

## I. Grant Proposal Summary Sheet

**Date** March 9, 2026

### **Contact Information**

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### **Organization Information:**

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

|                                     |                         |                                     |                            |                          |                          |                                  |
|-------------------------------------|-------------------------|-------------------------------------|----------------------------|--------------------------|--------------------------|----------------------------------|
|                                     | Arts, Culture, Heritage | <input checked="" type="checkbox"/> | Education, Library         | <input type="checkbox"/> | <input type="checkbox"/> | Environment, Animals             |
| <input checked="" type="checkbox"/> | Health                  | <input checked="" type="checkbox"/> | Human Services             | <input type="checkbox"/> | <input type="checkbox"/> | Social Justice, Civic Engagement |
|                                     | Religion                | <input type="checkbox"/>            | 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** \$ 633,647 6.75 # of Full-Time Equivalent Paid Staff  
83 % of budget for program expenses 10 # 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:** , Nelson Foundation, Philadelphia Foundation, United Way of SCC

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

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

|          |                            |  |                               |  |                          |
|----------|----------------------------|--|-------------------------------|--|--------------------------|
|          | Contingency Planning       |  | Partnerships, Collaborations  |  | Merger, Closure          |
| <b>X</b> | Mission, Vision, Strategy  |  | Board Engagement & Leadership |  | Marketing, Communication |
|          | Resource Development       |  | Operations                    |  | Technology               |
|          | If other, please describe: |  |                               |  |                          |

**Grant Amount Requested from the Community Foundation:**

\$ \$4,500

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

YoungMoms is seeking funding to support the planning and development of a new three-year strategic plan. The funding will cover six months of strategic planning consulting services, Board Chair coaching for the YoungMoms Board and leadership team, and the creation of a final strategic plan, tactical implementation plan, and Executive Summary.

## II. GRANT PROPOSAL NARRATIVE

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

Over the past 16 years, YoungMoms has empowered over 300 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, Kennett 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.

In 2025, we served 76 young mothers, all of whom identified academic, employment, relational, and parenting goals and created a plan to achieve them. Over 80% of participants were employed and/or enrolled in a school or training/program. Throughout the year, YoungMoms case managers provided

792 home visits to mothers in our program. In our year-end survey, 99% of clients reported they believe they are a better parent because of the support from YoungMoms. 100% of participants reported positive life change since joining YoungMoms, and 99.5% reported learning the importance of setting goals.

Finding reliable transportation to school, work, and appointments is a huge challenge for many of our young moms. Staff and volunteers drive participants to YoungMoms events and activities, as well as job interviews, medical appointments, school, and training programs. In 2025, 633 rides were provided to mothers needing transportation assistance. We also ran 25 workshops and training groups focused on each of the eight dimensions of wellness. During these events, 30 moms were trained in CPR, 23 moms received domestic violence training, and 33 moms learned about MyPlate and nutrition. We celebrated 6 high school or GED graduations, and 13 young moms opened up a bank account - some the first woman in her family to do so.

Children of young mothers also benefit from our program. Each child gains an improved quality of life as they are connected to educational opportunities and medical support. When mothers reach their goals and gain valuable life skills, their children benefit from a more stable environment.

YoungMoms provides critical support that helps young mothers navigate transportation, healthcare, paperwork, education, and parenting while building confidence, stability, and self-worth. Participants credit YoungMoms with helping them achieve goals they once thought were impossible and feel supported, safe, and empowered as mothers.

## **2. Funding request**

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

We have seen a significant shift and growth in the individuals who are joining our program. The demand for our program has grown significantly—from 59 mothers served in 2019 to 76 mothers and 88 children in 2025. Our services have expanded to meet this need.

Without the support of YoungMoms, many of these young women would face significant disadvantages in our community. Some 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 99% 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.

We respectfully request support from Chester County Community Foundation, as we move into a new round of strategic planning to ensure consistent, culturally competent, and trauma-informed care for our growing and shifting client population.

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

An investment in a Strategic Plan, which will provide a framework for programming and organizational growth is critical for YoungMoms' continued growth and sustainability. We are seeking to develop a new Plan to further strengthen programming and organizational structure. YoungMoms' client base has grown tremendously over the past several years. This has generated an increased need for additional staff, volunteers, resources, and revenue to effectively accomplish the organization's mission. With such growth, it is imperative that YoungMoms has in place a clear plan to perform its services with excellence, raise sufficient funds, train volunteers, and develop a framework by which key programmatic and administrative decisions are made in total alignment with the mission. Without a formal Strategic Plan, it is more challenging for the Board of Directors and staff to make sound decisions for the future.

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

YoungMoms has become an essential resource that brings a sense of confidence and optimism to young mothers and empowers them to break the underlying cycles of poverty, abuse, and low self-esteem that often influence teen pregnancy. A Strategic Plan will enable YoungMoms to continue to articulate a strategy to best serve constituents and continue a sustainable trajectory of expansion. Local schools, citizens, and organizations rely on YoungMoms to guide its pregnant and parenting teens to financial independence, healthy family lives, and vibrant participation in the community.

With close to 75 young mothers, and their 75+ children accessing services each year, YoungMoms recognizes that a Strategic Plan is imperative for continued growth and success. We are at a pivotal stage of organizational growth and require a comprehensive Strategic Plan to guide the next phase of development. As our organization matures, its governance structure, leadership roles, program priorities, and fundraising strategies must evolve accordingly with a clear strategic roadmap. Funding for a facilitated planning process, board leadership coaching, and multi-year Strategic Plan will ensure alignment among board, staff, and community stakeholders and position YoungMoms for sustainable growth and impact.

## **Additionally, for capacity building grant proposals:**

### **o How will this capacity building initiative impact your nonprofit?**

A Strategic Plan will identify strengths and weaknesses in the organization's existing programs and provide strategies to improve services and program outcomes as well as identify and assess YoungMoms' capacity for new programs. A strategic plan will help to streamline processes, such as the recruitment and enrollment of volunteers (mentors & tutors), while exploring opportunities to solve new challenges, such as rising transportation needs. Additionally, this project will outline a plan for YoungMoms to ensure its financial sustainability and increase its capacity to ensure all young mothers in Southern Chester County have access to the resources needed to reach their academic, vocational, relational, and parenting potential.

We anticipate that the Strategic Plan would result in:

- Defining measurable goals that are realistic, achievable, and appropriate for the organization
- Establishing action steps to guide implementation
- Building leadership capacity at the governance level
- Positioning the organization for sustainable growth and increased funding
- Building effective relationships among the board, other volunteers, and staff
- Increasing the capacity of the organization's volunteers and staff to implement plans effectively

This capacity-building initiative will strengthen YoungMoms' governance, leadership effectiveness, and long-term sustainability by developing a comprehensive, actionable strategic plan and strengthening Board leadership. Completing and implementing a Strategic Plan will allow us to communicate our mission/outcomes more effectively to the community, enhance existing/develop new funding relationships, and ultimately better serve our clients.

### **o How will this impact be demonstrated?**

The guidelines, policies, directions, and vision of a new Strategic Plan will be regarded by us as the authority in providing direction for Board and staff decisions. The value and success of any strategic plan is demonstrated in its implementation. Our Board of Directors and Executive Director are committed to utilizing the Strategic Plan as a guide, with periodic reviews of its status.

Commitment to our current strategic plan, developed in 2023, demonstrates the impact of utilizing an actionable Strategic Plan to guide organizational vision and decisions. Each section of the plan is assigned to a Board or staff member(s), who is responsible for ensuring its timely implementation, including providing reports to the Board of Directors at Board meetings. The Plan is also used to structure the Executive Director's reports to the Board of Directors. The Board utilizes a formal evaluation process to verify individuals/committees are completing action items in the assigned time period. We are set to complete and evaluate the current strategic plan in Q1 of 2026, with consultant-led planning for our upcoming strategic plan beginning in Q2.

Outcomes from our 2023 strategic plan include:

- Fully integrated the Eight Dimensions of Wellness across all programming.
- Launched and funded small group gatherings
- Implemented dental and vision benefits for all full time staff.
- Strengthened financial oversight and reserves
- Modernized our governance structure
- Made a strategic facilities decision to remain in Kennett and identified a new property for less money

**o Include a description of the expected activities; timeline & costs to implement the initiative. If external consulting services are required, include the anticipated costs & expertise of the consultants to be hired. Include external consultant proposal/s if applicable.**

YoungMoms has received a proposal from consultant Constance Carter, CFRE to provide strategic planning consulting services and Board Chair coaching for YoungMoms. We anticipate the total cost of the project to be \$4,500. Our consultant will work closely with the Executive Director, Mary Hewes and Board President, Michelle Modesto, to facilitate the process and engage constituents.

Specific steps in the strategic planning process will include a 1-1.5 hour workshop for Board and leadership staff on nonprofit life cycles and evolving governance roles, a 2-hour review and analysis with Board and key constituents (to include mission and vision review as well as SWOT analysis), 10 community stakeholder interviews, and a thorough review of internal structures, processes, reports, financial systems, and materials. We expect these consulting services to run from the end of March to mid-August. Constance Carter, CRFE brings experience in nonprofit strategic planning, governance development, and executive and board leadership coaching. The attached proposal outlines the scope of services and associated costs.