

2026 WOMEN UNITED GRANT APPLICATION FORM

Organization Information

Organization Name

Lancaster General Hospital

EIN

23-1365353

Project Name

Moving Beyond Depression Program

Address

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Lancaster, Pennsylvania 17602
United States

Contact Name

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Executive Director / President (If different)

Ashley Lundy

Eligibility Criteria

Is your organization a registered nonprofit organization with an official letter of determination of 501c3 status from the Internal Revenue Service?

Yes

Has your organization operated in Lancaster County for at least one year (operating in Lancaster before July 1, 2025)?

Yes

Does your organization or program you are requesting funding for in this application serve primarily women and/ or teen girls?

Yes

Does your organization provide services to families at or below the ALICE threshold in Lancaster County?

Yes

Is your organization delinquent on any state or federal debt?

No

Does your organization share United Way's view of collaborative and inclusive service to the entire community, without excluding anyone on the basis of race, color, religion, gender, ethnicity, national

origin, age, disability, sexual orientation, or any other factor not relevant to a person's eligibility for service or ability to contribute?

Yes

Has your organization update your listing with PA 211 in the last 12 months?

Yes

Application Elements

Executive Summary

Nurse Family Partnership of Lancaster County seeks \$19,702 to support the Moving Beyond Depression program, an initiative addressing maternal depression with first-time parents who have limited financial resources and face multiple adversities.

Organization Description

In collaboration with United Way of Lancaster County (UWLC), Lancaster General Hospital (LGH) serves as the implementing agency for Nurse Family Partnership (NFP) in Lancaster County. LGH has served Southcentral Pennsylvania for more than 125 with an organizational vision to (1) engage, educate, and guide people to take charge of their health and (2) transform how care is delivered by providing coordinated and affordable, high-quality services. LGH and UWLC have partnered together to bring NFP to Lancaster County since 2001.

NFP is a national, evidence-based home visiting program. NFP's mission is to transform the lives of vulnerable mothers, babies, and families by improving pregnancy outcomes, promoting child health and development, and supporting families' economic self-sufficiency. Its vision is a future where children are healthy, families thrive, communities prosper and the cycle of poverty is broken.

NFP partners with first-time parents experiencing significant adversity, including systemic and socioeconomic barriers. Families served by NFP experience higher rates of perinatal depression, which can negatively affect parenting and child development. To address this need, NFP integrates Moving Beyond Depression, an evidence-based intervention developed by Every Child Succeeds.

Commitment to Equity

NFP in Lancaster County serves first-time mothers and their children experiencing economic hardship. Clients are primarily women with low incomes, including many young and single mothers, as well as families from diverse racial, ethnic, and linguistic backgrounds. Many face barriers such as housing instability, limited access to healthcare, lower educational attainment, and employment challenges.

Serving this community advances equity by addressing disparities at a critical life stage—pregnancy and early childhood—when interventions can have the greatest long-term impact. NFP helps improve maternal and child health, strengthen economic mobility, and disrupt cycles of poverty.

NFP is committed to culturally responsive, trauma-informed care that reflects and respects the communities served. Nurses build trusted relationships with clients, ensuring services are individualized and guided by each family's goals and lived experiences. Client feedback is regularly incorporated to strengthen program delivery and elevate community voice.

This work aligns with disparities identified in the Lancaster County Racial Equity Profile, particularly in maternal health, mental health access, and economic opportunity. By integrating mental health support and treatment through the MBD program, NFP helps reduce barriers and promote more equitable outcomes for families.

Proposal Details

Main Priority Area

Women's and/ or Teen's Health

Grant Dollar Amount Requested

\$19,702.23

What percent of the overall project budget is covered by the Women United grant?

20

Will this program/project start or continue to operate if you do not receive 100% of the funding requested?

Yes

Project Description

The Nurse-Family Partnership (NFP), in partnership with UWLC, has served families in Lancaster County since 2001 through funding from the Office of Child Development and Early Learning (OCDEL). With more than 25 years of local outcome data, NFP has a proven track record of improving pregnancy outcomes, strengthening child health and development, reducing child maltreatment, and increasing long-term economic self-sufficiency for women and families.

NFP provides nurse-led home visiting services to first-time mothers, beginning in pregnancy and continuing until the child's second birthday. This two-and-a-half-year, relationship-based model empowers women to build healthier futures for themselves and their children. Using a strengths-based approach, nurses support mothers in setting and achieving goals related to education, employment, financial stability, and parenting. As trusted partners, nurses provide critical guidance on prenatal health, child development, and life planning—helping women gain confidence, stability, and independence.

With support from Children's Trust Fund grants in 2014 and 2022, the Moving Beyond Depression (MBD) program was integrated into NFP to address maternal mental health—one of the most significant barriers to family stability and economic mobility. MBD is an evidence-based, in-home cognitive behavioral therapy program that provides 15-18 sessions, along with comprehensive mental health screening. This service reduces depressive symptoms, strengthens coping skills, and promotes nurturing parenting and healthy child development.

By addressing maternal mental health, NFP and MBD together help women remain engaged in services, pursue education and employment, and create stable, supportive home environments for their children—breaking cycles of adversity.

Currently, NFP employs one full-time MBD therapist, with 30% of salary and benefits funded through the OCDEL grant. As FY27 is the final year of the current grant cycle, we seek support from the Women United Grant to bridge funding and sustain MBD services until full funding is secured in FY28.

Collaboration

Yes, the Nurse-Family Partnership (NFP) in Lancaster County collaborates with several key partners to ensure high-quality, evidence-based service delivery and program sustainability. First, NFP works closely with the Nurse-Family Partnership National Service Office to maintain fidelity to the nationally recognized model. This partnership provides ongoing training, data monitoring, and technical assistance to ensure services are delivered consistently and effectively, in alignment with evidence-based standards.

To support maternal mental health services, NFP collaborates with Every Child Succeeds to maintain fidelity to the MBD program. This partnership ensures that in-home cognitive behavioral therapy is implemented with quality and consistency, supporting improved outcomes for participating mothers.

NFP also partners with the Pennsylvania Office of Child Development and Early Learning to ensure compliance with funding requirements and alignment with state priorities. OCDEL provides critical oversight and support for program implementation.

These collaborations strengthen program effectiveness, accountability, and long-term sustainability while ensuring families receive high-quality, coordinated care.

Implementation Plan

The Nurse-Family Partnership (NFP) program in Lancaster County is a fully implemented, evidence-based home visiting model that has been serving families for over 25 years. The Moving Beyond Depression (MBD) program has been successfully integrated into NFP services since 2014. This proposal seeks funding to sustain and continue these established, high-impact services.

Outcomes & Evaluation

Goals and Measurable Outcomes/Metrics

I. Goal: Participants who experience postnatal depression receive appropriate treatment.

- Metric: NFP clients with an elevated EPDS score (≥ 10) are offered a clinical assessment to determine if Moving Beyond Depression (MBD) services are appropriate.
- Outcome: Clients requiring a higher level of care are provided referrals to mental health resources as needed.
- Outcome: Clients receiving MBD services are supported in completing at least 11 of 15 sessions and are expected to demonstrate a reduction in EPDS scores from the first to the final session.

II. Goal: Clients who complete the initial assessment gain a greater understanding of postnatal depression.

- Metric: Number participants learn to recognize symptoms of postnatal depression.
- Outcome: Participants understand the potential impact of postnatal depression on family functioning.
- Outcome: Participants know how and where to access resources, including mental health services, support groups, and respite programs.

III. Goal: Participants access help when emotions interfere with parenting.

- Metric: Number clients create a personalized tool kit containing therapeutic strategies and resources such as respite programs, anger management classes, mental health counseling, and parent support groups.
- Outcome: Participants use the tool kit when experiencing stressors such as anxiety, depression, anger, or fear, promoting improved parenting capacity and family well-being.

Method of Outcome Evaluation

The MBD therapist receives weekly clinical supervision from a part-time NFP psychologist, with all client sessions reviewed to ensure fidelity and quality. Extensive data are collected in the RedCap reporting system, including session attendance, EPDS scores, tool kit utilization, and goal attainment, allowing ongoing analysis and evaluation of program effectiveness.

Community and Long-Term Impact

By addressing maternal depression and providing evidence-based support, NFP helps families achieve greater stability, healthier parent-child relationships, and improved economic and educational outcomes. These interventions not only enhance immediate family well-being but also contribute to stronger, more resilient communities across Lancaster County, advancing equity and breaking cycles of intergenerational disadvantage.

Documents

Required Documents

- [2.-UW-26-27-Women-United-Budget-Worksheet.pdf](#)
- [5.-Board-Listing.pdf](#)
- [4.-FY25-UPHS-FS-Final-SIGNED.pdf](#)
- [3.-LGH-FY-2026-Operating-Budget.pdf](#)
- [1.-IRS-Determination-Letter-501c3.pdf](#)