



**HEALTH**  
Promoting mental  
& physical health

## Project Summary

Holy Cross Ministries (HCM) is proposing to research, develop, and implement an evidence-based prenatal curriculum which would benefit 200 women and infants (annually) in Summit County.

## What is the impact for the Park City community?

The impact is the potential to improve the health and well-being of 200 women and children in Summit County every year. Currently, there is no evidence-based prenatal curriculum implemented by Community Health Workers in Park City. This is problematic because over the past several years working in collaboration with The People's Health Clinic, HCM has witnessed the growing need for research and evidence-driven practices to inform prenatal care for low-income, Hispanic pregnant women in Summit County. These women often do not have access to family members or a social support system in Park City; do not speak the language of their health care provider; work long hours with limited pay; and are uninsured.

## Why does this matter?

When women have access to regular prenatal care and resources they can reduce the risk of pregnancy complications and reduce the baby's risk for complications (before and after birth).

## Achieving and Tracking the Impact

As a 501(c)3 non-profit agency, HCM provides all services to individuals regardless of their religion, race, income, or any other defining characteristic. In collaboration with the People's Health Clinic, and an on-site Promotora / Community Health Worker, HCM will complete the following steps in order to implement the proposed project:

1. Conduct a needs assessment and best practices evaluation
2. Create a curriculum model for prenatal classes
3. Provide prenatal educational and informational resources to expectant mothers
4. Provide bilingual, bicultural prenatal classes based on the findings of the research phase
5. Aid women in making informed decisions and avoid future, unplanned pregnancies
6. Evaluate high risk clients and establish a home-visit schedule for any emerging postpartum cases
7. Conduct follow up appointments to collect data on the effectiveness of these evidence-based efforts
8. Publicize the curriculum model for other providers in the community

HCM will collect intake, attendance, survey, and outcome data in order to track this impact. All data will be stored in Efforts to Outcomes (ETO), HCM's data management software.

## Sustainability beyond the Women's Giving Fund Grant

The Women's Giving Fund Grant would fund the research and beginning implementation phase of this project, which only requires a one-time grant. After the grant period, HCM will continue seeking funding for the Promotora Outreach Program. Offering these services to low-income patients free of cost is critical to HCM's efforts in meeting the needs of underserved, which is why the agency has diligently sought alternative sources of funding to sustain the program over the past 23 years and will continue to do so.

## BUDGET SUMMARY

<b>Revenue</b>		<b>Details</b>
Grant	\$33,000	<i>Women's Giving Fund Grant</i>
<b>Total Revenue</b>	\$33,000	
<b>Expenses</b>		
Salaries & Benefits	\$27,000	<i>Promotora Outreach Coordinator (.15 FTE) Promotora / Community Health Worker (.25 FTE) Director of Data and Outcomes (.1 FTE)</i>
Supplies	\$6,000	<i>Transportation, classroom materials and curriculum development, indirect costs, etc.</i>
<b>Total Expenses</b>	\$33,000	
Net Profit (Loss)	(\$0)	