Maternal and Child Health Consortium

Annual Report
2022

Helping children and families start healthy, stay healthy, and succeed in school since 1991.
Visit us at ccmchc.org
Dear Friends,

In 2022, we rose to meet the challenges faced by children and families in Chester County and Montgomery County communities, and hit historical milestones. MCHC grew to reach more people in need thanks to our incredible supporters and staff who embody a commitment to doing good for others. This last year, we:

- Helped 6,679 people across all programs, the most served by MCHC in any year yet.
- Improved maternal and infant health outcomes among 271 high-risk pregnant and parenting women.
- Enrolled 3,747 children and parents into health insurance to access medical care and food benefits to keep food on the table.
- Prepared 178 families with preschool-aged children for kindergarten success through the Family Center Program, 3x as many since its beginning in 2006.
- Helped 178 families build safe, stable homes and prevent child placement in foster care.
- Raised $500,000 in community support for evidence-based and culturally congruent programs, health insurance and food benefits enrollment initiatives, kindergarten readiness services, and operations.

You make healthy beginnings and bright futures possible for so many. Your support ensures that our community members most in need have the resources to start healthy, stay healthy, and succeed in school.

With gratitude,

Milena Lanz
Executive Director

Elizabeth Pilacik
Board President

Our mission is 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 is to create a world where every family has access to health care, education, and opportunity for success.
MCHC takes a holistic approach to helping low-income families with children in Chester County and Montgomery County, PA overcome access and education barriers to achieving good health and well-being. Below is a snapshot of our participants demographics in 2022.

### Gender
- Male: 30%
- Female: 70%

### Ethnicity
- Non-Hispanic: 15%
- Hispanic: 85%

### Race
- White: 94%
- Black: 4%
- Asian: 1%
- Other: 2%

### Language
- English speaking: 94%
- Spanish speaking: 5%
- Other: 1%

### Income
- 100% FPL: 42%
- 200% FPL: 49%
- 300% FPL: 9%
- 400% FPL: 3%

### Pockets of Poverty
- Chester County: 7%
- PA: 12%

### Where we serve
MCHC participants mainly reside in Chester County and parts of Montgomery County, PA.

In 2022:
- Coatesville 26%
- Kennett Square & Oxford 39%
- Phoenixville 10%
- Pottstown & Norristown 3%
- West Chester 22%
Healthy Start

The Healthy Start Program supports pregnant and parenting people and their babies from ages 0-18 months who are at high risk for poor health outcomes.

The program helps them build the foundation for a healthy life using an evidence-based educational approach and increasing access to health care.

1 in 6 infants
are born to a woman receiving inadequate prenatal care in PA.
March of Dimes Peristats 2020

In 2022, 271 pregnant and parenting women, 217 babies, and 752 family members benefitted from MCHC’s Healthy Start Program.

98% of women received prompt pre and/or postnatal health coverage.

99% of babies received pediatric care coverage at birth.

89% of Healthy Start babies were born at a healthy birth weight (> 5.8 lbs.)

100% of women (12) who scored 14+ on EPDS (Edinburgh Postpartum Depression Scale) reported noticeable improvement in their symptoms after the program and scored lower in their post-assessment by an average of 10 points.

100% of women (33) who scored 4+ on the ACEs (Adverse Childhood Experiences) screening received increased Community Health Worker support and referrals to affordable counseling.
Like many of the families we meet, Sophia and Joseph left their home country and moved to the U.S. in search of a better life and opportunities for themselves and their children.

After arriving in Chester County, they heard about the services that MCHC provides and got in touch following the birth of their daughter this past year. They were unfamiliar with the local health care system and just learning English. They knew that MCHC would be able to help them overcome language and other barriers to getting the help that they needed.

“*She cried on my last visit. She was so grateful. I’m so grateful, too, to help struggling parents overcome so much and see them do well.*”

Maru Rincones
MCHC Community Health Worker

Community Health Worker, Maru, met with Sophia and learned that she was experiencing sharp pains that made it difficult for her to move around. In the following days, Maru advised her of where to go for care and helped her apply for Emergency Medical Assistance so that she had coverage for treatment.

As it turns out, there was a medical malpractice incident during delivery that left Sophia with a small puncture in her bladder, something that cannot heal on its own. Had she not received care, it could have been fatal. She remained at the hospital for surgery and at home, Joseph sacrificed work hours to care for their newborn.

Knowing that money was tight, Maru was there for them through the whole process and ensured that they were enrolled in public benefits. Maru continued making regular home-visits and visiting Sophia in the hospital with care supplies, food boxes, and emotional support.

The family stayed in the program up until their daughter was 18 months old. During that time, Maru visited every month with activities and learning topics. The family was incredibly grateful for the support.
The Family Benefits Program is an enrollment assistance and outreach initiative that increases access to medical care and healthy food options for the uninsured, underinsured, and food insecure.

MCHC’s team of bilingual enrollment specialists meet with individuals and families with children ages 0-19 years-old to help collect necessary documentation, complete applications and renewals, and advocate on their behalf to make sure that applications are reviewed.

In 2022 alone, **1,962 previously uninsured and underinsured people received health coverage** and **1,785 food insecure people received SNAP food benefits** to keep food on the table.

Of the **3,747 people MCHC enrolled in coverage in 2022**, **85%** were children. That’s **3,185 children receiving routine medical care and daily meals**.

**Coatesville Community Connections**

MCHC operates an information and referral program for Coatesville area residents in need of affordable housing, rent and utility assistance, employment opportunities, health insurance, domestic violence support, and more.

In 2022, we made **1,192 referrals** for **397 Coatesville residents** for needed resources.
Anna is a single mom of two living in Coatesville who found herself struggling to make ends meet with the rising costs of housing, food, and gas this year.

Adding to the challenge, her daughters’ CHIP health insurance plan had an error on file that made their premium too high to afford, forcing them to go without basic medical care.

Having participated in the Healthy Start Program 10 years ago, Anna knew that we were still a resource for the community. Faced with choosing between keeping the lights on or buying groceries, she knocked on our door.

MCHC’s Family Benefits Specialist, Maria, sat down with her and answered all of her questions about the benefits application process that same day.

She gave Anna the steps to cancel her current benefits, ask about any balances owed, and the list of documents that she would need to bring back to MCHC to submit a new application.

They both agreed that the best choice would be to reapply for Medicaid with the correct information and apply to receive SNAP food benefits to help offset the cost of groceries.

The following day, Maria completed the application online through COMPASS with Anna. That same week, Anna was interviewed by a County Assistance Office caseworker to confirm eligibility. She was quickly approved for both Medicaid and SNAP.

Around this time next year, MCHC will follow up with the family to renew their benefits and ensure that there are no gaps in coverage. Anna was extremely thankful that MCHC was around and able to help her during an especially difficult time.

"I went through the same situation as a kid with health care and other things. My mom didn’t speak English or have a support like MCHC, so it’s fulfilling to be able to be that person for others."

Maria Juarez
MCHC Family Benefits Specialist
The Family Center

The Family Center Program prepares parents with children from ages 0-5 years to be successful in their children’s first year of school and ensures that they are meeting age-appropriate developmental milestones.

MCHC’s Empowering Families Program at the Family Center works with families in fostering a safe and stable home environment where there is a high risk for child abuse or neglect. In 2022, the program supported 42 families (150 individuals).

178 families (693 individuals) learned how to support their child’s education at home and helped their children reach learning goals.

38 kids successfully graduated MCHC’s summer Kindergarten Transition Program.

82% of children (31) achieved a mastery in school readiness (scored 75%+ on post-knowledge tests in MCHC’s summer Kindergarten Transition Program).

91% of parents reported increased knowledge and confidence in addressing their child’s needs and navigating school systems.

MCHC’s Fatherhood Program

MCHC incorporated a fatherhood-specific program in 2017 that addresses common challenges faced by father-figures in supporting their child’s growth and learning.

In 2022, MCHC’s Fatherhood Parent Educator helped 25 fathers and 80 total children over the year to achieve self-sufficiency goals through employment, housing, and positive parent-child engagement.
“In the social service field, it’s not just about what you materially give. People who are struggling are happy that you’re there to listen.”

Anabel Oceguera
Manager of the Family Center

Sarah first heard about MCHC at a COVID-19 pop-up vaccine clinic that MCHC helped organize last year. She showed up that day with her two young sons in tow for their first round of vaccinations. After connecting with Anabel, one of MCHC’s Parent Educators at the Family Center, she learned that Sarah was struggling with getting health care for her youngest son, Matthew, who just turned two years-old.

Matthew was not eligible for state subsidized health insurance and Sarah couldn’t afford the fee for the local clinic. Adding to the challenge, she did not have a car and there were no public transportation routes near her for her to get to a health provider, even if she could afford it.

Anabel introduced the Family Center Program to Sarah and the many ways we try to help. Because Sarah was just learning English, she relied on Anabel to interpret information. On the first home-visit, Anabel met with the family of three in the one room that they rented, containing a twin mattress on the floor and little else.

Thanks to Anabel’s advocacy and a generous donation, she was able to arrange for them to receive a new bunk bed and other needed items. She even helped Sarah secure a job at the mushroom farms in Kennett Square, and was soon able to get Matthew to a health clinic.

Twice a month, Anabel visits the family at their home with activities for Sarah to support Matthew’s growth. As his first teacher, Sarah enjoys helping Matthew achieve early milestones and expresses immense gratitude and trust in Anabel and MCHC for being there for her.
Strategic Partnerships

**Life Skills**
MCHC’s Life Skills Program is in partnership with Chester County Department of Children, Youth and Families (CYF) and is a court-mandated program for families with child welfare issues to support child safety and prevent child placement out of the home. In 2022, we served **11 families (30 individuals)** through this program.

**Diversion**
MCHC’s Diversion Program with CYF is a voluntary prevention-based program that works with families with youth exhibiting disruptive behaviors. In 2022, we served **27 families (93 individuals)** through this program.

**Family Group Decision Making (FGDM)**
FGDM works with any families participating in MCHC programs who are experiencing a parent-child conflict that puts the child’s safety or well-being at risk and works with them to build family resiliency. In 2022, we served **11 families (30 individuals)** through this program.

**Plan of Safe Care (POSC)**
The POSC Program ensures that substance use affected infants and parents are identified and offered the appropriate resources for treatment and recovery. In 2022, we connected **33 moms** to important resources through this program in partnership with CYF, Chester County Health Department, and county hospitals.

**Perinatal Periods of Risk Project (PPOR)**
PPOR is a framework for studying fetal and infant mortality in a specific community with attention to racial disparities. PPOR helps communities identify and prevent risk factors. The PPOR team formed a group of **19 local stakeholders and lived experience experts** to create a plan for improving prenatal service care for Black pregnant women.

**Diabetes & Heart Disease Prevention**
MCHC incorporates Diabetes and Heart Disease Prevention education into home-visiting services because they are the most common causes of disability and death in the US.

We step in with education on nutrition, healthy cooking demonstrations, exercise, self-management of diabetes, and peer support to help families take control of their health and make healthy lifestyle choices. **In 2022, 446 high-risk families learned how to prevent risk factors for diabetes and heart disease.**
Care and giving take many forms, whether it’s assembling care packages, reading to kids, or organizing files. Our success would not be possible without the time and talents of our wonderful volunteers from local school districts, universities, businesses, clubs, churches, and neighbors.

In 2022, our volunteers and interns dedicated **over 4,500 hours to supporting our mission!**

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<thead>
<tr>
<th>Income Sources</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government</td>
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<tr>
<td>Foundations</td>
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<tr>
<td>Community</td>
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<tr>
<td>Individuals</td>
<td>10%</td>
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The above information is a snapshot of MCHC’s 2022 unaudited financials. Visit [www.ccmchc.org/financials](http://www.ccmchc.org/financials) for our most recent audited financial statements.

### Revenue

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<td>Grants &amp; Contracts</td>
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<td>Contributions</td>
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<td>Other</td>
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### Program Expenses

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<td>Family Benefits</td>
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<td>Family Center</td>
<td>$926,050</td>
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<td>Supporting Services</td>
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<td><strong>Total</strong></td>
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### Supporting Services

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<th>Amount</th>
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<td>Fundraising</td>
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<tr>
<td>General &amp; Admin</td>
<td>$162,210</td>
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<tr>
<td><strong>Total</strong></td>
<td>$283,881</td>
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2022 Board of Directors
Elizabeth Pilacik, President
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Allison Richards, Treasurer
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Wendy Sharpe

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Alma Vidal, Director of Programs
Linette Ortiz, Director of Programs
Cecilia Arce, Director of Program Evaluation
Liliana Guzman, Assistant Director of the Family Center

Anabel Oceguera, Manager of the Family Center
Briana Villagran, Manager of Healthy Start & Family Benefits
Sarah Gutierrez, Manager of Business Operations
Emma Garner, Manager of Outreach & Community Relations
Amanda Vega, Manager of Life Skills, Diversion, & FGDM

Healthy Start Staff
Sonia Ortiz
Thalia Medina
Maru Rincones
Sofia Soto
Rebecca Ramirez
Melinda Jefferson
Isaac Mensah
Samantha Collins

Family Benefits Staff
Maria Juarez
Margarita Ortiz
Walesca Ferrer
Fran Lisowski

Family Center Staff
Maritza Rivera
Brian Castillo
Manuel Arevalo
Nayeli Avelos
Yessica Luna
Alondra Sanchez

Life Skills, Diversion, Family Group Decision Making Staff
Aida Garcia
Gloria Salinas
Edmin Torres
Karla Cadilla
Mayuri Mendoza

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Follow us on social media!

MCHC is a registered 501(C)3 charitable organization. A copy of the official registration and financial information may be obtained from the PA Dept. of State by calling toll free within PA, 1-800-732-0999.