



Healthy Babies Project, Inc. 2018 Annual Report

Protecting tomorrow's children ... today

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A MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear friend who supports D.C. families,

Names have power.

For young HBP parents, the name “Perennial” has been synonymous with strength and resilience.

Five years ago, partners like you helped Healthy Babies Project to launch Perennial Transitional House.

This safe haven for vulnerable teen mothers and their children has been both a refuge and a launching pad for these young families to make the journey from poverty into health and independence during 2018.

Just as a perennial flower thrives over time in the garden, we see young parents and their children thrive at Perennial House and in other HBP programs.

I invite you to read in these pages about the accomplishments of these amazing young people. You will be inspired to see what is possible when you empower another person. You’ll see why the name “partner” has so much power.

Because partners like you make it possible for young parents to thrive.

Regine Elie, M.Ed.



Executive Director



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Our Mission

Healthy Babies Project (HBP), a community-based nonprofit, helps the poorest D.C. youth develop life skills to have healthy babies, build strong families, and live independently.

PROGRAMS IN 2018

For more than 28 years, Healthy Babies Project, Inc. has served the poorest D.C. families with integrated health, education, and support services so they can build healthy, strong, independent families. In 2018, 100% of those we served were age 24 and younger. We operated three primary programs to serve these young people.

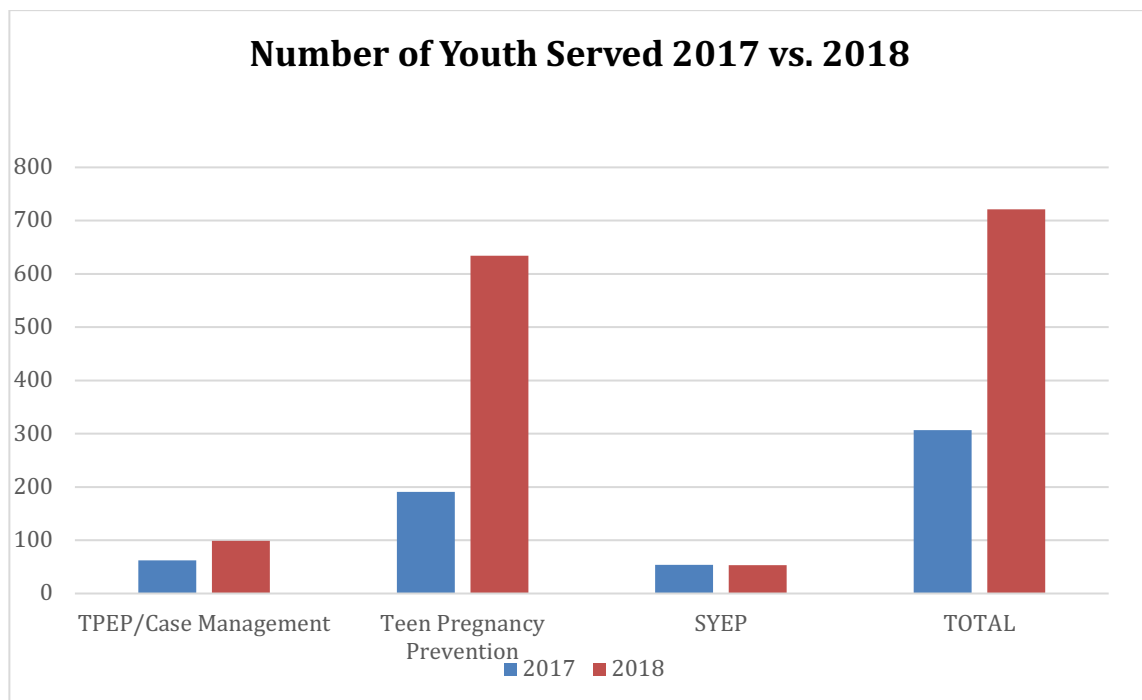
- **Teen Parent Empowerment Program:** evidence-based, long-term case management and mentoring for pregnant/parenting youth and their children, which includes weekly parenting classes
- **Teen Pregnancy Prevention:** interactive peer-to-peer training that equips community youth with personal safety, family planning, and communication skills using gender-and- age-appropriate evidence-based models
- **SYEP (Summer Youth Employment Program):** a life skills and employment readiness summer program for District youth

Numbers of Participants Enrolled/Completed

During 2018, Healthy Babies Project more than doubled the number of youth served over 2017.

2017 total number youth served: 307

2018 total number youth served: 721



Additional Programs in 2018

Perennial Transitional House has housed 19 homeless youth and has remained at capacity since opening. Eleven former residents have moved into stable housing.

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 – 55 during 2018 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, equips young moms to manage labor and delivery, stress, nutrition, physical activity, bonding, and breastfeeding.



Our Vision

The most vulnerable young D.C. families move out of poverty and are healthy, strong, and self-sufficient.

What We Do

A youth's pregnancy provides the inroad to transform entire families.

2018 HIGHLIGHTS

Healthy Babies

- 90% HBP babies were born healthy
- 99 young families enrolled in HBP case management
- 98% case-managed families were connected to health care
- 54 young parents graduated from TPEP

Responsible Youth

- 402 youth graduated from HBP Teen Pregnancy Prevention
- 53 youth graduated from Summer Youth Employment Program (SYEP)
- 18 young parents qualified and attended the TPEP Capstone Retreat
- 18 previously-lapsed youth re-registered for high school or GED classes
- 67 youth enrolled to receive qualified benefits
- 40 youth gained employment
- Just (1) unplanned pregnancy within 2 years and (11) within 12 months

Stonger Families

- 34 families acquired child care so parents could attend school or go to work
- 39 young parents acquired needed mental health services
- 42 young families acquired stable housing
- 6 families lived at Perennial Transitional House
- 55 families were sponsored via Adopt-A-Family

2018 Awards & Certifications

- Executive Director Regine Elie named 2018 Washington Women of Excellence
- HBP graduate Christina Mason named Annie E. Casey Foundation representative
- 2 HBP staffers certified as Making Proud Choices Trainers of Trainers



Success Story: Stephanie Gudger

Stephanie Gudger, an appeals administrator at a Kaiser Permanente, runs the front desk at one of the healthcare giant's regional offices. She and her new husband recently purchased their first home. Her son Andrew, 11, eagerly talks about attending college.

A decade ago, Stephanie's life looked much different. "I was 19 years old when I discovered I was pregnant," says Stephanie. "I was in a bad place in my life. Healthy Babies Project became my safe haven." A positive pregnancy test led Stephanie to enroll in TPEP (Teen Parent Empowerment Program), where she eagerly absorbed parenting classes and began treatment for depression, abuse, and post-traumatic stress disorder. Soon after the birth of her son, the HBP team helped her find a place to live. "It was public housing, but it was mine," says Stephanie.



Stephanie and her son Andrew

But that show of independence enraged her family. They evicted Stephanie and her baby, tossed Stephanie's clothes and personal items in the dumpster, and threw all of her son's clothes on the street curb. She and Andrew had nothing. HBP stepped in with clothes and furniture for their new apartment. In spite of her family's rejection, Stephanie pressed on. "I made a decision to be different and to break the cycle of abuse," said Stephanie. She earned her associate degree in liberal arts from the University of the District Columbia and landed an entry-level job at Kaiser Permanente. Hard work and a promotion allowed her to move out of public housing and into her own home. Stephanie is now completing her bachelor's degree in business administration at her employer's expense and recently got married.

"Before I got pregnant, I didn't want to live," said Stephanie. "But my son gave me a reason to fight for his life and for mine." Determination and help from HBP, she says, helped her persevere and leave a life of poverty.

When she was offered an opportunity to help teen parents at HBP – youth who are now where she was a decade ago – Stephanie seized it. She created and leads a series of TPEP classes at HBP called *Get Out*, which equips young moms and dads with skills and practical tools they need to get a job, get a degree, get a car, and get a house – in short, get out of poverty. "So many young parents want to be self-sufficient, but they don't know where to begin," says Stephanie. She is living proof that young parents can overcome any obstacle they face. "I want to help them figure out how to get out of poverty," says Stephanie. "I am an overcomer and they can be, too."

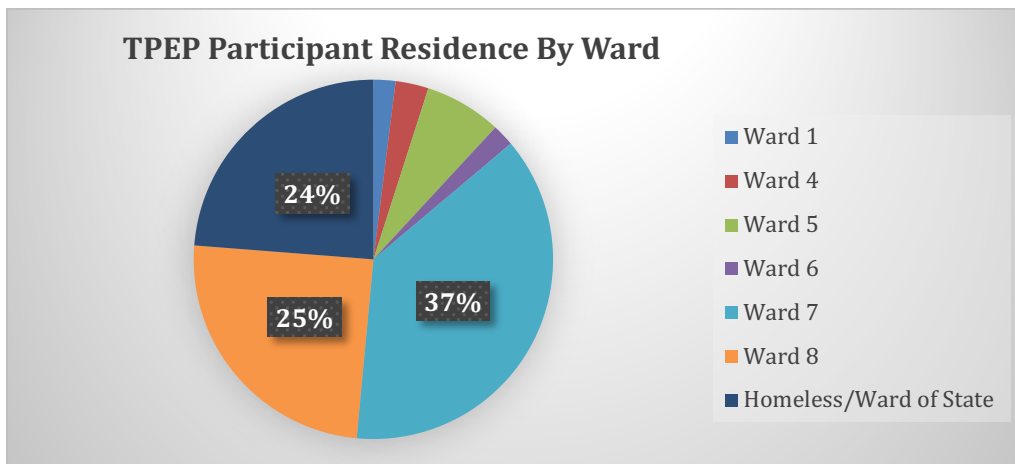
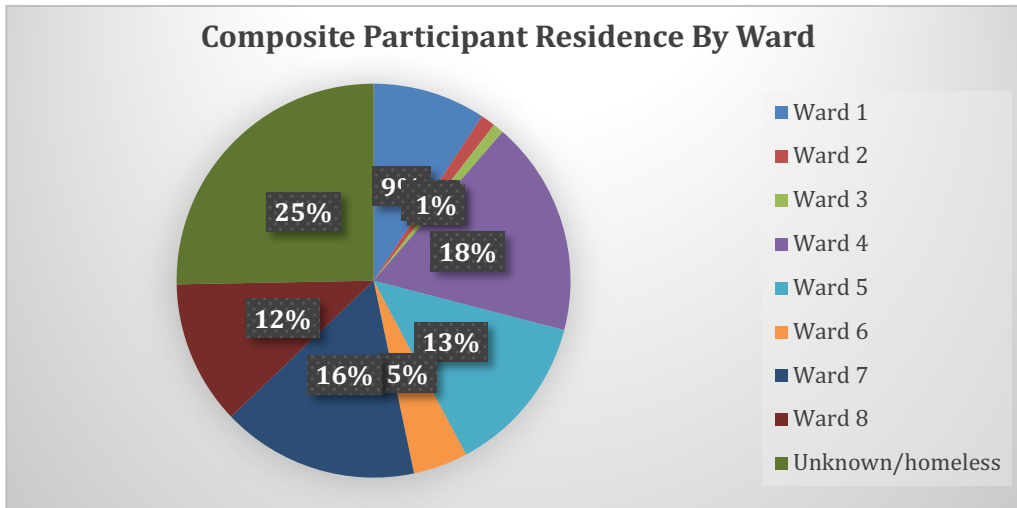
WHO WE SERVED IN 2018

Composite Participant Profile: Wards of Residence

2018 HBP participants hailed from all eight District wards.

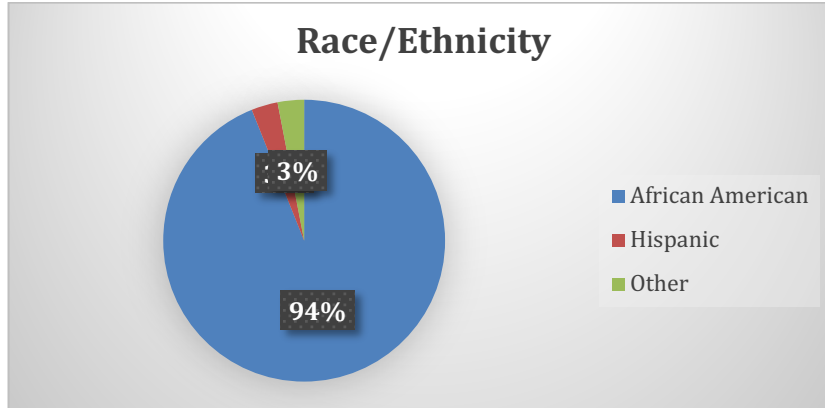
Ward 1: 9%	Ward 4: 18%	Ward 7: 16%
Ward 2: 1%	Ward 5: 13%	Ward 8: 12%
Ward 3: 1%	Ward 6: 5%	Homeless: 25%

86% of case-managed TPEP participants were residents of Wards 7 and 8 (the poorest wards in the District) or were homeless/wards of the state.



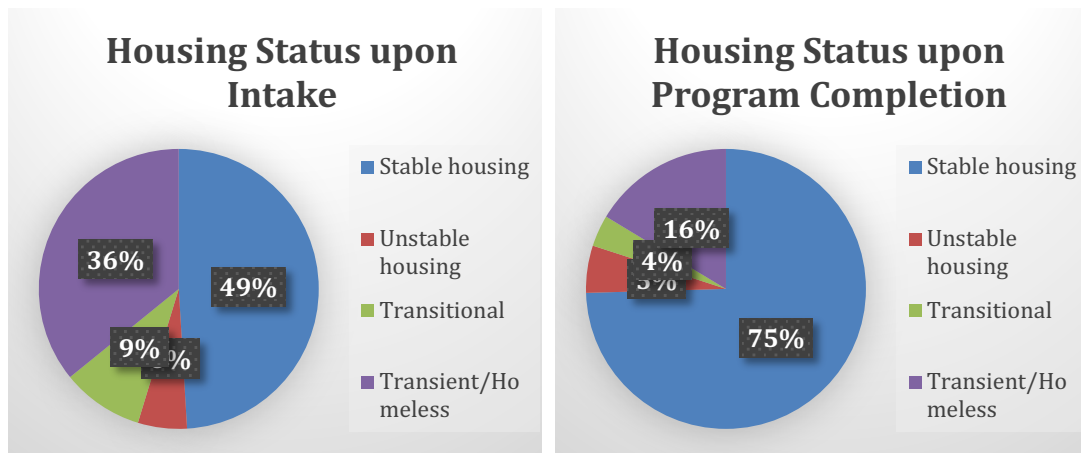
Participant Profile: Race/Ethnicity

During 2018, 94% of those served were African American, which is consistent with participant profile in previous years and consistent with national teen pregnancy trends.



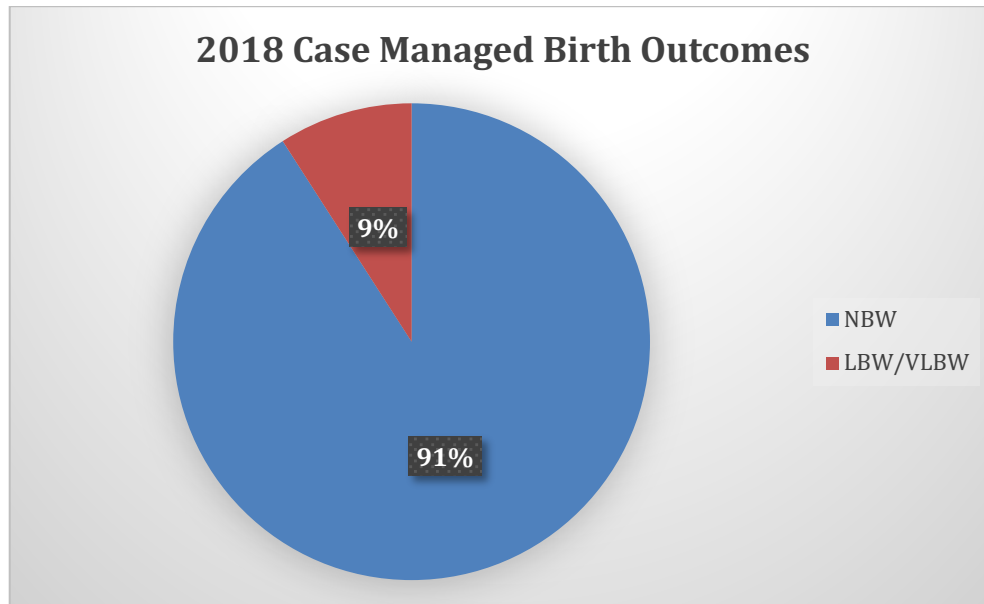
Participant Profile (case managed): Housing Status

Stable housing remains a challenge for youth and families who access HBP services. During 2018, Just 49% case-managed youth lived in stable housing upon intake. The remainder 51% lived in unstable/transitional housing or were transient/homeless. HBP oversaw considerable progress for these youth as more than a quarter of them moved to stable housing by program completion.



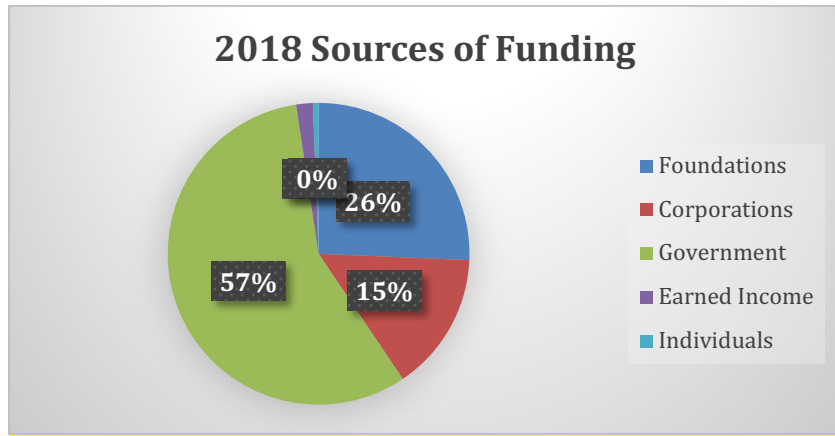
2018 Case Managed Births

Of 99 case managed youth in 2018 there were 22 births: 20 normal birthweight babies (91%), 2 low birth weight or very low birth weight baby (9%), and 0 infant death due to the child's medical condition (0%).



FINANCIALS

Fiscal Year January 1, 2018 – December 31, 2018
 Revenue: \$729,793.00



2018 Partnerships

Aflac Federal Relations Office
 Alpha Phil Alpha Fraternity, Inc.
 AmeriCorps VISTA
 Answer Title
 Baker Donelson
 Balance and Restorative Justice
 Drop-In Center
 Boys & Girls Clubs
 Breastfeeding in Color
 Capital Group
 Capital Area Asset Builders
 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
 D.C. RecFit
 Doulas of North America
 Dulles Marriott
 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
 Morgan State University
 Open Society Foundations
 Phase 2 Consulting
 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. Abell Foundation
 World Bank Community Connection Fund
 Young Money Managers

THE HBP TEAM

2018 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

Independent Auditor
Jacqueline David, CPA

Staff

Regine Elie, Executive Director
Linval Brown, Program Manger
Jazmine Brazier, Youth Services Coordinator
Cybele Yadibert, Family Support Worker
Tanazia Matthews, Family Support Worker
Rita Okolo, Compliance Manager/Den Mother
Maxine Davis, Program Assistant/ SIHLE facilitator
DeVoshia Mason Martin, Data Analyst
Rose Ngodubou, Satiiya-Ewing Boyd, Christine Marhone: SIHLE facilitators



Dulles Marriott volunteers at Perennial House



Giving Together volunteers at Perennial House



Challenges for 2019 and Beyond

Ensure Housing Sustainability for Homeless, Pregnant Youth

Homelessness, transience, and unstable housing continues to impact one-third or more of those we serve. Our 2019 goal is to purchase Perennial Transitional House to ensure that homeless, pregnant youth always have a safe place to live while they transition to independent living. Long-term, we will procure another transitional housing facility so we can equip more disadvantaged young families to move into self-sufficiency.

Build Perennial Child Development Center

Affordable, quality child care allows young parents to finish their education and helps ensure school readiness for their children. By adding a story to Perennial House, we can expand residential services and build a child development center on the ground floor. The Center Director will guide employees to complete an Early Childhood certification, offering a career path in education for young parents.

Sustain Case Management Capacity

Home visiting /case management is documented to produce better health outcomes in the low-income population, particularly in minority communities. In 2018 HBP provided long-term home visitation and case management for 99 needy families. We seek to sustain that level of home over the next two years to 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 200 youth each year with life skills and family planning education so they can be informed about health risks and make wise choices.

