



H HAND to HOLD

Impact on Society

Third 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:

- Celebrated NICU Nurses for Neonatal Nurse Appreciation Day.
- Finished recording first episodes of the new Beyond the NICU podcast series.
- Hosted 8 Sibling Sundaes for helping siblings understand the NICU.
- Surpassed previous annual peer mentor matches, supporting families across the country.



Hand to Hold Counseling Services

Hand to Hold is now offering free counseling services for NICU parents and/or couples looking to process their birth experience or seek treatment for possible perinatal mood and anxiety disorders. This new program includes one hour per week of free counseling to at-risk families over a 10-12 week period, led by a licensed clinical counselor on staff, who is trained in counseling methods that focus on postpartum disorders, PTSD, crisis, bereavement, grief, family dynamics and more. If you are interested in receiving these new services, visit handtohold.org/counseling to learn more. Funding for this pilot program is provided in part by the St. David's Foundation.



It's a NICU Family Reunion!

We were so thrilled to welcome our Austin-area NICU families to our first-ever NICU Family Reunion! We had a fantastic day filled with face painting, raffles and lots of fun. Every parent that came received a special reunion bead to add to their NICU Milestone necklace, a cherished reminder of their NICU journey. Over 65 families showed up to celebrate how far they've come after the NICU, visit with their Hand to Hold Family Support Specialists and connect with other NICU families. Thank you to sponsors Wag-A-Bag and Aspen Kralich - State Farm Agent.



Thank You to the Following Community Partners for the 2019 Reunion!



A Night of Fashion in Lake Charles, LA

"Five years ago, when we started Fashion Gives Back, nobody on our team had a personal experience with a baby in the NICU. We chose Hand to Hold as our beneficiary because of their many avenues of support for families and their journey to have a healthy baby. But oh, how our lives have changed.

In 2017, my close friends, Hillary and Tyson Green, adopted Katherine (Kiki), who spent 84 days in the NICU. Taking Kiki home on oxygen monitors and lots of medication was one of the hardest times in their lives. Kiki is now my goddaughter!

Jordan, who plays a key part in the production of Fashion Gives Back, was 29 weeks pregnant at last year's event. Just three weeks later she delivered her son, Redick, at just 32 weeks. Redick spent 18 days in the NICU.

I was not even pregnant at last year's show and wasn't sure if I ever would be again. However, in November, we found out that we were expecting twin girls! After a very healthy pregnancy I delivered Charlotte and Mae Thomas at 34 weeks. Charlotte stayed in then NICU for 9 days, and Mae Thomas stayed for 14 days.

Our NICU journeys were the hardest days of our lives. There is nothing that can prepare you to see your baby hooked up to all the wires, and then to later leave them at the hospital. The ups and downs of the NICU are real. We are so thankful for Hand to Hold and the support they provided, giving us someone to talk to about our daily experiences and life in the NICU."
-Lauren Monroe, founder of Fashion Gives Back

We are so grateful for Lauren & Scott Monroe and the entire Mimosa Boutique team for their continued dedication to our mission. It is so inspiring to see an entire community come together to raise money for families in the NICU. The 5th Anniversary of Fashion Gives Back in Lake Charles, Louisiana was better than ever! Lauren Monroe and her team did a fantastic job of putting together this spectacular night of fashion, dancing, and fundraising, attended by over 800 people from the Lake Charles community.



"Hand to Hold was there for me with inspiration cards, beautiful memory beads and the friendliest face during our NICU stay. As emotional as our 2 1/2 month stay was, having an organization like Hand to Hold is a much needed support system on the front lines."
—Kristy L., NICU mom



November 17, 2019
#H2HGivingDay
handtohold.org/givingday

Impact by the Numbers

4,839
NICU BEDSIDE VISITS



PODCAST NUMBERS

DAD DISCUSSIONS: 519
NICU HEROES: 7,034
LOVE & LOSS: 599
NICU NOW: 33,251

883
VOLUNTEER HOURS



1,474
INDIVIDUAL FAMILIES SERVED BY OUR HOSPITAL AMBASSADORS



PEER SUPPORT

SUPPORT REQUESTS: 171
ACTIVE MENTORS: 198
MATCHES MADE: 77

542
FAMILY MEMBERS ATTENDED OUR SUPPORT GROUPS



Fragile Babies. **Family Support.**

TollFree: 855-H2H-NICU

| 855-424-6428

| handtohold.org

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