



# Healthy Moms Annual Report 2021

**ROCHESTER**  
REGIONAL HEALTH

## **Our Mission:**

To create a nurturing and supportive environment that is life changing and empowers women to reach their full potential.



## **Our services include:**

- Pregnancy education classes
- Mental health counseling
- Care management
- Community health workers
- Job training
- Parenting skills coaching
- Participant advisory board
- Transportation & childcare

# Pregnancy Education Classes



Our pregnancy education classes have decreased premature births by 51% (2010- 2021).



## Mental Health Counseling



In 2021, 200 moms participated in mental health counseling.

Moms in our mental health program have a premature birth rate that is lower than the inner-city of Rochester (2010 – 2021). Many of our moms have a high risk mental health diagnosis that, left untreated, generates premature birth rates 1.5 to 2 times higher.

# Care Management



In 2021, 238 moms participated in care management services.

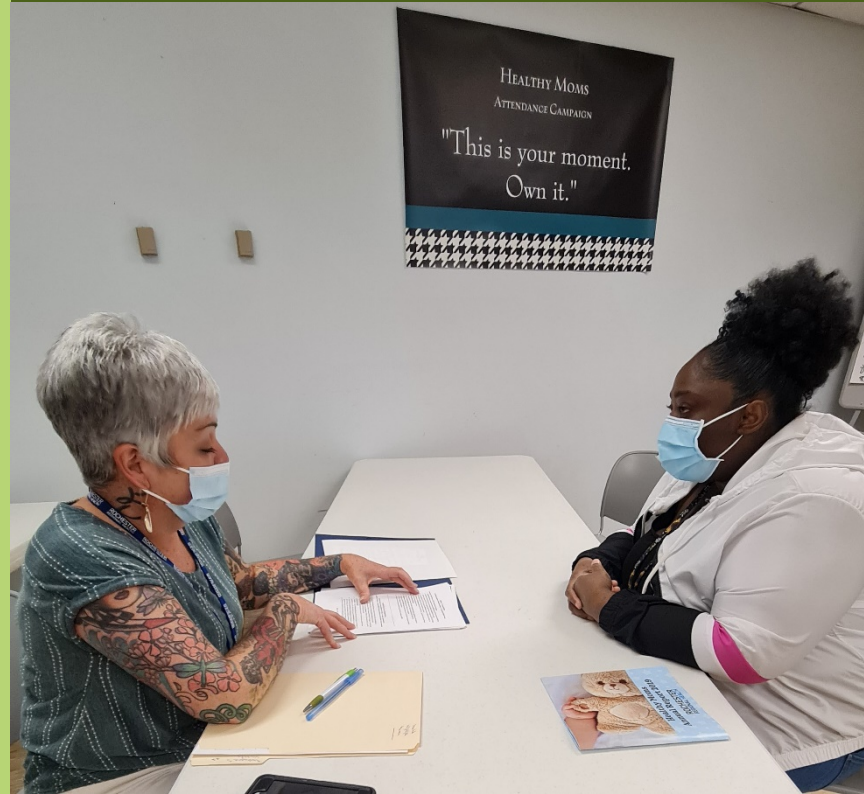
Care management teaches moms problem solving skills for navigating life successfully.



Our MICHC Program has decreased premature births by 38% (2021).



## Maternal Child Community Health Workers



CHW Stephanie and participant Tashyana

In 2021,  
89 moms  
partnered  
with a  
Community  
Health  
Worker.

## Project Independence



Participants Melissa & Candace working in the Children's Clothing Closet

Project Independence has transitioned 184 moms from public assistance to paid employment and has saved over \$1.7 million in tax dollars (2012 - 2021).



# Success at Healthy Moms



“Healthy Moms helped me find my way. I found confidence in myself. I am successful because of the support system I had with Healthy Moms.”

-Bonnie, Healthy Moms Graduate



“Healthy Moms introduced me to my worth and who I could be. I found my voice, I found by courage, and I learned skills I never thought I would have.”

-Candace, Healthy Moms Participant



# Parenting Skills



CHILDREN'S INSTITUTE  
[www.childrensinstitute.net](http://www.childrensinstitute.net)

RAPP is an evidence-based model that significantly reduces children's behavioral problems. **91% of parents** report improved confidence in their parenting skills and strategies.

Healthy Moms partnered with the Children's Institute to provide RAPP to 10 moms.



# Transportation and Childcare

Our free transportation and childcare provides moms with the support they need to engage in services.



In 2021, we provided moms with 1,011 free van rides and 246 free childcare sessions.



# Healthy Moms Success Story



Melissa working in the Project Independence  
Job Training Program

“Thank you Healthy Moms for all of the opportunities, professionally and personally, that you brought me and gave me the confidence to seize. Thank you for instilling in me new aspirations and for giving me the confidence to go out and pursue my dreams. Thank you Healthy Moms for continuing to be my second home. I will never stop talking about Healthy Moms and sharing my experience with everyone that I meet. My hope is that you, too, someday will have a place like this and an experience that you can look back on and say, ‘I wouldn’t be where I am today without Healthy Moms.’”

-Melissa, Healthy Moms Participant

### **Participant Advisory Board:**

- Candace Cabral
- Melissa Lomack
- Amanda Kenney
- Tasheka Smith
- Lila Doustou



### **Investors in Healthy Moms:**

- Rochester Regional Health Foundation
- The Pavone Foundation
- Rochester Women's Giving Circle

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