

MOMS Partnership® Spotlight

Five years of mental health support in the NYC shelter setting

Since 2021, the MOMS Partnership has brought evidence-based, culturally responsive maternal mental health programming into NYC DHS family shelter providers BronxWorks and CAMBA, Inc., reaching mothers facing high barriers to care.

"This was one of the best programs I ever experienced in my whole time in a shelter system, period. It's helpful, guiding, and [a] source of release and safe haven for women of all ages."
 -MOMS Participant

245

mothers residing in shelter engaged in MOMS, and counting

6

family shelters in Brooklyn and The Bronx offering MOMS

96%

of mothers report satisfaction with the MOMS program

91%

of mothers report regularly using new skills learned in MOMS

"[MOMS participants] are utilizing what they are learning in [MOMS] Stress Management, [are] feeling engaged and even more open to speaking with their support team ... They are getting linked to housing and moving out, and ... it shows a lot of benefit of the program."
 — Shelter Staff

MOMS Reaches

Women who are pregnant/parenting children ages 0-17 years old

~30% are mothers of young children ≤3 years old

Through classes in English, Spanish, and Mandarin

What Makes MOMS Special



Evidence-based interventions combined with customizable implementation strategies increase **accessibility and engagement**



Group classes **strengthen social support/connection and build tangible skills** that mothers can immediately put into daily use



Delivery approach blends professional and lived-experience expertise in **two complementary roles**: a mental health **clinician** and a **Community Mental Health Ambassador**

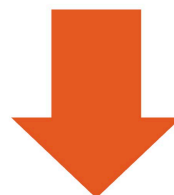


Beyond MOMS classes, mothers are **connected to supports and resources** for basic needs, education and employment, parenting and childcare.



Data and input from mothers and community partners **continuously drives learning and improvement**

Robust Improvements in Key Outcomes



Depression, Anxiety & Stress Decrease
 CES-D · GAD-7 · PSS-4

Social Support Increases
 MOS-SSS



Statistically significant improvements measured pre-to-post, and maintained at follow-up

Growth & Goals

- ✓ **2021** MOMS program launches at BronxWorks shelters with classes in English
- ✓ **2024** MOMS is culturally adapted for Spanish-speaking, U.S. Latina mothers in collaboration with BronxWorks partners
- ✓ **2025** MOMS expands to CAMBA shelters and additional BronxWorks shelters with Spanish-language classes
- **2026** MOMS expands to 10 family shelters in NYC
- ★ **2027 and beyond** **Goal** MOMS grows to support 1,000 mothers experiencing homelessness and housing instability in NYC each year