



Annual Report

2021

On a mission to prevent infant death and improve the outcome of pregnancy in Allen County.

A Letter from the Director

As I reflect on 2021, I cannot help but be so incredibly thankful for Healthier Moms and Babies' dedicated staff, Board of Directors, volunteers, and supporters. 2021 continued to bring a variety of challenges related to COVID; amidst the challenges we had many celebrations.

Because of our loyal supporters and staff, over 200 babies celebrated their first birthday in 2021! Our community saw a bit of a rise in infant mortality, despite the rise, we are still seeing the lowest infant mortality rates in years. We cannot help but think Healthier Moms and Babies has been an integral part in accomplishing this. Even with the lowest infant mortality rates in years, our community still has one of the highest infant mortality rates in the state of Indiana. There is still work to do!

Once again, we had to cancel our Fighting for Firsts prematurity awareness event due to COVID. We are so grateful for our Fighting for Firsts Champions who were able to increase awareness about our mission and raise \$30,000. Our Diaper Dash had a record number of people participating and a wonderful time had by all. Our friends at Leadership Fort Wayne coordinated our first annual diaper drive and collected 35,000 diapers and wipes! They paved the way for exciting new initiatives and programming in 2022.

Our team resumed home visits which is the most critical component to the success of our programs. Healthier Moms and Babies had another record-breaking year serving 1,200 families and delivering

265 babies! Our new Maternal Mental Health program was in full swing in 2021 providing over 600 therapy sessions to families who were struggling with their mental health.

Reflecting on our accomplishments, we are so grateful for you, our circle of support, who continue to be by our side helping our community's tiniest citizens celebrate first smiles, first words and first birthday's. Our vision of every baby celebrating their first birthday could not happen without the dedication from the families we serve. We thank our families for trusting us to be their advocate. We thank our donors for your continued support as there is still plenty of work to be done to help our community have the best birth outcomes in the state.

Cheers,

Paige Wilkins

Paige Wilkins



A Note from the Board Chair

Healthier Moms and Babies' Mission Statement is simple – reduce infant mortality. Some would say such a goal is audacious, lofty, foolhardy, even unattainable. After serving seven years on the board and two years as Board Chair, I am excited to say not only has the rate of mortality fallen for our clients, but Healthier Moms and Babies has grown to successfully provide support to include fathers, mothers, and siblings. We continue to strive to educate community leaders that the health of a baby is not only good for the family, but it's good for the whole community.

Serving on the Board of a non-profit is not simply an exercise in showing up to meetings or adding your name to a committee. Board members become a voice for the organization; they're constantly on the look-out for ways to engage donors; they truly believe in the mission. I'm proud of this Board because of the energy it brings when we meet and its courage to introduce new ideas.

Healthier Moms and Babies has dedicated leadership and staff who realize programs that support the core family will ultimately reduce infant risk. Programs such as Cribs for Kids, Healthy Start, Nurse Family Partnership, Baby Me Tobacco Free and the Fatherhood Initiative are just a few of our successful programs.

Families can be complicated. During my time on the Board, I've seen bonds of deep trust created between

a mother and a staff member. As a mother myself, I understand the relationships formed with a friend, a nurse, or a caring advocate during pregnancy can stay with you for a lifetime. It's this type of commitment that makes me so proud to be a part of Healthier Moms and Babies.

It goes without saying a non-profit relies heavily on its individual donors and volunteers. The Board works hard to recruit volunteers who log hundreds of hours by dedicated men and women. I've served on the Diaper Dash committee since its inception five years ago. As a fledgling runner myself, I have to admit that I had little confidence in organizing a race. But through the wisdom and generosity of the Board, donors and volunteers, I'm thrilled to say the Diaper Dash has grown into one of our major fundraisers.

I'm grateful for the opportunity to serve Healthier Moms and Babies. It's an organization who will continue to receive my support long after I leave the Board because I believe in its mission. I hope you feel the same. Walking alongside a new mother as she does her very best to welcome a healthy baby is the least we can do.

Mary Anne Roach

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Board of Directors

Board Chair: Mary Anne Roach
Volunteer Lawyer Program of NE Indiana

Vice Chair: Josh Miller
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Fort Wayne Metals

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Jenn Storey *McMillen Health*

Tabitha Ervin *Jackson R. Lehman YMCA*

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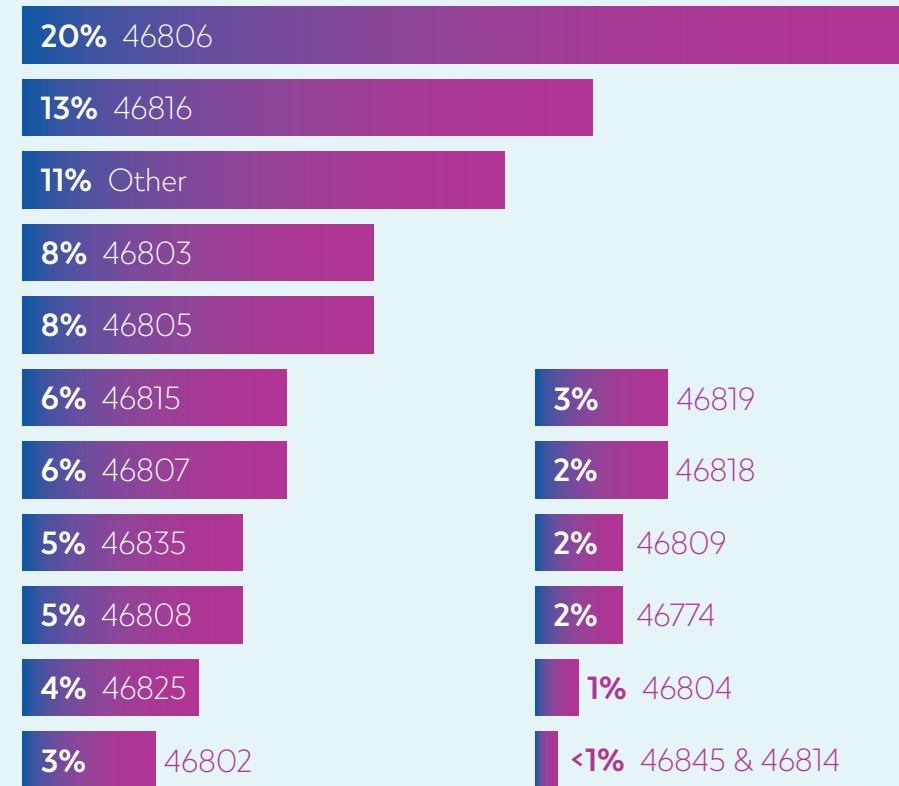
Judy Roy *Indiana Tech*

Magistrate Sherry Hartzler *Allen County Superior Court*

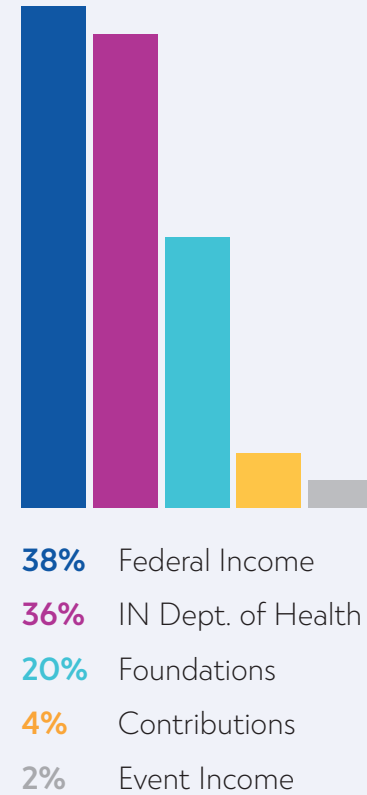
Kelsey Knight *Client Advisory Council*

By the Numbers

ZIP Codes Served



Revenue



Expenses



Impacts	HMB	Allen County	Indiana	National
Infant Deaths	2	51	522	19,532
Preterm Rate	7%	10%	10%	10%
Sleep-Related Deaths	1	7	104	2294
Low Birth Weight	12%	9%	8%	8%
Maternal Deaths	0	0	60	861

The Impact

Healthy Start

Skyy's Story

Our Healthy Start home visitation program provides support, advocacy and education to vulnerable families in Allen and Noble counties. Our experienced case managers meet with our moms in their home during pregnancy and beyond, offering evidence-based instruction and personalized support until the baby turns 18 months old.

As a first-time and young mom, Skyy enrolled in Healthy Start, interested in learning more about motherhood and gaining support. She and her case manager discussed the importance of making healthy choices for her baby as well as prioritizing her health and wellness as a mother. Being able to talk about what to expect in the delivery room as well as learn how to advocate for herself and her baby helped Skyy feel confident and prepared. As she navigates doctor's appointments, motherhood, and finishing up school, Skyy is grateful to have a consistent and encouraging supporter walking alongside her.

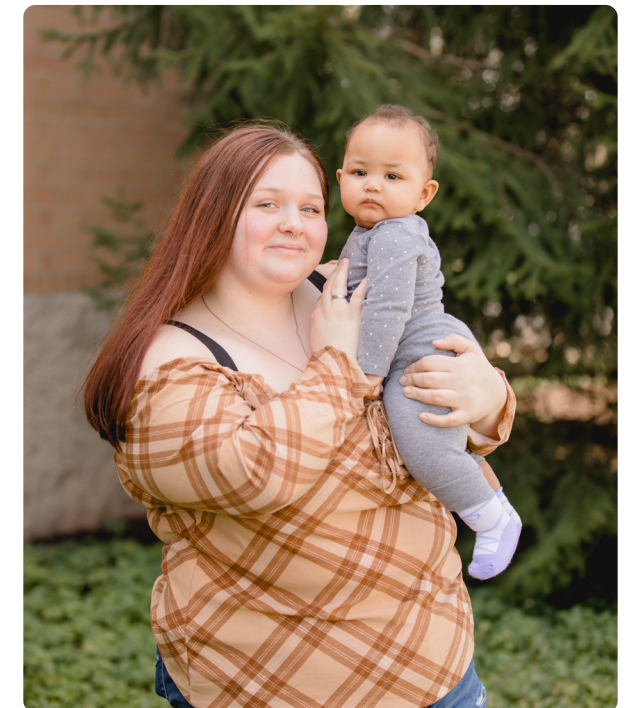


Baby & Me Tobacco Free

Destiny's Story

Our Baby & Me Tobacco Free program pairs qualified case managers with pregnant moms to promote a smoke-free life. Smoking while pregnant can lead to developmental complications and preterm birth. Licensed facilitators educate on the importance of leading a healthy life and empower moms to make lasting change. Mom and other household members receive diaper and wipe vouchers to encourage a tobacco-free life.

Destiny enrolled in Baby & Me Tobacco Free so she could create a smoke-free house for her baby. She and her facilitator set a goal date while discussing ways to manage cravings. Destiny enthusiastically met her goal! She encouraged her parents and other family members to do the same, advocating for her new baby. Destiny has been tobacco free since May 15th, 2021.



DadUp

Adam's Story

Our DadUp program engages our fathers through group discussion and one-on-one support, providing education and an opportunity to share unique perspectives among fellow dads and father figures. Our male engagement coordinator equips men with the tools and knowledge to prepare them for their fatherhood journey.

Adam enrolled in our DadUp program shortly after the birth of his first child. While he met with our male engagement coordinator and engaged with other dads, Adam learned the importance of community and asking for help. He was eager to have an active role in his partner's journey and in his son's life, participating in his fatherhood programs and engaging during his partner's home visits with her nurse home visitor. Even after he completed his fatherhood sessions, Adam continues to participate alongside his partner, monitoring baby's milestones and development with their home visitor.



Maternal Mental Health

Kayleigh's Story

Our Maternal Mental Health program provides our families with maternal mental health support provided by a clinical therapist with a license in perinatal mental health. 1 in 5 women suffer from a maternal mental health disorder, like postpartum depression. 100% of our moms are screened for perinatal mood disorders and connected with support as needed.

Kayleigh was referred to our maternal mental health director, Glenis. She met weekly, discussing ways to prioritize her health and wellness, while adjusting to being a new mom. Kayleigh learned how to practice self-care and advocate for her needs. She even began working on her communication and relationship with her husband, to create a strong foundation for her family. Since working with Glenis, Kayleigh has gained confidence in herself both as an individual and as a mother.



Own Your Journey

Daisy's Story

Our Own Your Journey program targets preconception and interconception health by connecting women with knowledgeable facilitators in group learning. Our cohorts learn accountability, goal-setting, and how to become healthy mind, body, and spirit. This program encourages establishing a healthy lifestyle before they become pregnant.

Daisy enrolled in our very first session of Own Your Journey; she was interested in the variety of topics, eager to be more mindful of her wellbeing. She enjoyed each meeting as they discussed what choices they could make to create positive lifestyle changes. Thanks to the encouragement and accountability of her Own Your Journey group, she has stayed up to date with her well women's visit and was inspired to help with our Mom's Empowerment Group led by our maternal mental health director. Daisy successfully completed the 12 month session of Own Your Journey and still encourages other women to practice self-care and prioritize their wellbeing!



Nurse Family Partnership

Jayla's Story

Our Nurse Family Partnership home visitation program provides high-risk, first-time moms with a specially trained nurse who visits mom in the home regularly starting early in pregnancy through the child's second birthday. Together our nurses and moms monitor baby's health and milestones, educating and empowering our mom to create a healthy future.

Jayla enrolled in our Nurse Family Partnership home visitation program pregnant with her first child. During their appointments, Jayla and her nurse home visitor discussed what could be expected out of her pregnancy, the choices she could make to keep herself and her baby healthy, and what to expect after the baby was born. Jayla appreciated the one-on-one support and professional advice. Her nurse was the cheerleader she needed as they worked through how Jayla could manage her anxieties and fears. By making her feel comfortable and valid, Jayla felt more confident to make the best choices for her and her family.



Cribs for Kids

Semura's Story

Our Cribs for Kids program provides safe sleep education to our families, encouraging safe practices before baby is born to establish a healthy environment. With donor support, we are also able to provide a pack-n-play to families who don't have a safe place for baby to sleep. Unsafe sleep is one of the leading causes of infant mortality—and can be prevented through practicing safe sleep measures.

Semura enrolled in our Healthy Start program early in her pregnancy. Prior to meeting with her case manager, Semura never knew the risks of Sudden Infant Death Syndrome (SIDS) and how it can be prevented by practicing safe sleep. Her case manager provided her with a safe place for baby to sleep and taught her the importance of safe sleep. Now her baby sleeps alone on his back in his pack-n-play.



Donor Highlight Carol Sappenfield

The success of our families is made possible by the dedicated support of our donors. Carol Sappenfield has been a long-time advocate and supporter of Healthier Moms and Babies. Through generous contributions and committed volunteer support, Carol believes in the mission. She is eager to support an organization that reassures families they are not alone in their journey. She says, "As a Grandma, I witnessed all the advantages my grandson had with a healthy start in life. It became even more important to me to help ensure other babies have this same beginning."

Over the last few years, Carol has witnessed Healthier Moms and Babies grow and expand to better serve her neighbors. She believes, "supporting Healthier Moms and Babies is supporting the fabric of our community."



Volunteer Highlight Nick Darrah

The continuation of our work is made possible by the dedication and passion of our volunteers. Whether they are helping with clerical work, assisting with a signature event, or serving on an executive committee, our volunteers are a driving force for our mission. Nick Darrah has supported us as an active committee member as well as a dedicated donor. Nick says, "I'm happy to support them and proud to play a small role in their successes." As an important stakeholder in our mission, he believes in the success of our families and the importance of our programming.

Nick believes all babies deserve a healthy start to life. He says, "Those of us in this community who can, absolutely must share our blessings to close that gap and prevent the unimaginable from happening to our neighbors. Fortunately, we have Healthier Moms and Babies as a vehicle to do that work."

2021 Foundations & Sponsors

Sponsors

- Ash Brokerage
- Centene (MHS)
- Enfamil
- Erie Insurance
- Fort Wayne Medical Society Alliance
- Fort Wayne Pediatrics
- Haines Isenbarger & Skiba LLC
- Hylant/Palmer Retirement
- Lutheran Health Network
- Master Spas
- MDWise
- Old National Bank
- OmniSource
- PHP
- Premier Bank
- Sweetwater
- Women's Health Advantage
- Whittle Strategic Accounting
- Do It Best

Foundations

- 3Rivers Credit Union Foundation
- AWS Foundation
- Bowker Foundation
- Charles W. Kuhne Charitable Foundation
- Charlie Tippmann Foundation
- City of Fort Wayne Community Development Block Grant
- Community Foundation
- Community Foundation of Noble County
- Edward and Hildegard Schaefer Foundation
- Edwards M Wilson Foundation
- English Bonter Mitchell
- Eric and Mary Baade Charitable Trust
- Foellinger Foundation
- Fort Wayne Children's Foundation
- Health Resources and Services Administration
- Indiana State Department of Health
- Journal Gazette Foundation
- Lutheran Foundation
- Mary Cross Tippmann Foundation
- O'Rourke-Scof Family Foundation
- Owen and Jean Pritchard Foundation
- Parkview Health
- PHP Foundation
- PNC Foundation
- Rolland Foundation
- Schneider Foundation
- St. Joseph Community Healthy Foundation
- The Waterfield Foundation
- United HealthCare Services, Inc.
- Zollner Foundation

To see our full list of donors, please visit: healthiermomsandbabies.org/2021-donors

The Results

Nurse Family Partnership

253 women served

57 babies born

2,277 home visits

84% of babies born with a healthy outcome



Own Your Journey

101 women served

7 cohorts with 65 graduates

45 graduates from Part 1

20 graduates from Part 2

84% of women completed a wellness exam



Baby & Me Tobacco Free

29 women enrolled

193 sessions completed



Dad Up • 41 dads served



Maternal Mental Health

133 women served

657 visits completed

Healthy Start

674 women served

205 babies born

4,326 home visits

87% of babies born with a healthy outcome



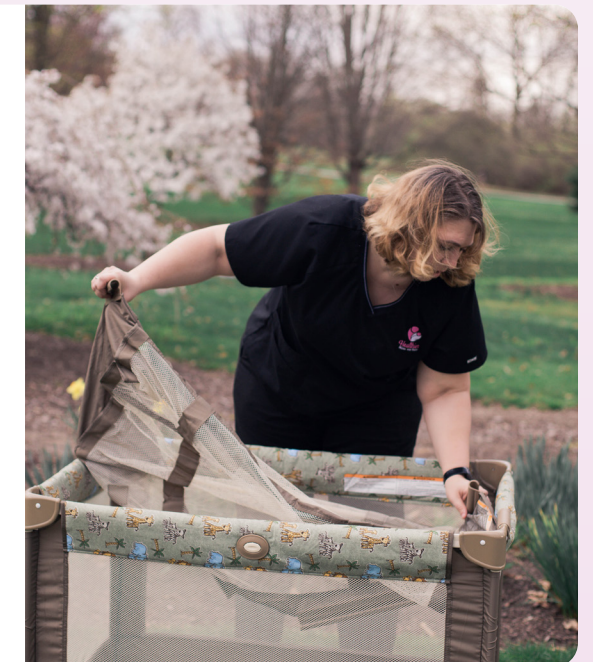
Cribs for Kids

140 cribs distributed

100% of families have a safe sleep environment for their babies

100% of families receive safe sleep education

67% of families practicing a safe sleep environment





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healthiermomsandbabies.org