Ensuring that children and families in the Chester County region start healthy, stay healthy, and succeed in school since 1991.

Visit us at ccmchc.org
In 2021, we rose to meet the challenges faced by our community throughout the coronavirus pandemic and ensured that Chester County and Montgomery County families had the resources that they need to be healthy and live well.

In the winter and spring, MCHC offered virtual services for thousands of participants to ensure that there were no gaps in support. In addition to core services, we delivered boxes of fresh food, baby items, children’s clothing, and on top of it all, surpassed our projected SNAP enrollments by 182%. Our impact as part of the social safety net was made stronger through collaborations with our network of 75+ local organizations, businesses, and volunteers with a shared commitment to the health of our community.

Through the summer and fall, MCHC resumed in-person services following COVID-19 safety measures, co-organized a COVID-19 vaccine clinic and outreach, held successful donation drives and online community workshops on a variety of public health topics. Through all seasons, MCHC is meeting families where they are, and by the end of the year we had served 6,219 people in the community.

Supporters like you make it possible for children and families in need to access high-quality services that build health and school readiness. We are endlessly grateful for your support as we continue meeting emergent health needs of underserved women, children, and families and ensuring that they have what they need to start healthy, stay health, and succeed in school.

Sincerely,

Milena Lanz
Executive Director

Elizabeth Pilacik
Board President

Our Mission

To advocate for and empower prenatal and parenting families to achieve healthy beginnings and a bright future through a caring culture of service.

Our Vision

Families benefit from culturally competent health and education services within their community, leading to improved health outcomes, enhanced well-being, reduced health disparities, and lowered health care costs.
Who We Serve

MCHC helps low-income families in Chester County and part of Montgomery County, Pennsylvania overcome access and knowledge barriers to achieve good health and well-being. We were founded on the belief that all people should have access to high quality health care regardless of ethnicity, race, language, economic status, or insurance status. Below is a snapshot of our 2021 program participant demographics.

The Need

Poverty leaves people without the resources that they need to be healthy and successful in life. Women in these circumstances are often without prenatal care and this makes them high risk for pregnancy complications and babies born with developmental delays. Children without health insurance cannot access the basic medical care that they need and families struggle with high health care costs. What’s more, children in these situations often start kindergarten unprepared.

- Low birth weight ranks #2 among causes of infant deaths in the nation with significant racial disparities.
- 1 in 4 pregnant women in PA had no or inadequate prenatal care in 2021.
- 30,000 people in Chester County and 40,000 in Montgomery County are uninsured and do not have access to basic health care services.
- 40% of student families in southern Chester County school districts are low-income.

Sources: CDC Causes of Infant Mortality, March of Dimes Perinatal Data Center, PA Dept. of Ed., U.S. Census Bureau 2020
The Healthy Start home-visiting program reduces the prevalence of babies born at a low birth weight (<5.5 lbs.) and increases access to healthcare to set a foundation for lifelong healthy development.

MCHC bilingual, bicultural Community Health Workers provide pre and postnatal health education, health insurance and benefits enrollment assistance, health screenings for common chronic conditions, referrals, and socio-emotional support all along the way to pregnant and parenting women and their children ages 0-18 months.

In 2021, 201 women, 180 babies, and 586 family members enrolled into Healthy Start.

- **85%** of babies were born at a healthy birth weight (greater than 5.5 pounds)
- **97%** of moms received prompt pre or postnatal health coverage
- **92%** of babies received healthcare coverage for pediatric care at birth
- **99%** of pregnant women were screened for depression using the Edinburgh Perinatal Depression Scale (EPDS)
  - 14% scored 9+ and received increased support
  - 1% scored 14+ and were referred to a mental health provider and received increased support
- **85%** of moms were screened for Adverse Childhood Experiences (ACEs)
  - 8% scored 4+ and received chronic stress management education and referrals to a mental health provider
Our Stories: A Family’s Healthy Start

Ihsan and Aleah came to the US from their home country in the Middle East when the coronavirus pandemic began sweeping through Europe last year. Health systems were overwhelmed, infection rates were rising every day, and people were experiencing widespread job loss. On top of it all, political tension in that part of the world was unrelenting. In search of safety and a chance for a better life, the family came to the U.S. and arrived in Chester County.

During an emergency room visit to a local hospital for pregnancy complications, the family expressed a need for more help in supporting the pregnancy. Their nurse gave them the name and number to MCHC. Sonia, a Community Health Worker at MCHC, listened to the family tell their story. They enrolled into the Healthy Start Program and on the first day, Sonia provided referrals, helped them pick and apply for health insurance to cover costly medical bills as well as food benefits to keep food on the table while Ihsan looked for work. Sonia continued making home-visits, providing knowledge and resources on infant care, and checking in with calls and encouragement. This past winter, the family welcomed their first child, a boy. Since then, Sonia has helped Aleah overcome challenges with breastfeeding, provided diapers, and other infant care items.

"She was everything, like a mother to us," Ihsan said. During a time when they had no one, Ihsan expressed that the help and kindness shown to his family by MCHC was incredibly meaningful.
**Family Benefits**

The Family Benefits Program reduces health disparities and increases access to health care and healthy food options among underserved Chester County communities.

Family Benefits Specialists provide bilingual health insurance and food benefits enrollment assistance to ensure that coverage and to keep healthy food on the table.

In 2021, 2,444 uninsured and underinsured individuals were enrolled in state subsidized health insurance (MA, CHIP) by Family Benefits Specialists and 1,460 food insecure individuals were enrolled in food access programs (SNAP).

- 85% of individuals receiving services through Family Benefits were children ages 0-19 years old
- 65 individuals enrolled in Temporary Assistance for Needy Families (TANF) and 75% were children ages 0-19 years-old
- Health Insurance Initiative Partners enrolled 1,728 additional individuals in health insurance and 81% were children ages 0-19 years-old

**Community Connections**

The Community Connections Program helps Coatesville community members with accessing critical resources such as health insurance and benefits, affordable housing, employment, and other social services.

In 2021, 444 Coatesville area community members were supported through Community Connections Specialists with 1,213 referrals provided over the year.
Emmett obtained full custody of his 7-year-old granddaughter, Abby, several years ago. Abby’s mom struggled with substance abuse and had been in and out of rehabilitation for some time, leaving her unable to provide a stable home for Abby. Having come out of retirement to afford caring for his granddaughter, this past year Emmett lost his job during the coronavirus pandemic. Adding to the challenge, Abby showed behavioral problems as a result of childhood trauma and Emmett worried that he would not be able to properly support her. Unsure of where to go for help, their local Chester County school district referred them to MCHC.

Already having to choose between paying the bills and putting food on the table, MCHC’s Family Benefits Specialist, Maria, arranged direct food assistance right away and proceeded to enroll the family in SNAP and TANF programs to ensure that there was always enough food and basic care items in the house. Maria’s advocacy and expediency ensured that they were approved within the same week that they connected with us. She walked Emmett through the benefits application process, explained what’s covered, how to use them, and even helped find affordable childcare so that he could go back to work. Since Abby has started school again this past Fall, Maria has been helping Emmett navigate online learning tools through the school system and helped them apply for a budget-friendly membership to their local YMCA.

Today, Maria still checks in with Emmett to make sure that he is receiving benefits and that Abby has the support that she needs to grow and thrive.
The Family Center

The Family Center home-visiting program bridges a gap in school readiness among families with children ages 0-5 in southern Chester County.

Family Center Parent Educators provide early childhood development education, education to build parenting skills, and health and social service support.

In 2021, 129 families (541 individuals) improved parenting capacity through the Family Center Program and 36 preschool-aged children and their parents further benefitted from the summer Kindergarten Transition Program.

- 85% of children achieved a mastery in school readiness (scoring more than 75% on post-tests)
- 82% of parents reported increased confidence and knowledge in addressing their child's needs and navigating school systems

The Fatherhood Program

The Fatherhood Program addresses the unique needs and experiences of fathers and engages them in their child's development, early education, and school readiness. In 2021, 20 fathers and 61 children gained skills to nurture positive parent-child engagement, increased peer engagement, and fathers connected to needed resources such as employment training and housing assistance.
Jennifer is a single mom of six who works hard to provide for her children and make ends meet. Adding to the challenges they faced, Jennifer noticed that her three year-old daughter, Eva, was showing signs of a speech delay. Unsure of where to turn for help, a local provider referred the family to MCHC for support where a Parent Educator, Lili, enrolled the family in our Family Center home-visiting program.

During in-take, Jennifer was able to express her concerns about keeping food on the table, affording doctor visits, and special support for Eva in the thick of the coronavirus pandemic. Always with the goal in mind to support them, Lili ensured that the family was enrolled in state subsidized health insurance and food benefits to keep them covered for basic health care and keep food on the table in addition to coordinating fresh food delivery from a local food pantry. Trained in the Parents as Teachers model and associated screening tools, Lili also identified Eva’s speech delay. During biweekly home-visits, offered both virtually and in-person, Lili guided educational activities between Jennifer and Eva that helped increase her speech and provided support in navigating health systems.

Fast forward to now two years later, little Eva is almost five years-old and is meeting age-appropriate development milestones. This summer, she will have the opportunity to gain a preschool classroom experience in MCHC’s Kindergarten Transition Program and the family now has a strong support system in MCHC that they can turn to for help.
Diabetes and Heart Disease Prevention Program

Diabetes and Heart Disease Prevention education is a key part of MCHC home-visiting programs and helping to prevent the development of the most common chronic diseases that affect our community.

In 2021, 226 caregivers and their family members participated in diabetes and heart disease prevention education during home visits. An additional 48 community members participated in nine virtual workshops to learn about risk factors, nutrition basics, and self-monitoring weight, BMI, blood pressure, and cholesterol.

Family Group Decision Making

In collaboration with the Office of Children, Youth and Families (CYF), Family Group Decision Making responds to a need for protection or care of children experiencing abuse or neglect.

In 2021, 29 families (100 individuals) implemented plans that support the safety, permanency, and well-being of their children.

Life Skills & Diversion Programs

The Life Skills and Diversion programs provide parenting education and life skills services for parents of children at-risk of involvement with CYF as a result of parent-child conflict or acting out behaviors.

In 2021, 7 families including 12 children in the Life Skills Program benefitted from plans of safe care. Additionally, 29 families including 86 children in the Diversion Program.
Volunteers & Interns

We are endlessly grateful for the volunteers, interns, and agencies who donated their resources, time (2,000+ hours!), and many talents to supporting our mission in 2021.

Tracey Canavin
Brady Canavin
Deliah Carrasquillo
Eunita Chandartat
Kelly del Pino
Paula Gonzalez
Ginger Grothaus
Deniles Herminia
Natalie Jadwin
Vivianne Lanz
Cynthia Micale
Alondra Sanchez
Alicia Sontoalaya
Chandler Stefani
East Brandywine Impact Softball Team

Financials

Revenue & Support

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Program Expenses

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Supporting Services

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Revenues & Support

- Government 45%
- Foundations 27%
- Individuals 17%
- Community 7%

Expenditures

- Programs 87%
- General Admin 7%
- Fundraising 6%

$.87 of every dollar directly funded MCHC programs in 2021!
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Manager of Family Benefits
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Anabel Oceguera
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Sarahi Gutierrez
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Thalia Medina
Jessica Wilson
Denisse Pimentel
Maru Rincones
Melinda Jefferson

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Margarita Ortiz
Castaneda
Fran Lisowski
Emma Garner

Family Center Team
Martiza Cochran Rivera
Brian Castillo
Brenda Castillo
Manuel Arevalo
Liliana Guzman
Yessica Luna
Nayeli Avelos

Life Skills, Diversion, & Family Group Decision Making Team
Aida Garcia
Edmín Torres
Gloria Salinas

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