



## Zero to Thrive Strong Roots Programs

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### Technology ID

2019-231

### Category

Content

Life Sciences

Engineering & Physical Sciences

Accelerate Blue Foundry -

2025/Life Sciences

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### Accelerate Blue Foundry - 2025 (Life Sciences)

#### OVERVIEW

Zero to Thrive has developed scalable, evidence-based mental health programs that equip professionals to deliver integrated, trauma-informed care for parents and young children—addressing biological, emotional, and relationship challenges from conception through early childhood and offering the best chance to break cycles of adversity for at-risk families nationwide. The Strong Roots programs can be delivered virtually or in-person and the core concepts are highly adaptable to app-based solutions.

#### DESCRIPTION

Strong Roots programs such as Mom Power, Fraternity of Fathers and Perinatal DBT work by blending well-tested therapeutic techniques into practical programs that help parents and caregivers manage stress, improve their mood, foster healthy bonds with their children, and build personal and family resilience. Unlike traditional mental health interventions that often focus on isolated symptoms or individual treatment, these Strong Roots programs integrate the latest science from multiple fields into user-friendly curriculums designed for group and individual settings. The approach is culturally-sensitive, community-engaged, and adaptable for mothers, fathers, child welfare personnel, and educators—ultimately creating multi-generation impact with tools and training that can be rapidly embedded into existing practices.

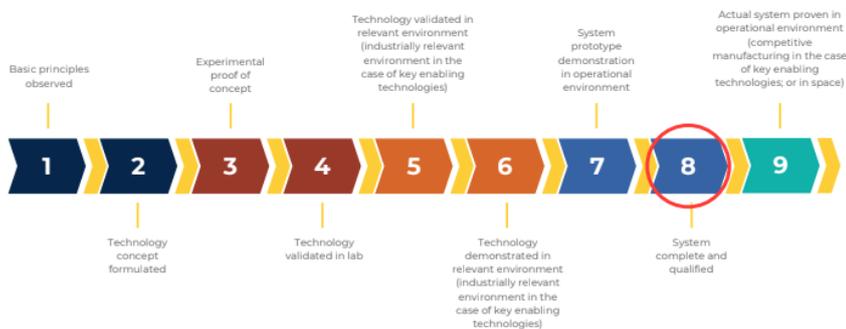


## VALUE PROPOSITION

- Integrates multiple proven therapies into one customizable, easy-to-implement program that addresses the root causes of family mental health challenges from pregnancy onward.
- Supports both direct clinical care and workforce training, enabling widespread adoption across diverse healthcare, education, and social service settings.
- Grounded in robust science and designed for inclusivity and community impact, Zero to Thrive uniquely targets intergenerational trauma while promoting resilience and healthy development.

## TECHNOLOGY READINESS LEVEL

### Technology Readiness Levels



## MARKET OPPORTUNITY

Demand for effective, scalable mental health support for families—especially those experiencing adversity—remains unmet across healthcare, social services, and education sectors. Zero to Thrive offers high-value, practical applications for maternal and pediatric health clinics, community centers, early childhood educators, and telehealth providers seeking to improve outcomes and reduce long-term societal costs. The solution is particularly timely as rates of perinatal and early childhood mental health challenges continue to rise, and there is growing recognition of the need for holistic, two-generation approaches.

For example, recent trends indicate that more than 1 in 5 mothers and up to one-third of young children in the U.S. are impacted by adverse mental health experiences, signaling an urgent, widespread market need.