

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? 644 individuals (253 families, including 302 children)

How many people in East Montpelier were served by your organization in the same period? 30 East Montpelier residents (9 families - 16 adults and 14 children)

What type of service(s) does your organization provide to East Montpelier residents?
Here is how those 9 families accessed our services:

- Six families (4 adults and 2 infants) received postpartum support via our Postpartum Angel volunteer home visitors. These two families received a total of 99 hours of donated time from their volunteers.
- Three families participated in our Birthing Year series of early parenting workshops.
- Seven of the nine families served this year visited the Nest drop in space.

Approximately how many staff hours are dedicated to provide the services your organization offered East Montpelier residents during this time period? 108-135 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, and are one of the founding members of a newly-formed Perinatal Mental Health coalition in Central Vermont. We collaborate with the Family Center of Washington County to deliver Welcome Baby visits throughout the county. The La Leche League uses 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. During our volunteer visits, we provide hands-on help, emotional support, and a listening ear. 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: other: _____

INCOME SOURCES	PERCENT OF INCOME	TOTAL INCOME
Federal	0	0
State	13%	12,925.00
Local Towns	7%	7,400.00
United Way	3%	2,473.00
Fundraising	5%	5,293.95
Individual contributions	39%	38,081.63
Foundation grants	32%	31,671.00
Interest, misc	1%	931.45
TOTAL	100%	98,776.03

EXPENDITURES	Budgeted Percent	Budgeted Dollars	Actual Expense Percent	Actual Expense Dollars
Personnel	63%	69,297.00	67%	69,090.12
Insurance/Rent/Utilities	12%	12,733.00	12%	12,741.51
Fundraising costs	0%	0	0%	0
Accounting	5%	5,400.00	4%	3,878.46

Other contractual	8%	8,500.00	7%	7,403.45
Travel, conferences, workshops	1%	1,300.00	1%	590.18
Family Emergency Fund	2%	2,000.00	1%	952.00
Supplies/misc (infant carriers, IT, postage/printing, food and refreshments, etc)	8%	9,029.00	8%	8,341.37
Advertising	1%	1,000.00	1%	589.44
Total		109,259.00		103,586.53

Number of full-time paid staff positions (full-time equivalents or hours):___1.7
FTE___

Number of full-time volunteer staff positions (full-time equivalents or hours): ~65
volunteer Postpartum Angels, 2 volunteer parent facilitators of our Mama's Circle groups, and a 7 member volunteer Board of Directors