



Zero to Thrive is built on the premise that the period from pregnancy through early childhood is an especially sensitive time for mitigating the multi-generational effects of inequity, trauma, and adversity and promoting mental health. We believe that providing families, from the start, with cutting-edge treatment and tools needed to sustain nurturing, supportive relationships will serve as a protective buffer that allows families to thrive now and into the next generation. Zero To Thrive will therefore harness the power of collaboration across the University of Michigan and with communities to create a portfolio of research, treatment, training, and advocacy initiatives that support well-being and resilience across two generations.

VISION

From pregnancy through early childhood all families will have the well-being necessary to achieve their full potential.

MISSION

To spark robust scientific discoveries, quality training, and vibrant cross-sector initiatives that create breakthrough, real-world solutions to transform the well-being and resilience of families from conception to early childhood with impacts for generations to come.

PRIORITIZED STRATEGIC OBJECTIVES 2020

Translational Network	Strong Roots	Advancing Technological Solutions	Perinatal & IECC Clinic
Expand the multi-disciplinary network of UM faculty interested in impacting the outcomes of perinatal women and families of young children.	Increase the spread of Strong Roots programs with emphasis on Mom Power (MP) and Fraternity of Fathers (FoF).	Broaden the capacity of technology to provide services to perinatal women and families with young children.	Expand the reach of Zero to Thrive clinics.
Q1 MILESTONES			
<ul style="list-style-type: none">Plan 2 TN meetingsDraft TN Faculty CharterReview Funding OptionsSubmit Paper One for publication	<ul style="list-style-type: none">Launch Strong Roots websiteJune submission of Mom Power R01Complete Mom Power Business PlanEstablish Plan to secure EBP designation	<ul style="list-style-type: none">Submission of RFP RO1 with WSU partnerEstablish plan to increase reach of MC3 for momsEstablish plan to implement short videoWork with WSU to connect MC3 for moms and HT2	<ul style="list-style-type: none">Increase new patient evaluations and billable visitsPlan to launch improved connection between Perinatal and IECC; decrease wait timesEstablish plan to improve outreach and access for those of colorConsider options to increase knowledge or trainees across the perinatal/early childhood continuum



COMMUNITY | Maximize cross-sector collaboration, application of research findings, and the voice of the individuals we serve to promote health across generations.

CLINICAL SERVICES | Provide high-quality mental health consultation and continuing care for perinatal women, parents, and their young children experiencing depression, anxiety, and/or trauma.

TRAINING | Foster the development of the next generation of professionals' talent and passion to serve perinatal women, parents, infants, and young children.

RESEARCH | Seek to discover biopsychosocial mechanisms, novel clinical treatments, and community-based initiatives that support families thriving across generations.

Z2T GROUNDING PRINCIPLES

Sustainability | We will create long-term funding plans at the inception of community-based programs and seek a diverse funding portfolio for Z2T.

Dissemination | We will share and spread our work to multi-sector partners from many disciplines, communities, academic institutions, and diverse families.

Collaboration | From inception to application, we will infuse the voice of real people, communities, and cross-system partners in our work.

Impact | We are working across two generations and having an impact now and into the future.