



Be Not Afraid, Inc.

Dear Friends of Be Not Afraid,



I would never have imagined that Be Not Afraid (BNA) was experiencing their busiest year when I was supported during my pregnancy with my daughter, Camille. All I knew was that BNA was a light in the darkness of my prenatal diagnosis. I had scoured the internet after being told my child was going to die hoping to find truth and support, and the only hopeful stories I could find were on the BNA website.

Within a few days of our "fatal" diagnosis, I submitted a request for services. Within a day or two, I had my first phone call where I learned so much about the foreign world of prenatal diagnoses. Perhaps most important was learning that I was not alone in my circumstance. Other moms were experiencing the same and similar diagnoses, and BNA promised to support each of us in our journeys. That was especially important to me as my husband was away serving with the U.S. Army in Afghanistan.

BNA also empowered me with advice about talking to my providers and communicating my wishes for my daughter. When I went back to my next appointment, I said things like, "My baby's name is Camille. We are keeping her and letting her tell her story." In this way, BNA gave me the tools to grow into the mother Camille needed. They equipped and encouraged me every painstaking step of the way and provided wisdom both in medical and in family aspects. The intricate details of the care my family received from BNA has inspired me to volunteer coordinating their Instagram posts.

Providing a safe space for study and a supportive lifeline to families carrying to term following a prenatal diagnosis is vital in a culture that diminishes the worth of unborn children with disabilities. This is especially true in situations like mine wherein the medical community may misinform regarding the diagnosis. The joyful life of my toddler, Camille, and our little family is a testament that BNA is doing work of eternal consequence.

Blessings,

Aly Fish

BNA Instagram Coordinator and Mom to Baby Camille Coeur, born February 6, 2020

What is BNA?

BNA is a 501(c)3 private non-profit corporation which provides comprehensive case management to parents carrying to term following a prenatal diagnosis. Our staff, volunteers, and peers strive to develop a relationship of trust while

providing for the emotional and tangible needs of parents at diagnosis, during pregnancy, at birth, and during the postpartum period for up to one year. We believe that every baby is a gift, and we support parents not only in advocating for

basic care, but also in obtaining the treatment they deem appropriate for their child after birth, no matter the diagnosis. We follow the ethical teaching of the Catholic Church, but serve parents of all denominations.

Be Not Afraid, Inc.

Condensed Statement of Activities for the Year Ended 12/31/2020

Support and Revenue

Fraternal and Religious Organizations.....	\$60,119.00
Donations from Individuals.....	80,480.00
Fundraisers.....	10,596.00
Foundations.....	4,300.00
TOTAL.....	\$155,495.00

Expenses

Program Services.....	\$94,806.01
General and Administrative.....	24,791.99
Fundraising.....	629.00
TOTAL.....	\$120,227.00

Estimated Value of In-kind Donations Supporting Program Services

Donated Goods and the Value of Volunteer and Peer Minister Hours of Service.....	\$7,500.00
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What do parents say about BNA?



“The difference between how we felt before and after being introduced to BNA is like night and day. We felt so isolated when receiving our prenatal diagnosis and had no idea how we could even prepare for our daughter’s birth. All we knew is that she was alive then, we loved her, and wanted to meet her. BNA helped us navigate through what we already knew about her diagnosis and prepared us for what we may learn at future appointments. They helped us advocate for things we didn’t even know we could ask for. We are so thankful for their guidance and believe their help was one of the key things that led to Riley being born alive and cared for by her medical team. Riley’s life is our greatest blessing - thank you, BNA for standing with us along our journey.”

Mom of Baby Riley Marie, May 6, 2020 - August 31, 2020

“BNA was by our side as we endured four months of uncertainty, despair and pain. We learned our son, Bryce, would most likely be stillborn due to his multi-cystic kidney disease. The staff at BNA supported and encouraged us to stay strong in our faith and focus on being good parents to Bryce while he was alive in his mommy’s womb. The care baskets, phone conversations and notes of love helped light a path through the valley of the shadow of death. We are so grateful for BNA.”

Dad to Baby Bryce Connor, † December 13, 2020



2020 BNA Service in Numbers

BNA's primary mission is to provide a service of comprehensive case management to parents carrying to term following a prenatal diagnosis which begins when they accept BNA support and continues for one year following the birth of their child. For that reason, at any one time, staff, volunteers and peers are supporting **expectant parents, parents with infants in neonatal care, parents caring for their medically complicated infants who have been discharged to home, and parents grieving the loss of an infant.** There was a 67% increase in the number of parents carrying to term supported by BNA between 2019 and 2020.

BNA also offers an "outreach" service which captures data for all referrals made to the program. Outreach consists of providing information and resources via direct contact or by way of email. It includes all parents with whom we had contact who did not accept case management support, and others seeking information regarding BNA, and/or information regarding funeral planning and bereavement resources for families not supported by BNA.

Finally, it should be noted that roughly 30% of our support of parents occurs after normal business hours to accommodate parental needs around births and health crises as well as parental working schedules across time zones.

2020 Families Supported Carrying to Term

Comprehensive case management was provided to **55** families with varying prenatal diagnoses. Fifty-one of the families served lived in the U.S., and the others lived in Canada, the Philippines, and the United Kingdom.

Outreach Data

123 hours of outreach support

82 personalized outreach packets of resource information distributed

Support (from diagnoses to one-year anniversary of birth) Data

3,000 hours of case management support provided

(includes direct parent contacts, coordinating referrals, advocacy, etc.)

200 hours of peer support provided

110 hours of birth planning support provided

(includes provision of diagnosis-specific packet of resource and research material, birth plan meeting, and birth plan editing support)

55 hours of neonatal consult support provided

10 hours of ethics consultation provided

55 parent gift packages distributed

(includes the following handmade items: two identical knitted blankets, one personalized name blanket, baptism kits, baby soap, bracelet or rosary, and gown)

100% of birth plans were approved by both obstetric and neonatal providers working with parents

Bereavement Support Data

Bereavement support was provided to **51** families

(includes the 31 families with losses in 2020 as well as 20 families who experienced losses in 2018)

52 hours of peer support

31 newborn loss resource packets distributed to families supported by BNA

10 Monthly grief newsletters published and distributed

22 One-Year Anniversary gifts distributed

Miscellaneous

Published **2** BNA newsletters

Featured in a podcast of the Catholic Medical Association

Featured in a podcast of the National Catholic Bioethics Association.

Featured panelists at the virtual Sidewalk Advocates for Life (SAFL) National Conference

What do parents say about BNA?



“BNA was invaluable during my pregnancy. Upon receiving a prenatal diagnosis for my son, I was given information about BNA. When I first spoke with Judy it was one of the first times I talked about my son’s diagnosis. She was so receptive, validating and truly cared. The same feelings from that conversation were carried over when I spoke with Tracy. Throughout the remaining part of my pregnancy BNA provided support and assistance in creating a birth plan. Days before delivery, my world was turned upside down again with new information that changed the first few weeks of my son’s life. BNA was nothing short of amazing to calm my fears and get me in touch with people that could help me make quick decisions. Knowing I had someone in my corner made all the difference.”

Mom of Baby Tyler Elias, born August 7, 2020

“BNA played a critical role in helping my wife and I through our loss. Tracy, Judy and Be Not Afraid provided practical guidance, compassionately dispelled our fear, and provided comfort during an indescribably painful experience. In traversing the winding path from the rancorous depths of losing a child, the compassion of Be Not Afraid helped our family find our way, and we are grateful for them and support their mission.”

Dad to Baby Esther Rose, † August 28, 2020



**For more information
Regarding Be Not Afraid
or to refer parents for support,
please visit our website
at...**

www.benotafraid.net

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