

Head Start Mom-Net

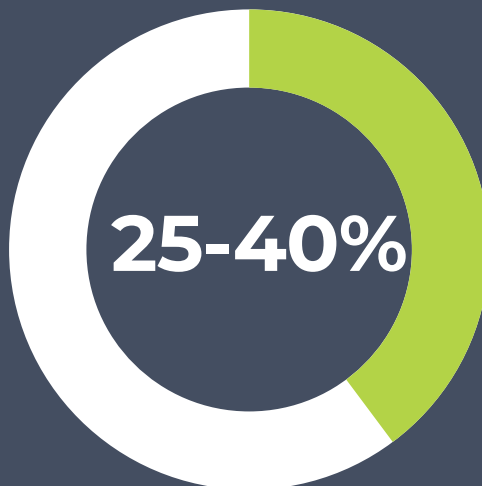
Phone: (541) 242-2395

E-mail: headstartmomnet@ori.org



ENHANCING THE CAPACITY AND LOCAL AUTONOMY OF HEAD START AGENCIES FOR ADDRESSING MATERNAL DEPRESSION

25 - 40% of Head Start mothers, with children ages 2-5 in the home, live under the weight of moderate to high levels of depressive symptoms.



Why is it Important to Reach Head Start Mothers Living with Depression?

Maternal depression impacts parenting, which in turn, impacts child well-being.

The impact of maternal depression, if not addressed, can have long-term consequences for children's subsequent academic success. Moreover, we know that mothers past the post-partum period who live with depression are less likely to have access to depression services.

What Can We Do to Reach Head Start Mothers in Need?

Embed an evidence-based, on-line maternal depression intervention (Mom-Net) into the Head Start environment in communities across the US, who can provide trusted and effective depression service to mothers of children ages 2-5 who would otherwise not receive support.

Expanding Reach

We are currently working with 11 Head Start agencies across 7 states and are talking to agencies in 3 additional states who are interested in our project (OR, WA, ID, CO, TX, MI, ID, GA, FL, CA). In California, though, we have only been able to reach one HS agency and are looking to expand capacity with interested agencies.

11 Agencies

In 7 States and
Potential Growth in
California



A 3-Step Approach Over 2.5 Years

Empowering Mothers in Need: A 2.5-Year, 3-Step Mom-Net Head Start Initiative for Enhanced Capacity and Localized Support.



Feasibility Planning

With no commitment to implement Mom-Net. The planning phase involves three, 1-hour, calls together where we talk about what is involved in implementing Mom-Net and who might fulfill Mom-Net roles in your agency.

- If an agency wishes to move forward to try implementation, we will send an agency Mom-Net Procedures Manual structured just for them, based on information provided during planning calls.

Implementation

We ask agencies to work with us to implement Mom-Net for two “school years”, which differs across agencies.

- **Pre-implementation involves training for:**
 - Depression Screening staff
 - Two Mom-Net Coaching staff
- **Implementation involves:**
 - Delivering Mom-Net to a minimum of 10 mothers each school year
 - Coordinating with us to evaluate the effectiveness of Mom-Net implementation on mother and child well-being.
- During implementation, we provide ongoing support to agency coaches. **All training and support, as well as access to the Mom-Net program and training materials, is free of charge to agencies.**

Sustainability

- After two implementation years, with effectiveness estimates, agencies will be asked if they wish to continue implementing Mom-Net on their own. **If an agency would like to sustain Mom-Net on their own, we will provide a train-the-trainer program to agencies free of charge so they can train and support future Mom-Net coaches.**



What Agency Coaches and Implementation Leaders Have Said:

"Implementing Mom-Net in our agency, and becoming a Mom-Net coach, can feel a little scary and confusing at first. Implementing during the 1st year was not easy for us. But what inspired me to complete the (coach) training and keep going as a coach was seeing what a difference the Mom-Net program makes in the lives of moms. Moms learn skills that they use in everyday life that help them feel better and it's so important to them as parents"

"Mom-Net, I think, really helps to give moms the energy they want to have to be able to give their kids what they emotionally need, in a nurturing way. This program, I think, offers them a way to structurally build that. I would love to see every Head Start program have Mom-Net as an option, in their menu of services"

The Mom-Net Project, launched during COVID's peak, saw Head Start agencies join us in planning for a hopeful future.



Initiated at COVID's apex, the Mom-Net Project was supported by Head Start agencies in creating a viable plan, driven by optimism for the future.

What Mom-Net Mothers Have Said:

"The support I received through Mom-Net was crucial in a time of turmoil in my personal life"

"I liked that my coach wasn't a trained professional, it took a lot of pressure off me, we were just 2 moms who understood the struggle"

"I liked the ability to chat with my coach through the Mom-Net app, I appreciated that in more stressful moments, it was almost like journaling when I was getting overwhelmed and needed additional support. My coach was quick to respond to me"

Head Start Mom-Net

Contact us

Phone: (541) 242-2395

E-mail: headstartmomnet@ori.org

