

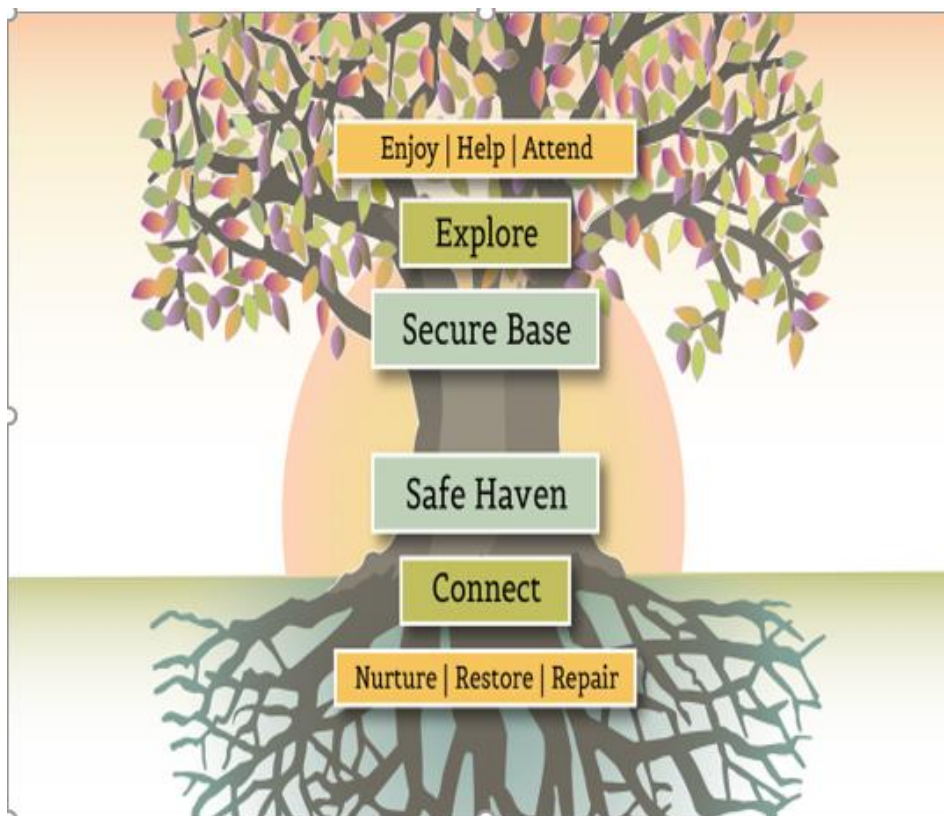
Mom Power:

A Therapeutic Intervention and Adaptations for High-Risk Families and Their Children

Mom Power is a 10-week, 13-session theory and evidence-based intervention aimed at increasing parental competence via multi-method and multi-disciplinary strategies. The intervention applies attachment theory, and cognitive behavioral and dialectical behavioral strategies.

The Mom Power Activities (Pillars) include, in a warm, non-judgmental environment:

- Parent Education of attachment-based needs,
- Skill development of **Self-Care and Stress-Reduction skills**,
- Support of **Parent-Child Interactions**.
- Connection to **social support** and to **resources** (i.e., case management needs, mental health and developmental referrals).



Mom Power uses **The Tree as metaphor** to discuss the child's needs for growing and branching out and for connecting and building roots as prerequisite for healthy and safe child development.

One mother's testimony:

"I didn't have any roots growing up in foster care and now I see how important they are and that I want connection moments and to build roots with my baby".

Addresses barriers for participation

- Transportation
- Childcare issues
- Poor social support
- Financial problems
- History of past or ongoing trauma
 - Fear of stigmatization or involvement with Child Protection Services
 - Mistrust in providers

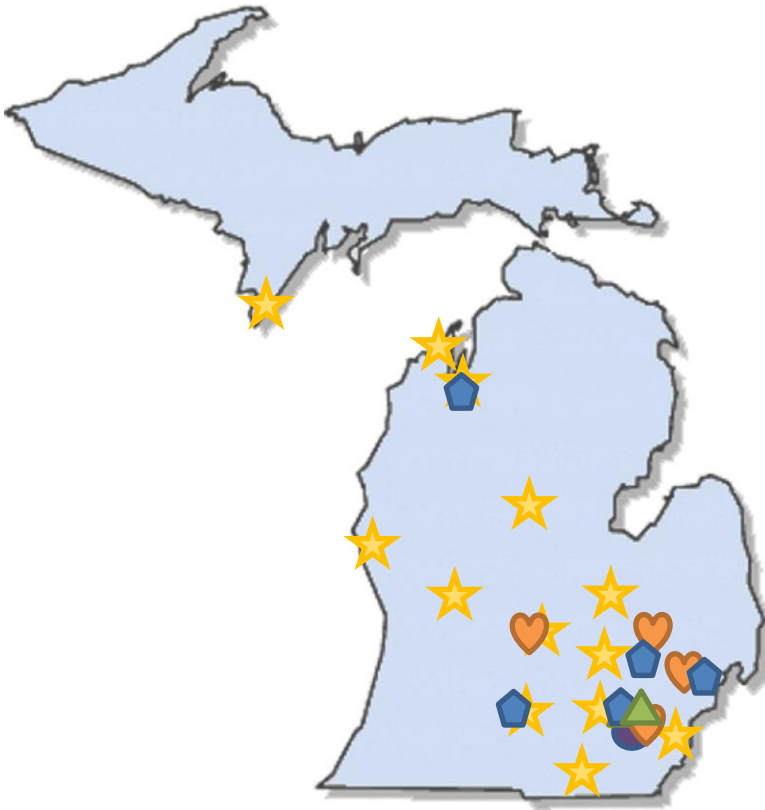
Outcomes Caregivers show:

- Reduced depression and trauma symptoms
- Improved parenting competence
- Increased understanding of their children's motives and behaviors
- Increased connection with community resources and support
- Greater activation of neural circuits related to empathic responding

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Mom Power has been implemented across several communities across Michigan, serving many families in need.



The Tree Curriculums have been implemented in multiple states including **Tennessee, Ohio, Vermont, Wisconsin, and Virginia.**

Mom Power Community Locations

- Starfish Family Services, Inkster
- Washtenaw County CMH, Ypsilanti
- The Corner Health Center, Ypsilanti
- Taubman at First Presbyterian Church, Ypsilanti
- Pinerest, Traverse City
- Parenting Communities, Leland
- Monroe County CMH, Monroe
- Lenawee County CMH, Adrian
- Livingston County CMH, Howell
- Isabella County CMH, Mt. Pleasant
- Guidance Center, Southgate
- Muskegon County CMH, Muskegon
- Genesee Health Services/Easter Seals/Head Start collaboration, Flint
- CACS Head Start, Lansing
- Benzie Leelanau District Health Department, Lake Leelanau
- Northpointe Behavioral Health, Menominee

Mom Power Adaptations:

- ♥ Hearts and Minds on Babies (Early Head Start adaptation), WSU/MSU research collaboration (Pontiac, Lansing, Detroit, Southgate, Inkster)
- Strong Beginnings (Foster/Bi-family adaptation), Guidance Center, Southgate
- ▲ Fraternity of Fathers, Starfish Family Services, Inkster
- ◆ Strong Military Families, Washtenaw, Jackson, Macomb, and Oakland Counties, and Traverse City

Mom Power has helped thousands of families grow stronger together!

From a teen mother enrolled in a Mom Power group. *"I learned tools to be a better parent and am better able to set limits with my child, I look back on handouts to help me continue mom power ideas in the future..."*

For more information: <https://medicine.umich.edu/dept/psychiatry/programs/zero-thrive/clinical-service/mom-power>
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