



Survivor Moms' Companion



Help for New Moms Coping with Trauma

A program of the Sidran Institute and the University of Michigan

AUTHORS AND TRAINERS

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Sliding Scale Pricing, Customized to the Size of Your Agency or Practice

Early Adopters' Training Starting in Fall 2019

Coming Nationwide in 2020

Get on the list for launch information at info@survivormoms.org

www.survivormoms.org

The Problem

One out of five women has a history of childhood abuse and/or neglect

- These women are 12 times more likely to experience PTSD during pregnancy
- PTSD in pregnancy is a strong predictor of intergenerational cycles of abuse and psychiatric vulnerability

The Intervention

The Survivors Moms' Companion (SMC), a psycho-education program that helps moms break these cycles, has been:

- Co-created by midwives in partnership with survivor moms from diverse communities
- Fully manualized, including training materials, tutor guides, and easy-to-read modules for moms

The SMC also:

- Meets SAMHSA's call for trauma-specific interventions
- Is a good fit for maternity care practices, clinics, and home visiting programs

Our Partners

Our work is supported by and in cooperation with these partner organizations and universities:

