

HAND to HOLD Impact on Society

First Quarter 2019

Hand to Hold helps families before, during and after NICU stays and infant loss by providing powerful resources for the whole family. Your contribution to Hand to Hold funds key initiatives to break down barriers to psychosocial support for NICU families nationwide.

What Your Donation Did This Quarter:

- Started creation of NICU Dad Discussions, our new podcast series co-hosted by Kelli Kelley and Alex Zavala.
- Launched our Beyond the NICU support group.
- Produced 17 informational articles on Hand to Hold's blog.

Expansion in Austin

Tuesday, January 22, 2019 marked the official launch of Hand to Hold's new partnership with Seton Medical Center Austin. Thanks to this new partnership, Hand to Hold will be able to support approximately 800 families annually via our Ambassador Program, including bedside visits and in-hospital support groups. It is our goal to continue that support in the months and years after families go home through our peer mentor program, Beyond the NICU support group, online communities, podcasts and additional educational resources. We look forward to this partnership with Seton and to providing support for more families in our community.

Team Hand to Hold Gets Virtual

What a year for Team Hand to Hold! We had a record number of runners and walkers participating in the Austin Marathon, Half Marathon and Paramount 5K on February 18, 2019. Race day in Austin was beautiful! It was a great day to get out there to run or walk for NICU families everywhere.

To provide the opportunity for even more supporters to join the team, Hand to Hold launched our first ever Virtual 5K, a fun, interactive and flexible event that generated a lot of buzz. We cannot wait to continue this new tradition next year.

Our team of 50+ runners, walkers and virtual 5K-ers raised \$19,700! With a \$10,000 match from the Moody Foundation, we raised a grand total of \$29,700 to help improve outcomes for NICU and bereaved families.

Team Hand to Hold couldn't have done it without the generous support of Richard's Rainwater and Austin Retina Associates.



"The support Hand to Hold offered was so important to us and will never be forgotten."

—Katie P. NICU mom



"The Secret to Living is Giving"

"On July 23, 2018, my wife, Jennifer, was rushed into the OR for an emergency c-section. Jen had been admitted to the hospital with severe preeclampsia and she was showing signs of organ distress. At 32 weeks, our daughter, Lucia, was born weighing three-pounds, ten-ounces. She was wrapped up, brought over to Jen to see, and then was rushed over to the NICU where she was hooked up to machines and oxygen and placed inside an incubator. It would be over 24 hours before Jen would be able to see her again and another day after that before we could hold her. Lucia spent 39 days in NICU under the amazing care of her doctors and nurses. My wife didn't have the bandwidth to focus on anything else besides her recovery and Lucia. So, I took it upon myself to find and ask for help. That's when I stumbled upon Hand to Hold. I noticed the flyer at the hospital advertising the NICU Now podcast and decided to dive deeper. I reached out to Hand to Hold via email on behalf of Jen and requested a mentor for her. They exchanged emails and texts, and it was very helpful having someone to share this experience with. The resources and mentoring helped us better understand what was happening and made many of our feelings feel normal. Without the resources from Hand to Hold, our experience would have been scarier and lonelier. Nothing prepares you to give birth to a preemie or for the journey that follows."

Cesar joined Team Hand to Hold and not only ran a half marathon in honor of his daughter's amazing strength, but he raised \$1,700 to raise awareness and support for Hand to Hold so we can continue to support NICU families just like his.

"I have recently done my first peer to peer mentoring with Hand to Hold and all I can say is "WOW!" What an unbelievable feeling. I think any past NICU parents who ever thought of doing anything or giving back, definitely need to do this! There was something so therapeutic about it for me. I would've never had thought that "I" would get as much out of it as I have."

—Alex Z., Hand to Hold peer mentor and NICU Dad Discussions co-host

Impact by the Numbers

715
NICU BEDSIDE VISITS



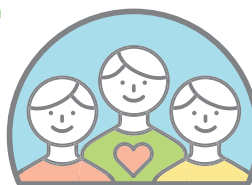
516
INDIVIDUAL
FAMILIES SERVED
BY OUR HOSPITAL
AMBASSADORS



PODCAST NUMBERS

NICU HEROES: 4,400
LOVE & LOSS: 250
NICU NOW: 27,569

♥♥♥♥♥
**PEER
SUPPORT**
SUPPORT REQUESTS: 83
ACTIVE MENTORS: 184
MATCHES MADE: 38



233
FAMILY MEMBERS
ATTENDED OUR
SUPPORT GROUPS



87% of NICU parents surveyed said that Hand to Hold helped reduce the stress of having a baby in the NICU for their family.



NICU Graduates

It's graduation season and we want to see recent NICU grads along with NICU babies graduating from preschool, elementary school, middle school, high school and college! Show us your NICU babies who are off to great places. Share pictures, stories, and more on social media using **#H2HNICUgrad** and tag us on Facebook and Instagram.

We are asking you to raise \$250 in honor of your NICU grads. We all know that the challenges don't end after leaving the NICU. For more information, visit us at: handtohold.org/nicugrads



Fragile Babies. **Family Support.**

TollFree: 855-H2H-NICU

| 855-424-6428

| handtohold.org

| © 2019 Hand to Hold