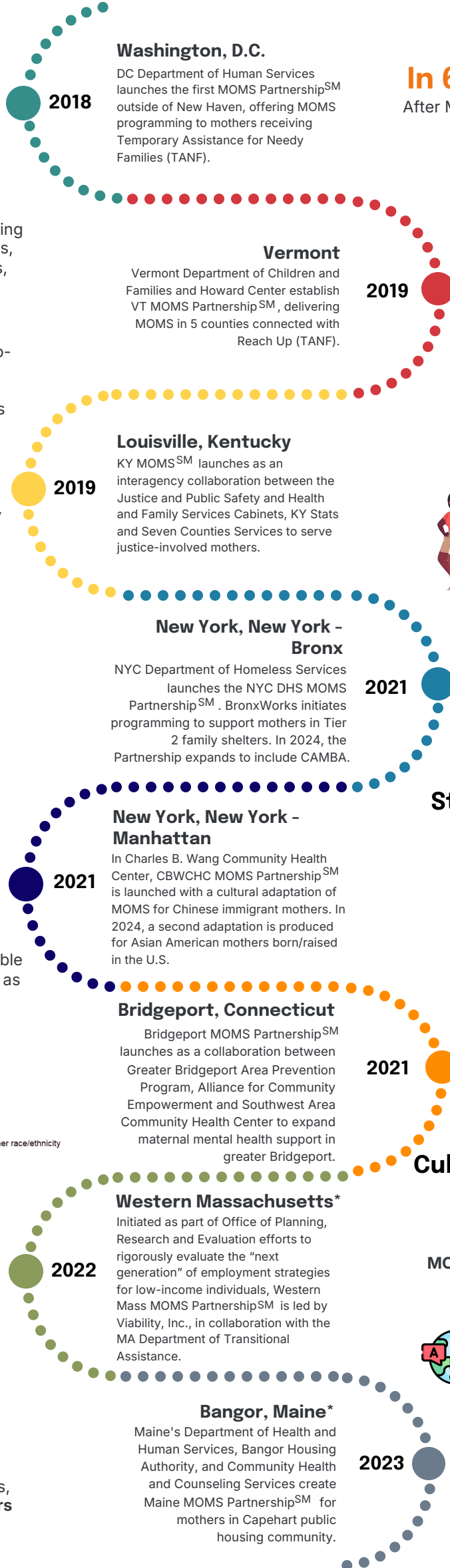
Accessible Programming

MOMS programming is delivered in easy-to-reach community spaces as well as online. Staff help address common barriers to participation and ensure program content is relatable.

Engagement Strategies

Culturally relevant programming, participation incentives, and co-delivery by a Community Mental Health Ambassador (or Community Health Worker) help MOMS maximize community reach and engagement.

Collaborating with 8 Communities and Counting



Meaningful Changes in Mental Health

In 6 out of 6 Studies

After MOMS, participants had **significant reductions in**



- Depression symptoms (CES-D)
- Anxiety symptoms (GAD-7 & GAD-2)
- Perceived Stress (PSS-4)



and a **significant increase in Perceived Social Support (MOS-SSS)**

with improvements maintained at 3-month follow-up in **nearly all sites**

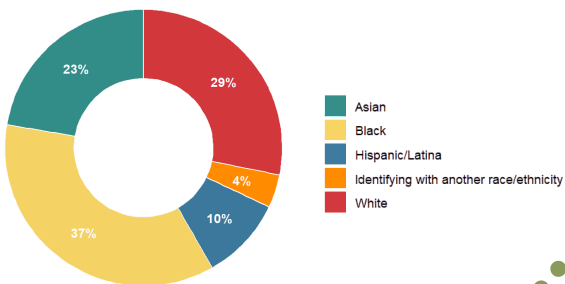


Mothers Reached in the Past 5 Years

1000+ mothers and counting

88.2% receiving government assistance (e.g., Medicaid, SNAP, or housing vouchers)

61.8% report having trouble paying for essential needs items such as diapers, food, clothes



Note: Participants could select multiple race and ethnicity categories, so percentages may not sum to 100%.

Strong Indicators of Engagement and Satisfaction

Average attendance: **6 of 8 classes**

93% of participants are "satisfied" or "very satisfied" overall

Culturally Adapting for Diverse Needs

MOMS Stress Management Course is available in:



3 languages

English, Spanish, Chinese

3 additional adaptations for

- New mothers
- Asian American mothers
- Mothers participating in job or training services

Coming in 2025

MOMS programming is expanding to

- More mothers in NYC family shelters, including **Spanish-speaking mothers**
- Mothers in the City of Baltimore

*Data are forthcoming.

