

Working Woman's Home Association 2023 Grant Application

Within the City of Montgomery and its environs, the intent and purpose of the Working Woman's Home Association is:

1. To aid and assist distressed and abused women and children
2. To aid in the education of women to the end that they may become self-sufficient
3. To aid and assist women in providing emergency housing
4. To aid and assist elderly persons, particularly women, in meeting their basic needs

Instructions: Please complete the following questions and submit form at the end. This form allows information from another document to be inserted or pasted in the question response space. It is also possible to edit information on the form after submission.

Email attachments to secretary@wwhassn.org.

** This grant application is requesting funds to be awarded in January 2023. NO grant applications will be able to be submitted after the deadline - 5:00 pm on Monday, June 13, 2022.

Name of Organization/Agency *

First Choice Women's Medical Center, Inc.

Address *

380 Mendel Parkway E

City, State, and Zip *

Montgomery, AL 36117

Website Address *

supportfirstchoice.org

Executive Director Name *

Bethany Garth

Telephone *

3342608010

Email address *

bethany@firstchoicewmc.com

Project or Program Proposal Contact Person (if different from above)

Bethany Garth

Telephone

3342608010

Email Address

bethany@firstchoicewmc.com

Funding Requested *

\$3,360.00

Briefly state the purpose and goals of this project or program. *

First Choice is requesting funds to finance a Childbirth Education & Preparation Class for the purpose of providing foundational level, childbirth education (CBE) for low-income women in the Montgomery community to combat poor birth outcomes. The goals of the class include delivering evidence-based information on childbirth, teaching better communication skills to support building relationships with health providers, and encouraging students to understand how they can take responsibility for their birthing choices.

Briefly describe your plans for administration of this project or program request? *

The Childbirth Education & Preparation Class will be four hours in length and will take place quarterly at First Choice, for a total of four classes a year. The class will be facilitated by Traci Weafer and Gabrielle Daniels, MPH, MACH. Weafer, owner of Maternal Instincts, is a labor doula and childbirth educator. Daniels, owner of Your Doula Cares, is a birth and postpartum doula.

The class will be structured with short breaks and nourishment provided, and the class will strive to be interactive while covering core content. Plumtree Baby workbooks will be provided to students at the time of registration and in advance of the class, along with instructions on how to prepare for the class.

Childbirth education topics to be discussed include, but are not limited to, the importance of developing a personal birth value and belief system, approaches to birth from low intervention to medically managed birth, having productive and helpful communication with your birth team, the anatomy and physiology of pregnancy and birth, preparing for labor regarding a birth plan and standard of care expectations, comfort in labor, medical interventions, and overview of early postpartum procedures and care.

Ideally, clients will be at the start of their second trimester of pregnancy when beginning the class. However, depending on a client's needs, the class can be taken at any time during their pregnancy. Each class will consist of a maximum of 6 clients, who will have the option of bringing one support person.

How will you evaluate the success of this project or program? Or how have you evaluated the success of this project or program in the past? *

Evaluation on the success of this class will be based on numerous observations. Initially, success will be evaluated by client interest and class registration each quarter. Next, a post-class survey will be provided for quality assurance and planning purposes in helping us to determine how to best meet the needs and interests of our clients while maintaining the integrity of the class. The survey would also help in determining preferred times for the class, client availability, and the most efficient way in making materials easily accessible.

Finally, follow-up communication will be key throughout a client's pregnancy, childbirth, and early postpartum experience to note decisions concerning health behavior. Early positive and negative birth outcomes will also be evaluated.

This project or program will impact Montgomery in the following areas (check all that apply) *

- Distressed and abused women and children
- Education of women and life skills development
- Emergency housing for women and children
- Assist elderly persons, particularly women, in meeting their basic needs
- Other: _____

How does this project or program funding request fit into your organization's mission and, more specifically, the mission of your project or program? *

Our mission is to provide Christ-centered medical, parenting, and life-skill services to extend help, offer hope, and promote healing.

Childbirth education classes are often cost-prohibitive, so low-income women in our community cannot afford them. All of our services are free of cost to our clients, which allows many of our clients to access medical services and ongoing support they may not have access to otherwise.

This is important, because research shows "socioeconomic status (SES) is one of the most important factors associated with medical outcomes. When SES is low, medical care is inadequate and this has been attributed to adverse outcomes...Previous studies have revealed that low SES is associated with pregnancy complications such as abortion, preterm delivery, preeclampsia, eclampsia, and gestational diabetes." (<https://equityhealthj.biomedcentral.com/articles/10.1186/s12939-017-0715-7#:~:text=In%20pregnant%20women%2C%20low%20SES,4%2C5%2C6%5D.>)

Socioeconomic status is not the only challenge to positive birth outcomes. At First Choice, about 70 percent of our clients are African-American. An AL.com article updated on January 14, 2020, "Black, poor, Southern: One of the deadliest demographics for pregnant women in America," shows African-American women face challenges, regardless of their class, when receiving maternity care in Alabama, including Montgomery. A crucial challenge exists for marginalized women, and that is the "interplay between a patient, her doctors, the hospital, and her community." (<https://www.al.com/news/2019/06/black-poor-and-southern-one-of-the-deadliest-demographics-for-pregnant-women-in-america.html>)

We believe by providing childbirth education classes, we are helping women, including our African-American clients, find their voice in making well-informed healthcare and birthing decisions to promote positive birth outcomes.

How does this project or program funding request fit into the mission of the Working Woman's Home Association? (stated at top of form) *

A Childbirth Education & Preparation Class fits into the mission of WWHA in multiple ways. WWHA aims to aid in the education of women to the end that they may become self-sufficient. It also aims to aid and assist women under distressed circumstance. By providing childbirth education classes at no cost, low-income women will have access to birth and postpartum education during their pregnancy with the goal of improving birth outcomes. The knowledge acquired will empower them to become self-sufficient in making positive healthcare and birthing choices for themselves, including in distressed prenatal, labor, and postpartum circumstances.

Will this project or program initiate a new service in Montgomery? *

Yes

No

If not, explain the features of this project or program that distinguish it from other organizations in Montgomery that provide the same or similar services. Identify those organizations in Montgomery providing the same or similar services.

COPE Pregnancy Center is another pregnancy resource center in Montgomery that currently offers childbirth education. Similarly, they have a contract with an outside instructor to facilitate the class at their center. We have a positive relationship with COPE that includes cooperating with one another's efforts. By offering childbirth education at First Choice at no cost to our clients, we are not duplicating services as much as increasing access to a much-needed service in underserved communities.

How many people will be served by this project or program funding request? *

48

Will a grant from the Working Woman's Home Association enable your organization to receive matching funds? *

Yes

No

Is there another resource that can assume financial responsibility for this project or program upon completion of the commitment of the Working Woman's Home Association? *

Yes

No

List other organizations or grants from which you have requested funding for this project or program and the status of such requests. *

N/A

In addition to submitting this project or program funding request, the documents below are required for this application to be accepted as complete. Please email current documentation in PDF format to: secretary@wwhassn.org. (You may check the box below when the item has been emailed.)

- Detailed proposed budget for this project or program request
- Proposed budget for your organization for the current year
- Copy of Statement of Revenues and Expenses and Balance Sheet for the current and most recent fiscal year completed for your organization
- Copy of your most recent audit. If an audit is not available, please include a copy of your most recent 990 form
- List of Officers and Directors
- Copy of your IRS Letter of Determination of 501(c)(3) status

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