

# Virginia Resource Mothers Cradle the Future

The Virginia Resource Mothers Program (VRMP) offers mentorship and support to pregnant and parenting teens across the Commonwealth. The program goals include reducing infant mortality, increasing healthy birth outcomes, and preventing a subsequent teen pregnancy.

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## Approach

VRMP directly addresses the wide range of individual and community factors that affect families to promote health outcomes. Using a multi-generational approach, VRMP offers education and support services to the teens, their partners, their infants, and their parents. VRMP is open to any pregnant teen, 19 years of age or less and is voluntary.

The “Resource Mother” is a Community Health Worker (CHW) who develops a supportive, mentoring relationship with the teen and teen’s family. The Resource Mother makes weekly contact with the teen and the teen’s family from the prenatal period through the infant’s first birthday. The Resource Mother provides health education, discusses ways to prevent infant injury, models daily living skills, and encourages constructive decision-making and life planning. In addition, the VRMP staff provide guidance to assist the teen in making a successful transition to parenthood.

The Resource Mother seeks to increase the teen’s ability to plan constructively and responsibly for themselves and their child. Resource Mothers support clients in achieving their educational goals, whether it be graduating high school, earning a GED, enrolling in a two-year or four-year college, or joining the workforce.



## Services Provided



VRMP uses the Growing Great Kids (GGK) curriculum during our visits with teen parents. GGK is a comprehensive and skills-focused home visiting curriculum that takes a strength-based approach to growing nurturing parent-child relationships and supporting healthy child development.



The program staff also facilitates the AIM for Teen Moms, (AIM4TM), an evidence-based adolescent health program designed to prevent rapid repeat pregnancy among teens, increase consistent contraceptive use, and promote economic stability.

Resource Mothers is funded by state general funds allocated by the Virginia General Assembly and Federal Title V Maternal and Child Health Block Grant funds.



Staff are trained to provide screening for perinatal depression, domestic violence/intimate partner violence, ACEs (Adverse Childhood Experiences), and child development (ASQ SE and ASQ 3). Several VRMP sites have staff that are certified lactation consultants and are car seat safety training certified.



VRMP is a member of Early Impact Virginia (EIV) Alliance for Family Education and Support in the Home. EIV members include Virginia's statewide early childhood home visiting programs that serve families of children from pregnancy through age 5, as well as other early childhood partners from across the Commonwealth.



VRMP refers teens to community services such as schools, Department of Social Services, health department clinics, community service boards, WIC nutrition programs, oral health, breastfeeding, safe sleep resources, childcare, health insurance providers, smoking cessation (Quit-Line) resources, and child support enforcement.

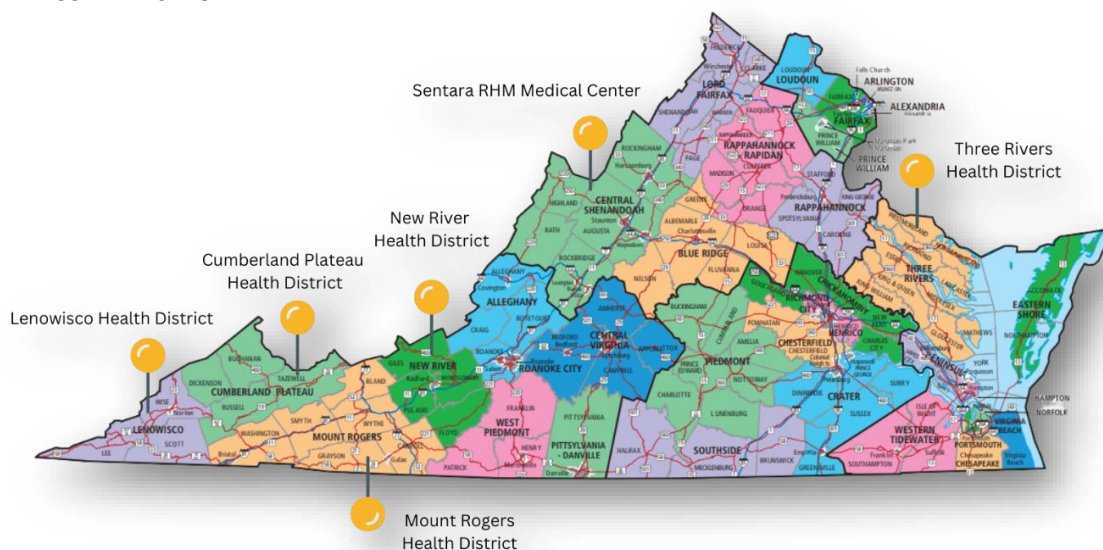
**DID YOU KNOW?**

VRMP is 40 years old! The program was originally developed in South Carolina, and former First Lady Linda Robb advocated for the program to come to Virginia. Resource Mothers began as a volunteer program, and in 1985, began receiving public funds.

There's an international Resource Mothers program in Santo Domingo, Dominican Republic! Madres Tutelares was founded in 2005 by Dr. Nancy Jallo, VCU professor and board member of Physicians for Peace.

## Program Management

VRMP contractors include five(5) health district offices and one private organization: Lenowisco Health District, Cumberland Plateau Health District, Mount Rogers Health District, New River Health District, Three Rivers Health District, and Sentara RMH - Hand in Hand located in the Central Shenandoah Health District.



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