

# YEAR IN REVIEW 2025

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**Advancing Maternal Health,  
Strengthening Families, and  
Empowering Communities**



**A Look Back at Our Impact in 2025**

## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

In 2025, Northern Manhattan Perinatal Partnership continued its deep commitment to ensuring that families across Northern Manhattan and New York City are not only seen and supported, but truly cared for. At every point along the perinatal and early childhood journey, our work is guided by a simple belief: when families have access to culturally responsive, community-based care, healthier outcomes follow—for parents, children, and entire communities.

This year, our impact grew in both depth and reach. Through trusted relationships and evidence-based programs, NMPP supported families during pregnancy, birth, postpartum recovery, and early childhood with services that address clinical needs alongside the social and structural factors that shape health. Our doulas, community health workers, nurses, educators, and family support staff met families where they are—in homes, clinics, hospitals, and neighborhood spaces—offering care that is compassionate, holistic, and grounded in dignity.

2025 was also a year of momentum and expansion. We strengthened our partnerships with hospitals and academic institutions, launched new initiatives focused on maternal mental health and chronic disease prevention, expanded Healthy Families services into Washington Heights, and joined statewide efforts to connect Medicaid members to critical social care. These investments reflect our shared understanding that improving maternal and infant health requires long-term, community-driven solutions.

None of this work happens in isolation. Our progress is made possible by the dedication of our staff, the trust of the families we serve, and the partnership of funders and collaborators who believe in health equity as both a moral imperative and a measurable outcome. As you explore this Year in Review, we invite you to see not only what was accomplished in 2025, but what your partnership continues to make possible—today, and for generations to come.



Madeleine Dorval-Moller,  
Executive Director of NMPP

# 2025 IMPACT AT A GLANCE

Together, these numbers represent more than services delivered—they reflect trusted relationships, strengthened systems of care, and a growing community health workforce advancing maternal and family health equity.

## ✓ KEY IMPACT METRICS

TOTAL FAMILIES & INDIVIDUALS SERVED	TOTAL DOULAS TRAINED	TOTAL OB & PEDIATRIC PATIENTS SERVED	TOTAL WORKSHOPS & GROUP SESSIONS DELIVERED
1.041+ families	63 community doulas trained	517 obstetric & pediatric patients	60+ offered

Program Totals Combined	Programs	Breakdown	Delivered through community sites, clinics, libraries, and schools. This includes:
<ul style="list-style-type: none"><li>• PICHG: 184 families</li><li>• Central Harlem Healthy Families: 61 families</li><li>• Moms &amp; Babies Healthy Journey: 153 clients</li><li>• Citywide Doula Initiative: 170 pregnant people</li><li>• NMPP/NYP Postpartum Doula &amp; OB CHW Program: 215 OB patients</li><li>• Pediatric CHW Program: 149 pediatric patients/caregivers</li><li>• Northern Manhattan Head Start: 109 children and families</li></ul>	Harlem Works / EMPOWER Doula Training graduates Focus on multilingual, community-based workforce development	<ul style="list-style-type: none"><li>• OB patients (Postpartum Doula &amp; OB CHW Program): 215</li><li>• Moms &amp; Babies Healthy Journey clients: 153</li><li>• Pediatric CHW Program patients: 149</li></ul>	<ul style="list-style-type: none"><li>• Monthly Ask the Doctor series</li><li>• Year-round childbirth education</li><li>• Nutrition workshops and demonstrations</li><li>• Parenting, mental health, and advocacy workshops</li><li>• Father engagement sessions</li><li>• CPR, infant safety, and school readiness workshops</li><li>• PEACE for Moms group-based mental health sessions</li><li>• Head Start family engagement and education workshops</li></ul>

## GROWTH, EXPANSION & NEW INITIATIVES IN 2025

In 2026, Northern Manhattan Perinatal Partnership is actively building on the progress of the past year to strengthen and expand our impact across Northern Manhattan and New York City. Through new program expansions, deepened hospital and academic partnerships, and participation in citywide and statewide initiatives, NMPP continues to advance community-driven, equity-centered solutions that address both health outcomes and the social conditions that shape them. These efforts reflect our ongoing commitment to innovation, sustainability, and culturally responsive care—positioning NMPP to meet the evolving needs of families today and in the years ahead.

### Advancing Maternal Health Equity: CHIME Study

In partnership with Columbia University, Stanford University, and Public Health Solutions, NMPP launched the CHIME Study through a five-year grant from the Patient-Centered Outcomes Research Institute (PCORI). The study compares three interventions to improve healthy weight and chronic disease prevention during pregnancy and postpartum: (1) usual care with social needs screening and referrals; (2) usual care plus a self-management intervention including groceries, physical activity resources, transportation support, and mobile-based behavioral tools; and (3) usual care plus a community health worker led intervention with health coaching, goal setting, and group fitness activities. CHIME will evaluate the effectiveness of each approach on postpartum weight retention at 12 months.

### PEACE for MOMS Initiative

Launched PEACE for Moms to provide trauma-informed mental health support through parenting groups, Mommy & Me sessions, and brief counseling for pregnant and postpartum women.

### Healthy Families Expansion – Washington Heights

Expanded Healthy Families services into Washington Heights to increase access to culturally responsive, home-based support for families during pregnancy and early childhood.

### Social Care Network (SCN)

Joined New York State's Social Care Network initiative to screen, navigate, and coordinate Health-Related Social Needs services for Medicaid members as part of the NY Health Equity Reform.

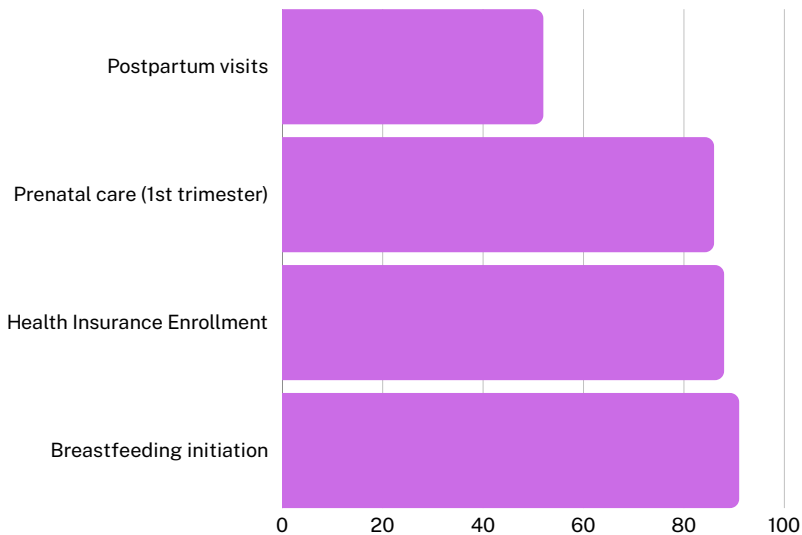
## PERINATAL AND INFANT COMMUNITY HEALTH COLLABORATIVE (PICHC)

The Perinatal and Infant Community Health Collaborative (PICHC) initiative is dedicated to strengthening community-based efforts that improve the health and well-being of birthing people and their families. Grounded in a reproductive justice framework, PICHC ensures that every individual has the right to make informed decisions about their bodies—including the choice of whether or not to have children. Through advocacy, education, and direct support, the program works to advance equitable health outcomes and empower families.

✓ 184 Families Served

✓ 382 Well-Baby Visits Completed

### PICHC Key Health Metrics (% of Clients)



## HEALTHY FAMILIES HARLEM/WASHINGTON HEIGHTS

Healthy Families program is dedicated to supporting parents and building strong foundations for children. Through evidence-based home visiting services, we empower families from pregnancy through the child's first five years, ensuring they receive the guidance, resources, and support needed for healthy child development.

By fostering a safe, nurturing, and school-ready environment, the program equips parents with critical skills and connections to help their children thrive physically, emotionally, and academically.



### 61 Families Enrolled:

Home visiting services supporting families from pregnancy through age five

#### Family Stability & Self-Sufficiency Outcomes



**Families with Active Goals: 98–100%**



**Income Stability by Child's 1st Birthday: 80–100% (Target: 35%)**



**Education/Employment by 1st Birthday: 71–90% (Target: 50%)**



**Education/Employment by 2nd Birthday: 89–100% (Target: 75%)**

#### Key Maternal and Infant Health Outcomes



**Breastfeeding: Up to 90% at 3 months; up to 80% at 6 months (exceeds 30% target)**



**Prenatal Enrollment: Up to 79% enrolled (above 50% target)**



**Postpartum Care: 100% had a postpartum visit within 3 months; visit completion up to 95%**

#### Program Fidelity & Quality Performance



**Home Visit Rate: 79–95% (exceeds 75% target)**

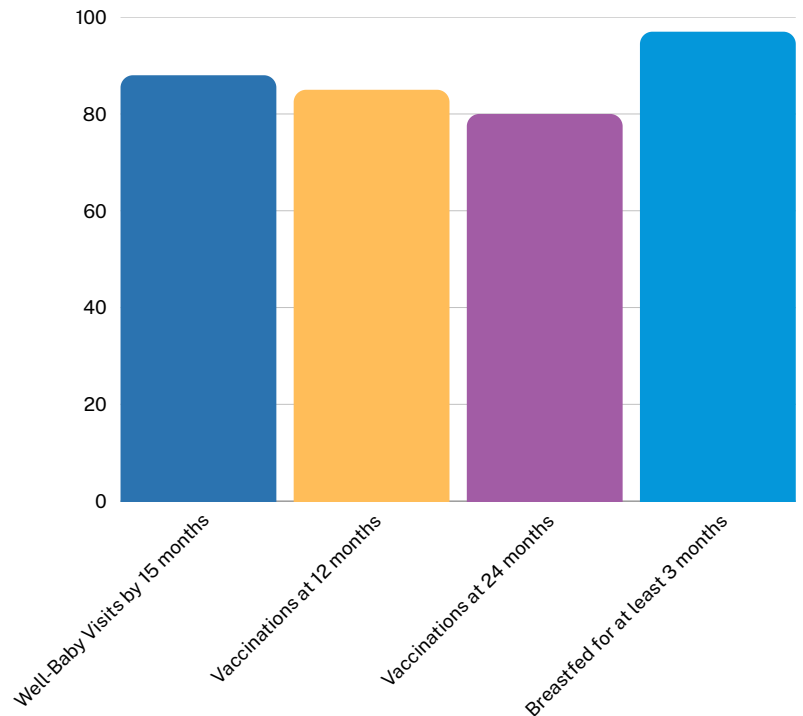


**Creative Outreach: 3–5% (within <10% target)**



**Service Plans: 100% initiation and completion**

#### Pediatric Preventive Care Outcomes (% of Clients)

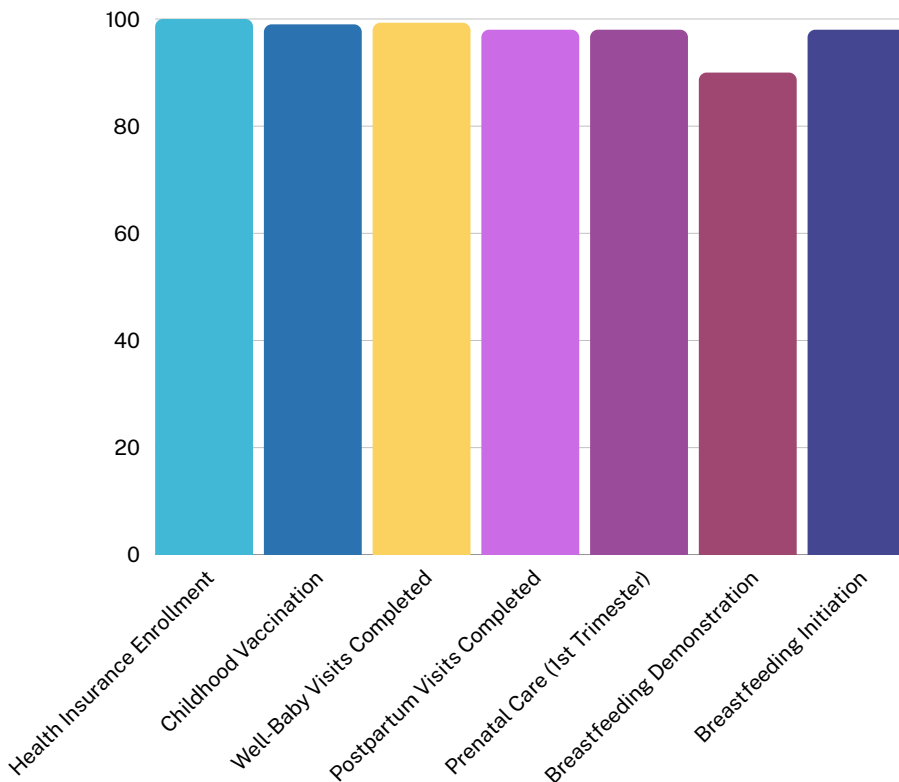


## MOMS AND BABIES HEALTHY JOURNEY

The Healthy Journey Program offers comprehensive services designed to support women throughout pregnancy and after childbirth. Services include one-on-one support for parents, covering topics such as newborn care, breastfeeding, postpartum health, safe sleep practices, prenatal yoga, and child development. Our nursing staff also provide individualized support to high-risk clients, offering guidance during pregnancy and the postpartum period. Additional services include prenatal assessments, a series of childbirth education classes, birth planning assistance, and ongoing postpartum support.

✓ 153 Clients Served

Healthy Journey: Key Health Outcomes (% of Clients)



## FAMILY WELLNESS SUPPORT

COMPREHENSIVE EDUCATION, MENTAL HEALTH SCREENING, AND FAMILY-CENTERED CARE DELIVERED YEAR-ROUND

Through year-round workshops, screenings, and family-centered education, NMPP supports parents with the tools, confidence, and care needed to nurture healthy families and thriving children.

Community  
Partnerships

New York Public  
Library

Touro College

Weill Cornell  
Hospital

Emma Bowen  
Center

### WHO DELIVERS THE SUPPORT



**Community Health Workers**



**Case Managers**



**Family Support Workers**



**Lactation Counselor**



**Health Educators**



**Pediatric Medical Residents  
(Weill Cornell)**

### HOW SUPPORT IS DELIVERED

#### 1. EDUCATION & SKILL BUILDING

- Parenting Journey
- Growing Great Kids
- Advocacy skills
- Positive behavior
- Early childhood development

#### 2. HEALTH & MENTAL HEALTH SUPPORT

- Depression screenings (prenatal & postpartum)
- Intimate partner violence screenings
- Navigating the mental health system
- PEACE for Moms (group & individual support)

#### 3. CLINICAL & PREVENTIVE CARE EDUCATION

- Childbirth education
- Breastfeeding education & consultations
- Pediatric health workshops
- Infant CPR & choking response

### WORKSHOP OFFERINGS

#### PARENTING & FAMILY LIFE

- Childbirth Education
- Healthy Relationships
- Father Engagement (FROGs)
- Story Time (NYPL)

#### HEALTH & WELLNESS

- Nutrition Workshops
- Breast Health (Touro College)
- Ask the Doctor Series (Monthly)

#### CHILD DEVELOPMENT & ADVOCACY

- Developmental Milestones
- Intro to IEPs & School-Based Mental Health
- Advocacy Skills
- Listening Sessions with Families



## EXPANDING COMMUNITY DOULA SUPPORT TO ADVANCE MATERNAL HEALTH EQUITY

### CITYWIDE DOULA INITIATIVE (CDI)

Through the Citywide Doula Initiative, NMPP has been a leader in providing critical doula care services to Medicaid-eligible birthing people since 2022. In partnership with the NYC Department of Health, NMPP addresses maternal health disparities by offering free birth and postpartum doula support and training community-based doulas.

#### IMPACT AT A GLANCE

170

WOMEN ENROLLED

816

PRENATAL &  
POSTPARTUM VISITS

148

WOMEN RECEIVED  
LABOR SUPPORT

#### SERVICES PROVIDED

- Free prenatal, labor, and postpartum doula care
- Three prenatal and four postpartum visits (virtual or in-person)
- Birth planning and breastfeeding support



### HARLEM WORKS / EMPOWER DOULA TRAINING

With support from the Mother Cabrini Health Foundation, Monarch Foundation, and CALIDA Philanthropies, Harlem Works/EMPOWER at NMPP offers free doula training to expand a multilingual, community-based doula workforce. The program equips participants with mentorship and technical assistance to become Medicaid-billable providers, advancing maternal health equity through culturally responsive care.

#### IMPACT AT A GLANCE

5

DOULA TRAINING  
SERIES DELIVERED

63

RESIDENTS TRAINED  
AS DOULAS

80

RESIDENTS ENROLLED  
IN ESL & COMPUTER  
CLASSES

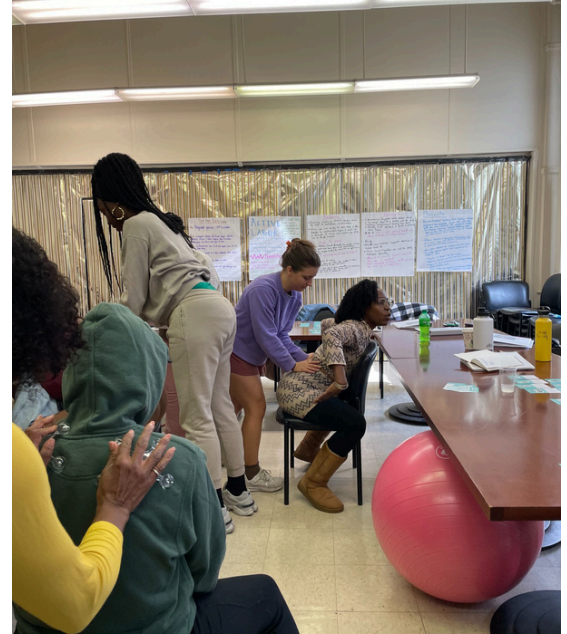
14

RESIDENTS PLACED IN  
6-MONTH  
MENTORSHIP



## NMPP/NYP POSTPARTUM DOULA CARE & OBGYN COMMUNITY HEALTH WORKER PROGRAM

The NMPP/NYP Postpartum Doula Care & OBGYN Community Health Worker Program provides holistic postpartum and social support to patients receiving obstetric care at NYP Ambulatory Care Clinics, NYP Allen Hospital, and NYP Morgan Stanley Children's Hospital. Patients with identified risk factors are referred during their second or third trimester by OB providers, nurses, health navigators, or social workers. Through 6-8 weekly visits, doulas offer emotional, physical, and informational support. Additionally, OBGYN Community Health Workers (CHWs) provide home visits, appointment accompaniment, and referrals to essential services like WIC and Housing Connect to address unmet social health needs.



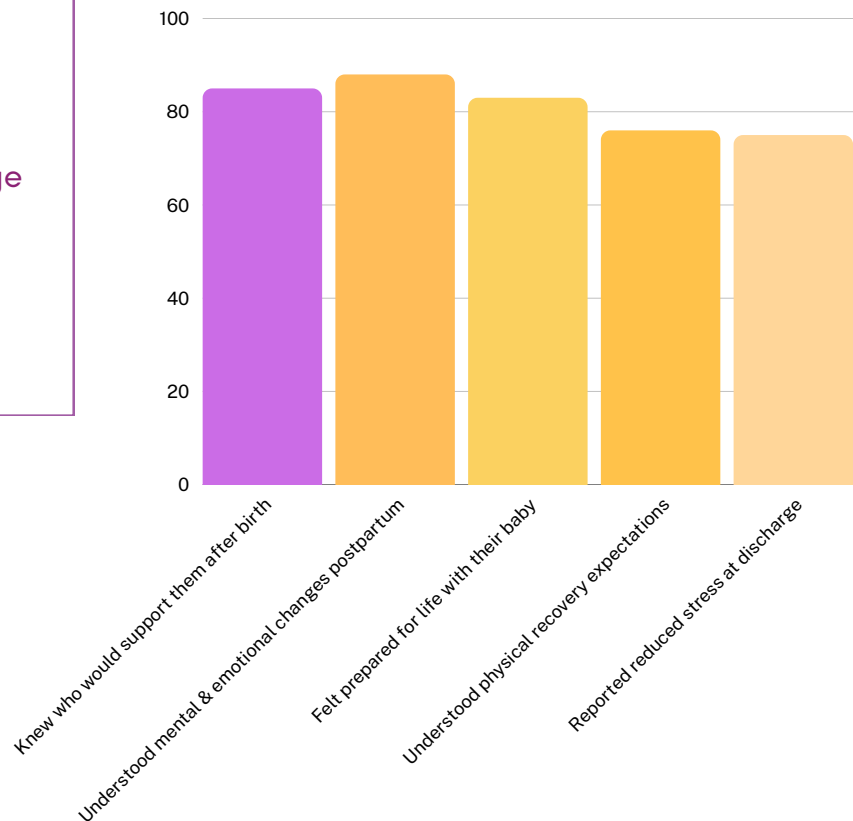
### IMPACT AT A GLANCE

- ✓ **215** OB patients enrolled
- ✓ **748** OB practice-based education sessions
- ✓ **668** onsite 1:1 education encounters
- ✓ **178** referrals for unmet social care
- ✓ **76%** reported reduced stress at discharge
- ✓ **100%** patient navigation goals met
- ✓ **100%** social determinant goals met

### HOW THE MODEL WORKS

- OB referrals during 2nd or 3rd trimester
- Six to eight weekly postpartum doula visits
- CHW support for care coordination and social needs
- Partnership with NYP Ambulatory Care Clinics, NYP Allen, and NYP Morgan Stanley Children's Hospital

### Postpartum Confidence & Preparedness Outcomes (% of Clients)



## NMPP/ NYP PEDIATRIC COMMUNITY HEALTH WORKER PROGRAM

### CHILDREN WITH COMPLEX HEALTH CONDITIONS

The Pediatric Community Health Worker (CHW) Program provides critical support for caregivers of children with complex health conditions, ensuring they have the resources and knowledge to manage their child's medical and social needs. Bilingual CHWs remain embedded within the community while maintaining a strong hospital presence, offering home visits, virtual support, and in-person assistance at medical appointments.

#### IMPACT AT A GLANCE

149

PEDIATRIC PATIENTS  
ENROLLED

421

PRACTICE-BASED  
EDUCATION  
SESSIONS DELIVERED

99%

CAREGIVERS  
CONFIDENT  
ACCESSING CARE

75%

CAREGIVERS  
REPORTED  
REDUCED STRESS  
AT DISCHARGE

99%

CAREGIVERS  
REPORTED CONTROL  
OVER CHILD'S  
CONDITION

#### HOW SUPPORT IS DELIVERED

- Bilingual Community Health Workers embedded in both hospital and community settings
- Home visits, virtual support, and in-person appointment accompaniment
- Education and navigation addressing both medical and social needs

#### CAREGIVER OUTCOMES

- Nearly all caregivers reported increased confidence managing their child's condition
- Three-quarters of caregivers reported reduced stress at program completion
- Families demonstrated improved ability to navigate pediatric care systems

#### CASE ILLUSTRATION: ASTHMA MANAGEMENT SUPPORT

A pediatric patient was referred to the CHW Program for asthma support. The CHW identified home-based triggers, including dust and a rodent infestation, and gaps in inhaler use and asthma action planning. Through education, skill reinforcement, and connection to pest control services, the caregiver reported improved confidence, better medication adherence, fewer emergency room visits, and a safer home environment—resulting in improved asthma control and quality of life.

## NORTHERN MANHATTAN HEAD START

The Northern Manhattan Head Start (NMHS) program remains committed to high-quality early childhood education, family engagement, and school readiness. Through intentional learning environments and strong community support, NMHS ensures young children receive the social, emotional, and academic foundation needed for lifelong success.



### SUPPORTING THE WHOLE CHILD:



**Onsite Nurse and Nutritionist services**



**Mental health sessions with 15 families participating**



**Asthma education workshops for families**



**Social-emotional learning workshops for students**

### ✓ 109 Students Served:

Providing nurturing, developmentally appropriate learning environments for children and families

### Strengthening Teaching & Learning

- Coaching and professional development for teaching staff
- Partnership with NY Early Childhood Professional Development Institute to enhance teaching practices
- Training for staff and caregivers in collaboration with Columbia University Center for Children's Environmental Health

### Inclusive Learning Environments

- Onsite inclusion classroom for students with special needs
- Partnerships to ensure equitable access and individualized support

### Preparing for Kindergarten Success

- Kindergarten Fair and transition workshops
- Support for families navigating school systems
- Focus on family dynamics and conflict resolution



# COMMUNITY ENGAGEMENT & FAMILY PARTNERSHIPS

BUILDING STRONG RELATIONSHIPS WITH FAMILIES, CAREGIVERS, AND COMMUNITY PARTNERS

## Celebrating Fathers and Father Figures

- Fatherhood engagement events including Importance of Fathers
- National Dads Bring Your Child to School Day
- 60+ fathers and father figures participated



## Engaging Families as Partners in Learning

Workshops & Learning

CPR Training

Arts & Crafts

Kindergarten Application Guidance

School Readiness Resources

Family-Centered Events

Mother's Day and Father's Day celebrations

Parent-teacher conferences

Family outings

Community Partners

NY Early Childhood Professional Development Institute

Columbia University Center for Children's Environmental Health

Local community organizations and families

## Community Expertise in Action

- Child intelligence development workshop led by Dr. Dumas
- Asthma education for parents
- Workshops facilitated by trusted community and academic partners



## THANK YOU TO OUR FUNDERS & PARTNERS

Good+Foundation



THE  
SCARLET  
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