



**FAMILY SUPPORT
NETWORK**
of Central Carolina

2019-2020 Annual Report

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Welcome!

Hello! We are thrilled to invite you to join us as we reflect on our year in review. This Annual Report details the programs we provide, how many families we have touched, how we have responded to COVID-19, and its impact on our community. We are perpetually humbled by both the importance of our work, the strength of our families, and the support of our sustainers. Thank you for equipping us as we press on to support families who have experienced a NICU stay or have a child with special needs. As always, we're committed to these families knowing they are not alone in their journeys ahead.

For questions, additional information, or to connect, please email me at nancym@fsncc.org.

Nancy Micca,
FSNCC Executive Director

"OUR MISSION IS TO PROVIDE SUPPORT,
EDUCATION, AND CARING CONNECTIONS TO
THOSE WHO HAVE A CHILD WITH SPECIAL
NEEDS OR HAVE EXPERIENCED A NICU STAY."



OUR HISTORY:

FSNCC was organized in 1989 by a coalition of parents, medical professionals and staff from community agencies serving children with special needs and their families. FSNCC serves families living in Guilford and surrounding counties. We are affiliated with NC Parent to Parent and the Family Support Network of North Carolina TM.



OUR GUIDING PRINCIPLES:

- *Supporting Caring Connections*
- *Celebrating Uniqueness*
- *Nurturing Resilience*
- *Strengthening Families through Education*



FAMILY TESTIMONIALS

"We have been so blessed by the support of FSNCC. From our earliest interaction while in the hospital to being able to continue to participate in the Mom's Group each month. As I look back, I know that we couldn't have gotten here without the support we have received. We have gained resources, understanding, encouragement, strength, knowledge, reassurance, and so many more things. I try to share with anyone I can about our awesome experience and how they can find that same support if and when they are ready for it."
-Elizabeth N.

"Thank you FSNCC for growing with our family over the years and always meeting us where we are with what we need at that time. We wouldn't want to be on this journey without you. We love you!"
-Diane K.

"Being first-time parents is challenging and to have a diagnosis along with that can be even more difficult, especially when your immediate family lives on the other side of the world. Through FSNCC, we were matched with our amazing Parent Mentor. She is the sweetest, kindest, most generous person we have ever known. We are forever thankful to FSNCC and our Mentor for their much-needed support and for helping us face something that was totally unexpected and heartbreaking for us. We will never forget the light of hope you shed on our momentarily dark world."



OUR BOARD:

Ashley Collier, Parent, Board Chair, Attorney

Carter Davenport- Parent, Board Vice-Chair

Isabel Chasse- Board Treasurer, Licensed Social Worker (Cone)

Brendie Fitzgerald- Parent, Administration for Wholesale (Costco)

Candace Matthews- Parent, Pediatric Clinical Nurse (Cone)

Caroline Neill- Parent, Certified Nurse Midwife in Obstetrics and Gynecology (Cone)

Carrie Sawulski- NICU Physical Therapist (Cone)

Dr. Jennifer Summer- Pediatrician (Northwest Peds)

Harriet Twiggs Holt- JD, RN, NNP-BC, NICU (Cone)

Jane Glynn- Secretary and Service Coordinator (CDSA)

Jeremy Deaver- Parent, Executive Director of Neurosciences and Medical Specialties (Cone)

Sabrian Enoch- Parent, Nurse Consultant (NC Division of Health Service Regulation)

Stephanie Garner- Parent, Professor at HPU

Steve Gobbo- Parent, Finance



OUR STAFF:

Nancy Micca-

Executive Director

Amy Stowers-

NICU Family Support

Meredith Spaugh-

Office Manager & NICU Family Support

Katy Biagini-

Marketing & Communications Manager

Melissa Brooks-

NICU Family Support

Alma Espinoza-

NICU Family Support & Spanish Interpreter

Kathy Cartee-

Book Keeper



RATIONALE FOR FAMILY SUPPORT NETWORK:

Family Voices Inc., a national group, found that 14.6 million children ages 0-17 (almost 20% of all children) in the US have a special health care need (SHCN), such as: autism, cerebral palsy, developmental delay, intellectual disabilities, depression, learning disabilities, epilepsy, etc. ('One in Five Report', 2015). Special health care needs lead to more health care utilization than children without SHCN.



STATS AT A GLANCE:

4x the number of hospitalizations

5x the number of prescriptions

7x the number of days in hospital care

7x the number of annual visits to providers

Furthermore, the majority of children with SHCN have co-occurring health conditions and require multiple specialized services. The health status needs of children with SHCN increase in complexity and impact as they grow.



OUR VOLUNTEERS:

Our organization truly couldn't run without the dedication and support of our many volunteers. From volunteers who sew blankets for our NICU babies, the interns who help serve us as we prepare for our annual Poker for Preemies event, the graduate families who provide NICU lunches, and everything in-between. We're abundantly grateful for the support of our community in all forms.



VOLUNTEER IMPACT:

1,028.5

Total FSNCC Volunteer hours served

\$25,124.38

In-kind support, valued at \$24.14 per hour



PROJECT NICU

from Family Support Network



OUR NICU IMPACT (2019-2020):

NICU FAMILIES SERVED: 474

BABY BOXES (SAFE-SLEEP): 400

BOOKS FOR BABIES: 2x per month,
735 total

CRIBS FOR KIDS (PACK AND PLAYS):
43

**ELIZABETH'S CLOSET (BASIC BABY
SUPPLIES):** 73

FROGS (NICU POSITIONING SUPPORT):
97

GAS VOUCHERS: 150, \$10 each

SIBLING COMFORT BAGS: 232

EARLY INTERVENTION:

- Home Visitation: 74 infants served
- 256 at-home visits

NICU SUPPORT GROUPS:

- 17 meetings for current families
- 130 attended unduplicated
- 206 attended duplicated



OUR SPECIAL NEEDS IMPACT (2019-2020):

SIBCLUB (*A support group for siblings of children with special needs*): 12 meetings

MOM'S GROUP (*A moms group for moms of children with special needs*): 9 meetings

AFTER THE NICU GROUP (*A moms group for moms who experienced a NICU stay*): 9 meetings

RARE DISEASE GROUP (*A moms group for moms of children with a Rare Disease*): 9 meetings

DAD'S GROUP (*A dads group for dads of children with special needs*): 9 meetings

ADDITIONAL RESOURCES INCLUDE:

- Free assistance with connecting families to a variety of local and statewide support and advocacy resources.
- Distribute statewide Family Support Program Summer Camp Guide through our website and social media campaigns.
- Sharing family-friendly information regarding specific diagnosis, grief, coping, sibling support, and more.
- Parent mentors are matched with fellow parents with the same or similar diagnosis. All of our Parent Mentors are trained and equipped for this connection.

COMMUNITY EVENTS



HOLIDAY JAMBOREE

An annual Special Holiday Event for our Families of children with special needs or families who experienced a NICU stay:

- This event is free, open to the public, and held in December at the Haynes Inman Center.
- This event is a wonderful opportunity for parents to receive resources and connect with other families in the community with similar experiences.
- 108 participants in attendance (not including FSNCC Staff, Board, and Volunteers).

UNITE

"Understanding the Needs of Inclusion Takes Everyone"

An Annual Community Event, planned and held in conjunction with Downtown Greensboro, Greensboro Parks and Rec, and Greensboro Downtown Parks. It is free and open to the public:

- This year's event was temporarily postponed due to COVID-19
- In lieu of an in-person event, a resource list of all partner organizations and vendors was created and distributed to the community so they can still connect to services.

COMMUNITY

OUR RESPONSE TO COVID-19



The COVID-19 Pandemic has greatly impacted our entire nation, and our organization by extension. In an effort to pivot, we quickly transitioned all of our programming to virtual and added brand new programming to meet growing needs throughout our community. The following are a few of the ways we have adjusted---and provided---during this time:

- Online COVID-19 Resource List on our Website
- Free Mask Distribution for both adults and children (prioritizing medically fragile children and their families)
- An increase in distribution of Baby Basic Supplies
- Distribution of Emergency Grocery Cards and Meal Cards for NICU families in need
- Virtual Parent Group and Sibling Support Group Meetings
- Online Webinars (with topics varying from tips in navigating decisions surrounding COVID-19 to Self-Care, and more)
- Online Story Times (featuring families impacted by our programming and Cone Health Staff)
- And more!

COVID-19

NEW PROGRAMS



Our organization is always open and evolving for the community we serve. The following programs have been established in the past year as a response to an observed need. We are grateful for the success of these programs in such a short time and look forward to growing them in the coming year as well:

- **Empowered Moms Program-** The Empowered Moms Program was funded through a grant from the Guilford County Partnership for children, with a goal of empowering pregnant and parenting mothers of substance exposed infants in Guilford County. It is our desire to offer a safe and non-judgmental support system to equip these moms in active recovery with the resources they deserve to thrive as a woman and as a new mom. We believe empowered moms raise empowered children!
- **Black Parent Group-** This group was established by one of our beloved volunteers, Tabia McKinzie, with the hope of offering Black parents of children with special needs a safe place to 'be' and find both understanding and support. It has quickly become one of our most 'attended' parent groups, in a short time!

NEW PROGRAMS

OUR FUNDING:



One of our primary objectives is to offer our services for free to our families. We do so through the following means:

- Annual Fundraisers (including Poker for Preemies, which raises over 30% of our funding)
- Grants and Campaigns (Guilford County Partnership for Children, DSS, Community Foundation- Future Fund, Safety Makes Cents, and more)
- Private Donations & Local Sponsors
- In-Kind Support (office/warehouse space)



FUNDING

OUR AFFILIATIONS:



AFFILIATIONS



**THANK YOU FOR YOUR CONTINUED
SUPPORT! PLEASE STAY IN TOUCH.**

"When you treat a disease, sometimes you win and sometimes you lose. But when you treat a PERSON, I guarantee you, you'll win... no matter the outcome." -Patch Adams



EMAIL LIST-SERV:

To receive our monthly newsletter, please email katy@fsncc.org. Our newsletter currently reaches 1,520 individuals and agency professionals

WEBSITE: www.fsncc.org

FACEBOOK: www.facebook.com/fsncc

INSTAGRAM: @FSN_CC

TWITTER: @FSN_CC