

# FIRST 1000 DAYS



SUNCOAST

SARASOTA  
MEMORIAL  
HEALTH CARE SYSTEM

SARASOTA MEMORIAL  
HEALTHCARE  
FOUNDATION



“ Collaboration and working alongside others benefits all and strengthens efforts to get information out to moms and caregivers. ”

**Lindsay Schroeder, Healthy Start Coalition of Sarasota County**



90 Organizations.  
Parent Leaders.  
1 Shared Purpose.

# ABOUT US

## WHY

A child's first few years are critical. With **80% of brain development occurring by age three**, what happens during the first 1,000 days can impact them for the rest of their life. By reducing undue stress parents face, they can do what they do best- bond with and nurture their children!

## WHO

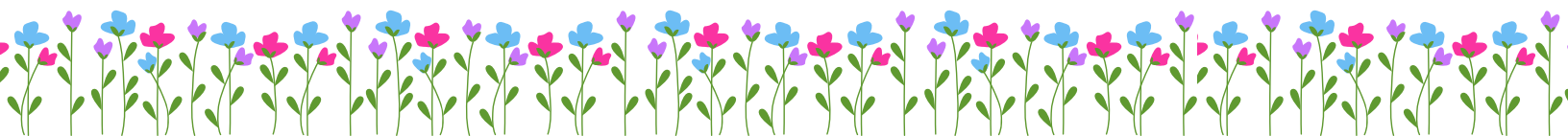
First 1000 Days uses the Collective Impact Model, aligning agencies with a shared mission, vision, and purpose. **Over 90 partner organizations work collaboratively** to improve coordination of care for pregnant individuals & families. Sarasota Memorial Healthcare System is the backbone organization.

## VISION

*We envision a supportive community that helps families provide a safe, stable, loving environment so that children are healthy, resilient, and can reach their dreams.*

## MISSION

*To support and connect families with resources during pregnancy and throughout a child's first 1000 days, when critical development occurs.*



# THREE KEY COMPONENTS



## Parent Empowerment

Brain development education increases parents knowledge and promotes bonding. Empowering parents as leaders has led to successful and sustainable interventions.



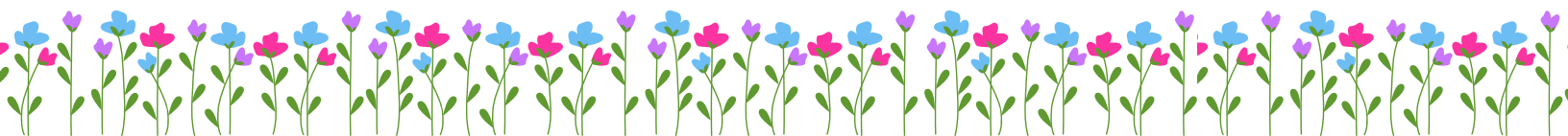
## Care Coordination

By screening and connecting families with services in our community, we are improving health outcomes, reducing parent stress, increasing protective factors, and decreasing healthcare costs.



## Targeted Interventions

Using data, parents' lived experiences, and professional expertise, the initiative partners with agencies to develop targeted interventions that address barriers to care, capacity concerns, or place or race-based inequities.





# PARENT EMPOWERMENT

## PARENT ADVISORY COMMITTEE

**100%**

Had improved confidence

**100%**

Felt more supported as a parent

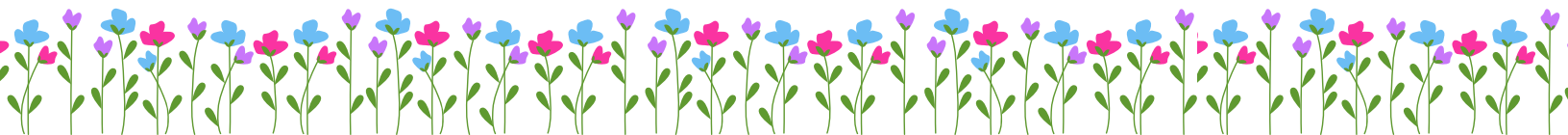


## BRAIN DEVELOPMENT EDUCATION



**53.4%**

Parents had increased brain development knowledge





# CARE COORDINATION

## FAMILY NAVIGATION SERVICE

**306**

FAMILIES

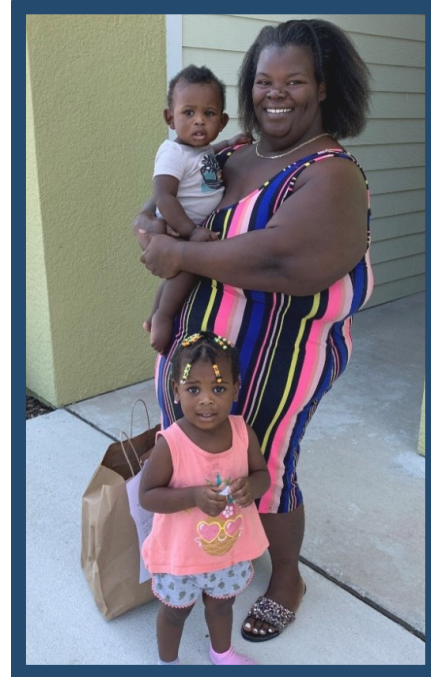
**848**

REFERRALS



**93% OF PARENTS HAD REDUCED STRESS AFTER ASSISTANCE\***

\*IN PRELIMINARY FINDINGS



*“ I could just cry. I have come a long way and now my children are happier and more joyful. ”*

**Tonika, mother of 2**

## HEALTHCARE UTILIZATION

**70%**

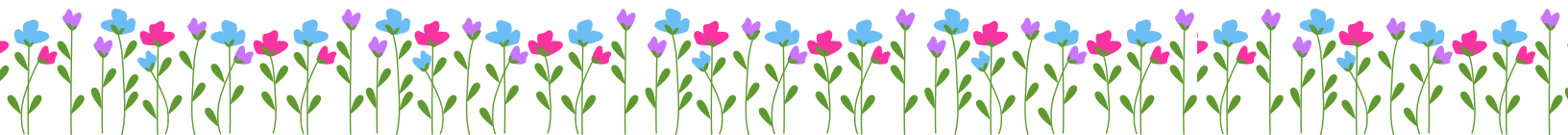
Reduction in odds of hospital re-admission after delivery



**\$350K**

Estimated savings

\*IN PRELIMINARY FINDINGS





# TARGETED INTERVENTIONS

## NAVIGATOR WORKGROUP

88%

CREATED NEW INTER-  
AGENCY  
PARTNERSHIPS

94%

DEEPEDED THEIR  
KNOWLEDGE OF  
RESOURCES

82%

FELT MORE PREPARED  
TO SUPPORT FAMILIES

*“Success is heavily influenced by coordination & communication and this meeting delivers it!”*

**Danielle Vieira, Banyan Pediatric Care Center**

## PERINATAL\* MENTAL HEALTH COORDINATION HUB

\*Perinatal = Pregnancy & up to one year after delivery

55

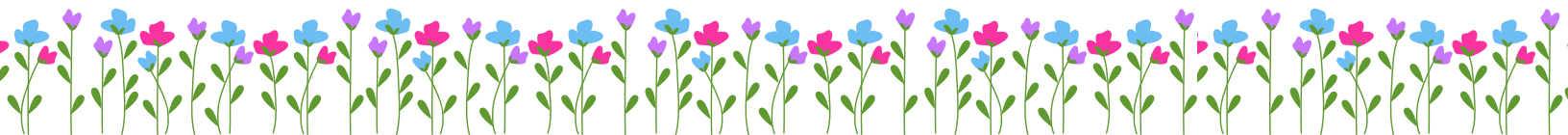
PARENTS CONNECTED WITH  
MENTAL HEALTH SERVICES

8

AGENCIES PARTICIPATING

*“I saw a Facebook ad that asked, ‘Are you feeling this way...’ and it just hit my soul!... I felt better just knowing that someone was going to call me, and that help was on the way.”*

**Mother helped by First 1000 Days Navigator**



# LOOKING FORWARD



## Parent Empowerment

- Parent Focus Groups with 100+ parents in DeSoto, Manatee, & Sarasota counties
- Parent leadership development
- Brain development education
- Hispanic/Latino Parent Advisory Committee



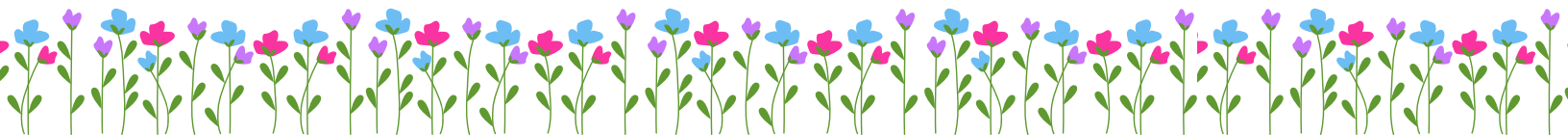
## Care Coordination

- Expand family navigation service focusing on pregnancy and postpartum risks for mothers and babies
- Continued research on the impact of social care coordination on healthcare utilization (hospital admissions and re-admissions)



## Targeted Interventions

- Analysis of community trends to identify gaps in services and barriers to care
- Build interventions to support vulnerable families
- Professional development and increase community navigator support
- Expand marketing campaign for Perinatal Mental Health Coordination Hub



# A MOTHER'S STORY

When Family Navigator Tina first met Caty Sarmiento in 2021, her main need was parenting education. Tina has remained a trusted support system for Caty's family, connecting them with non-profit agencies who provided career skills development, educational services, clothing and household goods, and pregnancy/postpartum and infant resources.

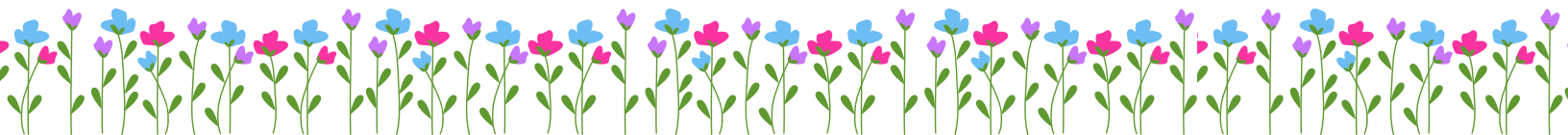
Since then, Caty has taken English classes, secured independent housing, and recently got a car. Caty sits on the First 1,000 Days Parent Advisory Committee and actively helps other moms advocate for themselves and their children.

Caty is always grateful, has a positive attitude, and is an amazing mom. Caty needed support buying gifts for her family during the holidays. First 1000 Days coordinated a gift collection in the Sarasota Memorial Hospital NICU to help relieve some stress for Caty.



*“You have no idea how much you’ve helped my family. I know when things get rough you always help me. You have blessed me with education and assistance. Thank you for loving my family. ”*

**Caty, mother of 1**





# PARTNERSHIP TESTIMONY

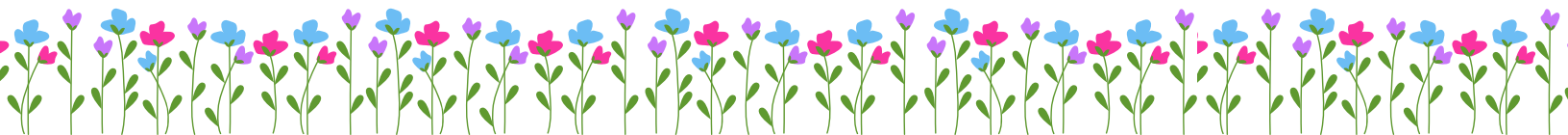


“*This initiative was born out of a small idea and has blossomed into something so important to our community. Our community organizations have all benefited from it. The initiative motivates us to keep learning, keep reaching out and keep finding resources and ways to do things better. Being a parent is a hard job and if we can help and support them, what a wonderful accomplishment that is!*”

**Carla Johanns, Forty Carrots Family Center**

“*The importance of First 1000 Days work is my #1 motivator. I want to be a part of it because of what the science tells us. We have an opportunity to make a big impact. Seeing community leaders come together in a committed and structured way was exciting. Watching it grow and seeing others’ motivation increased mine.*”

**Nathan Scott, Florida Department of Health**





# THANK YOU!

The work we accomplish in the community would not be possible without philanthropic support!




Take a look at our new Impact page to dive deeper into the difference we have made together!



FOLLOW US!

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