



MOM 2 MOM
Peer support helpline
877-914-MOM2 (6662)

Welcome to a new and exciting resource for Essex and Union Counties in New Jersey. Mom 2 Mom is a 24 hour peer support helpline for Moms of children and adults with developmental disabilities living in Essex and Union County.

If you are the Mom of a developmentally disabled child or adult and may be in need of talking to another Mom of a disabled child or adult, then Mom 2 Mom is for you. 24/7 when you need someone to talk to Mom 2 Mom will be there. Just a phone call away at (877) 914 **MOM2** (6662) you can give us a call and we will be there for you.

Phone line available on 10/10/10

For further information contact:

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The “MOM 2 MOM” Helpline Program Summary

University of Medicine & Dentistry of New Jersey

University Behavioral HealthCare

Introduction

When you become a parent it is often a defining and miraculous experience in your life. When your child is identified as having a developmental, intellectual or physical disability, it is potentially the most devastating and debilitating experience of your life. Innately as mothers and fathers we see our role as the caregiver to “fix” everything for our child. Some challenges cannot be fixed, but rather adapted to and herein lies the need for the “MOM 2 MOM” Program.

Over the years an abundance of resources for children with intellectual and developmental disabilities have been established with a focus on advocacy, education, and financial support for our loved ones with “special needs”. The missing link in all of these however has been the recognition for services for the primary caregiver’s mental health and wellness, specifically a service for mothers.

Mothers with special needs children are at risk for depression and related disorders (Reuters, 4/18/2008). In addition, several studies have indicated that parents of special needs children have significantly higher divorce rates than those with typically developing children. Co-morbid medical illness, financial stressors, faith based challenges, and employment struggles persist with the challenges of being a primary caregiver of a developmentally disabled child.

The MOM 2 MOM Program

As both a clinician and parent of a developmentally disabled child, the need for mental health support for me and my family has been impossible to find. Across the country, clinically peer based programs are offered with marked success for mothers suffering from post partum depression, fighting cancer, even NICU mothers have come together for support via helplines and chat rooms. The Cop 2 Cop program, Vet 2 Vet program, and several others at UMDNJ – University Behavioral Healthcare will serve as successful models for the “MOM 2 MOM” program. The “MOM 2 MOM” program will utilize the concept that the best support may be a peer, someone who has “walked the walk”.

Utilizing the national data set which reflects that an estimated one percent of the population of the United States will be diagnosed with a developmental and/or intellectual disability, an estimated 80,000 mothers and families in New Jersey will be impacted. An equal number in our state are estimated to have children with physical disabilities and could also benefit from the MOM 2 MOM program.

The “MOM 2 MOM” Program Components

By dialing the 1-800-MOM-2MOM helpline program a mother of a child with special needs will receive the following services;

Mom 2 Mom Peer support-

Mom 2 Mom Peer Supporters will be available 24/7 to provide telephonic peer support to callers in need. Moms of special needs children will be trained in peer counseling and the crisis call model to offer unlimited peer support, explain resources, and explore the caller's needs.

Mom 2 Mom Clinical Assessment

Mom 2 Mom Clinicians will be available as needed on the helpline as part of team of clinical professionals able to do telephonic assessment to gauge depression, anxiety, and family & marital issues, etc.

MOM 2 MOM Network

Clinical providers will receive ongoing information and training opportunities to ensure they are apprised of the latest clinical implications and treatment options for mothers and families of children with special needs. State and regional

MOM 2 MOM Support Groups

Opportunities to establish Mom 2 Mom support groups will be offered as another outlet for mental health and wellness.

MOM 2 MOM Case Management

Mom 2 Mom Case Managers will be assigned to each caller to address global issues involving special needs children care giving challenges, Dads needs, sibling issues and liaison services for the family will all be provided as needed.

Research & data collection for quality assurance

Each caller will receive a customer satisfaction survey ten days from their original call to assess the services provided and continue case management as needed. A comprehensive MIS system and Automated Call Distribution system will be accessed for trending and tracking needs and service provision in the Mom 2 Mom program.