

EMPTY ARMS VERMONT


FUNDING PROPOSAL

SUPPORTING FAMILIES IN GRIEF & LOSS

Empty Arms Vermont provides peer support for individuals and families whose babies have died through miscarriage, stillbirth, early infant loss, or termination of a pregnancy for medical reasons.

1 IN 4 PREGNANCIES END IN LOSS. We support these families with:

- **Peer-facilitated support groups** that meet virtually and are accessible across Vermont:
 - Pregnancy & Infant Loss Support Group
 - Miscarriage Support Group
 - Pregnancy After Loss Support Group
 - Trying for Another Baby After Loss Support Group
 - Parenting Support Circle
 - Dads Support Group
- **Annual Remembrance Nights**
- **5K Run & Walk Community Event**
- **Yoga classes** designed for grief, loss & healing (in-person & virtual)
- **Discussion groups for family members and friends**
- **Miscarriage Support Bags** for OBGYN practices
- **Care packages / Weighted teddy bears**



Bereaved birthing parents have

4x greater odds of major depression and

7x greater odds of post-traumatic stress disorder

than non-bereaved birthing parents.

WHY IS SUPPORT NEEDED?

- Individuals who experience pregnancy & infant loss are at **elevated risk for perinatal mood and anxiety disorders (PMADs)** compared to parents without a prior loss.
- Untreated PMADs account for an estimated **\$48 million in societal costs in Vermont.**
- Peer support groups foster a place of meaning and healing
- **The Maternal Mortality Review Panel Report to the legislature states:** “Empty Arms Vermont presently serves as the only organization for perinatal loss support Additional funding to this organization would help to expand their workforce capacity and further scale their reach into more rural areas of the state.”

OUR ONE-TIME FY26 FUNDING REQUEST FOR SUSTAINABLE GROWTH

Empty Arms Vermont is filling a gap in the system of care for pregnancy and infant loss across the state. A need for support has been identified by the Vermont Department of Health, state legislators, and Vermont families. In order to develop a long-term, sustainable plan to strengthen internal capacity and build the organization’s funding base, we are asking for:

- **\$40,000 one-time funding**
- **State funding will be used to strengthen operational capacity and build financial self-sufficiency.**
- **Funding could be contracted with the Vermont Department of Health, Division of Family and Child Health, to extend perinatal loss peer support to all individuals who need it.**