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

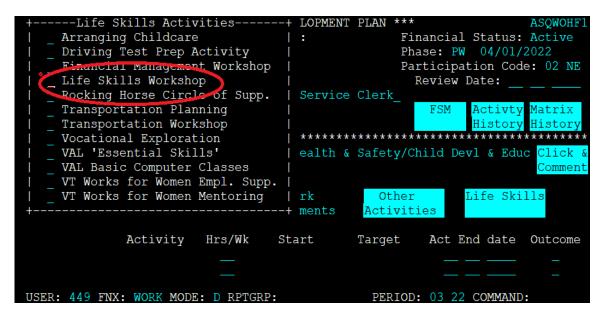
- Complete the VT MOMS referral form found at the following link: <u>VT MOMS</u> <u>Partnership Referral Form</u>.
- Submit referrals to VTMoms@howardcenter.org
- The referral form asks for information about the participant including their UID number. To find the number, please check ACCESS under PERS/D/HIST.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

See screenshot below.

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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.