



*Creating solutions to the multi-generational effects of inequity, trauma, and adversity from pregnancy through early childhood.*

**A multi-disciplinary center housed within the Department of Psychiatry at Michigan Medicine, Zero to Thrive is dedicated to the well-being and resilience of families, with a focus on families exposed to adversity.**

## OUR VISION

We envision a time when all families, from the start, will have the support needed to sustain nurturing relationships, allowing families to thrive now and into the next generation.

## OUR MISSION

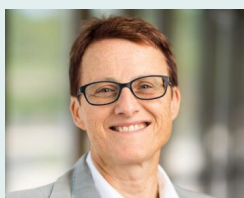
To spark robust scientific discoveries, quality training and vibrant cross-sector initiatives that create breakthrough solutions to transform the well-being and resilience of families from conception to early childhood with impacts for generations to come.

## THE NEED

Adjusting to life with a new baby and responding to the needs of young children is not easy. All families need support during this critical period, and some require even more assistance. We know from research on brain development that early relationships with caregivers shape infant brain structure and function and are central to a child's advancement and ability to thrive.

When caregivers experience adversity such as poverty, trauma, and racism, they may need focused support to tap into their own strengths, leading to better health and well-being for themselves and their families.

## DIRECTORS



### **Maria Muzik, MD, MSc**

Professor, University of Michigan, Department of Psychiatry and Department of Obstetrics & Gynecology



### **Kate Rosenblum, PhD**

Professor, University of Michigan, Department of Psychiatry and Department of Obstetrics & Gynecology



## RESEARCH

Seek to discover biopsychosocial mechanisms, novel clinical treatments, and community-based initiatives that support families thriving across generations.

## COMMUNITY

Maximize cross-sector collaboration, application of research findings, and the voice of the individuals we serve to promote health across generations.

## TRAINING

Foster the development of the next generation of professionals' talent and passion to serve perinatal women, parents, infants, and young children.

## CLINICAL SERVICES

Provide high-quality mental health consultation and continuing care for perinatal women, parents, and their young children experiencing depression, anxiety, and/or trauma.