



1-877-914-MOM2...MOM/ www.mom2mom.us.com

The "MOM 2 MOM" Peer Support Helpline Program
Rutgers University Behavioral Health Care

You're caring for your special needs child...Who is caring for you?
At Mom 2 Mom our focus is caring for you....

Mothers with special needs children are at risk for depression and related disorders (Reuters, 4/18/2008). Studies show parents of special needs children have significantly higher divorce rates than those with typically developing children. Medical illness, financial stressors, faith based issues, and employment struggles often accompany the challenges of being a primary caregiver of a special needs child.

When you become a mother it is often a miraculous experience in your life. When your child is identified as having special needs, it is potentially the most devastating experience of your life.

As the primary caregiver mothers try to "fix" everything for their child. Some challenges cannot be fixed, but rather adapted to. The "MOM 2 MOM" Peer Support Helpline Program answers the need.

An abundance of resources for children with special needs exist with a focus on advocacy, education, and financial support for our loved ones. The missing link however has been the recognition for the needed services for the primary caregiver's mental health and wellness, specifically a service for mothers.

By dialing **1-877-914- MOM2** (1-877-914-6662) **MOM 2 MOM** helpline program a mother of a child with special needs will receive the following services;

Mom 2 Mom Reciprocal Peer Support, Mom 2 Mom Assessments, Mom 2 Mom Referral Network, Mom 2 Mom Resilience/Support Community Groups

MOM 2 MOM Unique Features

- **Only Service of its kind in the United States.** It is the only helpline in the U.S. focused on mothers of special needs children and their mental health. Calls from New Jersey and **35** U.S. states include: MD, MO, MS, NY, IL, PA, FL, LA, WI, GA, MA, SC, CT, NE, KS, UT, WA, OR, MN, OH, CA, VA, TX, MI, AZ, IN, ME, NM, VT, AL and Washington, D.C. , KY, TN, SD, HI.
- **Mom2Mom is in Demand!** Over 40,000 contacts have been made since Nov. 2010.
- **"Reciprocal Peer Support Model"** National "Best Practice" Model(DCOE, A.A.S. FBI)
- **Live 24/7.** All calls answered by Mom Peer/clinical specialist/ Live chat too!

- **Top Ten Issues Reported by Mothers Calling the Helpline Include:** Family/Parenting, School Stressors, Depression/Mood Disorder, Child Mental Health issues, Anxiety/Phobias, Marital/Couples, Legal, Developmental Disability, Medical/Somatic, Finances, Violence/Trauma
- **Mom2Mom Reciprocal Peer Support (RPS), a Partnership with Clinicians and Peers:** 70% of moms engaged in RPS, 50% engaged in RPS and treatment. 70% of callers receive BOTH peer support and provider referrals.
- **Customer Satisfaction Surveys report over 95% callers felt listened to and would recommend helpline to others.**
- **Mom2Mom Community Partnerships:** New Jersey Department of Children and Families, Autism Speaks, Autism NJ, NJ Mental Health Cares, My Goal Inc., SPAN, etc.
- **Mom2Mom Resilience Building and Outreach Events-** Success with urban families
- **Mom2Mom Employs Moms of Special Needs Children.** Finances and isolation are a common problem for this group, and 21 moms are employed through our program!
- **Access to a Variety of Resources.** The Mom2Mom case management approach to peer support fosters utilization of the existing state, local and national resources.
- **Rutgers University Behavioral HealthCare Access Center Expertise/Technology and Data Management.** ACD, data systems to identify trends for service, gaps and needs.
- **Crisis Response.** RUBHC peer helplines are accredited by the American Association of Suicidology to ensure all crises are managed effectively.
- **“Breathless” Project.** This advocacy effort was done in partnership with the Glass Book Project, a collaborative effort of Rutgers and Witness Justice. Mothers involved in the Mom2Mom program created an advocacy glass book, titled “Breathless,” which is exhibited in New Jersey and around the country to raise awareness for our resilience.