



healthy mothers,
healthy babies®
coalition of broward county

FY 2021 - 2022

ANNUAL REPORT

**HEALTHY MOTHERS, HEALTHY BABIES
COALITION OF BROWARD COUNTY**



<https://www.hmhbroward.org>

Dear Friends and Supporters,

COVID-19 continues to present our nation and local community of Broward County with more uncertainty than ever before. As we reflect on the past year on all we have been through and all we have accomplished, we learned how to be resilient. Our amazing staff has not missed a beat in educating their families and providing essential basic needs during this pandemic. This past December, Healthy Mothers, Healthy Babies celebrated 34 years of providing essential services that impact the lives of women, children, and families.

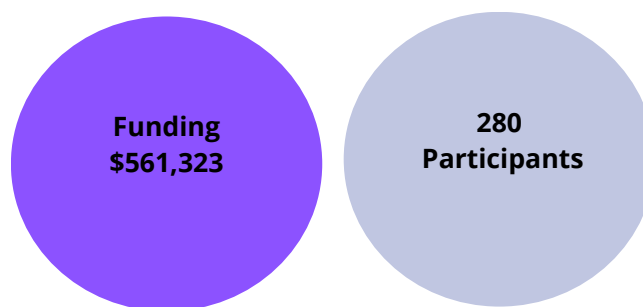
Every day we strive to help families rebuild their lives, forever changing the direction of their future. Healthy Mothers, Healthy Babies adapted to the challenges these past two years has brought. Our community needs us now more than ever. Together, we tried unique ways of doing things that have made the way we work more efficient. We leaned on each other's expertise and accepted that we did not have all the answers but would continue to remain open and willing to innovate how Healthy Mothers, Healthy Babies of Broward serves our clients and raises funds. We continued to provide mental health services, health education, and parenting education virtually and in person at a safe distance so the families we serve had the resources to help their families thrive.

It is the hope that next year will be dramatically different, I want to express how extremely proud I am of our staff, board members, funders, teen leadership council members, our wings volunteers, and our young ambassadors. It is because of you that I know that no matter what the coming year brings, with your continued support we will continue to address the needs of so many struggling families to help them through the challenges they face everyday. Thank you for continuing to support us and for allowing us to make a difference.

Best Regards,
Linda Cichon, Executive Director

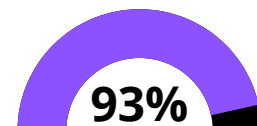
Overview

The Mothers Overcoming Maternal Stress (M.O.M.S.) program is a voluntary home visiting program for women who are pregnant or have a child under the age of one living in Broward County. The M.O.M.S. program provides counseling, parenting education, case management services, and support groups to women who are experiencing depression, anxiety, and difficulty bonding with the baby during pregnancy and postpartum. Services are provided in English, Spanish, and Creole.

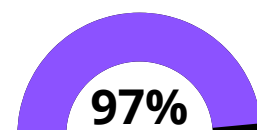


Key Participant Outcomes

80% of mothers will report fewer symptoms of depression and/or anxiety



85% of mothers will demonstrate acceptable level or improvement of attachment/bonding with target infant



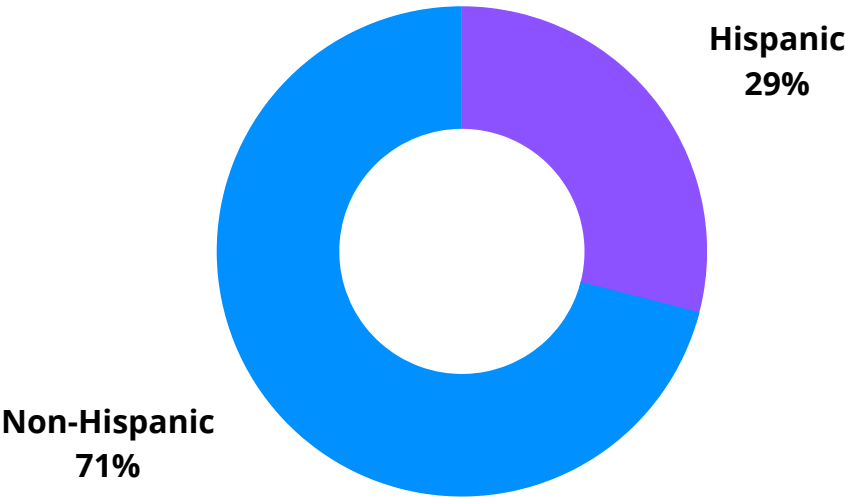
85% of infants and children will score within range of developmental milestones.



Funded by Children's Services Council of Broward County

Participants by Race and Ethnicity

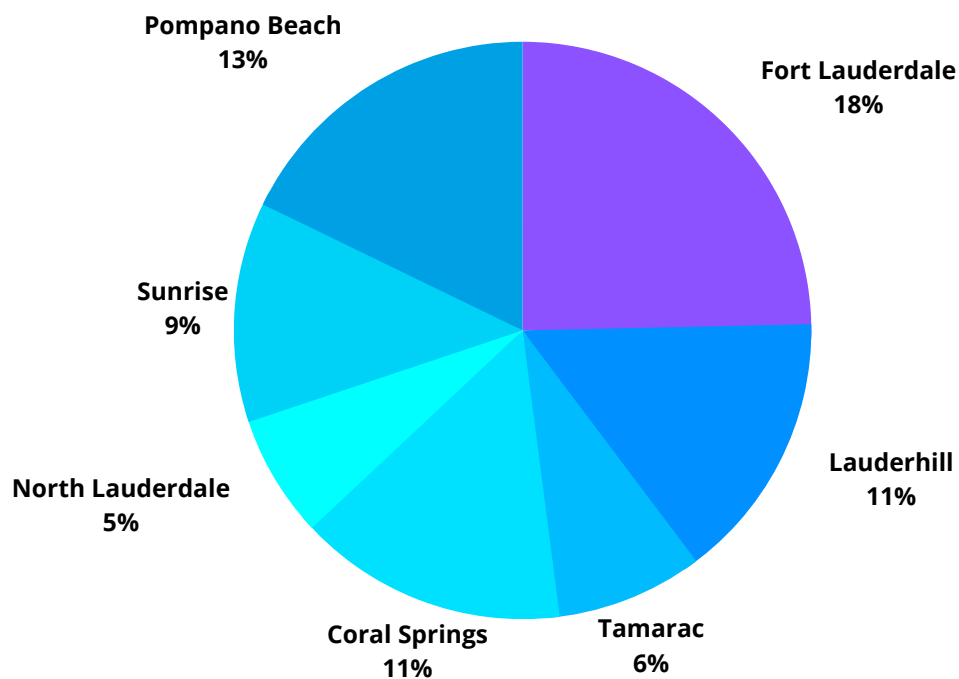
Race	Percentage
Black/African American	58%
White/Caucasian	33%
Multi-racial	3%
Asian	1%
Native Hawaiian or Pacific Islander	1%



Participants by Educational Level

Educational Level	Percentage
Some College or Trade School; No degree	30%
HS Diploma/GED	25%
Bachelor Degree	16%
< HS Diploma	13%
Associate Degree	6%
Master Degree	6%
Doctorate	1%

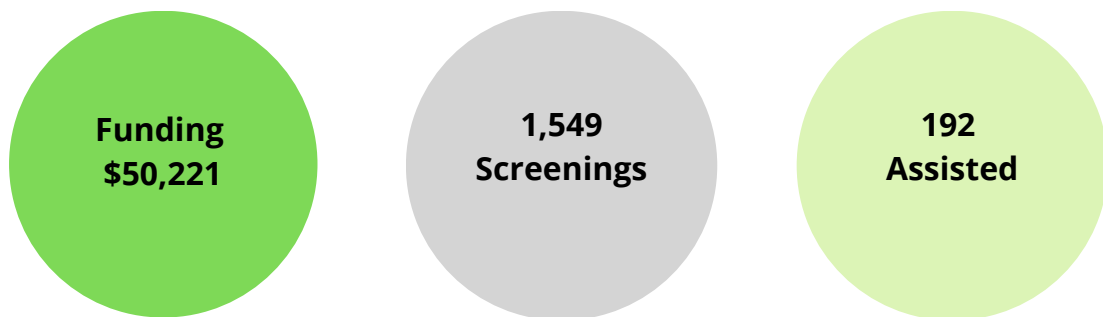
Top Cities of Participants



Data Courtesy of Children's Services Council

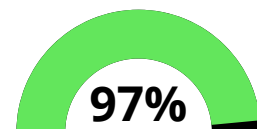
Overview

The Emergency Basic Needs Program provides emergency financial services such as rental, utility, transportation, or food assistance to help Broward County individuals and families in crisis meet their basic needs and receive navigation to other resources for long term stability.

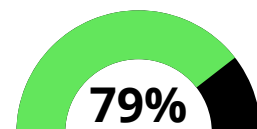


Key Participant Outcomes

Participants increase level of self sufficiency in access to food



Participants increase level of housing self sufficiency



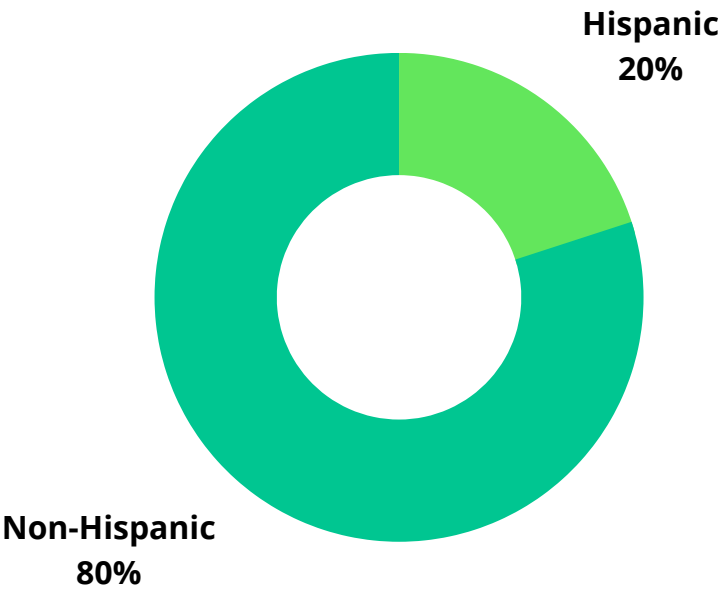
Participants report an increase in life skills self sufficiency



Funded by:
United Way of Broward County
Holman Foundation

Participants by Race and Ethnicity

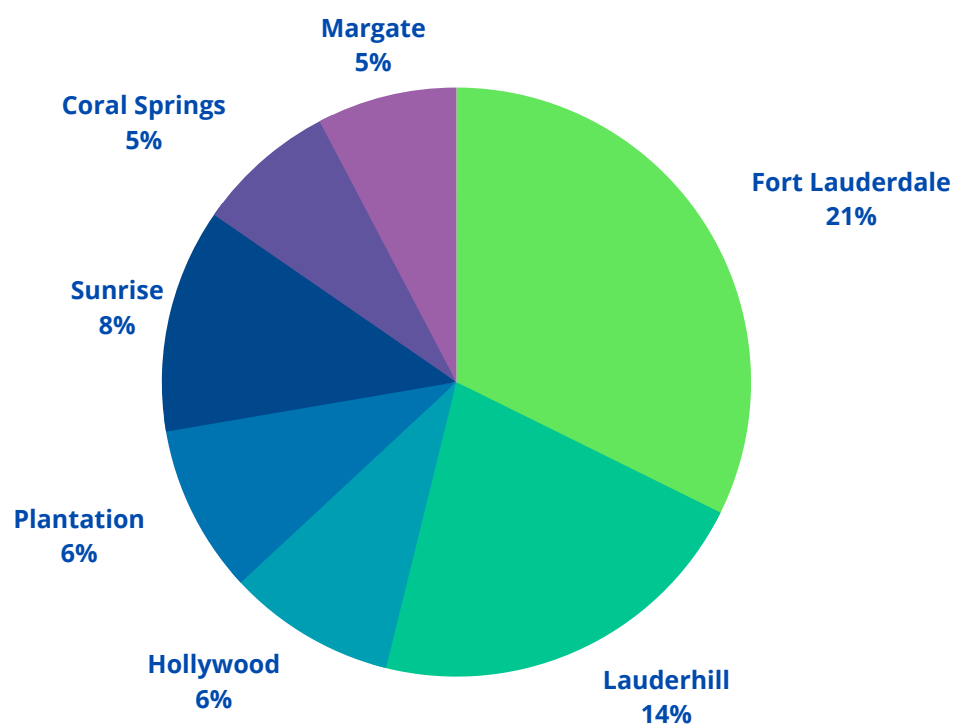
Race	Percentage
Black/African American	75%
White/Caucasian	14%
Other	8%
Asian	2%
Native American	1%



Participants by Educational Level

Education Level	Percentage
< High School Diploma	25%
High School Diploma/GED	25%
Some College	23%
Associate Degree	12%
Bachelor Degree	12%
Graduate Degree	3%

Top Cities of Participants



Overview

Healthy Families is a nationally-accredited family support and coaching program that helps parents provide the safe and stable environments children need for healthy growth and development. Parents voluntarily participate in services provided in their homes. Specially-trained support workers help them improve their parenting skills and achieve goals that increase family stability and self-sufficiency.

HMHB Broward is one of five sites within Broward County that partners with the Broward Regional Health Planning Council (BRHPC) to provide services.

Funding
\$332,562

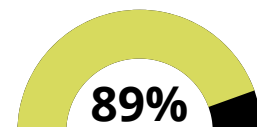
117
Participants

Key Participant Outcomes

Focus children will be up-to-date with well-child checks at 24 months of age.



Focus children will be up-to-date with immunizations at 24 months of age.

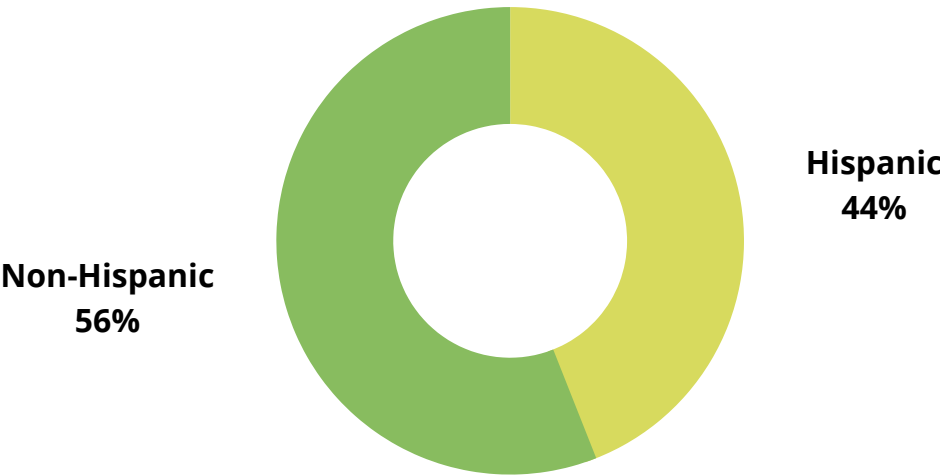


Mothers enrolled in the project will not have a subsequent pregnancy within two years of the target child's birth



Participants by Race and Ethnicity

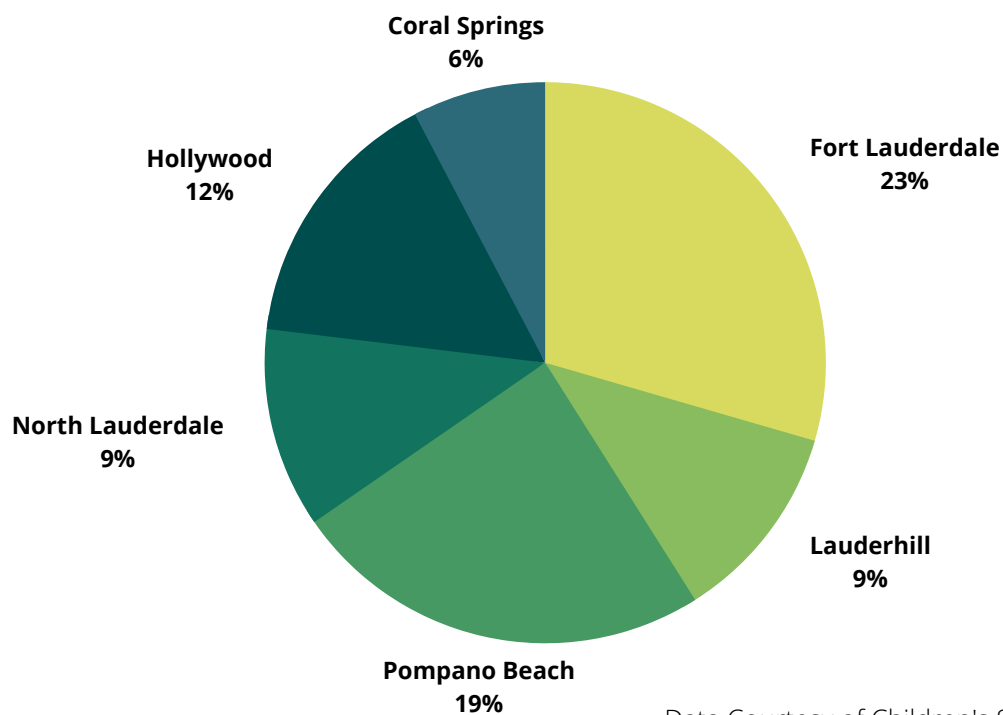
Race	Percentage
Black/African American	53%
White/Caucasian	34%
Other	11%
Multi/Bi-racial	2%



Participants by Household Income

Education Level	Percentage
< High School Diploma	22%
High School Diploma or Certificate	40%
Some College	28%
Associate Degree	3%
Bachelor Degree	4%
Graduate Degree	1%
Unknown	2%

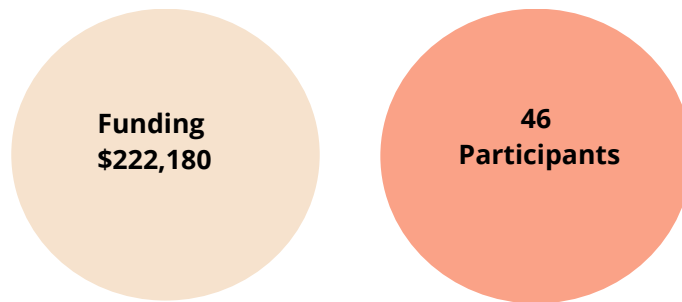
Top Cities of Participants



Data Courtesy of Children's Services Council

Overview

The Mahogany Project is a health education program targeting high-risk pregnant women in the 33311, 33023, 33313, 33319, 33060, and 33068 zip codes. Mothers learn how to monitor and improve their health. They also learn how to care for and maintain the health of their baby through parenting education. Mahogany clients are also connected with community resources to meet their family's needs.



Key Participant Outcomes

Clients increase knowledge about pre-and post-natal care



Clients will improve social and emotional functioning

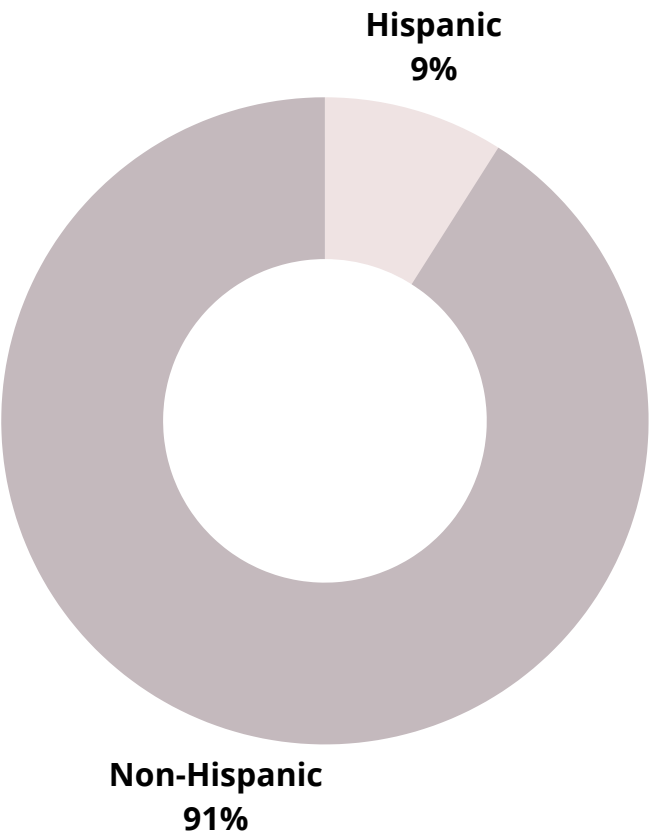


Clients' babies born in the program survive past the age of one year.



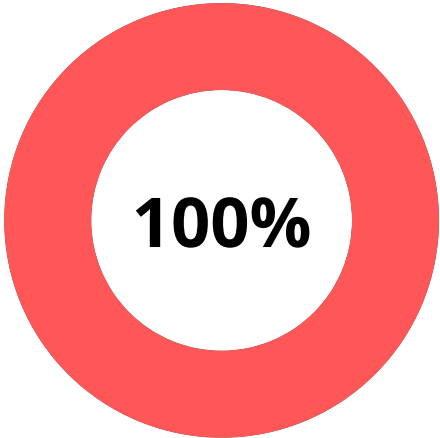
Participants by Race and Ethnicity

Race	Percentage
Black/African American	94%
White/Caucasian	4%
Asian	2%



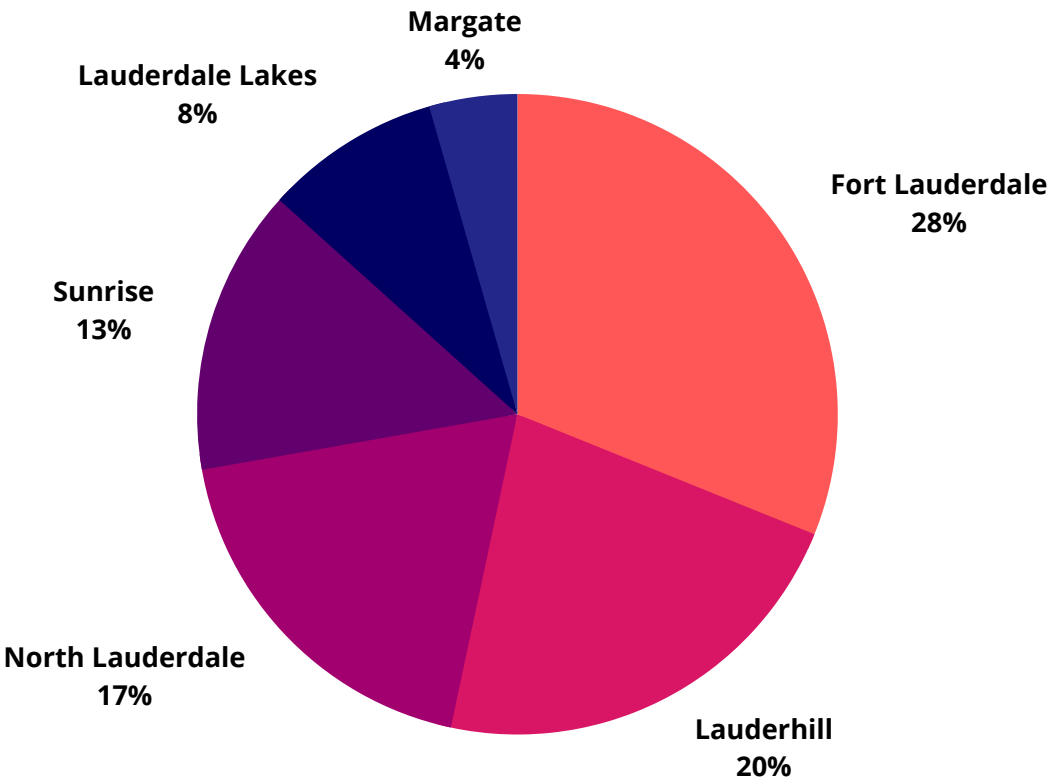
Participants by Household Income

Participants at 300%
of Poverty Level



Based on 2021-2022
federal guidelines
for household size:
Family of 2 = \$54,930

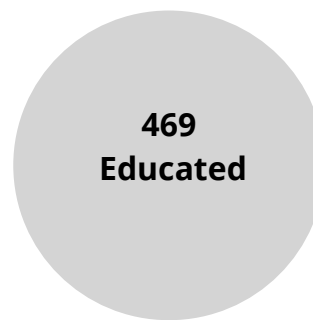
Top Cities of Participants



Overview

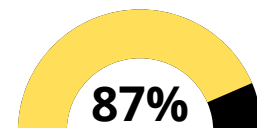
MOMS4WELLNESS is a program that targets Black/African American and Hispanic pregnant women in Broward County. Key services include:

- Customized exercises and activities designed by a Certified Personal Trainer delivered through an app
- Nutrition counseling and education by a Certified Health Coach
- Cooking Demonstrations
- Health Education
- Health Assessments
- Care Coordination
- Doula Support



Key Participant Outcome

Participants show knowledge gain



Participants maintain healthy blood pressure and glucose levels during pregnancy



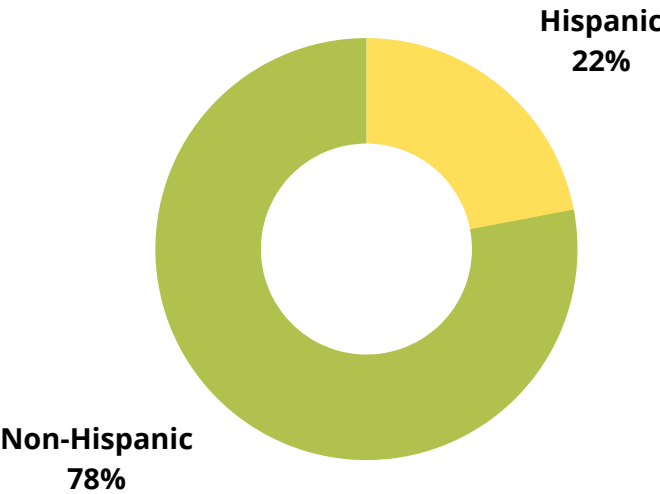
Participants are assessed for Social Determinants of Health (SDOH) conditions and connected to community resources.



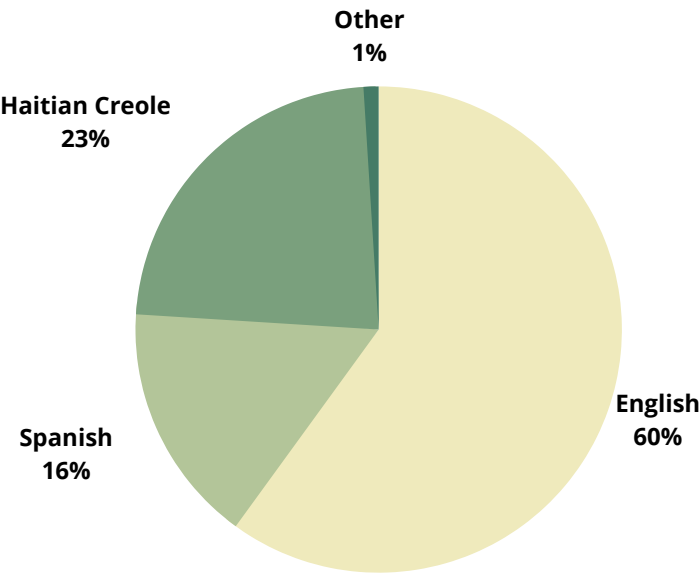
Funded by the Florida Department of Health, Office of
Minority Health and Health Equity

Participants by Race and Ethnicity

Race	Percentage
African/American	78%
Other	15%
White	7%



Participants by Language





Being in the MOMS Group has been an amazing experience. I was in a very very dark place mentally before I joined the group. These women helped me in ways I forgot existed, especially my counselor, I discovered things about myself that I didn't realize were there as well as help me come to an understanding in accepting things about myself I was not happy with as well. To go from not being able to pick myself up most days to making goals for myself and my children again has been the best feeling. Being I. This group has definitely helped me to rediscover who I am as a human, a mom, and a woman again. I am very happy with being able to have experienced such an amazing group.

- **MOMS Client**



Thank you so much and special thanks to Natasha, the communication was perfect, she has fast response time and her willingness to help me and keep me updated every step of the way, thank you!

EBN Client



I love the program because I learnt essential things about positive education, Yamilet has patience and passion for her work and that makes the difference. She always cares for us as a family.

- **Healthy Families Client**



The services were great! MeMe is an amazing person. She seems to always be there for me. I believe this program as a whole is amazing. The Mahogany Program has helped me a lot, especially through group and our "group talks." I have met a lot of mothers and I feel like I have made life-long relationships because of this program.

- **Mahogany Client**



Suehila is a gem! She was with me present through and through. She was rooting for me and she caters for everything I need and even think of things I did not know I needed. She was awesome.

- **Momswellness Doula Client**



Jackie was amazing and attentive. Extremely informative and she really made me feel good.

- **Momswellness Doula Client**



Thanks to Natasha and the group of Angels that work with her that make everything possible for the families to get through during this difficult times. Thank you kindly.

-**EBN Client**



Mykeldine is a great teacher and i love That I'm able to be a part of her one on one sessions as well as group. The lessons and classes are very informative and I've learned so much preparing for my newborn. I wish all moms can experience this. I was able to receive items for my kids which was very helpful. She's only a phone call away and is always there when you need her.

-**Mahogany Client**

About US

Healthy Mothers, Healthy Babies Coalition of Broward County, Inc. (HMHB/Broward) was formed in 1987 in response to a high rate of infant mortality in Broward County, Florida. For 34 years, the agency has developed and implemented innovative programs and services for low-income pregnant and parenting families, focusing on zip codes at high risk of infant death, poor maternal/child health, and child endangerment.

HMHB/Broward is a 501(c)3 organization whose mission is strengthening families and improving birth outcomes in the underserved community within Broward County through comprehensive programs, education, and access to vital support services.

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