

# ANNUAL IMPACT REPORT

# 2022-2023



FAMILY SUPPORT  
NETWORK™

of Central Carolina



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# A Letter From Our Interim Executive Director

I am delighted to present to you our 2023 Annual Report. As we reflect on the past year's accomplishments and the profound impact of our mission, we invite you to join us in celebrating the milestones that have shaped our journey within the Neonatal Intensive Care Unit (NICU) and Disability community.

In the pages that follow, you will find an overview of our achievements, our programs, and funding. We are immensely proud of what we have accomplished. We look forward to the opportunities that lie ahead as we continue our mission of making a positive difference in the lives of countless individuals and communities.

Thank you for your unwavering support, which has been instrumental in our journey of impact and growth.

Sincerely,



Kevin Gray  
Interim Executive Director





# WHO WE ARE

## OUR HISTORY

Family Support Network of Central Carolina (FSNCC) was organized in 1989 by a coalition of parents, medical professionals, and staff from community agencies serving children with disabilities 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 encounter added stress, social isolation, and financial strain, which can complicate their child's health journey and hinder their access to social and emotional support.

## OUR APPROACH

Our comprehensive approach supports and empowers families by fostering connections, advocating for their needs, providing education, and forming community partnerships.



*"From the moment our Home Visitor, Erica, entered our lives, her warmth and dedication immediately put us at ease. Erica's expertise and customized approach had a profound impact on our family, and over time she became a trusted caregiver, offering invaluable knowledge and unwavering support.*

*- The Mullins Family.*



# NICU SUPPORT PROGRAM

Our **NICU Support Program**, located within Cone Health Women's and Children's Center NICU, is a vital resource for NICU parents. Our dedicated NICU Staff, composed of experienced former NICU moms, serve as trained peer-to-peer specialists. They offer crucial information and steadfast support to parents facing the challenges of the NICU journey.

Our comprehensive programs include:

- **Personal Support:** Families receive emotional support and essential resources like informative pamphlets, online resources, and custom support material.
- **Baby Basics:** Offering baby supplies and resources to families preparing for discharge.
- **Education:** Promoting the benefits of early literacy with our Books for Babies program, explaining the ABCs of Safe Sleep, and the importance of caregiver wellness.
- **Home Visitation:** Providing in-home support and guidance to families transitioning from the NICU to home.
- **Parent-to-Parent Mentor:** Providing one-on-one peer support from experienced parents.
- **Sibling Bags:** Supporting siblings of NICU babies with activities, toys, and resources.
- **Special Events:** Hosting meals and activities for NICU families to offer respite and encourage connections.

721 individual education sessions

525 families served

73 baby basic sets

1500 new baby board books

31 pack and plays provided

39 families served through home visitation

233 sibling support bags

19 special events





# DISABILITY PROGRAM

Our **Disability Support Program** at FSNCC is founded on a strong commitment to help parents and siblings of children with disabilities or special healthcare needs. Through this program we offer a variety of services and resources aimed at supporting families as they navigate these challenges, ensuring they have access to essential support, guidance, and care.

Our programs include:

- **Resources and Referrals:** Equipping families with valuable information and connecting them with relevant resources.
- **Parent Groups:** A platform for parents to connect, share experiences, and learn from one another within our 4 parent groups.
- **Parent Mentor Program:** Providing one-on-one support from experienced, trained parents who have been through similar journeys.
- **Sibshops:** Offering a supportive space for siblings to connect with peers who understand their unique experiences.

125 families served

1200 community event participants

89 trained parent mentors

40 parent group meetings/events

121 volunteer hours



# FSNCC GROUPS

Our parent groups offer a nurturing and inclusive space for parents to connect, share experiences, and gain valuable insights, providing support, guidance, and a sense of community to those navigating the NICU or raising children with disabilities or special healthcare needs.

**Moms Group:** A supportive environment exclusively for mothers, to openly discuss their experiences while caring for children with disabilities or special healthcare needs.

**Dads Group:** Provides a space for fathers to connect and learn from one another, building a supportive community and offering a chance to unwind and relax together.

**Rare Disease Moms Group:** Dedicated to families dealing with rare diseases, this group provides a focused platform for sharing knowledge, resources, and emotional support.

**Black Parents Group:** A safe haven for Black parents and caregivers, offering resources, and the opportunity to connect with others who share similar experiences.

**Sibshops:** Sibshops is a supportive program tailored for kids in grades 1-6 who have siblings with disabilities. It provides a safe space for them to connect, share experiences, and learn coping skills while engaging in fun activities.



*“I found a lifeline in my group. It's where I met parents who truly understood what I was going through. It's not just about sharing experiences; it's about finding strength and hope in each other.”*





Our annual events and campaigns enhance our programs, benefiting over **1,000** families yearly. They also foster a strong sense of community among our supporters, all dedicated to positively impacting lives.



## UNITE FESTIVAL

Our annual U.N.I.T.E. (Understanding the Needs of Inclusion Takes Everyone), festival features family-friendly activities, games, and live music, where various organizations serving families of individuals with disabilities or special healthcare needs come together to provide valuable resources.



## HOLIDAY JAMBOREE

Holiday Jamboree is our annual special holiday event for our families of children with a disability, special healthcare needs, or families who experienced a NICU stay. It is a wonderful opportunity for parents to receive resources and connect with other families in the community with similar experiences.



## POKER FOR PREEMIES AND PEDS

Poker for Preemies and Peds is a joint fundraiser by FSNCC and Cone Health Pediatrics, offering a fun evening of casino games, hors d'oeuvres, raffles, and a silent auction. All proceeds support families who have experienced NICU stays or have children with disabilities or special healthcare needs.



## COMMUNITY EVENTS

We offer special events throughout the year that provide engaging activities, access to community resources, and serve as an opportunity to raise awareness and garner support for parents caring for children with special healthcare needs.

# FUNDING SUPPORT

## Maximizing Impact

We diligently manage our funding to ensure that it directly supports our mission of providing free support services to families. With an annual budget of \$330,000 and a dedicated team of nine members, we strive to maintain low expenses to maximize the impact of every donated dollar, personally benefiting the individuals and families we serve. Our committed staff works tirelessly to make a difference, ensuring that our resources are utilized efficiently and effectively to fulfill our mission.

## Volunteers

Our organization has achieved a remarkable milestone: over [1,000](#) volunteer hours this year! Volunteers are the lifeblood of our mission, generously offering their time, skills, and unwavering dedication. From NICU support to crafting baby essentials, their contributions are invaluable, and we're deeply grateful. Thank you volunteers, for your steadfast commitment to our cause.



## Organizations that provide funding, grants, support, and in-kind donations:

Cone Health  
Guilford County Partnership for Children  
Family Support Network of NC  
Department of Social Services

Two Men and A Truck  
Cribs for Kids  
NICU Parent Network



# A 30-YEAR JOURNEY: TRACING A REMARKABLE CAREER



This year, we said goodbye to our dedicated Executive Director, Nancy Micca, who dedicated over 30 years to our organization, leaving a profound impact on our community and the countless families she has helped. Throughout her illustrious career, Nancy consistently displayed unwavering dedication, strong leadership, and an unbreakable commitment to making a meaningful difference.

She wore many hats, serving in various roles, while also mentoring colleagues and spearheading innovative projects that significantly contributed to our growth and impacted the lives of many families. Under her guidance, we expanded programs and services, transforming our organization. Nancy's career embodied excellence, and her legacy is a testament to her success, integrity, and unwavering devotion to our mission.

Her presence will be greatly missed by our community and all those who had the privilege of knowing and loving her.







Thank you for your vital support and dedication. Together, we've achieved significant milestones and made a positive impact on the lives of countless individuals. Looking ahead, we invite you to join us as we continue our mission and work towards a brighter, more inclusive future. Your comments, inquiries, and support are greatly appreciated. Thank you for being part of our journey and sharing our vision for a better tomorrow.

**Your gift can make a real difference. Donate now to support the families we serve.**



**MAKE A GIFT TODAY.**

Stay connected.



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