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Hand to Hold® provides personalized support before, during and after a NICU stay to help ensure all NICU families thrive.

WHAT WE DO

Hand to Hold® is a national nonprofit 501(c)(3) dedicated to providing emotional support, education and community to parents who have had children in the Neonatal Intensive Care Unit (NICU) or the loss of a baby. Hand to Hold is focused on removing barriers to enhance equitable support by growing a hybrid model of in-person and virtual support in service to their mission.

Hand to Hold mental health support is provided to parents at no cost to families in both English and Spanish by bilingual certified mental health specialists and licensed counselors on staff. All support is designed with the emotional, physical, and social needs of the NICU parent in mind.



HAND TO HOLD 2021 IMPACT

Hand to Hold served 23,000 parents in 2021 and is projected to **DOUBLE** the number in 2022



Parents served by Hand to Hold in our partner hospitals in 2021 increased 48% from 2020



Parents supported by Hand to Hold's counseling services increased by 70%



Hand to Hold hosted the first annual NICU Community Conference with 1700+ registrants

Virtual Support Group attendees in 2021 increased 86% from 2020



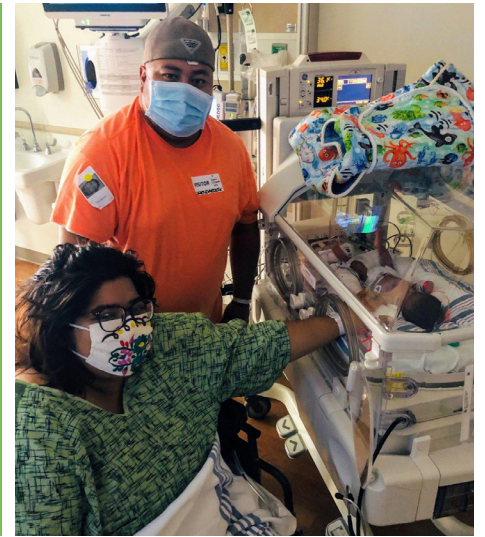
Hand to Hold has bold ambitions to serve 40% of NICU families by 2026





1 in 7 babies spends time in the NICU (Neonatal Intensive Care Unit) in the United States.

[source: March of Dimes (2010). Special Care nursery admissions. National Perinatal Information System/Quality Analytic Services]



Nearly half of babies in the NICU are full term and half preterm. All scenarios can cause parental distress.

[National Perinatal Information System/Quality Analytic Services; www.npic.org]



NICU parents are more likely to experience postpartum depression, anxiety disorders and PTSD.

[source: Seleni (<https://www.seleni.org/advice-support/2018/3/16/the-stress-of-having-a-baby-in-the-nicu>)]



Black women and Hispanic women are disproportionately affected and are more likely to experience postpartum depressive symptoms than white women.

[source: www.cdc.gov/reproductivehealth/maternal-mortality/erase-mm/mmr-data-brief_2019-h.pdf]



OUR VIRTUAL SUPPORT GROUPS

Launched in 2020:

Current NICU parents
NICU graduate parents
Black NICU families
Bereaved Parents

New in 2021:

High Risk Pregnancy

New in 2022:

NICU Dads
Bereaved Dads
Spanish-Speaking NICU Parents
Families with medically complex children



3

days

1,714

registrants

39

states
represented

22

countries
represented

1,200+

sponsor booth visits

98%+

of attendees say
they would attend
the 2022 conference

“You chose amazing and motivating
and heart-felt speakers - great job!
One of the most touching conferences
I have EVER attended.”

- Dawn M., NICU Parent

COMMUNITY VOLUNTEERS



“Hand to Hold has made us aware of
the challenges that NICU babies face along
with their families, and how precious life is.
There is so much that we take for granted,
and offering a few hours in service to the
NICU families provides perspective.”

- Young Men's Service League - Four Points Chapter

2,934

Volunteer Hours
completed in 2021



221

parent peer to peer
matches in 2021



- 4,400 NICU Milestone Necklaces assembled
- Over 2,750 Parent Welcome bags assembled
- 3,000 scent cloths made
- 475 support group lunches provided





HAND TO HOLD'S NATIONAL REACH

44

states + D.C.
represented with
users of Hand to
Hold Mobile App

36

States represented
in Virtual Support
Group participants
(since April 2020)

61

hospitals in 24 states
recommend Hand to
Hold's educational
resources in their NICU

13,500+

podcast downloads in 2021

60,000+

social media followers

GLOBAL PODCAST REACH



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OUR VALUES



Belonging

We foster safe and caring spaces for healing. We cultivate a community of empathy, honor each unique journey and prioritize peer support.



Integrity

We are trustworthy, honest, reliable, authentic and accountable. We commit to holding ourselves and our partners to the highest of standards.



Compassion

We recognize the heartache, grief and trauma NICU families experience and meet them where they are with grace and acceptance.



Bold

We are thought leaders and change makers. We embrace vulnerability and engage in courageous conversations.



Equity

We commit to fairness and impartiality in all that we do. We must be well-informed and inclusive of all perspectives to meet diverse needs with accessible, comprehensive support.



Growth

We are always learning, developing innovative programs and evolving strategies to champion a world where all NICU families thrive.

“Hand to Hold provided a free support group for black families, a resource list of counselors in my state, taught me the difference between baby blues and postpartum depression and taught me how to advocate for my daughter. Since she graduated I have been able to use my advocating skills with her current pediatrician.

- Lindsey O., New York



NICU Babies | Parent Support

handtohold.org | Nonprofit 501(c)(3)

To help Hand to Hold reach this vision handtohold.org/donate