



Annual Report

2014-2015

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From the Executive Director

“Not all of us can do great things, but we can do small things with great love.” - Mother Theresa

There are a million small things that make a huge difference to a new parent, and at Good Beginnings of Central VT, our volunteers do many of them with great love. When they arrive at the home of a new parent, whether it is the first baby or third, their goal is to make the family feel supported, connected and loved. They listen. They encourage. They help. They set off a positive chain reaction in the household that ultimately fosters an environment of nurturing and stability and gives the family a better chance of success. For example, a caring GB volunteer arrives at the home and a frazzled, sleep-deprived mother answers the door. She is feeling inadequate, isolated and overwhelmed.

continued...

Her partner is back to work, household duties have gone by the wayside, breastfeeding is challenging and she is worried the baby is not getting enough, she is alone much of the day, she couldn't get the baby to settle down earlier, she needs child care resources for when she returns to work in a couple of months, and she hasn't showered in a few days. The volunteer offers to rock the baby and fold the laundry while the mother showers and rests. She connects her to community resources for child care, and she offers to attend the next La Leche League meeting with the mother to get the breastfeeding support she needs. Through these small actions, the mother is given the chance to reset her stressed nervous system, receive some nourishment and rest, and feel supported and encouraged. This, in turn, allows her to better care for her newborn, create a secure attachment, and nurture and meet the newborn's needs. An infant whose parents are supported as such ultimately has better chance for success because their needs were met early on. These are just some of the small miracles our Good Beginnings volunteers make each day.

As Executive Director, I am so grateful for the contributions our volunteers and programs make to young families, and therefore, to our community at large. The postpartum period is grossly overlooked in our culture's health care system and families need help to get off to a good start. At Good Beginnings, our dream is a community that recognizes and honors the transition to parenthood as one of the most critical, and that endorses the importance of postpartum support to provide families with the resources they need to be successful. Thank you to all who help us take strides toward realizing this dream with the work we do every day!

Respectfully,

Alison Lamagna, Executive Director



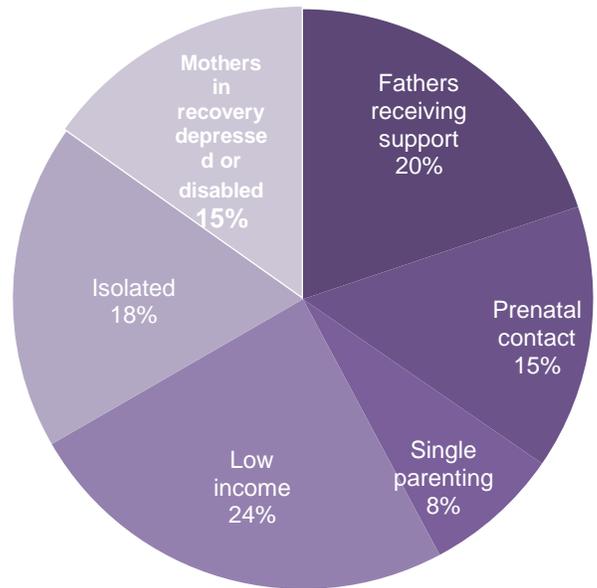
At Good Beginnings, we believe that any family with a new baby can use a helping hand. We know the statistics – 1 out of every 6 women may experience postpartum depression; the US is the only industrialized nation not to mandate paid leave for mothers of newborns; families are segmented with extended relatives living further from each other. We serve ALL families because ALL families need support and help to provide stable, nurturing, secure environments for their babies.

A Good Beginnings Mother's Story

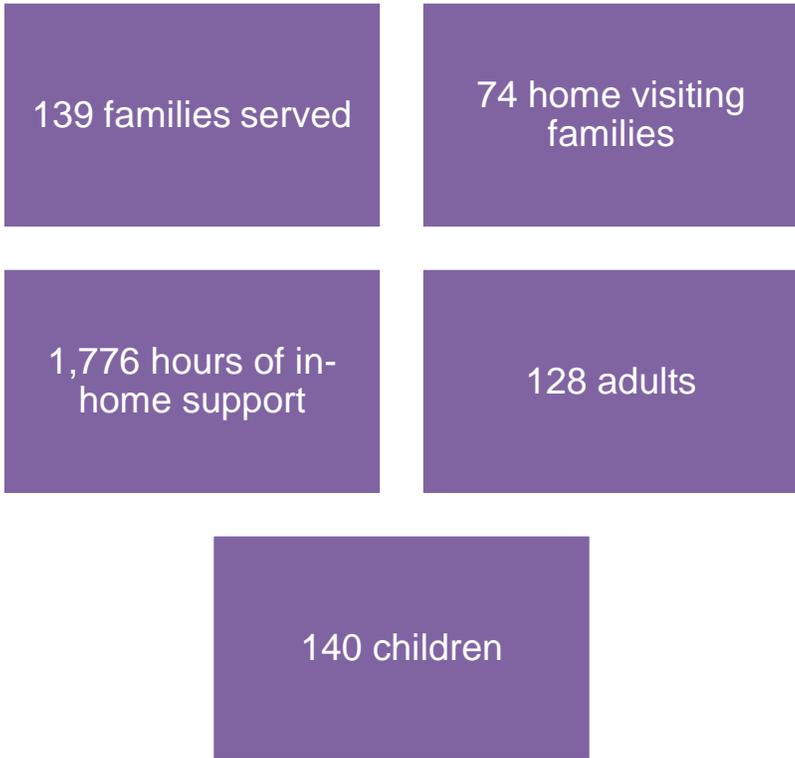
Good Beginnings has had a profound impact on my life personally and professionally. First, as a mother, Good Beginnings supported me after the birth of my second child. I struggled deeply with postpartum depression and found the support of the GB volunteer to be life-saving; knowing there was someone out there (other than my husband) I could turn to in those moments of need. During that time I also received a baby carrier that helped me learn how to support and nurture two babies at once. Looking back, I have the deepest appreciation for the volunteer and the organization as they helped me through a difficult transition in motherhood.

Professionally, the support I received during that time has inspired me to focus my work as a massage therapist and doula on postpartum mothers and families. To have an organization like Good Beginnings in the central Vermont community is a valuable resource and asset to us all. The support Good Beginnings gives to mothers and families helps grow happy and healthy communities and families from the beginning.

Program Participant Demographics



Program Overview and Outcomes – Family Home Visiting



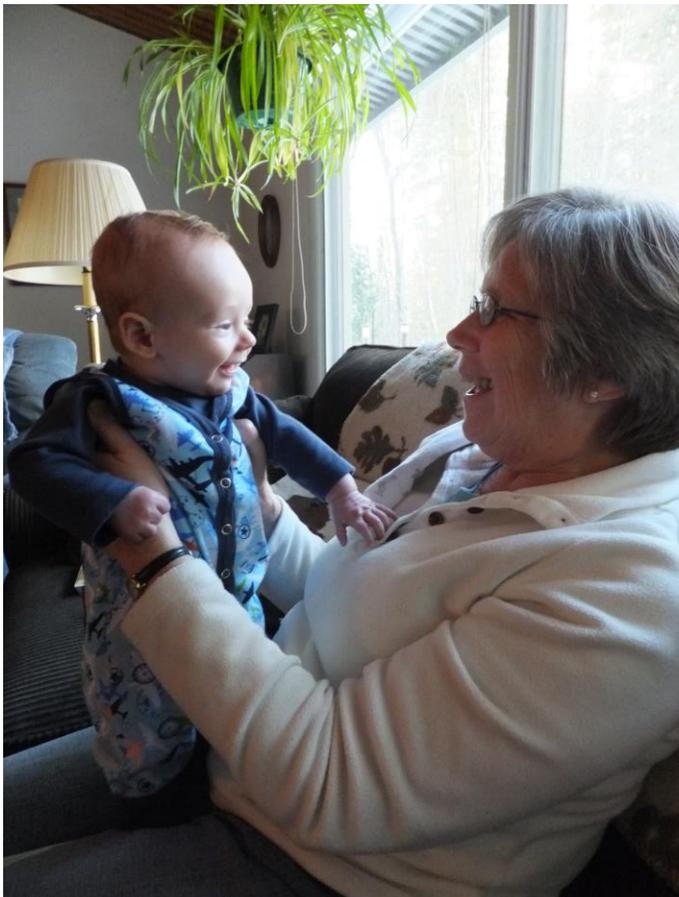
What our families are saying...

“The most helpful thing was knowing that I wasn’t alone. I had something to look forward to when I was having a rough time with either my recovery or the baby.”

“The most helpful thing is that the program is tailored to what each mom needs, not uniform for all.”

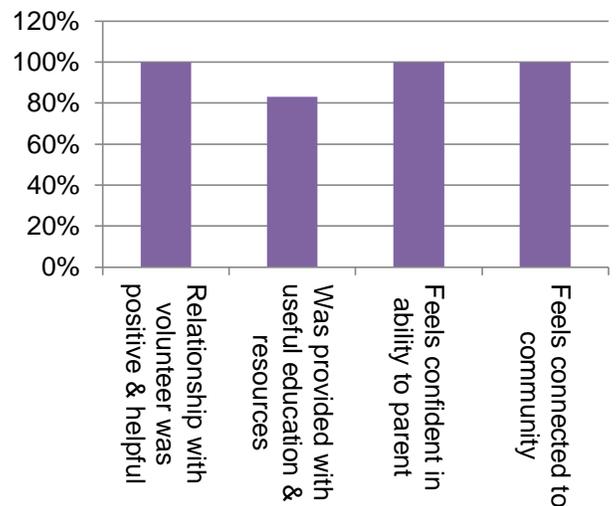
“As a new mom I felt really overwhelmed and Good Beginnings helped out by providing a volunteer as well as space to hold meetings which were great excuses to get out of the house and meet other parents and moms in the early days.”

“I struggled deeply with postpartum depression and found the support of the GB volunteer to be life-saving.”



Family Survey Results

■ After Good Beginnings Services



Additional Programs



In Loving Arms

Sometimes an infant needs to stay at the hospital for vital monitoring for an extended period of time. This is especially true when infant is born dependent on substances. In our program we serve mothers and their babies in recovery or treatment, families experiencing premature birth, mothers and babies with minimal family visitation or support, and mothers and babies recovering from cesarean birth. The In Loving Arms program aims to provide “cuddling” to infants boarding at the birthing unit at UVM Health Network Central VT whose caregivers are unavailable. Gentle, warm touch, and loving attention are especially important for these tiniest of humans to develop into loving and caring adolescents and adults.

2014-2015:

- 6 infants with Neonatal Abstinence Syndrome held & cuddled

The Nest / Parenting Workshops

The Nest is a “go-to” place for parents in our community. We’ve taken care to create a space that feels comfortable and safe, and that provides resources and connections for families. Our workshops and peer support groups would not be possible without valuable partnerships with other local groups and professionals.

Thank you our volunteer workshop leaders: PCAVT, Margaret O’Toole, Marcela Williamson & Marianne Perchlik!

Thank you, also, to our partners Central VT Babywearers and La Leche League for bringing your offerings to new parents to our resource space. We are so grateful for your contributions and your support!

Fatherhood

Our Fatherhood Support Program held 4 family events celebrating fatherhood this year. Many fathers were supported in the home during home visits with role-modeling, resources and information. We also sponsored a positive fatherhood image project in the community providing fatherhood posters for many frequently visited community agencies, schools, and doctors’ offices.

Volunteers

Our services and programs are entirely volunteer-based. We simply could not support local families without the incredible network of dedicated, caring, compassionate volunteers that make Good Beginnings who we are. *Thank you.*

Comments from families:

“My volunteer is awesome! She is helpful, kind, generous and loving with my family. She has held the baby, read countless stories and played many games with my four year old. I don’t know how I would have gotten things done without her! It was wonderful to have her to talk to. We love her!”

“I really appreciated my volunteer’s help and company.”

“My volunteer is great – she was super helpful and kind.”

“My volunteer was and is a God send. She is amazing with my son and her time in my home allows for me to do homework necessary for my degree.”

“Our volunteer offered me support with the children so I could tend to simple tasks such as taking a shower and washing the dishes and they offered me the space to rejuvenate my mental/emotional well-being. My 2 year old daughter also received some much needed adult attention. She looks forward to the weekly visits as much as I do. Our volunteer has also helped us to integrate ourselves in the community by offering us a plethora of local family resources. I have been so grateful for this support system.”

“My volunteer was so sweet and reliable. I was thankful to have her visit.”



100% of participating home visiting families reported on surveys that their relationship with their volunteer was positive and helpful



Thank you

Good Beginnings relies on the support of kindhearted, caring people to continue our work every day. We are deeply grateful to all of our partners, supporters & donors, whose generosity make it possible for us to continue to provide this important early intervention and postpartum support for families in Vermont.

Thank you.

2014-2015 Major Contributors:

Ben & Jerry's
Bishop deGoesbriand Appeal for
Human Advancement
Blue Cross Blue Shield VT
Byrne Foundation
Children's Trust Foundation
Chouinard's Comfort Colors
Green Mountain United Way
March of Dimes, VT Chapter
National Life Foundation
Northfield Savings Bank
Foundation
State of VT, Child Development
Division
Turrell Foundation

2014-2015 Business

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Green Mountain Transit Authority
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Northfield Rotary Club, Inc.
Northfield Savings Bank
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Rinkers Communications
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2015 Expo Supporters:

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O'Toole, Margaret
Red Hen Bakery
Rich, Vicki
Rockin' Ron the Friendly Pirate
Runa
Smugglers' Notch Resort
Tulsi Tea Room
Wiches Brewen
Woodbury Mountain Toys

2014-2015 Individual Contributors (\$50 or more):

Alderman, Sharon
Amato, Carolina
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Barnes, Bettie
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Cady, Sara
Cardinal, Eron
Charbonneau, Erin
Chenette, Jessica
Colgan, Diane
Corneille, Carol
Denny, Mary
Giuliani, J Paul & Bonnie
Gleason, Molly
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Holbrook, Charis
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MacLeay, Thomas & Charlotte
Magnus, Kathy
Markova, Irina
McLean, Sheila & Stewart
Morse, William
Moz-Knight, Melinda
Murphy, Carolyn
Parry, Denise
Pope, Nancy
Sheehan, Jenny

2014-2015 Partners:

Babywearers of Central VT
Building Bright Futures Coalition
Central VT Breastfeeding
Coalition
Family Center Washington
County – Welcome Baby Project
La Leche League
UVM Health Network – Central
VT Medical Center

Our Staff, Board of Directors & Advisors

Staff

Ana Campanile, Program Director
 Alison Lamagna, Executive Director
 Ashley Roy, Administrative Assistant/Fatherhood Coordinator

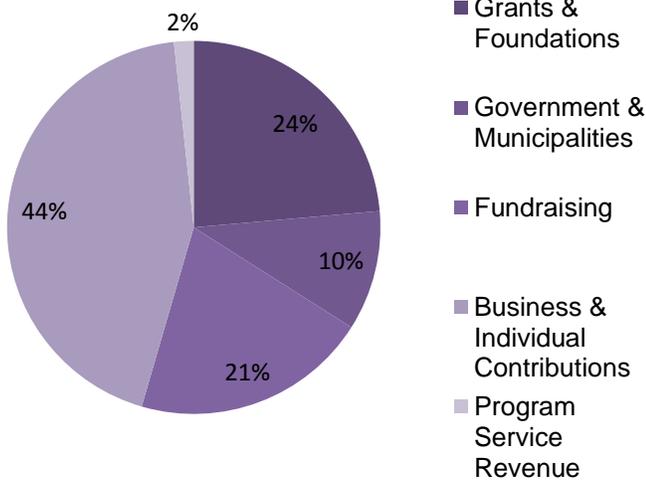
Board & Advisors

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 Sara Korrow, Director
 Sara Nevin, Director
 Billi Quitner, Director
 J. Paul Giuliani, Advisor
 Maria Noyes, Advisor
 Craig Sullivan, MD, Advisor
 Angela Kiniry, Advisor

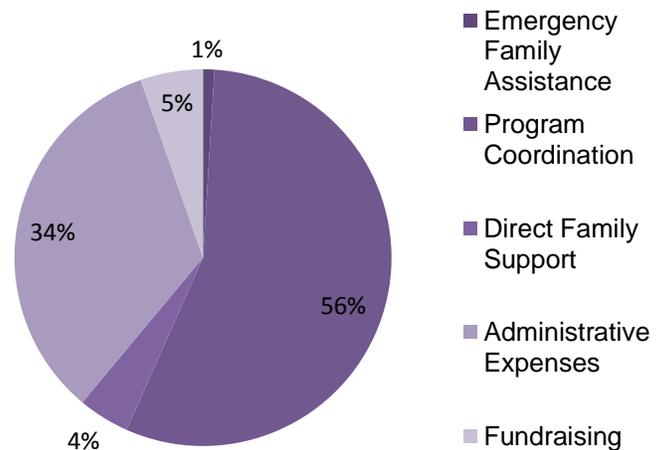


Financial Overview

2014-2015 Income



2014-2015 Expenses



For our 2014-2015 full financials, please visit <http://www.guidestar.org/organizations/03-0331281/good-beginnings-central-vermont.aspx>.