## P-2371 VT MOMS PARTNERSHIP PROCEDURES (24-06)

VT MOMS is an 8-week stress management group offered to mothers who would like support with relaxation tips, balancing responsibilities with fun, problem solving tips, communication strategies and more. VT MOMS is led by a community Mental Health Ambassador and VT MOMS Clinician and is offered on a rotating basis throughout the year. Classes are 90 minutes long and will be held over zoom and/or in person.

## Who is eligible to apply?

- Be at least 18 or older and identify as a woman
- Be pregnant or the primary caregiver of a child under 18
- Be experiencing emotional challenges
- Be participating in Reach Up, Reach First, Reach Ahead, or the Post-Secondary Education program, or have participated in Reach Up in the last 2 years. Or are receiving the Child Only grant

## **Referral Process**

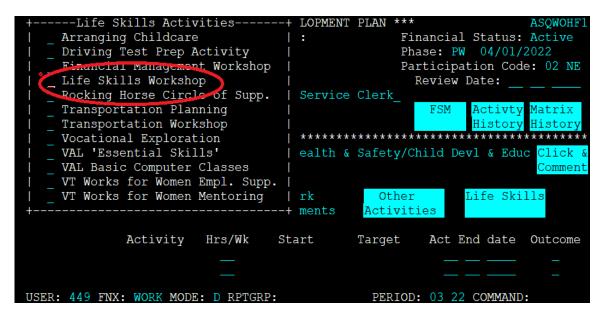
- Complete the VT MOMS referral form found at the following link: <u>VT MOMS</u> <u>Partnership Referral Form</u>.
- Submit referrals to VTMoms@howardcenter.org
- The referral form asks for information about the participant including their UID number. To find the number, please check ACCESS under PERS/D/HIST. The participant's UID number will be listed on the top left corner of ACCESS.

See screenshot below.

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	2 01 2021 11 30			CLOSED
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	02 27 2	2015 59		DENIED
1	0 01 2014 01 15	2015 57		CLOSED
	10 02 3	2014 05		DENIED
0	1 01 2014 08 31	2014 05		CLOSED
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		2013 59		DENTED
		2013 59		DENIED
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## **Family Development Plan and Support Services**

 VT MOMS should be added as "life skills workshop" in ACCESS on the work panel for participants' Family Development Plan. Please also use the GPDR/R process and tools if the participant would like this as a primary goal and could benefit from breaking the process down in smaller steps. The screenshot below shows where to find life skills workshop on work panel in ACCESS.



 Review and offer support service assistance as appropriate following the matrix guidelines to support successful engagement and completion of the program.