



## Healthy Babies Project, Inc. 2020 Annual Report

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## A MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear friend who supports D.C. families,

“It’s easy to say, ‘It’s not my child, not my community, not my world, not my problem,’” Fred Rodgers once said. “Then there are those who see the need and respond. I consider those people my heroes.”

We at Healthy Babies Project do, too.

2020 marked the 30th anniversary of Healthy Babies Project. But as for so many of you, the COVID-19 pandemic turned 2020 into something quite different than I envisioned.



For the youth we serve, lockdown meant isolation from friends and support systems. Our young mothers could not travel to medical appointments or get care for their babies. Our transitional homes, Perennial House and Muriel House, struggled to feed residents, help them to stay healthy, and find ways to help them continue with classes.

But you, our partners, saw the needs of these youth. You responded with food, grocery cards, medicine, PPEs, virtual instruction, tutoring support, and more.

What could have been a year of tragedy turned into one of achievement. HBP opened its second transitional home. We launched a series of advocacy classes. More HBP youth graduated from high school than ever before. Our parents and children are strong and healthy. We adapted and you stood with us.

As we move forward, we will remember 2020 as an amazing anniversary year. It’s one in which our community showed overwhelming compassion, generosity, and solidarity for our youth and their futures.

We saw heroes among us.

Regine Elie, M.Ed.

A handwritten signature in blue ink, appearing to read "Regine Elie".

Executive Director

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## PROGRAMS IN 2020

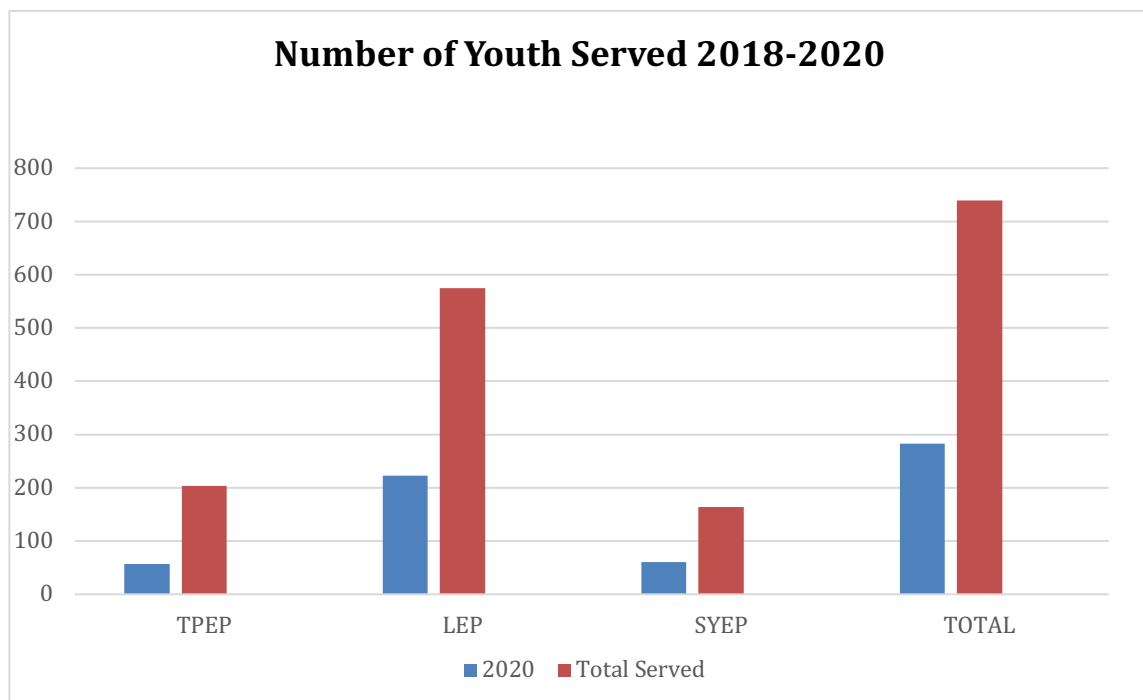
For more than 30 years, Healthy Babies Project, Inc. has served the poorest D.C. families with integrated health, education, and support services so they can build healthy, strong, independent families. In 2020, 100% of those we served were age 24 and younger. We operated three primary programs to serve these young people.

- **Teen Parent Empowerment Program (TPEP):** evidence-based, long-term case management and support for pregnant/parenting youth and their children, which includes weekly parenting classes with peers
- **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 2020, HBP served 57 TPEP families, 223 LEP youth, and 60 SYEP youth. Combined number of unduplicated D.C. youth served during the last three years (2018-2020) is 739 plus their children.

Total TPEP: 203  
Total LEP: 575  
Total SYEP: 164



## Additional Programs in 2020

**Transitional Homes:** Muriel House opened in March 2020 and housed 27 homeless/transient young mothers during its first year. Perennial House has housed homeless pregnant/parenting youth since opening in 2013 and is currently under renovation.

**Booster Sessions:** Monthly interactive workshops reinforce life skills training content and help youth put those skills into practice. During 2020, HBP conducted (38) Booster Sessions featuring (18) presenters in topics that included healthy relationships, choosing a career path, contraceptive methods, and learning advocacy skills.

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

**Adopt-A Family:** This seasonal program connects HBP participants with sponsors for the holiday season – 65 during 2020.

**HBP Workshops:** Regular sessions met virtually in 2020 to continue to support youth. **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, Growing Great Families (GGF), and Growing Great Kids (GGK) curricula 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 engage in breastfeeding.



## 2020 HIGHLIGHTS

### Healthy Babies

- 100% HBP babies were born healthy and 86% at normal birth weight
- 100% case-managed families were connected to health care

### Responsible Youth

- 223 youth acquired life skills in 8 Life Empowerment Program (LEP) cycles
- 91% LEP participants completed LEP life skills education
- 54 youth completed Summer Youth Employment Program (SYEP)
- 53 youth graduated from high school or acquired a GED
- 53 youth enrolled in college or trade school
- Just (2) youth (<1%) experienced pregnancy in 12 months after program completion

### Stonger Families

- 49 (86%) young parents enrolled to receive benefits
- 57 youth acquired evidence-based parenting skills
- 10 families acquired childcare so parents could attend school or go to work
- 23 youth acquired stable housing
- 65 families celebrated the holidays via Adopt-A-Family

### Additional 2020 Achievements

In March, HBP opened Muriel House, providing short-term crisis housing for homeless or transient pregnant and parenting youth as they work towards the goals of healthy birth outcomes, independent living and/or reunification with their families.

In the wake of the COVID-19 pandemic, HBP converted to virtual programming on all its platforms and met or exceeded the number of youth it equipped over 2019.



## Success Story: Young Mom Persists Through COVID to Achieve Stability

The COVID-19 crisis created untold challenges for HBP families. But the pandemic also motivated our young moms to pursue stability. Such was the case for Alisha,\* who came to Healthy Babies Project in June 2019 – well before most of us had heard of the term “COVID-19.” Alisha enrolled in HBP’s Summer Youth Employment Program (SYEP) with a clear purpose. She wanted to ensure a safe living situation and a secure financial future for herself and her baby.

Alisha was referred to HBP and SYEP by the Department of Youth Rehabilitative Services because she needed a place to live. At the time, Alisha was four months’ pregnant. She had been staying with her aunt, but the home was no longer safe for her and her unborn baby. Alisha wanted stability. But prior to entering SYEP, she didn’t know how to cultivate it.

Alisha stepped into a SYEP leadership role on the first day. She assisted with organizing each session. She made changes in her own circumstances by updating her resume, dressing professionally, and speaking clearly during job interviews. In just days, she was hired for a part-time job.



Meanwhile, she enrolled in GED classes and attended HBP’s Teen Parent Empowerment Program (TPEP) each week. She worked two jobs until giving birth to a healthy baby boy. When a spot opened at Perennial House, Alisha was admitted and soon transitioned to live in Muriel House when the new facility opened in March 2020.

Even when the COVID-19 public health crisis limited her job hours, Alisha persisted in pursuing stability. She enrolled for benefits for both herself and her son. She attended class online. Meanwhile, her case manager guided Alisha through the process of applying for permanent housing.

Alisha’s perseverance paid off when she was selected as a resident in one of the District’s permanent housing programs. Now, she and her son are living in their own apartment while Alisha continues to work, completes her education, and moves into a stable career.

SYEP had been the catalyst for Alisha’s life transformation. HBP provided support and guidance along the way. But the achievement belongs to Alisha.

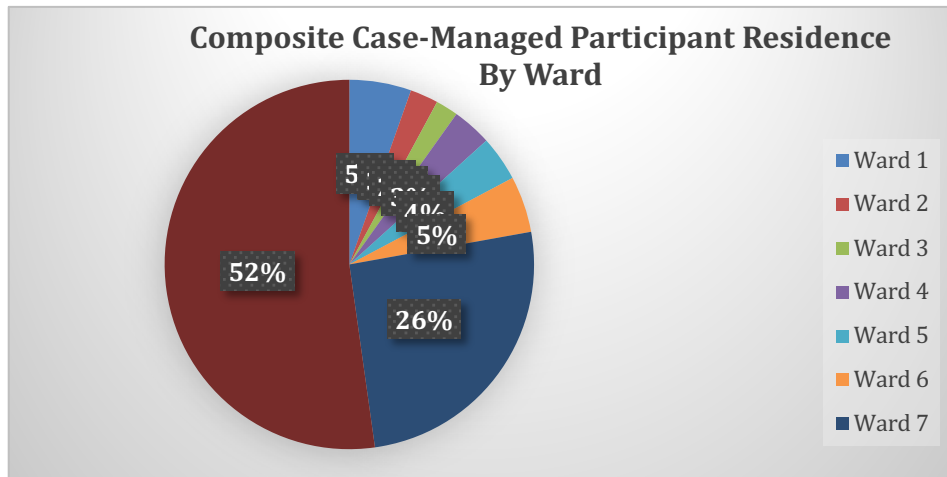
*\*name changed for confidentiality*

## WHO WE SERVED IN 2020

### All Programs: Participant Ward of Residence

2020 HBP participants hailed from all eight District wards, with 82% from our three target wards: 5, 7, and 8.

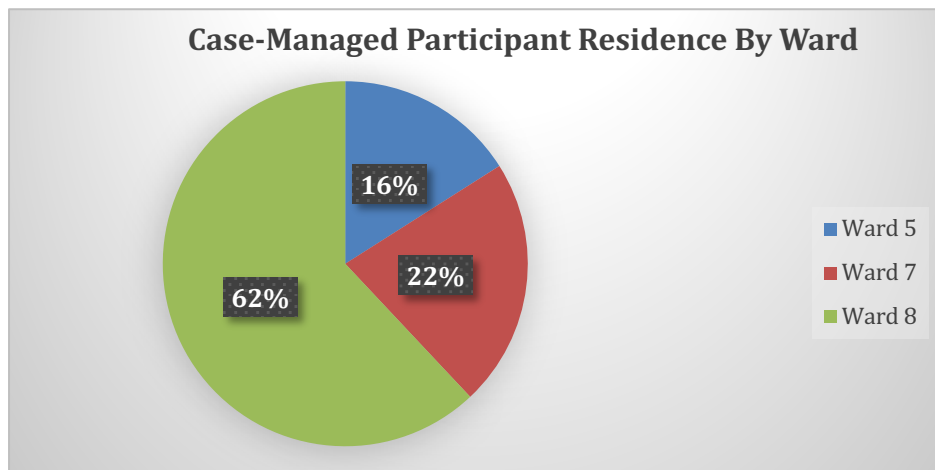
Ward 1: 5%	Ward 3: 2%	Ward 5: 4%	Ward 7: 26%
Ward 2: 2%	Ward 4: 4%	Ward 6: 5%	Ward 8: 52%



### Case-Managed Participants: Ward of Residence

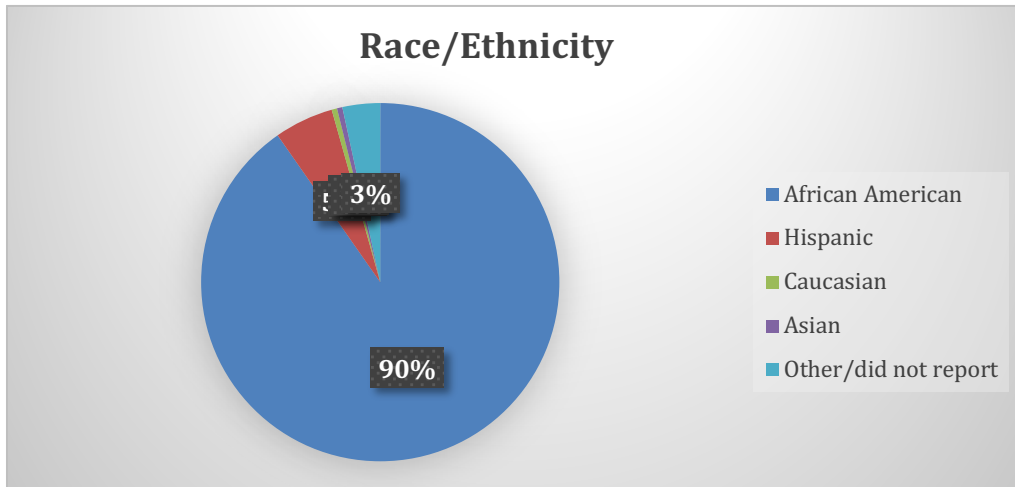
2020's case-managed HBP young parents came from three District wards.

Ward 5: 16%	Ward 7: 22%	Ward 8: 62%
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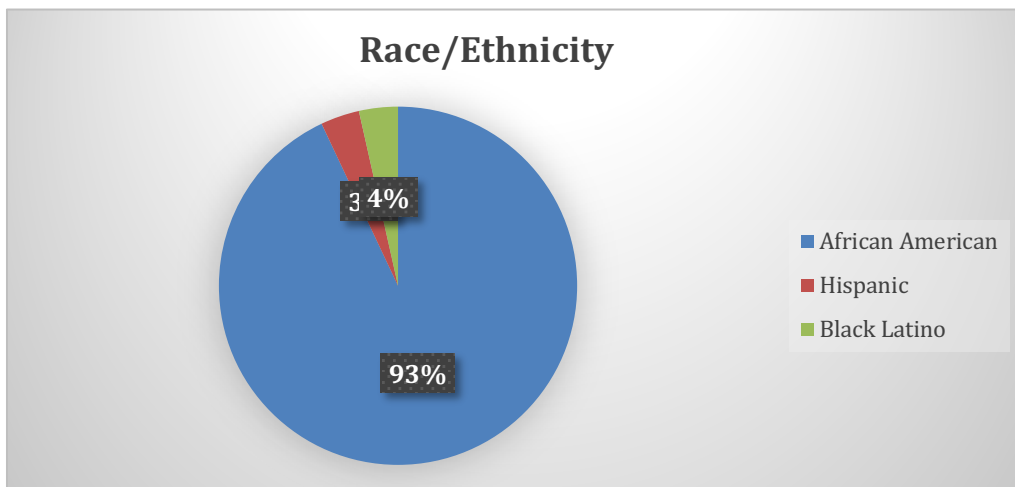
## All Programs: Participant Race/Ethnicity

During 2020, 90% of all participants served were African American, which is consistent with participant profile in previous years and consistent with national teen pregnancy trends.



## Case-Managed Participants: Race/Ethnicity

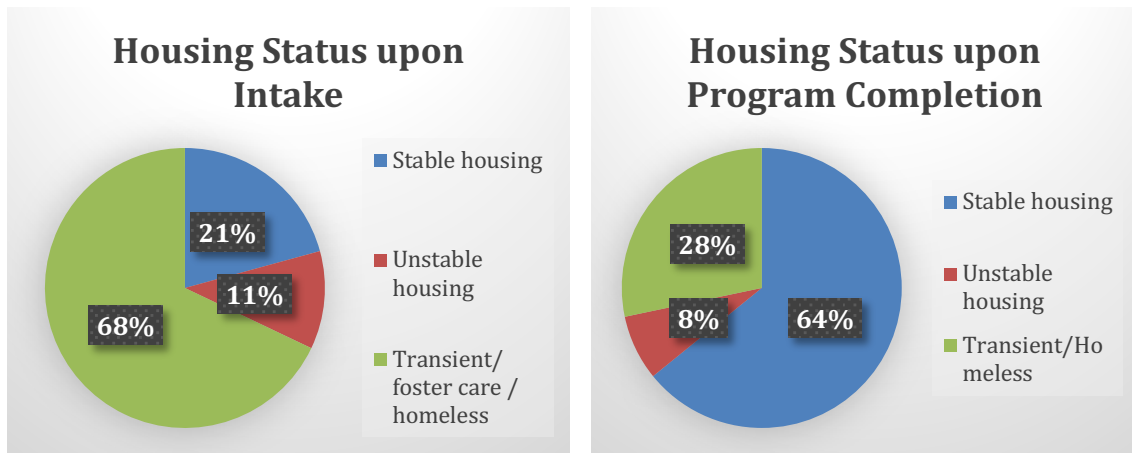
During 2020, 93% of HBP's case-managed young parents were African American, which is consistent with participant profile in previous years and consistent with national teen pregnancy trends. The remaining were Hispanic (3%) and Black Latino (2%).





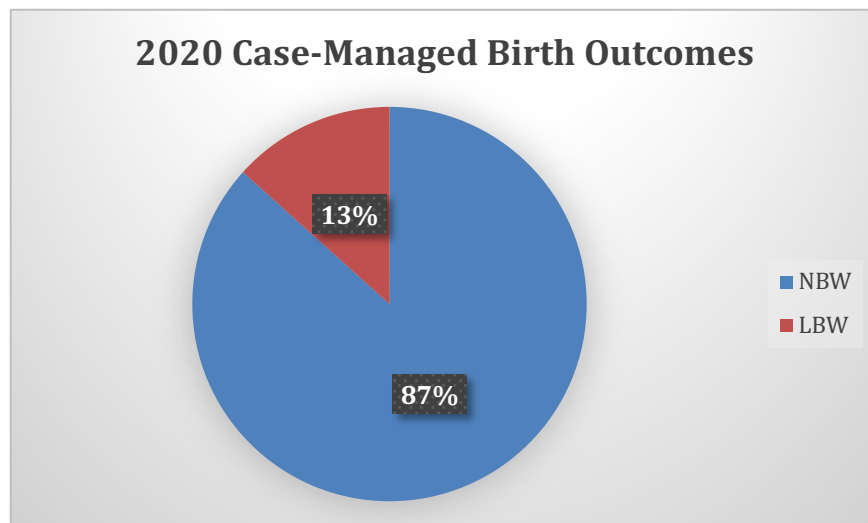
## Case-Managed Participants: Housing Status

Stable housing remains a challenge for youth and families who access HBP services. During 2020, Just 21% case-managed youth lived in stable housing upon intake. The remaining 79% lived in unstable/transitional housing, foster care, or were transient/homeless upon intake. HBP oversaw considerable progress for these youth as 64% were in stable housing by program completion, tripling stable housing numbers at intake.



## Case Managed Births

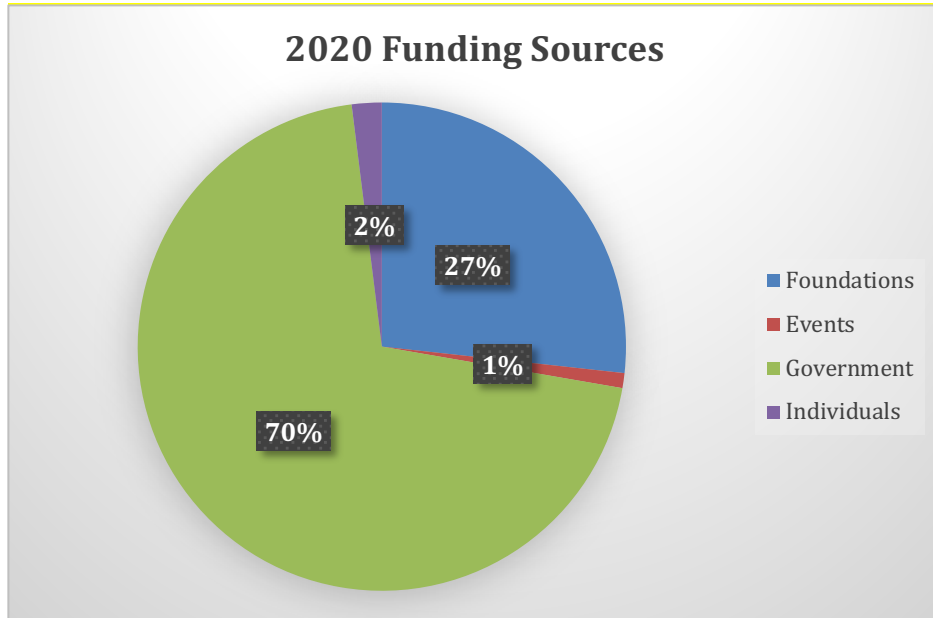
Of 84 case managed youth in 2020 there were 15 births: 13 normal birthweight babies (87%), 2 low birth weight babies (13%), and 0 infant deaths.



# FINANCIALS

Fiscal Year January 1, 2020 – December 31, 2020

Revenue: \$1,095,009



*2020 funding reflects local and federal COVID-19 pandemic support.*

## 2020 Partnerships

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>Aflac Federal Relations Office</li> <li>Answer Title</li> <li>Baker Donelson</li> <li>BSA Troop 265 (Chevy Chase, MD)</li> <li>Boys &amp; Girls Clubs</li> <li>Breastfeeding in Color</li> <li>Capital Group</li> <li>Child &amp; Families Services Agency</li> <li>D.C. Department of Employment Services</li> <li>D.C. Department of Health</li> <li>D.C. Fire Department</li> <li>D.C. Office of the State Superintendent of Education</li> <li>D.C. Public Schools New Heights Program</li> <li>Doulas of North America</li> <li>Early Stages</li> <li>Girls Inc.</li> <li>Growing Great Kids</li> <li>Giving Together</li> <li>Healthy Families America</li> <li>Hoops For Youth Foundation</li> <li>Howard University Speech &amp; Hearing Clinic</li> <li>Idea Public Charter School</li> </ul> | <ul style="list-style-type: none"> <li>Iota Business Sorority</li> <li>John Wall Family Foundation</li> <li>Kenilworth Parkside Recreation Center</li> <li>Life Pieces to Masterpieces</li> <li>Marion Berry Summer Youth Employment Program</li> <li>Marriott Foundation</li> <li>Mary's Center</li> <li>Maximus Foundation</li> <li>Open Society Foundations</li> <li>Phase 2 Consulting</li> <li>Project Create DC</li> <li>Rotary Foundation of D.C.</li> <li>The Share Fund</li> <li>The City Fund</li> <li>The D.C. Campaign to Prevent Teen Pregnancy</li> <li>The D.C. International School</li> <li>Toesies to Nosies Baby Massage</li> <li>United Planning Organization</li> <li>Unity Health Care</li> <li>William S. Abell Foundation</li> <li>World Bank Community Connection Fund</li> </ul> |
|---|--|

## THE 2020 Board of Directors

**Paul Miller, Interim Board Co-Chair**  
Businessman

**Rhonda Ware, Ed.D., Interim Board Co-Chair**  
Urban Educator

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

**Martine Elie, PhD., MSCCC-LSP**  
Speech Language Pathologist

**Robert R. Porter, JD**  
Attorney

**Independent Auditor**  
Jacqueline David, CPA



## CHALLENGES FOR 2021 and beyond

### Provide Respite Care for HBP Children

Many HBP babies and young children are victims of abuse, neglect, or exploitation. HBP is working to open an Oasis Sanctuary on site at Perennial House to provide respite care for young HBP children where they'll receive holistic care, learn meditation and yoga, and discover ways to build their inner strength and resilience.

### 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 and make wise choices.

### Increase Numbers of High School Graduates Among HBP Youth

Lack of education and training is a key limiting factor in a vulnerable youth's movement into economic stability. Yet when youth understand the power of education – and when they're empowered to complete a high school or college degree – they have a significantly higher chance of moving out of poverty. The COVID-19 public health crisis in 2020 escalated the challenges our youth face in completing an education. During 2021 we will work directly with HBP youth to ensure they have virtual learning tools, tutoring, and technical support they need to make progress in completing a degree.



#### 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.