The New Haven MOMS Partnership

142 Temple St. Suite 301
New Haven, CT 06511
203-764-8125

Your Community Mental Health Ambassadors (CMHAs)

Cerella Craig
cerella.craig@yale.edu

Natasha Rivera-LaButhie
natasha.horn@yale.edu

Kimberly Streater
kimberly.streater@yale.edu

Anna Kruse (Public Health Student)
anna.kruse@yale.edu

Valerie Wormely-Radford (Social Work Student)

Who are we?
The New Haven Mental Health Outreach for Mothers (MOMS) Partnership is a coalition of New Haven mothers and several organizations in the City of New Haven that aims to promote the emotional health and wellness of pregnant and parenting women living in New Haven. The MOMS Partnership began in 2010 with interviews of a diverse group of moms living in New Haven. We hired and trained New Haven mothers as Community Mental Health Ambassadors (CMHAs) to conduct interviews across New Haven in locations such as playgrounds, parks, grocery stores, and churches. To date, nearly 1,000 mothers in New Haven have been interviewed. As a result of the information collected, MOMS partnership is now able to share important data that is specific to the needs of mothers in New Haven neighborhoods.

What New Haven mothers are saying about their lack of access to basic needs

If your family is having trouble with access to basic needs such as food, shelter, or diapers call 2-1-1, or contact the MOMS Partnership (203-764-8125) to get connected to resources near you!

Food need was the #1 need for moms in West Rock and Newhallville, meaning at times they run out of food before the end of the month, borrow food or money from family or friends, use a food bank, go to a soup kitchen, and/or go without food.

More than half of mothers living in Beaver Hills, Newhallville, and the Hill reported emotional health need, meaning they feel they need help to manage sadness or depression, and/or cope with stress.

Citywide, 1/3 of the women we interviewed reported that at times they feel they do not have enough diapers to change their children as often as they would like, they borrow diapers or money from family or friends, they get diapers from an agency, and/or stretch the diapers they have.
MOMS Partnership “hubs” are coming to a neighborhood near you.

We believe the highest standard of wellbeing for mothers and their families is important because mothers who may be stressed or depressed may have difficulty working, going to school, and raising their children. We know that when mothers and their children are healthy, neighborhoods are healthy too.

To help realize this value, the MOMS Partnership proposes to create “MOMS hubs” in neighborhoods in New Haven. These hubs will provide centralized supports and resources for families that will reduce their stress and increase or contribute to their success and wellness. These supports and resources will address emotional wellness, workforce, economic security and family self-sufficiency needs and other services as identified by the 900 mothers interviewed. If you live in the Dwight, Fair Haven, or West Rock neighborhood and would like to be involved with a MOMS hub, please call us at 203–764-8125.

Stress Management Classes for Farnam Courts and Quinnipiac Terrace Mothers

MOMS Partnership is currently offering stress management classes at Farnam Courts and Quinnipiac Terrace. This 8 class course teaches mothers and primary caregivers the skills needed to manage and cope with stress. The class is taught by one trained mental health clinician, and one MOMS Community Mental Health Ambassador. Mothers and primary caregivers can earn up to $190 in gift cards for their participation in the 8 week class series. To be eligible for the class you must...

- Be the mother or primary caregiver of a child under the age of 18
- Reside at Farnam Courts or Quinnipiac Terrace
- Complete our basic needs assessment and be determined “eligible” based on the information collected
- Complete an intake prior to starting the class

CHILDCARE AND SNACKS WILL BE PROVIDED

If you are interested in learning more about this opportunity, please call us at 203-764-8125.

How you can get/stay involved with MOMS Partnership

Here’s a list of ways for you to get involved or stay involved with MOMS Partnership

- If you haven’t already, call us at 203-764-8125 to schedule an appointment to complete our 15 minute confidential questionnaire. The information collected will help us understand what services and supports mothers need. You will receive a $10 Dunkin Donuts card for your time.
- Ask about our Stress Management Class if you live at Farnam Courts or Quinnipiac Terrace.
- Share your experience about MOMS with other women in the community, by word of mouth or passing along flyers throughout your housing community.
- Call and tell us what programs, discussions, and activities we should bring to your community to help improve maternal mental health.
- Tell us your ideas about what we can do to further our mission.

Find us on our Facebook page: http://www.facebook.com/pages/Research-For-Her/209415462420695
MOMS Partnership “hubs” are coming to a neighborhood near you.

We believe the highest standard of wellbeing for mothers and their families is important because mothers who may be stressed or depressed may have difficulty working, going to school, and raising their children. We know that when mothers and their children are healthy, neighborhoods are healthy too.

To help realize this value, the MOMS Partnership proposes to create “MOMS hubs” in neighborhoods in New Haven. These hubs will provide centralized supports and resources for families that will reduce their stress and increase or contribute to their success and wellness. These supports and resources will address emotional wellness, workforce, economic security and family self-sufficiency needs and other services as identified by the 900 mothers interviewed. If you live in the Dwight, Fair Haven, or West Rock neighborhood and would like to be involved with a MOMS hub, please call us at 203-764-8125.

Stress Management Classes for Farnam Courts and Quinnipiac Terrace Mothers

MOMS Partnership is currently offering stress management classes at Farnam Courts and Quinnipiac Terrace. This 8 class course teaches mothers and primary caregivers the skills needed to manage and cope with stress. The class is taught by one trained mental health clinician, and one MOMS Community Mental Health Ambassador. Mothers and primary caregivers can earn up to $190 in gift cards for their participation in the 8 week class series. To be eligible for the class you must ...

- Be the mother or primary caregiver of a child under the age of 18
- Complete our basic needs assessment and be determined “eligible” based on the information collected
- Complete an intake prior to starting the class

CHILD CARE AND SNACKS WILL BE PROVIDED

If you are interested in learning more about this opportunity, please call us at 203-764-8125.

How you can get/stay involved with MOMS Partnership

Here’s a list of ways for you to get involved or stay involved with MOMS Partnership:

- If you haven’t already, call us at 203-764-8125 to schedule an appointment to complete our 15 minute confidential questionnaire. The information collected will help us understand what services and supports mothers need. You will receive a $10 Dunkin’ Donuts card for your time.
- Ask about our Stress Management Class if you live at Farnam Courts or Quinnipiac Terrace.
- Share your experience about MOMS with other women in the community, by word of mouth or passing along flyers throughout your housing community.
- Call and tell us what programs, discussions, and activities we should bring to your community to help improve maternal mental health.
- Tell us your ideas about what we can do to further our mission.

Like us on our Facebook page: http://www.facebook.com/pages/Research-For-Her/209415462420695

This issue’s “Featured Partner” - DCF

The MOMS Partnership collaborates with many agencies within New Haven to help support families in our city. DCF is one of our proud partners. We sat down with Janice Currier-Ezepchick, Area Director of the New Haven office, to discuss some major changes and accomplishments within the organization.

Since Dec. 2011, the total number of DCF cases in New Haven has decreased by 13%. The total number of children in placement has decreased by 16%.

DCF now operates under a “Strengthening Families Practice Model” which prioritizes areas such as family engagement, individualizing services, and purposeful visitation as a means of supporting families as well as children.

DCF has developed 2 new practices, THE FAMILY RESPONSE ASSESSMENT and THE CONSIDERED REMOVAL PROCESS, which focus on bringing families to the table, and supporting those families in situations where DCF has to get involved.

To learn more please visit: http://www.ct.gov/dcf/site/default.asp
Who are we?
The New Haven Mental Health Outreach for Mothers (MOMS) Partnership is a coalition of New Haven mothers and several organizations in the City of New Haven that aims to promote the emotional health and wellness of pregnant and parenting women living in New Haven. The MOMS Partnership began in 2010 with interviews of a diverse group of moms living in New Haven. We hired and trained New Haven mothers as Community Mental Health Ambassadors (CMHAs) to conduct interviews across New Haven in locations such as playgrounds, parks, grocery stores, and churches. To date, nearly 1,000 mothers in New Haven have been interviewed. As a result of the information collected, MOMS partnership is now able to share important data that is specific to the needs of mothers in New Haven neighborhoods.

What New Haven mothers are saying about their lack of access to basic needs

Food need was the #1 need for moms in West Rock and Newhallville, meaning at times they run out of food before the end of the month, borrow food or money from family or friends, use a food bank, go to a soup kitchen, and/or go without food.

More than half of mothers living in Beaver Hills, Newhallville, and the Hill reported emotional health need, meaning they feel they need help to manage sadness or depression, and/or cope with stress.

Citywide, 1/3 of the women we interviewed reported that at times they feel they do not have enough diapers to change their children as often as they would like, they borrow diapers or money from family or friends, they get diapers from an agency, and/or stretch the diapers they have.

If your family is having trouble with access to basic needs such as food, shelter, or diapers call 2-1-1, or contact the MOMS Partnership (203-764-8125) to get connected to resources near you!