

**AGREEMENT BETWEEN THE COUNTY OF CHAMPAIGN AND THE NEST  
POSTPARTUM SUPPORT NFP FOR HEALTH INITIATIVE ASSISTANCE**

This Agreement is entered as of August 11, 2023, by and between the County of Champaign, Illinois (“County”), with an address of 1776 E. Washington Street, Urbana, IL 61802 and The Nest Postpartum Support NFP (“The Nest”), with an address of 2001 North Mattis Avenue #7011, Champaign, IL 61826; collectively “the Parties.”

**WHEREAS**, The County is in receipt of funds pursuant to the American Rescue Plan Act of 2021, P.L. 117-2 (“ARPA Funds”); and

**WHEREAS**, The County is authorized by Section 603 of the Social Security Act and the United States Department of Treasury Final Rule 31 CFR Part 35 to transfer ARPA Funds to respond to the pandemic public health emergency or its negative economic impacts, including services or programs to assist mental health, household assistance, healthy childhood environments, and housing assistance; and

**WHEREAS**, The Nest is a non-profit corporation whose mission is to provide community and support to families with children in the neonatal intensive care unit (NICU); and

**WHEREAS**, The Nest receives referrals to provide services to families that do not have the resources to travel to the NICU (funds/services for gas, reliable transportation, hotel stay, food, childcare for older siblings, and overhead costs to provide funds/services);

**WHEREAS**, NICU visiting guidelines have permanently changed since the COVID-19 pandemic, with permanent restrictions on the number of people at a bedside, the people who can visit the NICU, and the people who can touch/hold an infant, further exacerbating already well-documented stressors that negatively impact parents’ mental and physical health and infants’ mental and physical health;

**WHEREAS**, the Parties desire to enter into this Agreement to recognize the roles and responsibilities for each Party in assisting with costs of providing services to families with children in neonatal intensive care units in Champaign County;

**NOW THEREFORE**, the Parties agree as follows:

1. **Purpose and Scope.** The Parties intend for this Agreement to provide the foundation and structure for assisting Initiative costs through the following understanding:
  - a. **“Initiative” Defined:** The Nest will conduct activities between March 3, 2021 and December 31, 2024 directly related to providing services that assist families with children in neonatal intensive care units in Champaign County; with proposed Initiative details and budget included in Attachment 1 (“Initiative”).
  - b. **Funding:** The County will transfer ARPA funds to The Nest in an amount of up to \$120,000 to conduct the Initiative, according to the projected budget in Attachment

1. The transfer of funds provided to The Nest shall be made in quarterly installments. Installments may be paid more frequently pending documentation of the program being successfully implemented. In order for funds to be released, The Nest must submit a Risk Assessment Form and detailed cost projection for the first installment; followed by documentation of funding from the first installment, detailed cost projection, and Reporting Form for remaining installment(s) prior to release of funds. Documentation of funding from the final installment and final Reporting Form shall be submitted after release of all funds. The County shall provide the Risk Assessment Form and Reporting Form templates to The Nest.

## **2. Roles and Responsibilities of The Nest.**

### **a. Oversight**

- i. The Nest agrees to cooperate with meetings conducted by Champaign County Board Members and/or County staff, as requested, to review Initiatives in progress.
- ii. The Nest will adhere to the ARPA Funds fiscal, accounting, and audit procedures that conform to Generally Accepted Accounting Principles (GAAP) and the requirements of federal Uniform Guidance (2 CFR Part 200).
- iii. The Nest will submit reporting information to the County as required by the Department of Treasury, upon request of the County. Information will include but is not limited to: Unique Entity ID (UEI) number, Initiative details and purpose, Initiative timeline and status, Initiative impact, expenditure information and status, copy of General Ledger (G/L) for ARPA-funded expenses for each reporting time period, copy of additional documentation as needed to support ARPA-funded transaction details, capital expenditure amounts and details, impacted populations, public health or economic impact experienced due to the pandemic, Initiative response to public health or negative economic impact due to the pandemic, Davis Bacon and Labor Reporting for capital expenditures over \$10 million if applicable. Reporting requirements will be specified by the County.
- iv. The Nest will provide to the County, upon reasonable notice, access to and the right to examine such books and records of The Nest as related to the Initiative and will make such reports to the County as the County may reasonably require so that the County may determine whether there has been compliance with this Agreement.
- v. No person shall be excluded from participation in initiatives the County is funding, be denied the benefits of such initiative, or be subjected to discrimination under any initiative or activity funded in whole or in part with the funds provided under this Agreement on the ground of race, ethnicity, color, national origin, sex, sexual orientation, gender identity or expression, religion, disability, or on any other ground upon which such discrimination is prohibited by law. The Nest understands that Executive

Order 13985, Advancing Racial Equity and Support for Underserved Communities Through the Federal Government, applies to the use of ARPA Funds.

- vi. The Nest will comply with all applicable statutes, ordinances, and regulations. The Nest will not use any of these ARPA Funds for lobbying purposes. If it is determined by the County that any expenditure made with the ARPA Funds provided under this Agreement is prohibited by law, The Nest will reimburse the County any amount that is determined to have been spent in violation of the law.
- vii. The Nest will enforce all applicable terms and requirements of this agreement with any subgrantees or partners of this Initiative and is liable for all subgrantee and partner activity related to this specific Initiative agreement.

**b. Initiative**

- i. Services: The Nest shall conduct activities toward development and operation of the Initiative under the following requirements:
  - 1. The Nest shall incur costs directly related to the Initiative between March 3, 2021 and December 31, 2024.
  - 2. The Nest shall conduct Initiative costs in accordance with the proposed budget and details provided in Attachment 1.
- ii. Governance: The Initiative activities shall be overseen by The Nest board of directors with the following responsibilities:
  - 1. Review reports and Initiative adherence.
  - 2. Approve significant changes in Initiative prior to implementation.

**3. Roles and Responsibilities of the County.**

- a. The County shall provide ARPA Funds to The Nest in the amount of up to \$120,000. The transfer of funds shall be provided to The Nest based on documentation and reporting for related project costs.
  - b. The County shall provide oversight as described in this Agreement for the purpose of ensuring that ARPA Funds are spent in compliance with federal law, and in compliance with the intended purpose of the funds as set forth in this Agreement.
  - c. The County is not responsible in any way for the operations of The Nest.
4. **Term.** This Agreement shall commence upon its execution between the Parties.
5. **Termination.** The Agreement may be terminated by either party upon a thirty-day notice in writing to the other party. Upon termination, The Nest shall provide to the County an accounting of the ARPA Funds and shall remit unspent ARPA Funds to the County. Additionally, if The Nest does not spend the ARPA Funds in accordance to the regulations

and requirements specified in this Agreement, The Nest will be required to repay the County in the amount of ARPA funds that were utilized incorrectly.

6. **Amendments.** This Agreement may be amended only by an agreement of the parties executed in the same manner in which this Agreement is executed.
7. **Representations and Warranties.** Both Parties represent that they are fully authorized to enter into this Agreement. The performance and obligations of either Party will not violate or infringe upon the rights of any third-party or violate any other agreement between the Parties, individually, and any other person, organization, or business or any law or governmental regulation.
8. **Indemnity.** The Nest agrees to indemnify and hold harmless the County, its respective affiliates, officers, agents, employees, and permitted successors and assigns against any and all claims, losses, damages, liabilities, penalties, punitive damages, expenses, reasonable legal fees and costs of any kind or amount whatsoever, which result from the negligence of or breach of this Agreement by The Nest, its respective successors and assigns that occurs in connection with this Agreement. This section remains in full force and effect even after termination of the Agreement by its natural termination or the early termination by either party.
9. **Limitation of Liability.** UNDER NO CIRCUMSTANCES SHALL EITHER PARTY BE LIABLE TO THE OTHER PARTY OR ANY THIRD PARTY FOR ANY DAMAGES RESULTING FROM ANY PART OF THIS AGREEMENT SUCH AS, BUT NOT LIMITED TO, LOSS OF REVENUE OR ANTICIPATED PROFIT OR LOST BUSINESS, COSTS OF DELAY OR FAILURE OF DELIVERY, WHICH ARE NOT RELATED TO OR THE DIRECT RESULT OF A PARTY'S NEGLIGENCE OR BREACH.
10. **Severability.** In the event any provision of this Agreement is deemed invalid or unenforceable, in whole or in part, that part shall be severed from the remainder of the Agreement and all other provisions should continue in full force and effect as valid and enforceable.
11. **Waiver.** The failure by either party to exercise any right, power or privilege under the terms of this Agreement will not be construed as a waiver of any subsequent or further exercise of that right, power or privilege or the exercise of any other right, power or privilege.
12. **Conflicts.** In the event of an unresolvable dispute, both parties agree to participate in a mediation process and to split equally any costs associated with such. Any outcomes of mediation shall be in writing and binding on the parties.
13. **Legal and Binding Agreement.** This Agreement is legal and binding between the Parties as stated above. The Parties each represent that they have the authority to enter into this Agreement.

14. **Entire Agreement.** The Parties acknowledge and agree that this Agreement represents the entire agreement between the Parties. In the event that the Parties desire to change, add, or otherwise modify any terms, they shall do so only by an agreement of the parties executed in the same manner in which this Agreement is executed.

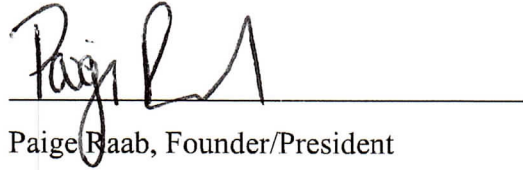
The Parties agree to the terms and conditions set forth above as demonstrated by their signatures as follows:

**THE COUNTY OF CHAMPAIGN**

A handwritten signature in blue ink, appearing to read "S Summers", written over a horizontal line.

Steve Summers, County Executive

**THE NEST POSTPARTUM  
SUPPORT NFP**

A handwritten signature in blue ink, appearing to read "Paige Raab", written over a horizontal line.

Paige Raab, Founder/President

## American Rescue Plan Act 2023 Grant Funding Request

**The Nest Postpartum Support** is a 501(c)(3) non-profit organization based in Champaign, Illinois. In October of 2021, our team began providing emotional and financial support services to local families with an infant in the Neonatal Intensive Care Unit (NICU) at Carle Foundation Hospital.

### **Mission Statement**

Our mission is to provide community and support to families with children in the NICU. We do this by providing prepared meals, transportation, lodging, gas gift cards, restaurant gift cards, grocery gift cards, emotional support, and assistance with childcare costs for older siblings free of cost to our families. Our goal is to change the narrative about the NICU experience—from a story that's too often about struggle and isolation to one that focuses on community and support.

### **History**

The Nest Postpartum Support was incorporated on June 6, 2020 and was designated a 501 (c)(3) non-profit organization in April of 2021. Fundraising campaigning took place from May 2021-October 2021 and our team began providing support services to the community on October 4, 2021.

### **Research Backed Need**

Having a child admitted to the NICU and beginning a parenting journey in a highly medical setting is a traumatic and stressful experience for most families. Parents of infants hospitalized in a NICU are at high risk for developing anxiety and depressive symptoms or disorders (Mendelson et al., [2017](#)). During the Covid-19 pandemic, in an effort to reduce the risk of transmission, intensive care units across the United States have reduced parental and family visitation privileges and parent involvement in the unit (Murray et al., 2020).

A review of research regarding the effects of the COVID-19 pandemic on postpartum women's mental health found that new mothers of full-term healthy infants report substantially higher levels of anxiety and depression symptoms compared to similar pre-pandemic cohorts (Yan et al., [2020](#)). More specifically, the authors found that the prevalence rates of anxiety and depression among postpartum women with hospitalized infants during the pandemic were substantially higher than pre-pandemic data. Anecdotally, bedside nurses and other staff have witnessed first hand higher levels of parental stress, anxiety, and fear while visiting their babies in the NICU at Carle Foundation Hospital during the pandemic.

A consequence of visitation restrictions and rules for social distancing is the loss of in-person, peer-to-peer support for NICU parents (Hall et al., [2015](#)). Peer support has a beneficial, normalizing effect on the parental role, emotions, control, trust, coping, and adaptation to parenthood reality (Dahan et al., [2020](#)). There is abundant research which shows that providing peer support is recommended as an integral and crucial component of best practice, family-centered care and comprehensive family support.

Additionally, a 2017 study examined NICU parent involvement and long-term outcomes of the premature baby (Stefana et al., 2017). Increased parental presence helped to shorten infants' hospital stays. Skin-to-skin contact between parent and child reduces feelings of stress, strengthens bonding, and supports the transition into new parental roles. It also reduces mortality, infections, hospital readmissions, increases the volumes of expressed breastmilk, and the duration of breastfeeding or pumping. Parents reported

household work, employment, and lack of support and transportation as the major barriers preventing them from being present during their child's NICU stay.

The Nest Postpartum Support seeks to provide opportunities for mothers and families to be more present at the bedside, alleviating various responsibilities outside of the NICU setting, such as meal preparation, grocery shopping, and finding reliable transportation. Easing the emotional and financial burden of the aforementioned barriers positively impacts long-term outcomes for both mothers and their hospitalized children. Additionally, our care coordination services continue to provide the peer-to-peer engagement that is so crucial to parental mental health, especially during the Covid-19 pandemic.

### **Area covered**

Carle Hospital in Urbana, IL houses a level III NICU that serves the families of Champaign-Urbana, Illinois, as well as many other smaller communities in central Illinois, within a 1-2 hour radius. The services and resources provided by The Nest filled a gap in care and support for families of hospitalized infants that was only exacerbated by the Covid-19 pandemic.

### **Community Impact**

In our first 16 months, we have supported 40 local NICU families and provided \$56,671.64 worth of services. This includes 712 gas gift cards, 449 restaurant gift cards, 79 hotel stays, 153 days of childcare for older siblings, 111 prepared meals, 10 transportation passes, and 13 Instacart grocery gift cards. The average length of stay of a family receiving services from The Nest is approximately two months. Upon referral, the family is assigned to a Care Coordinator who communicates with the family regularly and provides emotional support throughout the duration of their child's inpatient stay. We are currently funded by donations from the community, community grants, and merchandise sales.

The Nest is founded, staffed and supported by former NICU parents who have lived the experiences of those we aim to support. We believe families with a child in the NICU should be supported emotionally and financially so that they can focus on the health and wellbeing of their child.

### **Intended Allocation of ARPA Grant**

This fiscal year, we have the goal to support double of the families we served in our first year of operation. We are requesting \$120,000 to cover the expansion of services. Funds from the ARPA grant will be used to provide the resources of short-term lodging, transportation, childcare, gas and meals to approximately 80 families facing a long-term NICU stay at Carle Foundation Hospital in Urbana. Our goal, as supported by abundant research, is to eliminate barriers for mothers and families so they can be present and focus on caring for their babies, themselves, and their families.

# The Nest Postpartum Support NFP

## Statement of Activity

May 1, 2021 - February 1, 2023

	TOTAL
Revenue	
Contributed income	1,065.60
Donations directed by individuals	85,564.12
<b>Total Contributed Income</b>	<b>86,629.72</b>
<b>Total Revenue</b>	<b>\$86,629.72</b>
GROSS PROFIT	<b>\$86,629.72</b>
Expenditures	
Direct Support Services	600.00
Direct Support Services	56,071.64
<b>Total Direct Support Services</b>	<b>56,671.64</b>
Office expenses	
Bank fees & service charges	0.00
Memberships & subscriptions	44.97
Overhead	5,758.62
Shipping & postage	229.64
Software & apps	1,378.40
<b>Total Office expenses</b>	<b>7,411.63</b>
Payroll expenses	
FICA tax	603.21
Salaries & wages	2,445.45
Workers' compensation insurance	91.06
<b>Total Payroll expenses</b>	<b>3,139.72</b>
Supplies	
Supplies & materials	662.00
<b>Total Supplies</b>	<b>662.00</b>
<b>Total Expenditures</b>	<b>\$67,884.99</b>
NET OPERATING REVENUE	<b>\$18,744.73</b>
NET REVENUE	<b>\$18,744.73</b>



## Works Cited

Dahan S., Bourque C. J., Reichherzer M., Prince J., Mantha G., Savaria M., et al. (2020). Peer-support groups for families in neonatology: why and how to get started? *Acta Paediatr.* 109, 2525–2531.

Hall S. L., Phillips R., Hynan M. T. (2016). Transforming NICU care to provide comprehensive family support. *Newborn Infant Nurs. Rev.* 16, 69–73.

Mendelson T., Cluxton-Keller F., Vullo G. C., Tandon S. D., Noazin S. (2017). NICU-based interventions to reduce maternal depressive and anxiety symptoms: a meta-analysis. *Pediatrics.* 139, 20161870.

Murray P. D., Swanson J. R. (2020). Visitation restrictions: is it right and how do we support families in the NICU during COVID-19? *J. Perinatol.* 40, 1576–1581.

Stefana A., Lavelli M. (2017). Parental engagement and early interactions with preterm infants during the stay in the neonatal intensive care unit: protocol of a mixed-method and longitudinal study. *BMJ Open.* 7, 013824.

Yan H., Ding Y., Guo W. (2020). Mental health of pregnant and postpartum women during the coronavirus disease 2019 pandemic: a systematic review and meta-analysis. *Front. Psychol.* 11, 3324.

# The Nest Postpartum Support



American Rescue Plan Act Grant

## Who We Are

The Nest Postpartum Support is a 501(c)(3) non-profit organization based in Champaign, Illinois.

The Nest was incorporated in 2020, at the height of the COVID pandemic. In October of 2021, our team began providing emotional and financial support services to local families with an infant in the Neonatal Intensive Care Unit (NICU) at Carle Foundation Hospital.



Our goal is also to help change the narrative about the NICU experience — from a story that's too often about struggle and isolation to one that focuses on community and support.



## Our Team



The Nest is founded, staffed and supported by former NICU parents who have lived the experiences of those we aim to support.

We believe families with a child in the NICU should be supported emotionally and financially so that they can focus on the health and wellbeing of their child.

We shine a light into what can be a scary and lonely place by providing:

- PREPARED MEALS
- TRANSPORTATION
- LODGING
- GAS GIFT CARDS
- RESTAURANT GIFT CARDS
- GROCERY GIFT CARDS
- EMOTIONAL SUPPORT AND CARE COORDINATION
- ASSISTANCE WITH CHILDCARE COSTS FOR OLDER SIBLINGS
- LINKS TO OTHER LOCAL COMMUNITY SUPPORT PROGRAMS

at no cost to our families.

These services and resources fill a gap in care and support for families of hospitalized infants that was only exacerbated by the Covid-19 pandemic.

See what our families are saying about The Nest:

“It meant a great deal to have the support and help throughout my son’s NICU stay; and the moral support my coordinator provided. We formed a connection through my son and had conversations we could both relate to.”



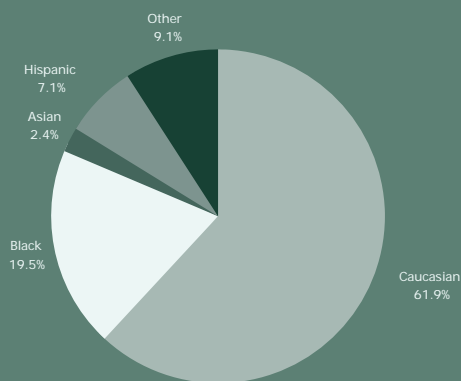
# Research Backed Need

## The COVID-19 Pandemic SIGNIFICANTLY Impacted NICU Families

- Visitation restrictions
- Reduction in parental involvement
- Loss of peer-to-peer support
- Policies that directly negated best practice in NICU standards of care

Maternal mental health suffered greatly as a result of measures taken to reduce the spread of COVID-19 in hospitals

# Population Served



Our team regularly supports mothers experiencing significant stressors such as:  
homelessness  
domestic violence  
death of a child  
access to basic resources

**50%**  
of our families have  
other children at home

**2.64 months**  
is the average length of  
stay in the NICU

## By the Numbers

In the first 16 months:

\$ \$56,671.64 worth of services



79 hotel stays



153 days of childcare for older siblings



712 gas gift cards



449 restaurant gift cards



111 prepared meals



10 public transportation passes

## Impact of Our Work

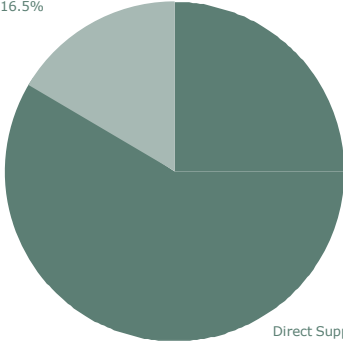
- Mom of 4 was hospitalized with COVID Delta
- Emergency c-section at 26 weeks pregnant
- Baby was born 14 weeks premature and transferred to NICU
- Dad left full time job
- Mom was discharged to rehab after 3 months
- Complications: long covid, rehospitalizations, two surgeries
- Baby was discharged after a 5 month NICU stay



The Nest provided this family with emotional support, gas gift cards, restaurant gift cards, prepared meals and referrals to community programs throughout the baby's NICU stay and mom's hospitalization



Overhead/Payroll  
16.5%



Direct Support Services  
83.5%

Funds from the ARPA grant will be used to provide the resources of short-term lodging, transportation, childcare, gas and meals to approximately 80 families facing a long-term NICU stay.

Our goal, as supported by abundant research, is to eliminate barriers for mothers and families so they can be present and focus on caring for their babies, themselves, and their families.

# Thank you!



[www.thenestpostpartum.org](http://www.thenestpostpartum.org)



The Nest Postpartum



@thenestpostpartum



[info@thenestpostpartum.org](mailto:info@thenestpostpartum.org)

## The Nest Postpartum Support Monthly Expense Budget

		July '23	Aug '23	Sept '23	Oct '23	Nov '23	Dec '23	Jan '24	Feb '24	Mar '24	Apr '24	May '24	Jun '24	Total	Average
<b>Overhead</b>	<b>Monthly totals:</b>	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$1,710	\$20,520	\$1,710
	Website	\$28	\$28	\$28	\$28	\$28	\$28	\$28	\$28	\$28	\$28	\$28	\$28	\$336	\$28
	Zoom	\$5	\$5	\$5	\$5	\$5	\$5	\$5	\$5	\$5	\$5	\$5	\$5	\$60	\$5
	Custom email	\$95	\$95	\$95	\$95	\$95	\$95	\$95	\$95	\$95	\$95	\$95	\$95	\$1,140	\$95
	QuickBooks	\$7	\$7	\$7	\$7	\$7	\$7	\$7	\$7	\$7	\$7	\$7	\$7	\$84	\$7
	Misc (printing, office supplies, PO box, annual report, registered agent)	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$1,644	\$137
	Payroll + Taxes (8 employees)	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$1,300	\$15,600	\$1,300
	WC Policy	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$600	\$50
	Payroll processing fee	\$88	\$88	\$88	\$88	\$88	\$88	\$88	\$88	\$88	\$88	\$88	\$88	\$1,056	\$88
<b>Direct Support Services</b>	<b>Monthly totals:</b>	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$86,400	\$7,200
	(12 families x \$150 weekly allowance) x 4 weeks/mo	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$7,200	\$86,400	\$7,200