

HAND to HOLD Impact on Society

Second Quarter 2018

Hand to Hold helps families before, during, and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. Your contribution to Hand to Hold funds key initiatives to break down barriers to psychosocial support for NICU families nationwide.



NICU Heroes Launches!

The newly released NICU Heroes podcast was created exclusively for NICU professionals, so they can better understand, support, and nurture the entire NICU family. Sponsored by Huggies, this podcast provides the tools and techniques needed to foster positive and trusting relationships between staff and the

families in their care. Topics focus on the psychosocial needs of NICU parents; optimal communication skills when supporting NICU parents during and after trauma; and best practices in family-centered care.

What Your Donation Did This Quarter

- created a curriculum to train NICU staff and volunteers about family centered care
- increased awareness of NICU Now Podcast for easy access to support
- updated peer mentor and ambassador training to provide the best possible care for women of color

A Dad's Perspective

Jeff Roby never expected that his daughter, Gracelyn, would be born three and a half months early weighing just 1 lb. 10 oz. The NICU was Gracelyn's home for the first two months of her life. For Jeff and his wife, it was nothing short of the scariest time of their lives. While in the NICU, Jeff saw that there was a need for emotional support for families like his, especially dads. He found Hand to Hold and became a peer mentor so he could help NICU dads going through experiences like his and let them know they are not alone. Hand to Hold provided a NICU community for him, and he hopes to provide the same type of support to other NICU dads. Gracelyn is now three years old and her dad's personal hero, who he hopes will become an advocate for supporting NICU families like hers.



"Hand to Hold saved me. No one understands this journey like someone who has been there themselves."

-Kheira, NICU mom



Hand to Hold's Peer Mentor Program

Hand to Hold's award-winning peer mentor program can connect people no matter the circumstances. This program trains mentors who want to help NICU families - all based on their specific needs and story.

With the support from our donors, we are able to:

- provide support within 24 hours
- create a peer-to-peer match within 48 hours
- match families based on their specific need
- monitor the relationship for six weeks to ensure everything is going smoothly

Peer Support Can*:

- offer comfort (which family and friends may not be able to provide)
- provide a safe environment to share feelings
- empower parents to problem-solve
- encourage parents to become advocates for their families and themselves
- help parents feel less alone
- increase acceptance of difficult situations and offer important resources for coping

*According to the National Perinatal Association



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

Peer Mentor Impact

"Both [of my] mentors were amazing! I always felt understood, supported and like I wasn't alone in this world. It means a lot to have the support of someone who's been through a very similar situation. They always had words of encouragement when I needed it the most and were there to listen when I needed to vent or cry."

-Lihue, NICU mom



#FutureSoBright

This summer Hand to Hold, in partnership with Neotech, launched the #FutureSoBright awareness campaign to remind us all of the possibilities that lie ahead for NICU babies.

Here's how you can participate:

1. Make a donation of \$10 or more at handtohold.org/futuresobright.
2. Snap a photo of you, your kids, or your whole family in your #FutureSoBright shades.
3. Share Share Share! Don't forget to tag Hand to Hold!

Impact by the Numbers

January 1, 2018 - June 30, 2018

2,369 
NICU BEDSIDE VISITS WITH FAMILIES

500+
FAMILIES ATTENDED SUPPORT GROUP

 **NICU HEROES** PODCAST PRODUCED BY HAND to HOLD
1,162 UNIQUE DOWNLOADS LAUNCHED THIS QUARTER

 **NICU NOW** PODCAST PRODUCED BY HAND to HOLD
19,500+ DOWNLOADS IN 55 COUNTRIES FROM 2017 LAUNCH TO END OF JUNE 2018

 **121** ACTIVE MENTORS
155 GENERAL SUPPORT REQUESTS
53 PEER MATCHES MADE



Fragile Babies. **Family Support.**

TollFree: 855-H2H-NICU

| 855-424-6428

| handtohold.org

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