

## Town of East Montpelier FY2019 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 27, 2017**. 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 2019 (July 1, 2018 – June 30, 2019) 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 VT 05602\_\_\_

Fiscal Year Reported: \_\_\_2016-2017\_\_\_

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      

### **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? 607\* individuals (202 families, including 292 children)

How many people in East Montpelier were served by your organization in the same period? 14\* East Montpelier residents (6 families, 8 adults and 6 children)

What type of service(s) does your organization provide to East Montpelier residents?  
Here is a breakdown of the services received by the 6 families served:

- Two families (4 adults and 2 infants) received postpartum support via our Postpartum Angel volunteer home visitors. These two families received a total of 20 hours of donated time from their volunteers.
- One family participated in our Birthing Year series of early parenting workshops.
- Five of the six families served this year visited the Nest drop in space. One of these mothers, a regular participant in the Wednesday morning mother's group, a sent us the following thank you card after she went back to work: "Thank you for making the Nest such a warm, open, and inviting place for new mamas. It's where I dealt with my first out-of-the-house diaper change and did some of my first out-of-the-house breastfeeding. Little things like this were really helpful in building my confidence that I could get out and go places with baby. I also met a lot of good new mama friends and had a lot of helpful conversations."

Approximately how many staff hours are dedicated to provide the services your organization offered East Montpelier residents during this time period? 76-100 hours (Assumes roughly 12-15 hours per family according to the following assumptions: Our 3 staff members each work 20-24 hours a week, for a total of 256 staff hours/month. We serve approximately 15-20 families/month and staff time is divided among support to families matched with a Postpartum Angel, staffing the Nest, and running our workshop series.)

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 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. The only other Central Vermont drop-in space for families with children is the Children's Room in Waterbury, and that space is designed to accommodate families with children up through preschool age. The Nest is the only space that is free and publicly available and caters especially to parents with infants.

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 and Mama Says use our Nest space on a regular basis, and the Babywearers of Central Vermont hold meetings in the same building. 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 a volunteer's time is valued 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 funders expect us to demonstrate 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, 2016 - June 30, 2017.

<b>INCOME SOURCES</b>	<b>PERCENT OF INCOME</b>	<b>TOTAL INCOME</b>
Federal	0%	0
State	13%	10750
Local Towns	8%	6550
United Way	1%	905
Fundraising	14%	11287
Individual contributions	43%	35553
Foundation grants	27%	22937
Interest, misc	3%	2014
<b>TOTAL</b>	<b>100%</b>	<b>89997</b>

<b>EXPENDITURES</b>	<b>Budgeted Percent</b>	<b>Budgeted Dollars</b>	<b>Actual Expense Percent</b>	<b>Actual Expense Dollars</b>
Personnel	67%	67853	71%	71181
Insurance/Rent/Utilities	13%	13500	13%	13004
Fundraising costs	1%	1000	1%	582
Accounting	5%	4720	5%	4750
Other contractual	1%	1000	1%	1075
Travel, conferences, workshops	1%	1500	1%	1087
Family Emergency Fund	2%	2000	1%	882
Program Expenses	3%	3060	1%	1499
Office supplies/misc (postage/printing, bank fees, depreciation)	6%	6132	6%	6366
<b>Total</b>		<b>107484</b>		<b>100427</b>

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): ~65 volunteer Postpartum Angels and a 9 member volunteer Board of Directors, including a Board Member who is also an East Montpelier resident.



## ANNUAL REPORT 2016-2017 TOWN OF EAST MONTPELIER

### About Us:

The mission of Good Beginnings is to create a caring community where all families with newborns have adequate support, connections, and resources to build stable homes in which children thrive. Founded in 1991 by three mothers in Northfield, we offer the following programs free-of-charge to any Central Vermont family with a new baby.

- **Postpartum Angel Family Support Program:** Trained community volunteers visit families weekly to provide respite, community connections, and hands-on help during the postpartum period. Any new parent in Central Vermont is eligible, regardless of income or circumstance. During a typical visit, a Postpartum Angel may hold the baby, give attention to older siblings, offer baby wearing or infant soothing support, accompany parent to an appointment or on errands, or help the family access other resources. Through our **In Loving Arms** service, specially-trained volunteers provide “in-arms care” to babies boarding at Central Vermont Medical Center due to health issues.
- **The Nest Parent Drop-In Space:** Our cozy community space in Montpelier is open to the public Wednesdays through Fridays. Parents can drop in to nurse a baby or give older toddlers a break from running errands while enjoying hot tea/coffee, age-appropriate toys and books, and a lending library of parenting resources. La Leche League volunteers are available monthly for breastfeeding support. Reduced price baby carriers are available for purchase. The Nest is also available for parent-organized meet-ups or peer support groups.
- **The Birthing Year Early Parenting Workshops:** Free two-hour workshops for parents-to-be, held at convenient locations around Central Vermont, covering a wide range of prenatal, childbirth and postpartum topics, including one workshop specifically for dads-to-be.
- **Assistance with Basic Needs:** Our **Infant Carrier Program** provides eligible families with a free baby carrier. Our **Emergency Fund** is available to assist families in crisis with financial needs.

### How We've Helped Families in Central Vermont:

- 202 families served (including 315 adults and 292 children) in FY16-17
- More than 60 Good Beginnings Postpartum Angel volunteers provided over 1,400 hours of respite, support, and community connections to 107 families
- 9 newborns boarding at the hospital were cuddled
- 8 families received free infant carriers, and 4 families received a total of \$1060 in emergency funding to help with basic needs
- 103 families visited our Nest drop in space, representing 31 different towns
- 30 families attended our Birthing Year early parenting workshops

### **How We've Helped Families in East Montpelier:**

- Six families served in FY16-17, including two families who were matched with a Good Beginnings Postpartum Angel volunteer and received a total of 20 hours of in-home respite, support, and community connection.
- Good Beginnings also connected one family with a lactation consultant.
- Five out of six families visited the Nest, our parent drop-in space.
- One family attended our Birthing Year early parenting workshops.

### **In The Words of One East Montpelier Mama:**

- *"Thank you for making the Nest such a warm, open, and inviting place for new mamas. It's where I dealt with my first out-of-the-house diaper change and did some of my first out-of-the-house breastfeeding. Little things like this were really helpful in building my confidence that I could get out and go places with baby. I also met a lot of good new mama friends and had a lot of helpful conversations."*

### **Contact Us:**

Good Beginnings of Central Vermont  
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Montpelier, VT 05602  
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[www.goodbeginningscentralvt.org](http://www.goodbeginningscentralvt.org)  
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