

HAND to HOLD Impact on Society

First Quarter 2018

Having a baby hospitalized in the Neonatal Intensive Care Unit (NICU) is a traumatic event for any parent. It is critical that these NICU families receive the support they so desperately need. Your past contribution to Hand to Hold helped fund key initiatives to break down barriers to psychosocial support for NICU families nationwide. Your donation made a positive impact on thousands of NICU and bereaved parents. Below is a summary of key mission-driven initiatives. We appreciate your steadfast support, and for making Hand to Hold a priority in your giving.

Focus on the Fourth

Focus on the Fourth is a new grant awarded to Hand to Hold from St. David's Foundation to help improve birth outcomes for black mothers and families in Travis County. With the funds, Hand to Hold has started rolling out initiatives to ensure our services are reaching black mothers before, during and after a NICU stay. To date, we formed a Black Moms Advisory Counsel to meet quarterly to help guide and inform our efforts, updated company policy to include ongoing cultural competency training for staff and volunteers, started an events calendar to ensure Hand to Hold is on-site at events for black families, started developing a black moms support group on a hospital level, and started recruiting black NICU graduate parents to our volunteer program.

National Spotlight

In March, *The Atlantic* published an article titled, *The Trauma of Having a Newborn in the NICU*, featuring Hand to Hold. This well-written article exposed how peer-to-peer support can improve the negative impacts of a NICU stay and how Hand to Hold is leading the way in psychosocial support in the NICU. The national attention attracted families and hospitals all over the country to our programs.

Team Hand to Hold

On February 18, Team Hand to Hold raced to the finish line at the Austin Marathon, Half Marathon, and 5k on behalf of NICU families everywhere. Our team of 40+ runners raised \$12,634 and, with a \$10,000 match from the Moody Foundation, we were able to raise a grand total of \$22,634 to help minimize the impact and improve outcomes for NICU and bereaved families. A special thank you goes out to Austin Retina Associates who dedicated their time and energy to Team Hand to Hold and all the volunteers who helped with our water stop at mile 14. Stay tuned for info on the 2019 event!



"Knowing I had a support person, who truly understands the NICU experience, to turn to in times of need is absolutely priceless and wonderful for my postpartum mental health!"
—Lindsey, NICU mom



Impact on Parents

"We can't imagine our journey in the NICU without having Hand to Hold! They were there from the beginning offering support and encouragement when we were ready. It was scary being first time parents and having our son in the NICU. Hand to Hold provided a listening ear, words of encouragement, and just a person that could be there as a friend along the way. One of the things we really looked forward to each week was getting the next milestone bead! Receiving a bead meant our son was growing and getting stronger! Having those beads were a symbol of that growth and something friends and family outside the NICU began to get excited about as well. I wear my necklace daily for strength and as a reminder for all our son has accomplished and all that he will continue accomplish. Thank you Hand to Hold for being there each step of the way!"

- Kelly, mom to a baby born at 24 weeks gestation



87% of parents report Hand to Hold's peer support reduced depression, anxiety and stress

Impact by the Numbers

1,137
NICU BEDSIDE VISITS WITH FAMILIES



NICU NOW
PODCAST

PRODUCED BY
HAND to HOLD

900+
NICU FAMILIES REACHED AROUND THE NATION



17,500+ DOWNLOADS IN 52 COUNTRIES

FROM 2017 LAUNCH TO END OF MARCH 2018

100+ ACTIVE MENTORS

70 NEW SUPPORT REQUESTS

27 PEER MATCHES MADE

200+
FAMILIES ATTENDED SUPPORT GROUP



Hand to Hold's Four Cornerstones

Essential components in delivery of Family Centered and Trauma-Informed Care as recognized by The Joint Commission and the National Perinatal Association (NPA).



Peer Support
from trained, supervised NICU graduate parents



Psychological & Emotional Support
crucial for improved successful outcomes



Whole Family Care
including siblings and grandparents



NICU & Beyond
from antepartum through early childhood years



Annual Report

Hand to Hold proudly released our 2017 Annual Report this past quarter. This report shows our impact in the NICU community over the last year. Check it out to see how you've helped us achieve these great accomplishments! You can view the 2017 Annual Report on our website at handtohold.org/about/newsroom/



Fragile Babies. **Family Support.**

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