

I. Grant Proposal Summary Sheet

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Contact Information

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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 \$ 633,647 6.75 # of Full-Time Equivalent Paid Staff
83 % of budget for program expenses 11 # of Board Volunteers
10 % of budget for administrative expenses 130 # of Active Non-Board Volunteers
7 % of budget for fundraising expenses 1,900 # of Volunteer Hours
 100% = total

Top 3-5 funding sources: Nelson Foundation, Hamilton Family Charitable Trust, United Way of SCC

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, Communicator
☐	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 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.

4. Referrals and Partnerships

YoungMoms collaborates with schools, healthcare providers, mental health agencies, childcare providers, and social service organizations to connect participants to education programs, medical and behavioral health care, food access, housing support, and transportation. Additional support includes provision of essential baby items such as car seats and cribs if needed. YoungMoms is unique in providing integrated, multi-year support focused on education and long-term self-sufficiency.

In addition to the four key activities described above, YoungMoms also provides transportation assistance. Finding reliable transportation is an ongoing challenge for our participants and is a systemic barrier we have been working hard to address. Our dedicated volunteers and staff provide transportation services, ensuring access to school, jobs, and medical appointments.

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?**

Under-resourced teen mothers face significant socioeconomic, cultural, and relational challenges as they navigate adolescence and parenting simultaneously. Often, YoungMoms must step in quickly to assist clients with emergency situations, including housing, domestic violence, and medical needs.

We seek funding to support our Case Management and Goal-Setting program, which provides comprehensive, individualized, long-term support that helps young mothers move from immediate crisis toward long-term stability. Participants remain in the program up to four years, allowing case managers to build trusting relationships and support progress over time. From referral to program graduation, trained case managers meet regularly with individuals to assess needs, support goal-setting, and help 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 young women as trusted guides toward stable, healthy futures.

Case managers work one-on-one with clients to determine needs, strengths, and support networks. Together, they develop individualized action plans aligned with the Eight Dimensions of Wellness Model from the Substance Abuse and Mental Health Services Administration (SAMHSA). This holistic framework guides our work in addressing each mother's well-being across eight areas: Educational, Parental, Physical, Relational, Spiritual, Occupational/Financial, Environmental, and Emotional. Initial goals often focus on immediate needs such as housing, legal assistance, medical care, and food access, and later shift toward educational and vocational achievement.

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.

Through our comprehensive model, we strengthen educational and vocational attainment, improve access to essential services, and help young mothers build stable, independent futures, benefiting both generations and the broader southern Chester County community.

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

Demand for YoungMoms services continues to grow, increasing from 60 mothers and 65 children served in 2020 to 79 pregnant and parenting young women and 88 children in 2026. It is critical to fund the Case Management & Goal-Setting program now to meet this rising demand through our expanded Case Management staff and services.

Increasingly, the young mothers who join our program are navigating complex legal obstacles, struggling to meet basic needs, and facing challenges of isolation and trauma. Currently, our participants are primarily Latina. Many live far below the poverty line, lack nearby family support, and face barriers in finding work, education, and resources. Without the support of YoungMoms, many of these young women would face significant disadvantages in our community.

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.

Through our work with immigrant and first-time teen mothers, we have also learned that isolation and lack of transportation are two of the greatest barriers to consistent engagement in services and safe access to healthcare, education, and child development opportunities. We also learned that transportation safety is a critical and often unmet need. Many mothers referred to YoungMoms do not own car seats, lack the resources to purchase one, and have never received instruction on proper installation or child fit. To address this gap, YoungMoms now provides car seats and certified car seat safety training to every mother enrolled in the program.

We continue to receive referrals each week while providing support to mothers and children currently receiving services. We respectfully seek support from Chester County Community Foundation to help sustain our Case Management & Goal-Setting Program in the coming year, ensuring that mothers receive the full continuum of care from trusted, bilingual case managers and are able to meet their families' basic needs.

- **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.

Our program aims to create measurable improvements in the lives of our participants by focusing on the Eight Dimensions of Wellness: parental, relational, occupational/financial, physical, emotional, spiritual, educational, and environmental well-being. Through consistent program evaluations and a robust network of community resources, we are committed to ensuring that participants graduate with at least a 125% improvement in key wellness attributes. Program goals include increased high school completion, improved access to essential services, strengthened parenting skills, and greater long-term self-sufficiency.

YoungMoms tracks each participant's progress throughout her time in the program using Apricot CRM (Customer Relationship Management). Case managers document services, referrals, goals, and progress across the Eight Dimensions of Wellness. Program data and participant surveys are reviewed regularly by the Program Director and Executive Director to monitor outcomes, identify trends, and address service gaps.

Our pre- and post-program self-assessment provides additional evidence of participant growth. In 2025, graduates reporting confidence in parenting rose from 80% at intake to 99%. Knowledge of

education and training opportunities rose from 57% to 91%, and understanding of budgeting and financial management increased from 51% to 96%.

In the coming year, YoungMoms anticipates serving 75–80 pregnant and parenting young women and providing more than 700 case management home visits. These visits are often the only option for providing consistent, individualized support for clients facing transportation, work, or childcare barriers. Participants will receive individualized goal-setting and support, advocacy and referrals, assistance accessing healthcare, education, employment, housing, and other essential resources, transportation to appointments and other critical services, and emergency assistance when needed.

Additionally, we anticipate that participants will:

- Gain practical life skills and habits that support positive behavior change
- Increase stability in housing, healthcare access, education, and parenting supports
- Grow in confidence and competence as parents
- Improve life skills, self-advocacy, and goal-setting abilities
- Experience improved mental health, confidence, and sense of belonging
- Strengthen parenting knowledge and child well-being
- Make measurable progress toward education and employment goals
- The children of the young moms will be provided with educational and social opportunities, connection to medical services, and essentials.

Investing in young mothers strengthens families and builds a more stable, equitable community.

III. ATTACHMENTS

1. IRS Determination Letter
2. 2026 Board of Directors
3. 2025 Annual Report *URL: <https://www.youngmomsmcc.org/financials>*
4. 2025 Audited Financial Statements
5. 2025 FY Budget v. Actual & 2026 YTD Budget v. Actual
6. If capacity building initiative, itemized budget: Not Applicable
7. 2023 Strategic Plan Summary (currently finalizing 2026 Strategic Plan)
URL: https://8d980edc-701a-4623-b7a0-f67be5454099.filesusr.com/ugd/38b8ee_f6796e92871c4030b1a3248406582692.pdf