



## Healthy Babies Project, Inc. 2019 Annual Report

*Protecting tomorrow's children ... today*

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## A MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear friend who supports D.C. families,

*“There is no man living who isn’t capable of doing more than he thinks he can do.” Henry Ford (1863-1947).*

The District of Columbia youth we serve are unaware of their potential.

Instead, they face hunger, homelessness, poor health, abuse, violence, mental illness ... and for some, teen pregnancy and parenting.

They haven’t been shown how to identify their strengths. They haven’t had a cheerleader along the sidelines of their lives. They haven’t had caring adults explain the many career possibilities that are open to them.

They haven’t had someone believe in them.

We at Healthy Babies Project have seen what happens when these young people discover their individual value. They light up. They have hope. They see a future. They are capable of so much more than they know.

Yes, this kind of life transformation is hard. It’s time-intensive, which is why we stay with young people for two to five years.

But we do it for a simple reason: we believe in them.

And because of your partnership, we know you believe in them too.

Regine Elie, M.Ed.



Executive Director



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## PROGRAMS IN 2019

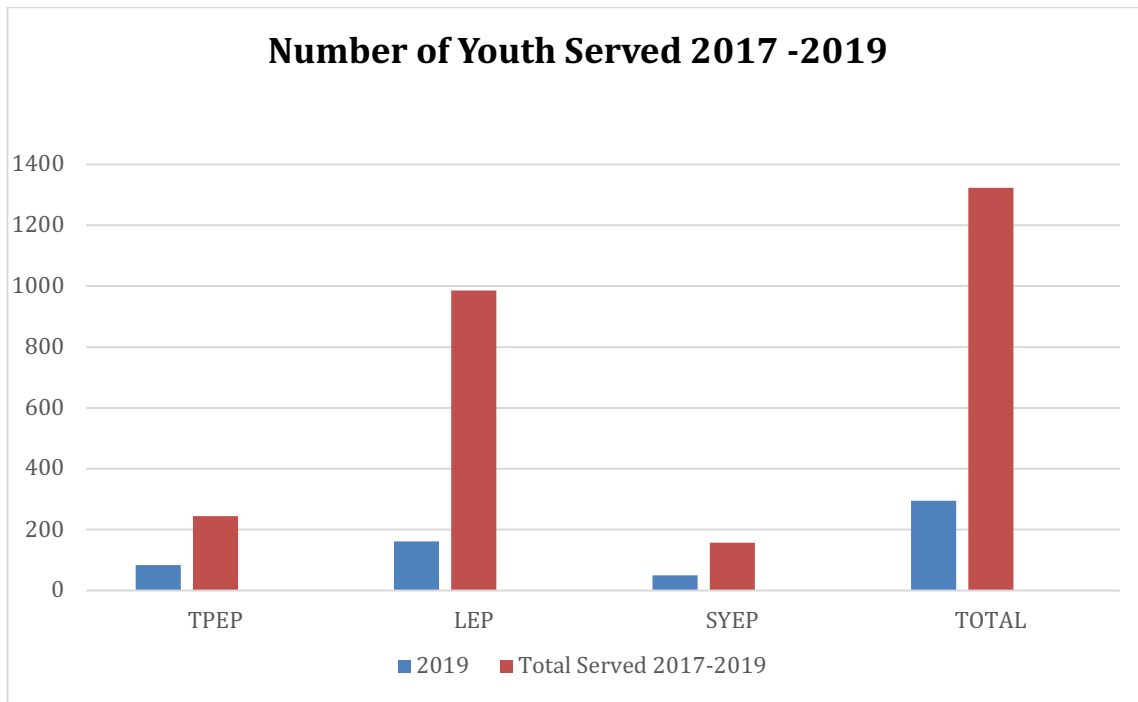
For more than 29 years, Healthy Babies Project, Inc. has served the poorest D.C. families with integrated health, education, and support services so they can build healthy, strong, independent families. In 2019, 100% of those we served were age 24 and younger. We operated three primary programs to serve these young people.

- **Teen Parent Empowerment Program (TPEP):** evidence-based, long-term case management and mentoring for pregnant/parenting youth and their children, which includes weekly parenting classes
- **Life Empowerment Program (LEP):** 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
- **Summer Youth Employment Program (SYEP):** a life skills and employment readiness summer program for District youth

### Numbers of Participants Enrolled/Completed

During 2019, HBP served 84 TPEP youth, 161 LEP youth, and 50 SYEP youth. Combined number of D.C. youth served during is a total of 1,323 youth.

Total TPEP: 245  
Total LEP: 986  
Total SYEP: 157



## Additional Programs in 2019

**Perennial Transitional House** has housed 19 homeless youth and has remained at capacity since opening. Eleven former residents have moved into stable housing, twelve are working full-time, and one 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 – 67 during 2019 alone, an 18% increase over 2018.

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

**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 Mission

Healthy Babies Project (HBP), a community-based nonprofit, helps the poorest D.C. youth develop life skills that build healthy, self-sufficient families.

### Our Vision

The most vulnerable District of Columbia youth are healthy and self-sufficient.

## 2019 HIGHLIGHTS

### Healthy Babies

- 93% HBP babies were born healthy
- 84 young families enrolled in HBP case management
- 100% case-managed families were connected to health care
- 61.5% of new young HBP mothers breastfed their new babies

### Responsible Youth

- 161 Life Empowerment Program (LEP) graduates in 15 cycles
- 50 Summer Youth Employment Program (SYEP) graduates
- 54 youth completed high school or acquired a GED
- 25 previously-lapsed youth enrolled in high school/GED classes
- 25 youth gained employment
- Just (1) unplanned pregnancy within 6 months and (2) within 12 months

### Stonger Families

- 75 young parents enrolled to receive benefits
- 40 young parents attended Teen Parent Empowerment Program classes
- 23 families acquired child care so parents could attend school or go to work
- 21 young parents acquired needed mental health services
- 31 fathers were involved with raising their babies
- 27 young families acquired stable housing
- 67 families were sponsored via Adopt-A-Family

### Additional 2019 Achievements

- In May 2019, HBP purchased Perennial Transitional House, thereby ensuring the project's sustainability for vulnerable young families for many years to come
- In late 2019, HBP initiated the lease of a second transitional house, set for acquisition and occupancy in early 2020





## Success Story: HBP Opens the Door for College

In 2019 District resident Dejanna Pedarvis became the first member of her family to go to college. And now, getting her degree will be a little bit easier.

On September 17, 2019 Dejanna was awarded the third annual Jim Lyons Memorial Scholarship, presented by HBP partner Hoops For Youth Foundation at its annual Congressional Basketball Game by foundation board chairman Paul Miller and treasurer Brad Knox.

The award is given in honor of a former Hoops for Youth partner Jim Lyons, who passed away during the 2015 Congressional Basketball game. Lyons' parents were on hand to cheer on Dejanna during the award presentation during halftime as were more than thirty HBP alumni.



*Dejanna with Hoops for Youth representatives Brad Knox and Paul Miller (above) and Jim Lyons' parents (below)*

Hoops for Youth Foundation is committed to providing the next generation of leaders with opportunities by empowering them to be role models for their peers.

Dejanna was nominated for the scholarship when she demonstrated outstanding leadership skills when she participated in HBP's Summer Youth Employment Program (SYEP). She had enrolled in the six-week interactive summer program for District youth after graduating from high school in June 2019.



Dejanna is enrolled in Morgan State University where she is majoring in journalism. She is considering a career in law or broadcasting.

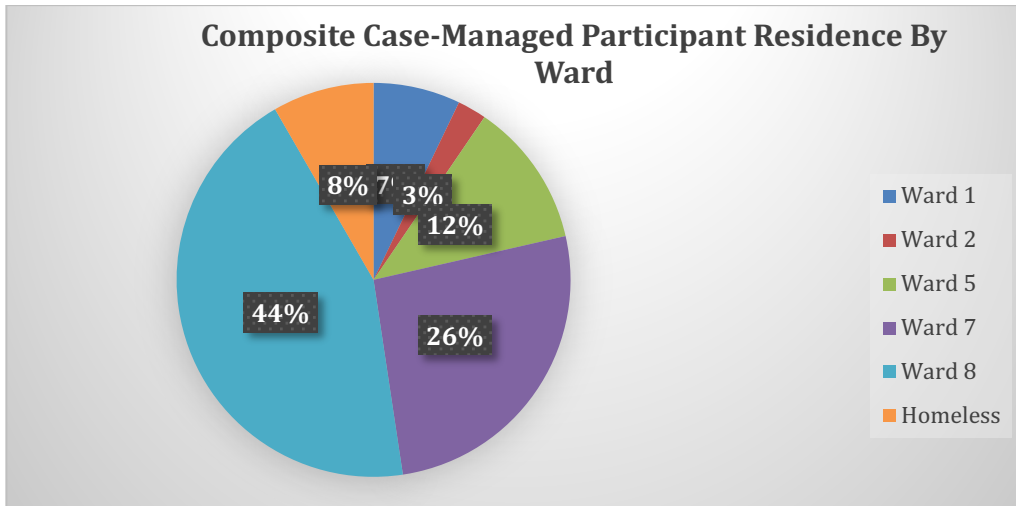
"I am the first in my household to attend college," said Dejanna. "I want to set an example for my younger siblings and show them no matter what obstacles come your way, keep trying and don't give up."

## WHO WE SERVED IN 2019

### Composite Participant Profile: Wards of Residence

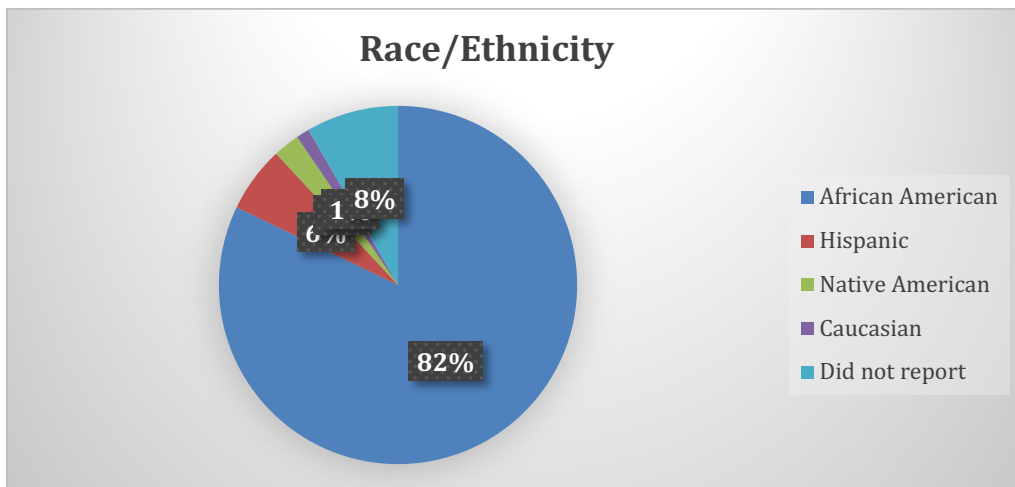
2019 case-managed HBP participants hailed from five District wards.

Ward 1: 7%	Ward 5: 12%	Ward 8: 44%
Ward 2: 2%	Ward 7: 26%	Homeless: 8%



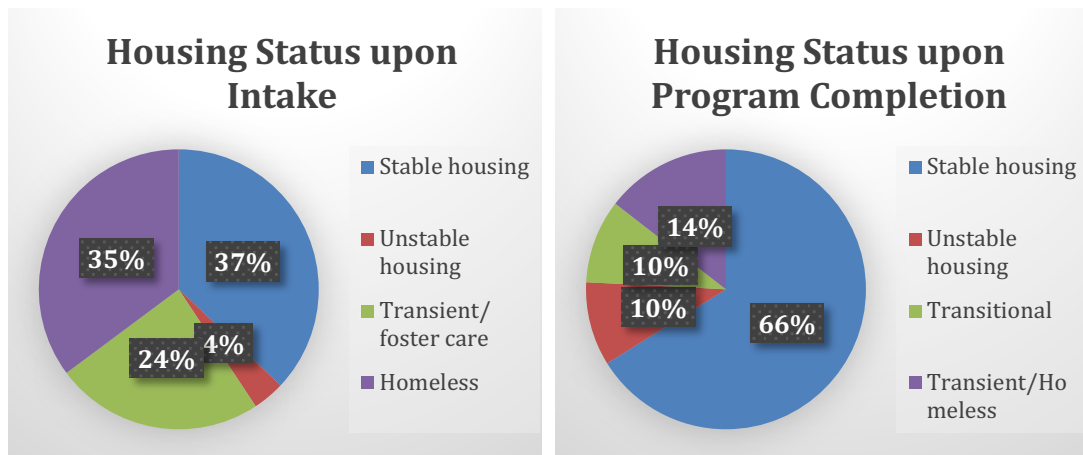
### Participant Profile: Race/Ethnicity

During 2019, 90.4% of case-managed participants served were African American or did not report their ethnicity, which is consistent with participant profile in previous years and consistent with national teen pregnancy trends.



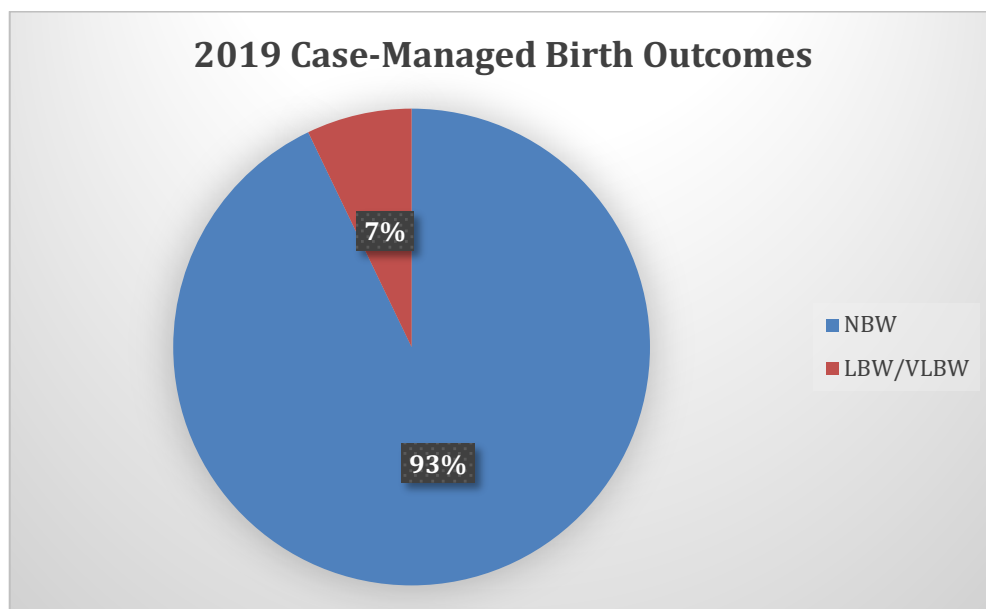
## Participant Profile (case managed): Housing Status

Stable housing remains a challenge for youth and families who access HBP services. During 2019, Just 37% case-managed youth lived in stable housing upon intake. The remainder 63% lived in unstable/transitional housing, foster care or were transient/homeless upon intake. HBP oversaw considerable progress for these youth as 82% moved to stable housing by program completion – a 45% increase in stable housing.



## 2019 Case Managed Births

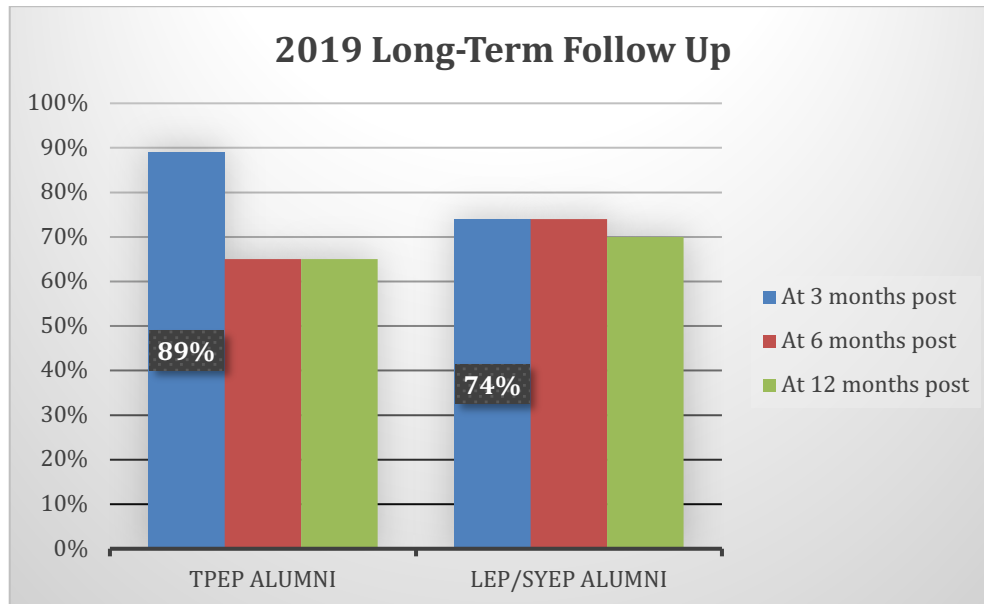
Of 84 case managed youth in 2019 there were 14 births: 13 normal birthweight babies (92%), 1 low birth weight or very low birth weight baby (7%), and 0 infant death<sup>4</sup>





## 2019 Long-Term Follow Up

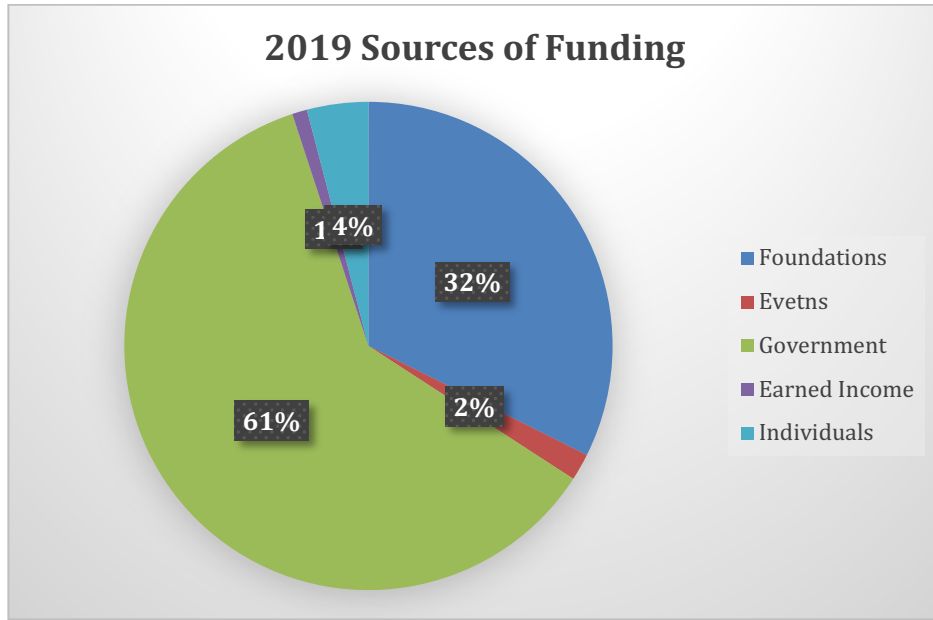
In its focus on long-term impact, during 2019 HBP implemented a systematic follow up strategy. Regular contact with program graduates is time-intensive but provides ongoing support for alumni and allows HBP to track program impact quantitatively.



# FINANCIALS

Fiscal Year January 1, 2019 – December 31, 2019

Revenue: \$77,408.00



## 2019 Partnerships

Aflac Federal Relations Office  
 Answer Title  
 Baker Donelson  
 BSA Troop 265 (Chevy Chase, MD)  
 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. 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  
 Idea Public Charter School  
 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  
 Open Society Foundations  
 Phase 2 Consulting  
 Project Create DC  
 Rotary Foundation of D.C.  
 The Share Fund  
 The City Fund  
 The D.C. Campaign to Prevent Teen Pregnancy  
 The D.C. International School  
 Toesies to Nosies Baby Massage  
 United Planning Organization  
 Unity Health Care  
 William S. Abell Foundation  
 World Bank Community Connection Fund

## THE HBP TEAM

### 2019 Board of Directors

Lonnie Walker, Board Chair  
Entrepreneur

Regine Elie, M.Ed.  
Executive Director, Healthy Babies Project

Ayana Denson-Ezani, OT, MOT  
Occupational therapist

Martine Elie, Ph.D.  
Speech pathologist

Robert Porter, Esq.  
Attorney

### Independent Auditor

Jacqueline David, CPA

### Staff

Regine Elie, Executive Director

Linval Brown, Program Manger

Jazmine Brazier, Youth Services Coordinator

Cybele Yadibert, Family Support Worker

DeVoshia Mason Martin, Data Analyst

Rose Ngodubou, Christine Marhone, Vanessa Ridout, Jade Ridout, , Michele McDaniel,  
Jessi Thompson-Brown: SIHLE facilitators

Michael White-Ruffin, Taquiyy Ludd: Making Proud Choices Peer Facilitator



## Challenges for 2020 and Beyond

### Facilitate Education

Low educational attainment is inherent in the lives of the youth we serve. A significant number come to us lacking basic literacy and computing skills (25-40%), intellectual or learning disabilities (10-25%), and limited cultural awareness and understanding (50-75%). Yet this need not remain the case. We are committed to helping HBP youth navigate re-enrollment, tutoring, and GED support so they can complete their high school degrees, go on to college or vocational school, and move into the workforce as informed, responsible citizens.

### Ensure Housing for Homeless, Pregnant Youth

Homelessness, transience, and unstable housing continue to impact one-third or more of those we serve. Our 2020 goal is to achieve occupancy of a second transitional housing facility so we can equip more disadvantaged young families to move into self-sufficiency.

### Build a 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.



### Reduce D.C. Teen Pregnancy in Target Wards

The number of teen pregnancies has remained stubbornly high in HBP target Wards 5, 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.