



**FAMILY SUPPORT
NETWORK**
of Central Carolina

Annual Report **2021-2022**

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Welcome!

Hello! We are thrilled to invite you to join us as we reflect on our year in review. This Annual Report details the programs we provide, how many families we have touched, and our impact on our community. We are perpetually humbled by both the importance of our work, the strength of our families, and the support of our sustainers.

Thank you for equipping us as we press on to support families who have experienced a NICU stay or have a child with disabilities or special healthcare needs. As always, we're committed to these families knowing they are not alone in their journeys ahead.

For questions, additional information, or to connect, please email me at nancym@fsncc.org.

Nancy Micca,
FSNCC Executive Director

About Us



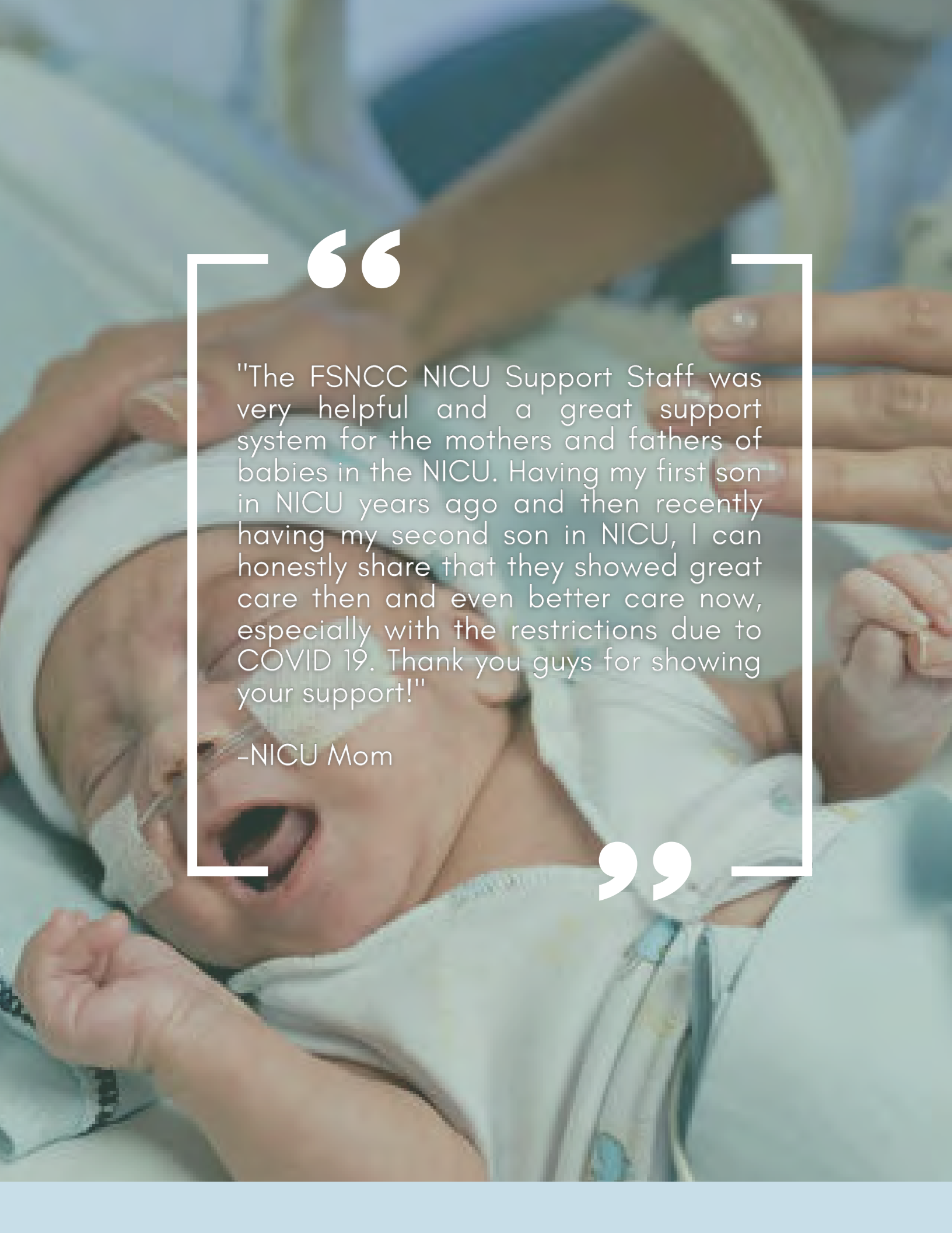
Our History

FSNCC was organized in 1989 by a coalition of parents, medical professionals and staff from community agencies serving children with special needs and their families. We are one of twelve affiliates of Family Support Network of North Carolina. We serve families living in Guilford, Alamance, Caswell, Randolph, and Rockingham counties.

Our Mission

Our mission is to provide support, education, and caring connections to those who have a child with a disability, special healthcare needs, or have experienced a NICU stay.

Families with children who have special healthcare needs often face additional challenges, including stress, social isolation, and financial strain. These extra challenges can sometimes make it difficult to navigate the service system for their child as well as find social and emotional support for themselves.



"The FSNCC NICU Support Staff was very helpful and a great support system for the mothers and fathers of babies in the NICU. Having my first son in NICU years ago and then recently having my second son in NICU, I can honestly share that they showed great care then and even better care now, especially with the restrictions due to COVID 19. Thank you guys for showing your support!"

-NICU Mom

Why We Help

1 in 5 children in the U.S. have special healthcare needs.



4x

the number of hospitalizations

5x

the number of prescriptions

7x

the number of days in the hospital

Nearly 1 out of every 5 children in the United States has a special healthcare need (SHCN). A special healthcare need can include physical, intellectual, and developmental disabilities, as well as long-standing medical conditions, such as asthma, diabetes, a blood disorder, or muscular dystrophy.

The majority of children with SHCN have co-occurring health conditions and require multiple specialized services. The health status needs of children with SHCN increase in complexity and impact as they grow.

Content source: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention.

Our Programs

SIBSHOPS: 20 siblings from grades 2–6 met monthly through our Sibshops Program. Through a variety of fun activities, these sibs gained support and made connections as they navigated their role as a brother or sister of a sibling with a disability or special healthcare need.

MOMS GROUP: 11 Moms who have a child with a disability or special healthcare need met throughout the year to support one another, share information, and mingle.

AFTER THE NICU GROUP: 10 Moms who have experienced a NICU stay gathered and shared their journeys.

RARE DISEASE GROUP: 20 Moms and Dads who have a child with a Rare Disease (RDM) met throughout the year.

DADS GROUP: 10 Dads with a child with a disability or special healthcare need met throughout the year to connect and encourage one another.

BLACK PARENTS GROUP: 21 black parents of a child with a disability or special healthcare need met to support one another, share information, and mingle.

TRAINED PARENT MENTORS: We have over 90 active trained mentors available for matching. Our program matches a mentor to other parents who may be struggling through similar experiences. We trained 4 new mentors this year.



Our NICU Program

Having a baby hospitalized in a Neonatal Intensive Care Unit can be an overwhelming experience for all members of a family. FSNCC strives to be a source of reliable information, support, and comfort to all families. Our programs include bedside support, books for babies, sibling support, parent mentors, help with baby supplies, and home visitation.

All of our NICU Staff members are former NICU moms themselves who have navigated their own NICU journeys and are now able to offer an empathetic ear, support, and resources to families in need.



NICU SUPPORT PROGRAM:

458 NICU families served
223 Sibling bags given



ELIZABETH'S CLOSET:

76 NICU families received
Baby Basics valued at \$125



EARLY INTERVENTION:

70 Home visitations
115 Support calls



BOOKS FOR BABIES: 700 Books were provided to NICU families, promoting early literacy, bonding, and early language development



SAFE SLEEP BOXES:

35 boxes provided to families in need



CRIBS FOR KIDS:

36 Pack and Plays valued at \$70 along with safe sleep education provided



GIFT CARDS:

200 Gas vouchers,
17 Walmart gift cards,
92 Panera gift cards



BACKPACK BEGINNINGS:

22 families were provided with diapers, wipes and nonperishable food after discharge through our partnership



Testimonials



"The FSNCC staff are truly amazing individuals! They provide genuine support when families need it the most. One thing that I remember during my 2 month stay with my newborn twins during Covid, were the gift cards. Those gift cards were truly a blessing. Also, receiving text messages from your staff just to simply say hello was refreshing as a mother. My family and I are so grateful for this organization and the support you're providing to those in need. THANK YOU!"

-NICU Mom



"This group of fellow Dads has been a lifeline for me over the years. I am so thankful to have a safe space with others who truly understand and relate to the challenging, yet rewarding, experience of parenting a child with disabilities."

-Participant in Dads Group

Our Volunteers

Our organization truly couldn't run without the dedication and support of our many volunteers. **Volunteers** sew blankets and bonding butterflies for our NICU babies. **Volunteers** help stuff our NICU admission bags, data entry, and office tasks. **Volunteers** host NICU book and baby supply drives. **Volunteers** provide snacks for our Sibshops meetings and donate their time to work as NICU Support Staff. **Volunteers** help families feel seen during their stay; we could go on! We're abundantly grateful for the support of our volunteer community in all its forms.

702

Total Volunteer Hours Worked



\$19,040

In-kind volunteer support, valued
at \$27.20 per hour

Unite Event

**"Understanding the Needs
of Inclusion Takes
Everyone"**



UNITE is one of our most popular annual Community Events and this year drew more crowds than ever! It is an opportunity to bring families who have children with disabilities and the organizations that serve them together for connection and resources. The event took place with Downtown Greensboro, Greensboro Parks, and Rec. and Greensboro Downtown Parks. It is also an opportunity for the general public to become better informed of the diversity found within our community.

- This year's event was held in Downtown Greensboro between LeBauer Park and Center City Park.
- 500 people were in attendance with 30 disability organizations and 7 vendors represented!
- A Resource Guide was distributed to all families who came through, listing all of the organizations in our community who serve families of individuals with a disability (including contact information).
- UNITE Bags were also provided so families could compile resources and goodies distributed by the individual booths.



Holiday Jamboree

Holiday Jamboree is our annual special holiday event for our families of children with a disability, special healthcare need, or families who experienced a NICU stay. Due to COVID-19, we decided to host a drive-thru event.

- This event is free, open to the public, and held in December on a Saturday morning.
- It is a wonderful opportunity for parents to receive resources and connect with other families in the community with similar experiences.
- Over 50 families were in attendance (not including the FSNCC Staff, Board, and Volunteers who helped run the event).
- Goodie bags were distributed with pre-packaged warm biscuits from Biscuitville, hot cocoa mix, a coloring activity, a holiday craft activity, and brochures about our programming.



Our Funding and Affiliations

One of our primary objectives is to offer our services for free to our families. Our programs are supported by:

- Annual Fundraisers
- Grants and Campaigns
- Private Donations & Local Sponsors
- In-Kind Support



Our Board Members



Carter Davenport,
Board Chair
Diversified Trust, Parent



Isabel Chasse,
Vice Chair
LCSW Cone Health



Jeremy Deaver,
Treasurer
Cone Health Executive
Parent



Anthony Woodyard,
Secretary
IT Professional
Bereaved Parent



Caroline Neill,
Cone Health CNM
Parent



Carrie Sawulski,
Cone Health NICU
Physical Therapist



Dana Valdes-Brooks,
Valdes Tax Consulting
Parent



Amanda Miller,
GSO Downtown Parks



Candace Matthews,
Cone Health
Professional, Parent



Jane Glynn,
CDSA Service
Coordinator



Ashley Collier,
Parent



Brendie Fitzgerald,
Costco HR
Parent

Meet our Dedicated Staff



Nancy Micca,
Executive Director (FT)



Meredith Spaugh,
Director of Operations (FT)



Erica Palmer,
Program Manager
Home Visitation (PT)



Ashley Bryan
Director of Development
(PT)



Angie Burkey,
Marketing and
Communications (PT)



Melissa Brooks,
NICU Family Support
and Marketing (PT)



Janice Darden,
Accounting (PT)



Amy Stowers,
NICU Family Support (PT)



Tabia McKinzie,
Disability Community Support
(PT)



Alma Espinoza,
Spanish Interpreter and NICU
Family Support (PT)



Diane Kroeger,
NICU Family Support (Vol)



"FSNCC has meant so much to our family over the past 14 years. They took us under their wing when my son was diagnosed with special needs. We knew nothing about the "special" needs world but they did and knew we needed support and direction. We were given that and so much more."

Love,
The Carrey Family (parents of
Davis/teen with special needs)



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