



Healthy Babies Project, Inc. 2017 Annual Report

Protecting tomorrow's children ... today

4501 Grant Street NE
Washington, DC 20019
(202) 396-2809

Web: www.healthybabiesproject.org

Facebook: @HealthyBabiesProject

Twitter: @_HealthyBabies

Instagram: Healthy_Babies_Project

Regine Elie, M.Ed., Executive Director

Our Mission

Healthy Babies Project (HBP), a community-based nonprofit, helps the poorest pregnant and parenting D.C. youth have healthy babies, strong families, and independent lives.

Our Vision

We envision systemic change in the poorest D.C. neighborhoods as young parents and their children become healthy, strong, and self-sufficient.

What We Do

We equip the District's poorest pregnant and parenting youth to build strong families as they move into lives of health, stability, and independence. A youth's pregnancy provides the inroad to transforming entire families. We focus on each individual's inherent strengths and work to connect her with resources and support to build competence, character, and life skills needed to succeed.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

As I think back over 2017 and the young parents we serve at Healthy Babies Project, these words of the late American attorney Robert Ingersoll come to mind: “We rise by lifting others.”

The young women we serve – they lift me up.

They face overwhelming odds. They come from homes and neighborhoods in the District of Columbia’s most vulnerable neighborhoods where poverty and violence are the norm. 100% of these girls come to us living below the poverty line. Just one out of ten have access to health care. About a third are homeless. Many are victims of rape, assault, and abuse. Statistically, only a third of them will finish high school.

But these girls are changing the statistics because they are changing their lives.

They lift me up as they work tirelessly to learn how to be healthy and become a healthy parent.

They lift me up when they embrace the opportunity to complete high school or get a GED or get a job or go on to college.

They lift me up when they break free from the bonds of homelessness and addiction and abuse.

They lift me up as I see them raising healthy, bright children who have a future and a hope.

They lift me up with their strength, persistence, determination, resilience, and achievements.

While we at Healthy Babies Project work every day to lift up these young women and show them the opportunities they have for health, hope, future, and success ... in reality, they inspire **me**. They lift me up.

I invite you to read about their accomplishments in these pages. As you do, I believe you will be lifted up, too. And I pray you will consider partnering with us in this inspiring work. I promise that you will receive so much more than you give.

Regine Elie, M.Ed.



Executive Director



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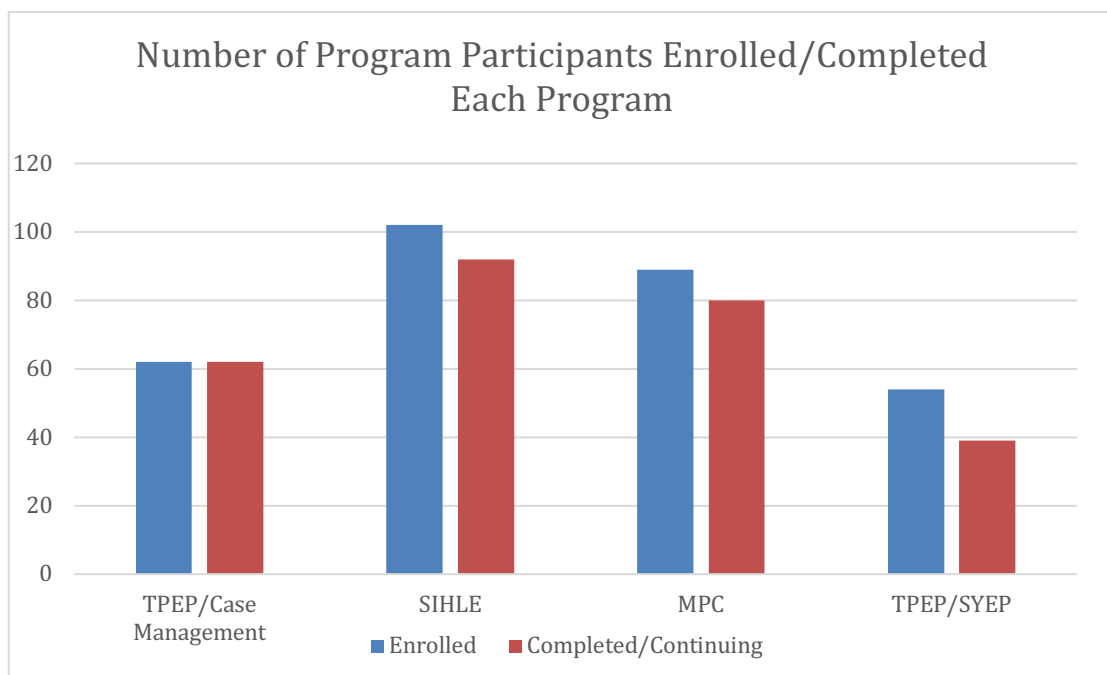
PROGRAMS IN 2017

For more than 27 years, Healthy Babies Project, Inc. has served the poorest D.C. families by providing comprehensive health, education, and support services. The Teen Parent Empowerment Program (TPEP) was developed by HBP in 2003 to help reduce the incidences of child abuse and neglect within this specific population. Today, 84.5% parents served are age 21 or younger. TPEP now operates as an umbrella program to serve the young and vulnerable in the District. During 2017, HBP operated four primary programs to serve pregnant, parenting, and vulnerable youth:

- **TPEP Case Management:** evidence-based, long-term one-on-one mentoring for pregnant/parenting youth and their children
- **SIHLE (Sisters Informing Healing Learning Empowering):** evidence-based life skills and family planning education for urban females ages 14-18
- **MPC (Making Proud Choices):** evidence-based, gender-specific life skills and family planning education for middle school and high school students)
- **SYEP (Summer Youth Employment Program)** a life skills and youth employment summer program

Numbers of Participants Enrolled/Completed

Of the four primary programs, enrollment/completion ratio in 2017 averaged 88.9%, which includes cased-managed youth who continue to receive long-term services for up to 3-5 years after initial intake. Program outcomes include (62/62) case managed youth enrolled/completed; (102/92) SIHLE enrolled/completed; (89/80) MPC enrolled/completed; (54/39) other enrolled/completed TPEP youth, including SYEP.



Additional Programs in 2017

- **Perennial Transitional House:** has remained at capacity since opening in 2013 and has housed 19 residents; 11 have moved into stable housing; 6 are working full-time; 1 is a full-time college student.



- **Fatherhood Education Empowerment Program (FEED)** helps young fathers develop life skills and take the next steps in healthy parenting.

- **Adopt-A Family** connects HBP participants with sponsors for the holiday season – 77 during 2017 alone.

- **HBP Psychotherapy Workshop** offers weekly meetings with psychologist Dr. Biko Sankofa, who facilitates group and individual sessions with program participants.

- **Teen to Doula Program** trains TPEP graduates and participants as doulas and, breastfeeding/ childbirth educators. Trained ladies provide emotional, physical and spiritual support to HBP mothers during labor and delivery.

- **Nurturing Parent Workshop series** uses the Strengthening Family Foundations/ Motivating Growth curriculum, and the Growing Great Families (GGF) and Growing Great Kids (GGK) curriculum to equip young parents.

- **Ready For Baby Workshop**, an 8-week series equipping young moms to manage labor and delivery, stress, nutrition, physical activity, bonding, and breastfeeding.



2017 HIGHLIGHTS

A Snapshot of Our Youth Successes

- 92 SIHLE graduates
- 80 MPC graduates
- 62 Case Managed teen mothers
- 4 FEED participants
- 33 high school/GED graduates
- 17 youth registered for high school or GED classes
- 52 youth enrolled for benefits
- 32 youth became employed
- 31 children enrolled in child care
- 29 youth acquired needed mental health services
- 28 youth acquired stable housing



2017 Program Successes

Healthy Babies

During 2017, (74) young parents and children were case managed by HBP Family Support Workers. 98% those served were connected to health care and 90% HBP babies were born healthy.



Responsible Parents

Of case managed youth in 2017, just 1 experienced an unplanned pregnancy within 6-12 months after training. With a special grant from the Marion Barry Summer Youth Employment Program (SYEP), HBP hosted 39 youth from our target wards for six weeks during the summer, equipping them with life skills and job readiness education.

Stable Homes

HBP's Perennial Transitional House remained at capacity. Special partnerships with Hoops for Youth Foundation, DC Green Festivals, Kids Gardening, The Marriott Foundation, and individual donors allowed us to add a play structure to our campus.



2017 Awards & Citations

2017 Morton E. Trout Premier Cares finalist
2016-2017 VISTA AmeriCorps awardee
2016-2017 D.C. Catalogue for Philanthropy

Success Story: Dakota Crews

At age 12 I tried to commit suicide after the death of my brother from SIDS. At 14, I was sexually abused. The abuse lasted 3 years.

I dropped out of school at the age 15 because I had to support herself, turning to prostitution and drugs.

I came to HBP at the age 17 I was pregnant and was looking for parenting classes. My case worker and the other staff helped me and taught me a lot, especially about how to manage an infant since my brother died of SIDS. The case managers connected me to housing, asked me about my daily life and what goes on, and gave me motherly love.



Dakota, her children, and Lyons family representatives

I completed my GED program in 2011 and my associate's degree in 2016.

Now I am working on my bachelor's degree, majoring in administration of justice, thanks to receiving the Jim Lyons Memorial Scholarship from HBP partner Hoops For Youth.

I'm truly proud of my accomplishments so far.



WHO WE SERVED IN 2017

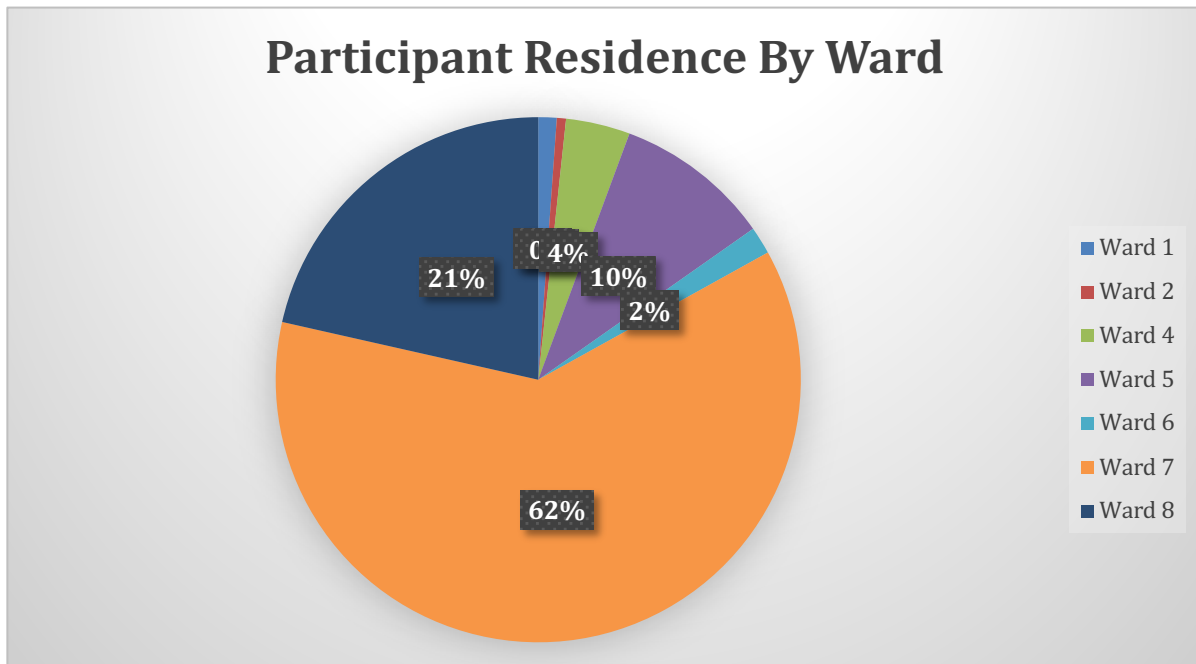
Healthy Babies Project, Inc. (HBP) serves pregnant or vulnerable youth in the poorest areas of the District, where minority populations are highest. Homelessness disproportionately affects the youth in our target community, which impacts not only the young person's situation but also that of her unborn child. Statistically, teen mothers are 48% less likely to receive prenatal care; experience 18% more premature births; 17% more LBW births, and other pregnancy complications. These young parents often leave school prior to completion. They have little or no work experience. At intake, just 23% of those served have graduated from high school. Without exception, these girls lack healthy life skills, including family planning. While the US teen pregnancy rate is 10.7% and the District's is 11.8%, it is higher in target Ward 7 (18.5%) and Ward 8 (19.9%).

Participant Profile: Wards of Residence

2017 program participants hailed from seven of eight District wards. None resided in Ward 3. Combined enrollment from Wards 7 and 8 (the poorest wards in the District) represented 83.1% of participants.

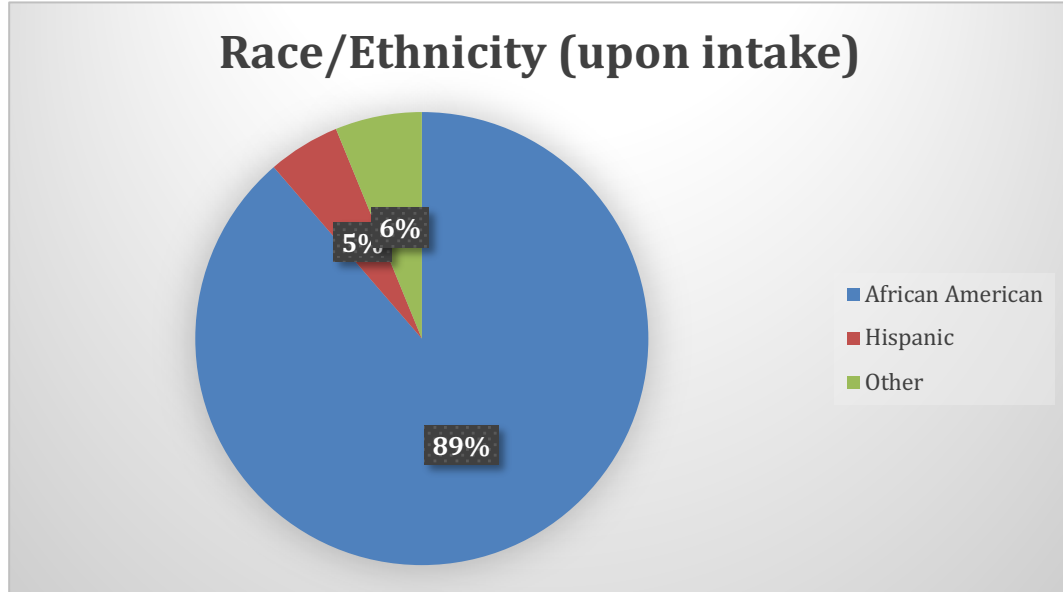
Ward 1: (2) 1.1%
Ward 2 (1) 0.6%
Ward 3: (0) 0%
Ward 4: (7) 3.9%

Ward 5: (17) 9.6%
Ward 6: (3) 1.7%
Ward 7: (109) 61.6%
Ward 8: (38) 21.5%



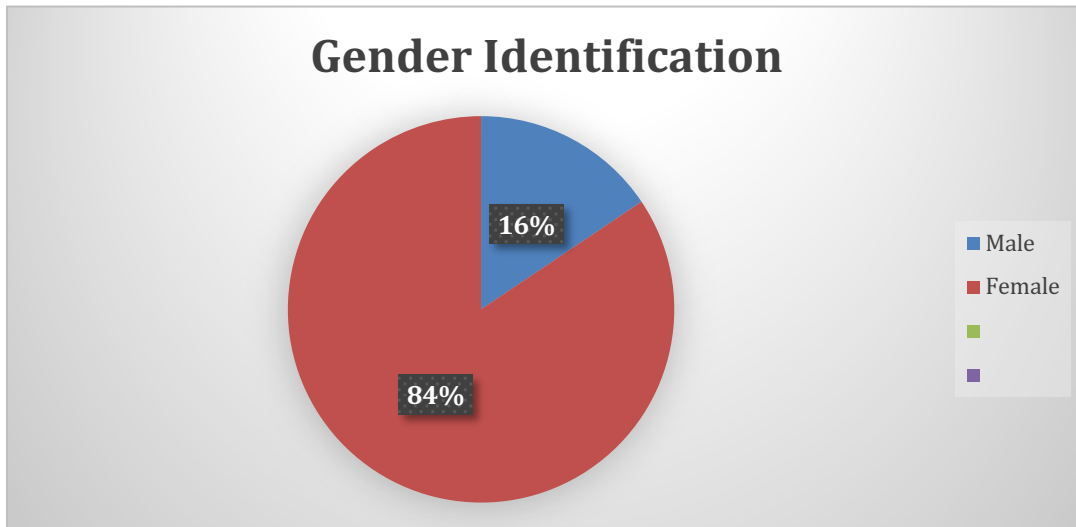
Participant Profile: Race/Ethnicity

During 2017, 88.6% of those served were African American, which is consistent with participant profile in previous years and consistent with national teen pregnancy trends.



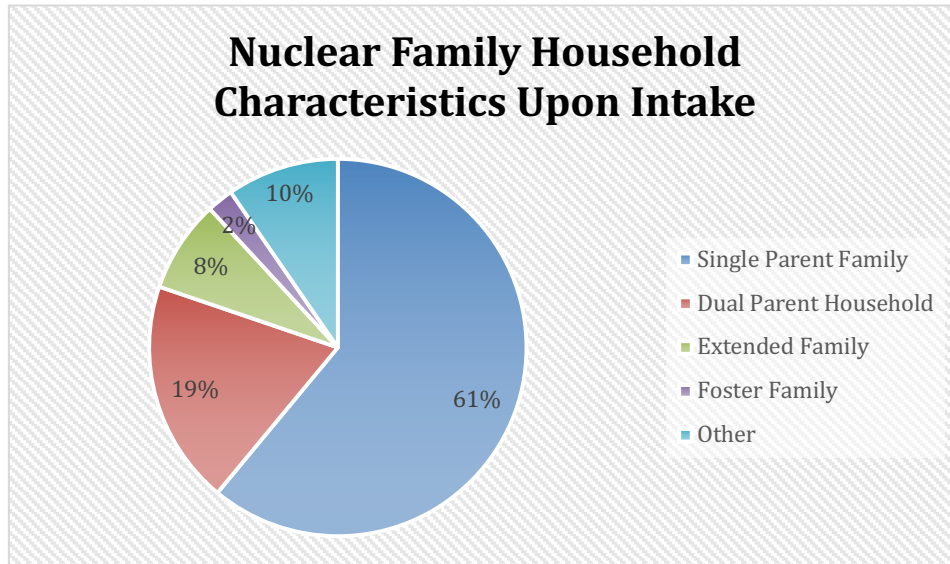
Participant Profile: Gender Identification

2017 data demonstrates that while the majority of those served are female (84%), we experienced an uptake in serving more males (16%) through SYEP and MPC.



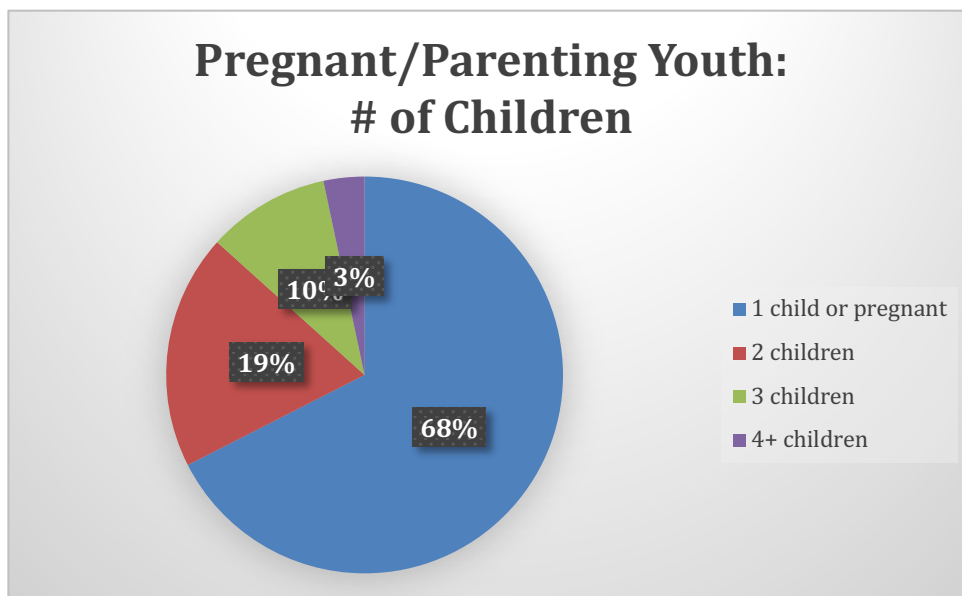
Participant Profile: Nuclear Family Household Characteristics upon intake

During 2017, a majority of those we served lived in a single parent household (upon intake). Less than 1 out of 5 (19%) lived in a dual parent household and the remainder lived with extended family members, a foster family, or other situation



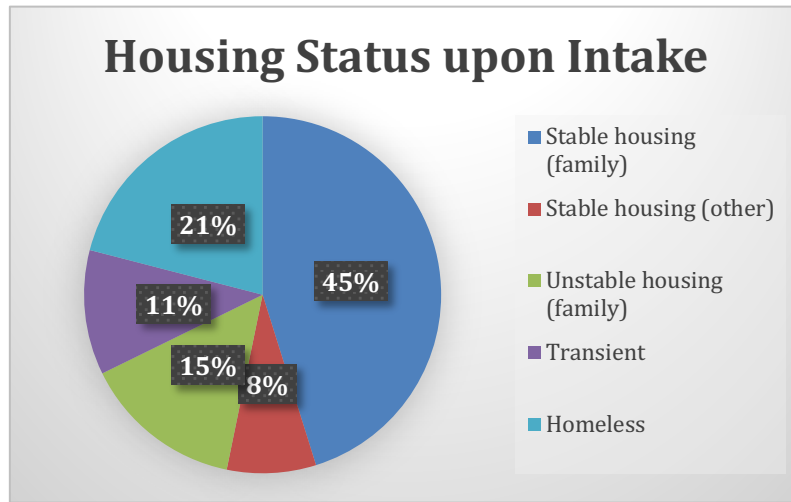
Participant Profile: Pregnant/Parenting Youth

2017 data demonstrates that enrolled pregnant/parenting youth are acquiring family planning skills as a result of their HBP experience, evidenced by lower numbers of enrollees who have two or more children. Of the parenting youth served, 69% were pregnant or had 1 child; the remainder had 2+ children (repeat unplanned pregnancy).



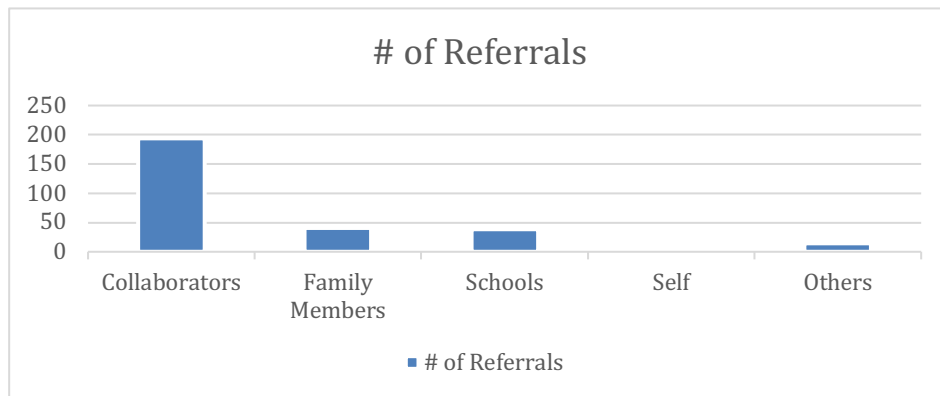
Participant Profile (case managed): Housing Status upon intake

Stable housing remains a challenge for youth and families who access HBP services. During 2017, 47% of case managed youth live in unstable housing with family or are transient/homeless.



Referrals

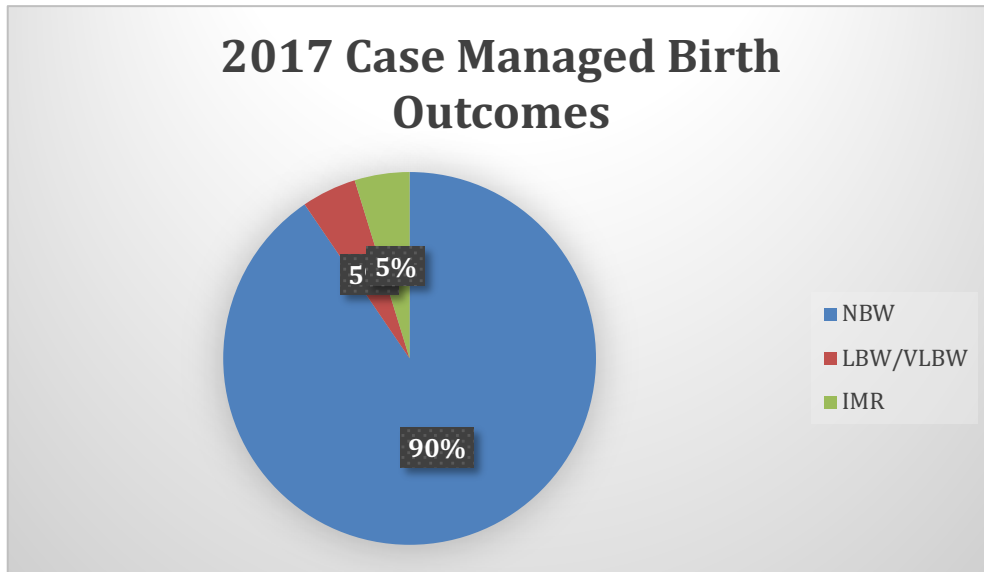
This year, HBP received a total of 291 referrals. Of those, 194 (66.6%) were from community collaborators. Family members referred 41 youth (14.08%) followed by schools (13.05%). Four youth (1.37%) referred themselves. The remaining 14 referrals (4.8%) were from other or unknown sources.



2017 Case Managed Outcomes

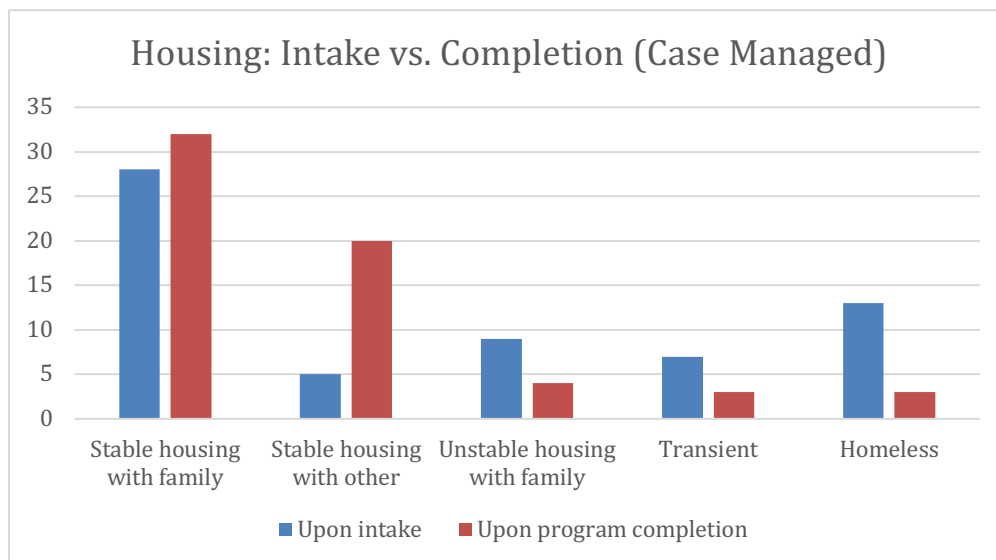
Birth Outcomes

Of 62 case managed youth in 2017 there were 21 births: 19 normal birthweight babies (90%), 1 low birth weight or very low birth weight baby (5%), and 1 infant death due to the child's medical condition (5%).



Stable Housing

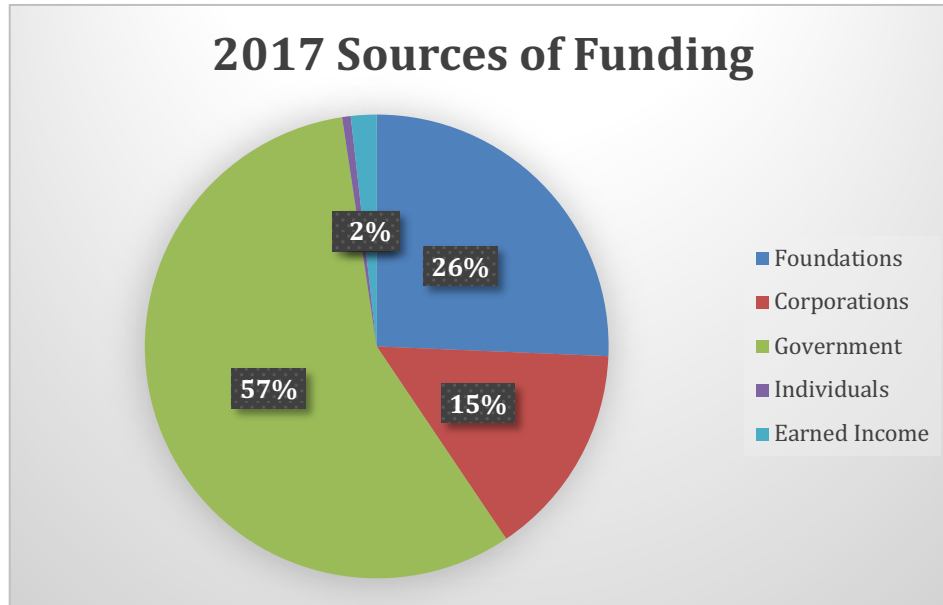
Case managed youth moved to significantly more stable housing from intake (53%) to program completion (84%) during the program year.



FINANCIALS

Fiscal Year January 1, 2017 – December 31, 2017

Revenue: \$729,793.00



2017 Partnerships

Aflac Federal Relations Office
 Alpha Phil Alpha Fraternity, Inc.
 AmeriCorps VISTA
 Baker Donelson
 Balance and Restorative Justice Drop-In Center
 Boys & Girls Clubs
 Breastfeeding in Color
 Capital Group
 Child & Families Services Agency
 D.C. Department of Employment Services
 D.C. Department of Health
 D.C. Fire Department
 D.C. Office of the State Superintendent of Education
 D.C. Promise Neighborhood Initiative
 D.C. Public Schools New Heights Program
 Doulas of North America
 Early Stages
 Girls Inc.
 Growing Great Kids
 Giving together
 Healthy Families America
 Hoops For Youth Foundation

Howard University Speech & Hearing Clinic
 Iota Business Sorority
 John Wall Family Foundation
 Kenilworth Parkside Recreation Center
 Life Pieces to Masterpieces
 Marion Berry Summer Youth Employment Program
 Marriott Foundation
 Mary's Center
 Maximus Foundation
 Perennial Strategy Group
 Project Create DC
 Rotary Foundation of D.C.
 Share Fund
 Standard College of Nursing
 The City Fund
 The D.C. Campaign to Prevent Teen Pregnancy
 The D.C. International School
 Toesies to Nosies Baby Massage
 United Planning Organization
 William S. Abel
 World Bank Community Connection Fund

THE HBP TEAM

2017 Board of Directors

Lonnie Walker, Board Chair
CEO, First Off the Line ; Walker's Home
Source, LRW World Gear

Regine Elie
Executive Director, Healthy Babies

Ayana Denson-Ezani
Speech language pathologist and
occupational therapist

Martine Elie, PHD
Chief Clinical Coordinator, Howard University Speech and Hearing Clinic

Lincoln Brown
Financial Consultant, Former Citibank Vice President

Independent Auditor
Jacqueline David, CPA

Staff

Regine Elie, Executive Director
Linval Brown, Program Manger
Jazmine Brazier, Youth Services Coordinator
Cybele Yadibert, Family Support Worker
Abigail Mendoza, Family Support Worker
Shayna French, Family Support Worker
Rita Okolo, Compliance Manager/Den Mother
Xadriana Bridges , Program Assistant/ SIHLE &
MPC facilitator
DeVoshia Mason Martin, Data Analyst
Rose Ngodubou, Satiya-Ewing Boyd, Christine
Marhone, Alexis Parker: SIHLE facilitators



Challenges for 2018 and Beyond

Increase Capacity for Case Management

Home visiting /case management is documented to produce better health outcomes in the low-income population, particularly in minority communities. By engaging these families long-term we can help ensure best health, wellness, child development, and school readiness. HBP currently provides long-term home visitation and case management for about 60 teen parents and their children. Our goal is to provide home visitation/case management to 80 families in the next two years to increase engagement, improve birth outcomes, and reduce poverty in the poorest D.C. neighborhoods.



Reduce D.C. Teen Pregnancy in Target Wards

The number of teen pregnancies has remained stubbornly high in HBP target Wards 7 and 8 despite declining by 51% overall District-wide since 1991. Our goal is to equip 150 youth each year with life skills and family planning education so they can be informed and make wise choices.

Expand Transitional Housing Facilities

Homelessness, transience, and unstable housing continues to impact one-third of those we serve. Our goal is to add an additional transitional housing facility in a rent-to-own arrangement, allowing young parents to scale the remaining hurdle to independence: owning a home.



Build Job Readiness Programs

Lack of education and training is a key limiting factor in a teen parent's movement into economic stability. Our goal is to expand our current Doula Certification Program to include community members and develop two additional in-house job training programs (Early Childhood and Marketing.)