

I. Grant Proposal Summary Sheet

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Contact Information

Organization Name: YoungMoms ED/CEO Name: Mary Hewes
Address: 708 E Baltimore Pike
PO Box 376
Kennett Square, PA 19348 ED/CEO E-mail: mary.hewes@youngmomscommunity.com
Phone: 855-YNG-MOMS
Board Chair Name: Kristen Weidenmuller
Board Chair Approval (check here): ☒
Website :<https://www.youngmomschestercounty.org/>
Year Incorporated: 2016 Primary Contact Name: Candice Meade
FEIN: 47-5319831 Primary Contact E-mail: candice.meade@youngmomscommunity.com

Organization Information:

Field/s of Interest:

	Arts, Culture, Heritage	x	Education, Library		Environment, Animals
x	Health	x	Human Services		Social Justice, Civic Engagement
	Religion		If other, please describe:		

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 - we follow boundaries defined by the United Way SCC - Oxford School District, Avon Grove School District, Kennett School District, and Unionville-Chadds Ford School District.

Describe Population Served & Annual Number of People Served. *(Include Chester County # &/or % served.)*

YoungMoms supports pregnant and parenting women aged 13 to 21, a population facing significant cultural, socioeconomic, and relational challenges. Teen mothers are at higher risk of dropping out of school, living in poverty, and experiencing mental health issues, substance abuse, and abusive relationships. Many of our participants also have a high number of Adverse Childhood Experiences (ACEs), particularly those from Central America, which compounds their challenges. Their children face higher risks of premature birth, developmental delays, child abuse, poor academic performance, and poverty. These complex issues demand greater investment and individualized support than schools or other organizations typically provide. Annually, YoungMoms serves over 150 young women and their children.

Annual Budget \$ 495,210 6.75 # of Full-Time Equivalent Paid Staff
83 % of budget for program expenses 9 # of Board Volunteers
9 % of budget for administrative expenses 130 # of Active Non-Board Volunteers
8 % of budget for fundraising expenses 1,900 # of Volunteer Hours
 100% = total

Top 3-5 funding sources: CCCF Pay it Forward Fund in Memory of Ronn Fletcher, Nelson Foundation, Philadelphia Foundation

This grant proposal is for: X Direct Service Programs & General Operating &/or Capacity Building

If Capacity Building Proposal, the focus is:

Contingency Planning	Partnerships, Collaborations	Merger, Closure
Mission, Vision, Strategy	Board Engagement & Leadershi	Marketing, Communication
Resource Development	Operations	Technology
If other, please describe:		

Grant Amount Requested from the Community Foundation: \$ 9,500

Proposal Summary: *(a few sentences, please)*

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 strong foundations for their families. Funding will be used for one of our key initiatives: case management and goal setting.

II. Grant Proposal Narrative

1. Nonprofit's overall aims, key initiatives, key achievements & distinctiveness

Over the past 15 years, YoungMoms has empowered over 295 young women to complete school, pursue higher education, access vocational training, gain parenting and life skills, and connect with community resources. Our individualized, comprehensive, and long-term support makes an intergenerational impact. There is no similarly individualized and thorough support program in our area that provides the combination of highly specialized case management support, life skills instruction, one-to-one mentoring, and community building activities. We collaborate with agencies such as Nurse Family Partnership, LCH Health and Community Services, Kennet Area Community Services, and more, ensuring that our participants access a wide range of services without duplication.

YoungMoms provides long-term, individualized case management for up to four years, grounded in the evidence-based Eight Dimensions of Wellness Model from the Substance Abuse and Mental Health Services Administration (SAMHSA). This holistic framework guides our work in addressing each client's well-being across eight areas: Educational, Parental, Physical, Relational, Spiritual, Occupational/Financial, Environmental, and Emotional.

Our unique program is designed around the following key initiatives:

1. Case Management & Goal Setting – Eight Dimensions of Wellness

From referral to graduation from our program, trained case managers meet regularly with clients to assess needs, support client goal-setting, and help clients overcome obstacles that interfere with wellness. Through monthly home visits, weekly check-ins, and transportation to appointments for mothers and children as-needed, case managers walk alongside clients as a guide on their paths to better futures.

2. Life Skills Workshops

Teen moms are in the unique position of continuing to develop as adolescents while being responsible for the development of their young children. Staff and mentors provide ongoing life skills instruction in areas such as healthy relationships, child developmental milestones, nutrition, financial responsibility, and medical care. The workshops are held monthly in Kennett, Oxford, and/or Jennersville.

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 and substance abuse. YoungMoms holds monthly dinners and workshops where teen moms have an opportunity to develop relationships with peers in similar life circumstances and with positive adult role models. Many of our young moms are matched to a trained volunteer mentor who offers practical help and encouragement.

2. Funding request:

- **What specific needs & issues are being addressed, via what programs and services?**

Demand for our services has grown significantly—from 59 mothers served in 2019 to 83 mothers and 92 children in 2024. Our case management and goal-setting program has expanded to meet this need. We respectfully request support from Chester County Community Foundation, as we plan to fund 8 hours of

1-on-1 case management each week in the coming year, ensuring mothers receive the full continuum of care from a trusted, bilingual case manager and meet the basic needs of their families.

Case Management and Goal Setting Program

Case managers meet with individuals to assess needs, situations, strengths, and support networks. They help clients to articulate goals focused on the Eight Dimensions of Wellness Model, from the SAMHSA. This model allows comprehensive and individualized support to help young women overcome obstacles that interfere with wellness. Working one-on-one with her case manager, each client creates a plan to achieve her goals.

Mothers are then connected to appropriate community resources. Typically, action plans initially focus on addressing immediate needs (housing, legal help, medical & food access, etc.) and shift to educational and/or vocational goals as individuals move through the program. Detailed records of client interactions are maintained in the secured YoungMoms cloud-based database.

Young moms may remain in our program for up to four years. Each young girl's individual progress is tracked by her case manager, who helps her toward graduation from YoungMoms. Graduations from the program are celebrated when a young mother is empowered to live independently - she and her child have a doctor and dentist, she is confident in her parenting skills, she knows how to access her community resources, she has stable housing. Many also graduate from high school, obtain a drivers permit, and find employment. This long-term support helps them overcome major challenges and achieve their goals, making the YoungMoms program both unique and life-changing.

- **Why is it important to fund this now?**

We have seen a significant shift and growth in the individuals who are joining our program. The demand for our program is also on the rise.

Year	# of Referrals	# of New Clients	# of Clients Served	# Children Served
2020	26	22	60	65
2021	38	25	69	72
2022	50	30	70	75
2023	48	23	70	65
2024	53	25	83	92
YTD 2025	37	19	72	83

Without the support of YoungMoms, many of these young women would face significant disadvantages in our community. Most are asylum-seeking immigrants, many of whom do not speak English. Navigating the demands of motherhood as a teenager is challenging, let alone in a new country without a support network. Initially, our organization did not fully anticipate the level of inclusion our program would offer to the growing immigrant population in Southern Chester County.

Currently 100% of our clients come from the Hispanic community. Many live far below the poverty line, lack nearby family support, and face barriers in finding work, education, and resources. In response to this need, we have ensured that all our case managers are bilingual, allowing each client to feel understood and supported as they face challenges of teen motherhood, including single parenthood, poverty, domestic

violence, isolation, incomplete education, language barriers, depression, and limited opportunities. The year is not over, we continue to receive referrals each week while providing support to mothers and children currently receiving services. Funding now from CCCF supports critical 1-on-1 case management for young girls and women in our county.

- **How will results & impact be demonstrated?**

YoungMom's services and Case Management support are offered continuously, year-round, for our clients. We measure success by meeting our goal of 100% support for the clients who need our services. We leverage our data management system to track client successes, assess and refine our programming, effectively communicate our outcomes with our supporters, and ultimately better serve our clients.

We continually monitor attendance at activities and events; we track quarterly and yearly client progress toward goal achievement and monitor academic/vocational attainment; and we conduct yearly client surveys and pre/post program surveys. Last year, we also implemented a post-workshop survey to gauge client understanding of content and overall satisfaction with the workshops.

Our young moms remain in the program for up to four years, and we continue to check-in with them, monitor their progress and celebrate their achievements. Closely tracking and supporting our clients' successes after graduation enables us to provide inspirational examples to current young moms in the program. These include: finishing high school; continuing education; securing steady work; securing daycare; securing stable, safe housing; getting a driver's license; and purchasing a car.

Twice a year, each participant meets with her case manager to review progress toward her individual goals using the Eight Dimensions of Wellness Model as a guide. We expect at least 85% of graduates to show improvement across the Eight Dimensions of Wellness, as measured through pre- and post-program surveys. The measured impact of YoungMoms is demonstrated in the difference from Intake to Graduation from our program:

2024 CLIENT SURVEY RESULTS: 8 DIMENSIONS OF WELLNESS

- Parental (I am confident about being a mom) - Intake: 69% to Graduate: 98%
- Relational (I have friends who understand me and support me) - Intake: 73% to Graduate: 97%
- Physical (I know what to do if I have a medical or dental emergency or need) - Intake: 67% to Graduate: 100%
- Emotional (If I am feeling depressed or anxious, I know what to do) - Intake: 49% to Graduate: 98%
- Spiritual (I am part of a faith community) - Intake: 59% to Graduate: 83%
- Educational (I know the options in my community to learn English, go to school or register for training) - Intake: 60% to Graduate: 89%
- Environmental (I keep my documents and paperwork organized) - Intake: 91% to Graduate: 98%
- Occupational/Financial (I know the importance of budgeting and managing my money) - Intake: 56% Graduate: 95%

One of the best reflections of our program's impact is that many YoungMoms graduates participate in the life skills workshops to share their experiences. They want to help other young women like themselves, and they represent a positive path forward for the current young mothers.