

## I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

*One page only. This page will be shared electronically with Grant Panel Members & Fund Advisors.*

*Note: If Philanthropy Network's Common Grant Application is used, CCCF's **Summary Sheet MUST accompany application.***

*To obtain an electronic version of this application, visit [www.chescocf.org](http://www.chescocf.org)*

**Date:** October 28, 2023

### **Contact Information**

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ED/CEO Name: Mary Hewes  
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Board Chair Name: Kristen Wiedenmuller  
Board Chair Approval (check here): X  
Primary Contact Name: Molly Henry  
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### **Organization Information:**

#### **Field/s of Interest:**

Arts, Culture & Humanities       Environment/Animal Welfare       Education  
 Health       Human Services       Religion

#### **Mission:**

YoungMoms equips pregnant and parenting young women with the support, resources, and skills needed to overcome obstacles, minimize social inequities, and build a strong foundation for their families.

#### **Geographic Area Served** (If not all of Chester County, specify primary Chester County regions served):

Southern Chester County

#### **Describe Population Served & Annual Number of People Served:**

YoungMoms serves pregnant and parenting young women who enter our program between the ages of 13 and 21 years old. These young women experience significant cultural, socioeconomic, and relational challenges as they navigate adolescence and parenting simultaneously. In addition to the unique difficulties they each face, teen mothers in general are a significantly high-risk population. They are more likely to drop out of school, with only one-third of them obtaining a high school diploma; they are more likely to live in poverty than their non-parenting peers, with 80% relying on welfare within the first few years of giving birth; and they are at increased risk of experiencing depression, substance abuse, and dysfunctional or abusive relationships than their non-parenting peers. In addition, many participants have endured a significant number of Adverse Childhood Experiences (ACEs). Research has found that high ACEs lead to increased likelihood of both physical and mental health issues. Many of our clients from Central America have especially high ACE scores, making their needs and the plans to address them

particularly complex. The children of teen mothers are also more likely to experience adverse outcomes, including inadequate prenatal care, premature birth, physical and developmental delays, child abuse, poor school performance, and poverty. Due to the scope of the problems that teen mothers and their children face, they require a greater investment of resources and individual support than can be provided by schools or other youth-serving organizations.

YoungMoms serves 145 young women and their children throughout the year.

**Annual Budget** \$ 460,105 6 # of Full-Time Equivalent Paid Staff  
84 % of budget for program expenses 7 # of Board Volunteers  
10 % of budget for administrative expenses 125 # of Active Non-Board Volunteers  
6 % of budget for fundraising expenses 1200 # of Volunteer Hours  
*100 % total*

**Top 3-5 funding sources:**

- Nelson Foundation
- United Way of Southern Chester County
- Philadelphia Foundation
- Hamilton Foundation
- Justamere Foundation

**Is this grant proposal for:** Capacity Building \_\_\_ or General Operating X?

**If Capacity Building Proposal, the focus is:**

\_\_\_ Mission, Vision & Strategy \_\_\_ Governance & Leadership \_\_\_ Partnerships & Collaborations  
\_\_\_ Fundraising, Development & Marketing \_\_\_ Technology Other: \_\_\_\_\_

**Grant Amount Requested from the Community Foundation:** \$7,000

**Proposal Summary:**

YoungMoms is seeking funding to equip low-income, high-risk pregnant and parenting young women with the support, resources, and skills needed to overcome obstacles, minimize social inequities, and build a strong foundation for their families.

## II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

*Provide clear, concise information. 3 pages maximum.*

### 1. Nonprofit's history, goals, key achievements & distinctiveness

YoungMoms is a comprehensive support program that provides the academic, employment, relational, and parenting support pregnant and parenting young women need to improve their lives and those of their children. YoungMoms started in 2010 as a program of The Garage Community and Youth Center, and became its own 501-c-3 nonprofit organization several years later. Over the last 13 years has helped more than 285 young mothers stay in school, pursue a college education, access vocational training and meaningful employment, gain parenting and other life skills, and connect with community resources.

**There is no similarly individualized and comprehensive support program in our area that provides our organization's combination of case management support, life skills instruction, one-to-one mentoring, and community-building activities.** We work extensively with other agencies that address needs outside of our service specialties to ensure that there is no duplication of services. We have strong working partnerships with numerous community organizations and school districts and refer participants to Chester County Nurse Family Partnership, LCH, The Peacemaker Center, Family Promise, KACS, Career Corps, Wings for Success, MCHC, Domestic Violence Center, Crime Victims Center, and other relevant service entities. They likewise refer clients to YoungMoms as needed.

### 2. Funding request

- **Description of key initiatives**
- **Specific needs & issues to be addressed**
- **Why it is important to fund this now**
- **How impact & results will be demonstrated**

#### **Description of key initiatives/Needs & Issues Addressed**

Teen parents in our community, especially those who are immigrants, face complex economic, social, and educational challenges. Most of our clients live well below the poverty line, struggle to find work or to complete their education, and lack resources and opportunities to provide sufficiently for their families in the short term, let alone to plan for their future. An unexpected medical bill, a car breaking down, or a sick child and no backup babysitter is sometimes all it takes to create even more chaos and difficulty for these young women who are already struggling to provide a stable life for themselves and their children.

YoungMoms respectfully requests funding to support our overall programming efforts that equip pregnant and parenting young women with the support, resources, and skills needed to overcome obstacles, minimize social inequities, and build a strong foundation for their families. We accomplish this through a combination of highly specialized case management, one-to-one mentoring, and monthly workshops with life skills training. Our team of case managers works with each young mom to develop short and long-term goals, create a plan to achieve them, and connect with area resources to support their families. We provide our clients with educational & vocational assistance, parenting education, and personal development tools.

Our programming is designed around the following overarching initiatives:

### 1. Case Management / Goal Setting

Our case managers meet with each client to assess needs, circumstances, strengths, and support networks. Once a comprehensive intake process is completed, we work with clients to articulate goals focused on the Eight Dimensions of Wellness, an evidence-based model from the Substance Abuse and Mental Health Services Administration (SAMHSA) that recognizes the importance of an individual's holistic well-being. This model facilitates comprehensive and individualized support to help clients overcome obstacles that interfere with wellness in eight areas and to set and achieve goals to thrive in each: Parental, Educational, Physical, Relational, Financial and/or Occupational, Environmental, Emotional, and Spiritual. All of the dimensions are interconnected, with each area influencing and building on other ones.

### 2. Life Skills Training

Teen moms are in the unique position of continuing to develop as adolescents while also being responsible for the development of their young children. Staff and mentors provide ongoing life skills instruction in areas such as healthy relationships, nutrition, and budgeting. We teach our young moms effective communication, conflict resolution, decision-making, and time management skills. Parenting instruction and encouragement are provided in areas such as child developmental milestones, discipline, interactive play, and raising a bilingual child. YoungMoms uses the evidence-based Parents as Teachers "Partnering with Teen Parents" curriculum as the basis of our parenting support. We provide sexual health and reproduction education materials and connect participants to resources in the community that can provide medical and dental care.

### 3. Community & Relationship Building

One of the primary challenges facing young mothers is isolation from peers and from the community at large – a leading cause of depression, substance abuse, and loneliness. Since most of our clients are immigrants, their disconnection from the community is especially acute. Challenges are exacerbated when our young moms have to navigate stressful life circumstances without a robust support system. As a result we make community-building a priority. As part of our Advocacy Program, we hold monthly dinners and workshops where teen moms have an opportunity not only to learn important life skills information, but also to develop relationships with peers in similar life circumstances and with positive adult role models. These connections prove invaluable and create a system in which our clients can not only receive support but provide it to each other. Many of our young moms are also matched to a trained volunteer mentor who offers practical help and encouragement on a weekly basis.

### **Why it is important to fund this now**

It is important fund this now because our services are acutely needed in our community. While teen moms in general face urgent and complex needs, our specific service population is especially vulnerable. Historically, our clients were primarily from Mexico and the U.S. While these clients faced challenges, our newer clients are in much greater need and require more attention and more connections to resources. Currently more than 75% of our clients have emigrated from Central America, often from

countries with extreme political and economic instability. These young women are typically very high-risk and in high need. A large majority of our clients come from backgrounds of trauma and poverty, often do not speak Spanish or English proficiently (those from Guatemala speak native dialects and have limited Spanish-speaking abilities), and some have never completed their elementary education or are pregnant because of sexual assault. Often these young women come with very limited, if any, local family support. As a result, our case managers must work much more intensively with them to navigate these challenges and connect to community resources and supports necessary to provide for themselves and their children and to establish roots in our community.

## **Impact & Results**

We evaluate the effectiveness of our program by monitoring and analyzing attendance at YoungMoms events and activities, quarterly and yearly client progress toward goal achievement, client academic and vocational attainment, yearly client surveys, and pre/post program surveys. This information allows us to maximize our programming efforts and effectively serve our clients. YoungMoms consistently aims to strengthen evaluation and learning systems, including data collection and use, to identify what is working, to amplify high-impact program components, and to invest in continual improvements.

YoungMoms is a key player in the overall flourishing of the Southern Chester County community. Through our comprehensive and individualized support services, at-risk young mothers are overcoming barriers (lack of transportation, lack of language fluency, inadequate resources, lack of knowledge of available supports) to their well-being and accessing the prenatal, reproductive, and mental health resources they and their children need to thrive. As YoungMoms participants are empowered to set and achieve their goals they can alleviate reliance on public assistance and welfare programs, enabling them to contribute more positively to the workforce and our community.

YoungMoms empowers young women in extremely stressful and unstable life circumstances to overcome obstacles, set and achieve goals, create community connections, and feel hope for a brighter future—all with a team of caring peers, volunteers, and staff to help them along the way. As teen mothers complete their schooling, secure jobs, learn valuable parenting skills, find stable housing, and make healthy decisions for their lives, their children benefit and new generational patterns are created.

## **Attachments:**

1. Copy of 501 (c) (3) federal tax-exempt letter
2. List of Board of Directors, with their affiliations
3. Most recent annual report & financial statement, audited if available
4. Itemized organizational operating budget with actual results for prior fiscal year & current fiscal year to date
5. Current strategic plan. If your nonprofit does not have a current strategic plan, explain why.