

ANNUAL REPORT

POSTPARTUM SUPPORT CENTER

FY2020



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On behalf of the Postpartum Support Center and Board of Directors, I am honored to share the 2020 Annual Report with you.



Dear Friends,

We built the Postpartum Support Center (PPSC) with the power of community – a community of volunteers, parents, and clinicians. The idea was bold: to prevent mental illness and lessen the suffering in expectant and new families in our local community.

We created the PPSC just before COVID-19 swept across our planet.

Last year we launched 2 new programs: Marin Diaper Bank and ROSE - an evidence-based postpartum depression prevention intervention. We formed strong partnerships with local organizations, clinics, hospitals, and community providers. PPSC has served over a thousand individuals across our programs and services.

These are just a few of the highlights featured in our Fiscal Year 2020 Annual Report. You will learn more about our impact and commitment to providing relief, preventing suffering, and inspiring hope.

Thanks to your support, we can continue to serve our community's needs today, while building a better tomorrow for expectant and new parents and their children.

With gratitude,

Ivana J. Meholick

Ivana Jagodic Meholick
Founder & Executive Director

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BOARD OF DIRECTORS



IRINA DEFISCHER, MD

Dr. deFischer is a retired Kaiser family physician. She is very active in the community, supporting and volunteering for multiple community organizations. Dr. deFischer helps co-chair the Board Meetings.



ADAM NELSON, MD

Dr. Nelson is a staff psychiatrist at Marin Health Medical Center with 30+ years of experience with patients with postpartum disorders in hospital, clinic, and community settings.



ROXANNE ALBIN

Ms. Albin is the president of Applied Financial Services with 16+ years of non-profit financial management experience; Roxanne serves on the Board as a Treasurer and Secretary.



ANDREA YANNONE

Ms. Yannone has 27+ years in non-profit administration and fundraising experience. Ms. Yannone is also a PPD survivor and a huge supporter of mothers and families.



IVANA JAGODIC MEHOLICK, CPSS

Mrs. Jagodic-Meholick is a Certified Peer Support Specialist who also received certification in Perinatal Social Support Network Development. Ivana is the Founder and Executive Director of the PPSC.

ADVISORY MEMBERS



JEANNE-MARIE SINNOTT, DO
Doctor of Family Medicine at Kaiser



MICAL FALK, PH.D.
Clinical Psychologist and Clinical Director
of La Cheim Behavioral Health Services



LARA MICHELLE BAEZ, M.S.
Ph.D. Candidate in Clinical Psychology



JEANETTE GARZA, MSW
Perinatal Social Worker for Sutter Health,
Alta Bates, Berkeley Campus



CYNTHIA DOHERTY
Retired Executive Director of Marin
Advocates for Children



RUTH RAINERO
Communication specialist

MEET THE TEAM

PEERS:

Lisa Levine, RN
Lina Godfrey, MPH
Michelle Mendoza
Wendy Lopez
Loreto Altamirano
Georgina Torres
Ivana Jagodic Meholick

GROUP FACILITATORS:

Priya Iyer
Ivana Jagodic Meholick
Wendy Lopez
Michelle Mendoza

VOLUNTEERS:

Volunteers are the backbone of our organization. Postpartum Support Center wouldn't exist without our amazing volunteers. We are so incredibly grateful to each and every one of them. They give their time, their talent, and most importantly their heart to all who reach out to PPSC for help and support.

ROSE FACILITATORS:

Silvia E. Arabia, MPH, RN
Ivana Jagodic Meholick
Cynthia Gutierrez

A close-up photograph of a woman with dark hair and glasses, wearing a blue lace-trimmed top, looking down at a sleeping baby. The baby is lying on its back, wearing a white onesie. The background is softly blurred, showing the woman's face and the baby's head.

OUR MISSION

The **mission** of Postpartum Support Center is to provide a comprehensive support system and safe place for mothers/parents and families in need and to promote awareness and prevention of Perinatal Mental Health Disorders.

Our **vision** is that mothers/parents and families have access to high-quality care, information, and resources and are well prepared for parenthood in a supportive and stigma-free community.



ABOUT US

Postpartum Support Center (PPSC) is a community-based nonprofit organization founded in 2019 by Ivana Jagodic Meholick after she experienced maternal mental health challenges, with the purpose of helping perinatal families navigate the postpartum period, reduce parental stress, build effective support systems, and prevent postpartum depression or lessen their effects.

ACHIEVEMENTS



NEW PROGRAMS: MARIN DIAPER BANK AND ROSE



We are proud to start the first diaper bank in Marin County. The Diaper Bank provides relief to low-income families in underserved communities by directly addressing diaper need in Marin – reducing potential health risks for babies and allowing struggling families to direct more income toward other necessities.



In the last months of 2020, PPSC joined the postpartum depression prevention force and launched the ROSE Program (Reach Out, Stay Strong, Essentials for mothers of newborns). The ROSE program is an empirically-validated prevention intervention for postpartum depression developed by Dr. Caron Zlotnick; it is highly structured, easy to learn, and is delivered in both Spanish and English.

PARTNERSHIPS & COLLABORATION

Last summer, we partnered with Marin Community Clinics, Mothers Care, and many other community providers for referrals to our services. We became an active member of three key consortia of Marin County's Health and Human Services: The Perinatal Service Network and The Marin Maternal Mental Health Collaborative, and Marin County Suicide Prevention Collaborative. In addition, we were invited to join Marin Home Visiting Coordination Collaborative led by Help Me Grow Marin with an initiative from the First 5 Marin.

270+
Individuals
received
peer support

330+
Support Line
calls received

29,800+
Support Line
texts
exchanged

101
Moms
attended
support groups

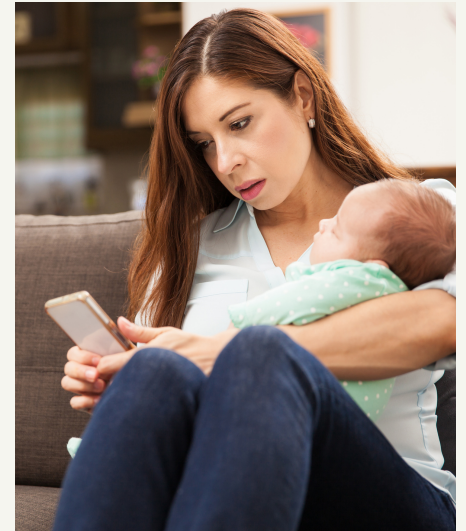
142
Referrals
provided to
parents

SERVICES IMPACT

I'm not sure how sane I would feel without the support of PPSC. I have used their phone line more times than I can count and gotten to meet other mamas during a time where it's so hard to connect with others. These services have given me hope when I felt hopeless due to postpartum depression. I was having a particularly hard week and received the most thoughtful care package full of goodies for both myself and the children. I feel so blessed to have ongoing support esp during a time like COVID.

- **Christina from San Rafael, mama of four**

Being able to text and talk to another mom who's been in my shoes, and receive encouragement, understanding, and positive affirmations have made all the difference for me. Thanks for the ongoing support, PPSC mamas. - **Ashley from Petaluma, mama of 1-month-old**



PPCS was there for me when I felt I couldn't talk about my daily struggle with anyone. I felt safe to share my private fears outside of my family circle and was comforted knowing that what I was experiencing is the norm for so many other new moms. PPCS was a lifeline when I was feeling like I couldn't see past my anxiety and the ongoing support has given me the confidence I needed to realize that I'm not only good enough but a great mom to my children. - **Rachel from Novato, mama of two**

733+

Mental Health
self-screening
assessments

60+

Face masks
donated in
March 2020

37,500+

Baby Diapers
distributed
(Oct-Dec)

125,000+

Baby Wipes
distributed
(Oct-Dec)

188,120+

People
reached via
social media

SERVICES IMPACT

“ We are truly grateful and blessed to have this help. Since COVID 19 everything has been a little rough for us. It means a lot to my whole family! It helped us not worrying about diapers and wipes for at least a month. Thank you so much!

- A family of five from Novato

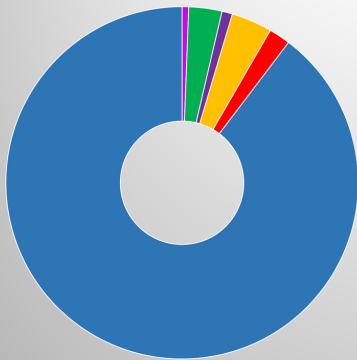


“ PPSC- thank you so much for your help with diapers, wipes & a pump. My little one & I really appreciate the support during this difficult stage we are facing. We are forever grateful. Thanks to those families who donated & made this possible. We truly value the help we have received & hope to give back to the community in the near future!

- Wendy from San Rafael, mom of 2.5-month-old

FINANCIALS FY 2020

TOTAL REVENUE 2020 \$155,985.50



- Fundraisers - 1%
- Board - 3.5%
- Foundations 1.5%
- Individual Contributions - 6%
- Matching Donations - 2.5%
- In-kind Donations & Services - 85.5%

PPSC's PROGRAMS

**Maternal Mental Health
Support Line**

Peer Counseling 1:1

Support Groups

**Self-Screening
Assessments**

ROSE - PPD prevention

Marin Diaper Bank

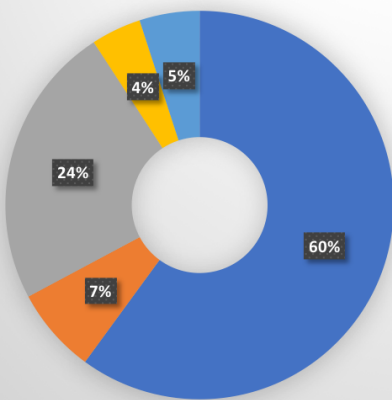
Referrals

***Helping Hand**

***Care Packages**

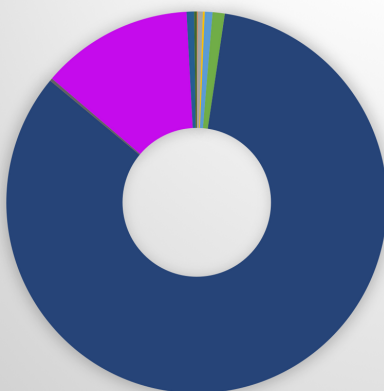
***Programs suspended
due to COVID-19**

Program Expenses



- Peer Support
- ROSE
- Marin Diaper Bank
- Fundraising
- Admin

Total Expenses 2020 \$144,872.13



- Advertising & Marketing - 1%
- Bank Charges & Fees - 0.5%
- Computer and Software Expenses - 0.5%
- Dues, Subscriptions, & Memberships 0.5%
- Insurance - 1%
- Legal & Professional Services - 1.5%
- Professional Services-InKind - 80%
- Office Supplies - 0%
- Postage and Shipping - 0.5%
- Diaper Bank Supplies-InKind - 13%
- Diapers/Baby Supplies - 1%
- Website Expense - 0.5%

THANKFUL TO OUR DONORS AND SPONSORS

Anonymous Donors (12)

Adam Nelson
Alejandra Baladon
Alexa Alioto
Amanda Tiwari
Andrea Yannone & Luis Baez
Angela Hecht
Anne Culver
Audrey Kim
Birth Realm Doulas, LLC
Brennan P Kreller
Carmen O'Connor
Carri Polizzotti
Catherine Golitzin
Corinne Gence
Cynthia Cyndy Doherty
Dane Patunoff
Dewi Lucia Burton
Dolby
Donna M Monahan
Eddie Biddle
Elaine Meholick
Elizabeth Coleman
Elizabeth Luu
Erin Odisio
First Presbyterian Church San Anselmo
Frank L. Kidner
George Golitzin & Margaret A Golitzin
Gina Hurford
Google

Gregory Adair
Heather Thompson
Helen Maniates
Henry T Fritz via Gail Fritz
Hilary Wehlitz Thakral
Humanity United
Irena Nayfeld
Irina deFischer
Ivana Jagodic Meholick
Jackie Davey
Janka Cernicka
Jeanne-Marie Sinnott
Jennifer Curtis
John & Laura Nolan
Jolana Bishay
Jon Sauerbrun
Judith Brown
Juliana Meholick
Julianne Gsell
Kathryne Prager
Lara Baez
Leah Schoellkopf
Leo Hurley & Lori Selleck
Lindsay Green
Lisa Sullivan
Luben G. Stoilov & Alina Redka
Luis and Sindy
Mary Mockus
Melissa Kleinbart
Myla Tutt
Nadine & Greg Ondera
Novatila Hansbrough

Pearl Yee
Rachel Friesen
Ruth Rainero
Shea Loewen Lazarow
St. John's Episcopal Church
St. Nicholas Orthodox Church
Summer McCormick
Susan Morrow
The J. Scott Sinnott & Irina deFischer Tr
The Mesa-Ramsey family
The Omidyar Group
Tiffany Gantus
Tina Ludh
Ty Gale
Vera Jelic
Yanhua Sun



HUMANITY
UNITED



St. Nicholas Orthodox Church
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