

2015-2016 Highlights

118 families, including 169 children

132 visits to the Nest drop-in space

31 participants in 6 free parenting workshops

9 newborns cuddled at CVMC

\$1200 in emergency funding to 6 different families

1010 hours donated by 45 active volunteers

33 Central Vermont towns served

WHAT FAMILIES SAY

"My volunteer was and is a God send. She is amazing with my son and her time in my home allows for me to do homework necessary for my degree."

"Our volunteer offered me support with the children so I could [take] a shower and rejuvenate my mental/emotional well-being. [She] also helped us to integrate ourselves in the community by offering us a plethora of local family resources. I have been so grateful for this support system."

"My volunteer has held the baby, read countless stories, and played many games with my four year old. I don't know how I would have gotten things done without her! It was wonderful to have her to talk to. We love her!"

"Thank you for this service and your time – it is truly appreciated"

OUR IMPACT

An expectant mom was new to the area. We connected her with La Leche League and other community resources. After her son was born, she organized a group for moms with infants that met regularly at our Nest space during the winter months.

An immigrant mom struggled with isolation due to her husband's work schedule and her limited English skills. Her Good Beginnings volunteer, a retired WIC nurse, provided the mom with breastfeeding support and helped her get a baby carrier through the Good Beginnings free carrier program.

A pregnant mom in recovery had had several traumatic births. We matched her with a Good Beginnings volunteer who is also a trained doula and life coach to help her prepare for birthing. The volunteer visited with her multiple times before the birth and even made a relaxation tape for her. The mom had a great birth experience, which she attributes to the support of her volunteer.

A new dad was parenting solo due to his partner's struggle with mental illness. We provided ongoing financial and parenting assistance. This father is now an active, engaged caregiver whose Good Beginnings assistance helped build his confidence in his ability to provide for his child.

THE FAMILIES WE SERVE...

61% eligible for WIC

43% have a history of /elevated risk for postpartum depression

21% are single-parent households

Town of East Montpelier FY2018 Funding Requests

Each year the Town of East Montpelier receives requests for funds from many different organizations. The Selectboard appoints a committee to review the requests and to recommend which should appear on the Town Meeting Warning for action. The committee requires certain information to make sound decisions for each request. In order for your organization to be considered for funding, it is mandatory that you complete this information form. Submit the form and supplementary information to:

Funding Request Study Committee
Town of East Montpelier
P.O. Box 157, East Montpelier, VT 05651-0157 (submit by mail)
eastmontadmin@comcast.net (submit by email)

on or before **Friday, October 21, 2016**. Incomplete forms and/or requests received after this date will be disqualified for funding. The Committee reserves the right to require any requesting organization to defend its request in person at the Committee's annual meeting normally held in early November. An organization applying for the first time or requesting a substantial increase in funding should expect an invitation to attend the annual meeting.

If your organization operates two or more programs with separate budgets or funding sources, please fill out one form for each program. All information should be given for your latest complete fiscal year (12 months). Approved requests will be acknowledged in the fiscal year 2018 (July 1, 2017 – June 30, 2018) budget for the Town of East Montpelier. Please feel free to submit any other information you feel would be helpful to the committee in making their decision.

If you have any questions please contact Bruce Johnson, Town Administrator, at (802) 223-3313 x 204 or eastmontadmin@comcast.net.

STANDARD INFORMATION

Organization Name: GOOD BEGINNINGS OF CENTRAL
VERMONT _____

Address: _____ 174 RIVER ST
MONTPELIER _____

Fiscal Year Reported:
_____ 2015-2016 _____

Program Description: Good Beginnings provides free access to support, respite, and connections to community resources during the transition to parenthood. Our Postpartum Angel program matches families with a volunteer who visits new parents in their home once a week for up to 12 weeks to offer

respite, companionship, and connections to community resources. Any Central Vermont family with a new baby is eligible. We also provide reduced-price baby carriers, babywearing support, emergency financial assistance for families in crisis, and cuddling for vulnerable newborns at the UVM Health Network -CVMC Campus.

Name of Person filling out this form: _____GRETCHEN ELIAS_____

Name of Person to contact with questions: _____SAME_____

Phone Number: 595-7953 E-mail: GELIAS@GOODBEGINNINGSCENTRALVT.ORG_

AMOUNT OF FUNDING REQUEST: _____\$300.00_____

SERVICE INFORMATION
What is your organization's service area? State? Washington County? or Other? WASHINGTON COUNTY AND NORTHWEST ORANGE COUNTY

What is the total number of individuals served by your organization in your prior Fiscal Year? 287* individuals (*118 families, including 169 children.)

How many people in East Montpelier were served by your organization in the same period? 12 East Montpelier residents (7 adults and 5 infants)

What type of service(s) does your organization provide to East Montpelier residents?

- Two families (4 adults and 2 infants) received postpartum support via our Postpartum Angel volunteer home visitors. Of these, one family received ongoing visits and one family requested a one-time visit.
- Three families visited our Nest space for drop-in hours and to borrow items from the resource library.

Approximately how many staff hours are dedicated to provide the services your organization offered East Montpelier residents during this time period? Approx 100 hrs

What services does your organization provide that are not available elsewhere?

Postpartum support services are not commonly offered to mothers unless they have hired a private doula, or have birthed with a home birth midwife. Mothers who have hospital births are generally sent home 2-4 days postpartum, depending on whether they had a vaginal or cesarean birth, and not seen by their medical provider again for six weeks. Our unique service provides the support missing to them in those first vulnerable weeks and offers a balm to isolation. Our visitors are caring community members who, though some may have backgrounds in a medical field, are not medical professionals and are simply coming to help as caring neighbors. This creates a unique relationship, natural supports, and connection to community not generally created by other programs. We train our volunteers to recognize the signs and symptoms of postpartum depression, abuse & neglect, early breastfeeding obstacles, and family protective factors so that they can help connect families with preventative services and eliminate obstacles to positive early bonding and development. We also offer early parenting workshops on a variety of birth and postpartum topics, including birth planning, secure attachment, becoming a father, and infant care.

What (if any) organizations provide similar services? Good Beginnings is the only free program offering ongoing respite, support, and community connection to all new parents, regardless of income or circumstance. The family home visiting programs provided by the Family Center and CVHHH are only available to families that meet certain eligibility requirements. The Welcome Baby program, Central Vermont's only other free, universal service, provides only a single visit to deliver a bag of resources.

If applicable, how does your organization collaborate with organizations providing similar services? Good Beginnings has strong partnerships with community organizations, parenting resources, and service providers relevant to the needs of new parents. We participate in the Central Vermont Building Bright Futures Council and the Breastfeeding Coalition. Our free Birthing Year workshops are facilitated by volunteer therapists, social workers, childbirth educators, midwives, and other professionals from the community. We collaborate with the Family Center of Washington County to deliver Welcome Baby visits throughout the county. The La Leche League, Mama Says, and Babywearers of Central Vermont use our Nest space on a regular basis. We also coordinate with the social workers and birthing unit nurses at both CVMC and Gifford as well as Central Vermont Home Health and Hospice, and with case managers at Washington County Mental Health.

In what way are the services your organization provides preventative in nature? Our visitors are trained to be attuned to the signs and symptoms of postpartum depression, abuse & neglect, early breastfeeding obstacles, and family protective

factors so that they can help connect families with preventative services and eliminate obstacles to positive early bonding and development. We connect with families early, often prenatally, to identify stress and make appropriate referrals, provide hands-on support, listening and help. Postpartum depression is the number one complication of childbirth in the US. Often just having someone regularly checking on a new mother can make a huge difference for her, get her connected early to mental health services if needed, and provide intervention before symptoms worsen.

FINANCIAL INFORMATION

How did your organization determine the amount of the funding request? Please explain in detail your reasoning for any increase or decrease (use attached sheet if necessary). Size of the community and the number of residents served are the primary factors used in determining our town funding requests. Three hundred dollars is our standard request for a town of East Montpelier's size in our core catchment area. This reflects the fact that we typically serve (at minimum) one family each year per community through our Postpartum Angel service. If we value a volunteer's time at an hourly wage of \$12.50, 12 weekly visits of two hours each is a \$300 value to the family.

If approved by the town, how will your organization use the funds? Town funding helps cover expenses associated with our Postpartum Angel program, including volunteer recruitment, orientation, and training, staff time spent on recruiting/orienting new volunteers and matching families with a volunteer, and supplies and materials for the Welcome Bag that each family receives on their first visit.

Do any of your grant sources require local financial commitment? Explain. Most of our grant sources require a varied funding base. Government and private foundation grants, in particular, look to town funding as an indication of community support for our program.

Is your organization approved by the IRS as tax-exempt? ___ YES ___

If yes, indicate your approval type: 501c3: X (03-0331281) other: _____

Financial information below is for the fiscal year July 1, 2015 - June 30 2016.

| INCOME SOURCES | PERCENT OF INCOME | TOTAL INCOME |
|--------------------------|-------------------|---------------|
| Federal | 0% | 0 |
| State | 10% | 7,500 |
| Local Towns | 8% | 5,949 |
| United Way | 0% | 0 |
| Fundraising | 15% | 11,005 |
| Individual contributions | 30% | 22,036 |
| Foundation grants | 34% | 24,651 |
| Interest, misc | 2% | 1,659 |
| TOTAL | 100% | 72,800 |

| EXPENDITURES | Budgeted Percent | Budgeted Dollars | Actual Expense Percent | Actual Expense Dollars |
|--|------------------|------------------|------------------------|------------------------|
| Personnel | 57% | 61,456 | 62% | 59,715 |
| Insurance/Rent/Utilities | 9% | 9,140 | 12% | 11,856 |
| Fundraising costs | 5% | 5,000 | 0% | 332 |
| Accounting | 5% | 4,875 | 6% | 5,631 |
| Other contractual | 8% | 9,100 | 6% | 5,348 |
| Travel, conferences, workshops | 5% | 5,400 | 2% | 1,843 |
| Family Emergency Fund | 2% | 2,300 | 1% | 1,120 |
| Program Expenses | 3% | 3,100 | 3% | 3,049 |
| Office supplies/misc (postage/printing, bank fees, depreciation) | 6% | 7,113 | 7% | 6,950 |
| Total | | 107,484 | | 95,844 |

Number of full-time paid staff positions (full-time equivalents or hours): 1.6 FTE
 (ED at .6 and Program Director and Program Assistant each at .5 FTE)

Number of full-time volunteer staff positions (full-time equivalents or hours): ~50
 volunteer Postpartum Angels and a 9 member volunteer Board of Directors.