

OUR MISSION

To improve access and coordination of services for families and babies.

Thank You

Thank you to the donors who support First 1,000 Days Suncoast and our mission.



WHAT WE DO

Care Coordination
Parent Education and Empowerment
Partner Collaboration and Innovation



TESTIMONIALS



"Being a mom 24 hours a day with no break, no help, and what seems like no way out is hard. There is way too much pressure on moms in the beginning. I am so glad First 1,000 Days exists."

"I am thankful I was told about you. You have provided me with so many blessings, it makes me cry. I don't always get enough credit about being a good mom but you remind me. I believe that everyone comes to your life for a reason. Thank you."



BRAIN DEVELOPMENT



At Sarasota Memorial Hospital, 4,000 new parents have been educated and sent home with a brain development bag, which includes activities and tools to track their child's development.

First 1,000 Days distributed 3,000 grow kits for families to build their own gardens and encourage parents to be their child's first teacher.

400 bags were distributed to DeSoto county that included wipes and baby food.

In partnership with The Patterson Foundation, we promote Vroom By Text, which shares age-appropriate activities to do with children up to age 5.

PARENTS AS LEADERS

Parents are at the heart of the work. Their feedback and lived experience is invaluable. The initiative has empowered parents to lead and support others who are struggling. First 1,000 Days held Parent Focus Groups at ten partner agencies with 140 mothers, fathers, foster parents, and grandparents. Twenty parents have joined the initiative's Parent Advisory Committee.

"You were there when I felt stuck. I wanted to give back to the people that gave so much to me by donating... It does my heart justice to help others that are in need."

-Grandparent & caregiver helped by First 1,000 Days

FROM HOMELESS TO HOME



Tonika, a single mother of two from Manatee County, struggled to find a job and a place to live. First 1,000 Days utilized their network to connect Tonika with services that helped her learn career skills, get emergency food, infant formula and supplies, a television, and a gas gift card. Since her first encounter with First 1,000 Days in 2021, she has secured a job and after a long road of unstable housing and homelessness, now has a safe place for her and her children to call home.

PARTNERING TO MEET NEEDS

Unintentional drowning is the leading cause of child death in Florida. During our focus groups in the Suncoast region, parents reported that swim lessons were a top need.

This year, we had the amazing opportunity to partner with Aqua-Tots Swim School to provide **234 free swim lessons** to families.



HELPING THE HELPERS



First 1,000 Days supports professionals so that they can better care for themselves & the hundreds of families they help in the community.

Our team partnered with Sarasota County Department of Health and Multicultural Health Institute to create Navigator Workgroups.

The purpose of these groups is to: mitigate the effects of compassion-fatigue, prevent burnout & reduce staff turnover.

CARE COORDINATION

Difficulty navigating the system was a top barrier to care identified by families and professionals. First 1,000 Days spearheaded a system-wide enhancement for the entire region. Unite Us, an electronic platform, enables professionals to send secure referrals for social, medical, and mental health needs on behalf of families.

Families are also assisted by the First 1,000 Days Nurse Navigator to ensure they get the care they need. Now, every mother who delivers at Sarasota Memorial Hospital is screened for social needs and referred to non-profit partners!

185
FAMILIES
HELPED



LOOKING FORWARD

- First 1,000 Days Suncoast will give our most vulnerable neighbors the resources they need by:
 1. Promoting the child-parent relationship and parents as community leaders.
 2. Improving care coordination between social, medical, and social services.
 3. Working collaboratively with non-profit partners to develop solutions to complex barriers.
 4. Constructing targeted interventions for high-risk individuals.
- Dr. Arnold is conducting **research** on the impact of addressing social needs on mothers' and infants' health which will have a nation-wide impact on best practices in this field.
- A **Maternal Mental Health Coordination Hub** will launch in January 2023. It was created in partnership with Healthy Start Coalitions of Sarasota and Manatee counties and regional mental health agencies. Pregnant and postpartum mothers as well as other caregivers struggling with depression and/or anxiety will get connected with mental health services.

Thank
you!



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Learn more!

www.first1000dayssuncoast.org