

**CENTRAL FLORIDA
FOUNDATION**

100 WOMAN STRONG APPLICATION
BRIDGING ACCESS: PERINATAL NAVIGATION,
MENTAL HEALTH, AND TRANSPORTATION SUPPORT FOR MOTHERS IN CENTRAL FLORIDA

Commonsense Childbirth Inc.

213 S Dillard St
STE 340
Winter Garden, FL 34787-3596

charlotte@commonsensechildbirth.org
O: 407-656-6938

Charlotte Waters

213 S Dillard St
STE 340
Winter Garden, FL 34787-3596

charlotte@commonsensechildbirth.org
O: 3213966360

FollowUp Form

Project Name

Name of Project.

Bridging Access: Perinatal Navigation, Mental Health, and Transportation Support for Mothers in Central Florida

Amount Awarded

\$100,000.00

Describe the progress of this grant to date.*

Refer to the Outcomes listed in your grant agreement and provide an update on progress towards those outcomes.

Since the award was finalized in December 2025, Commonsense Childbirth's Bridging Access program has been operating across all funded service areas: perinatal navigation, transportation assistance, telehealth-supported home monitoring, mental health screening and group support, and coordination of high-risk clinical findings.

Between January and June 2026, the program served 249 unique mothers in Central Florida across one or more of these supports.

Progress to date:

Intended Outcome 1

80% of participants will receive their first prenatal visit before 13 weeks of gestation NOT MET: 54%

Intended Outcome 2

80% of mothers will complete at least six prenatal visits.

Data collection is in progress; visit-count tracking is maintained separately and will be reported in the next update.

Intended Outcome 3:

80% of mothers will complete at least one postpartum visit.

Data collection is in progress; postpartum visit tracking is maintained separately and will be reported in the next update.

Intended Outcome 3

80% of mothers will complete at least one postpartum visit.

Intended Outcome 4

100% of participants will receive postpartum follow-up and mental health screening and/or support - MET: Of 143 participants tracked for postpartum mental health follow-up, 136 (95%) completed JJ Way®/EPDS/PHQ-9 screening; participants with elevated scores received follow-up screening and referral as indicated.

Specific activity to date:

69 Maternal Fetal Medicine (MFM) OB referrals coordinated for 56 mothers, including appointment follow-up, records transfer, and clearance;

37 transportation supports (gas cards and/or rideshare) provided to clinic mothers, removing a documented barrier to prenatal visit attendance;

12 blood pressure monitors and 1 fetal Doppler distributed for at-home monitoring;

142 mental health check-ins completed for 136 mothers offering EPDS and PHQ-9 screening, with access to 5 group therapy sessions held at the birth center;
78 ultrasound orders tracked through scheduling and follow-up for 67 mothers;
225 abnormal lab results coordinated; medication delivery, pharmacy follow-up, repeat testing for 147 mothers; and 40 additional referrals, including IV iron infusion, coordinated for 36 mothers.

The Community Perinatal Navigator position funded under this grant was filled in May 2026, with onboarding underway; navigation activity to date has been supported by existing clinical and care coordination staff. This represents six months of consistent, documented navigation reaching nearly 250 Central Florida mothers who would otherwise face these access gaps without support.

Upload a Project to Actual Budget Report below.*

This report should show the initial projected cost of the project, what has been utilized to date, and the unused balance.

The grant dollars should be highlighted in this report if multiple funding streams were leveraged for this project.

100 Women Strong Budget to Actuals JUNE 2026 Report - Budget to Actuals (1).pdf

Describe any challenges the program has faced and how the challenge were addressed.*

If none, type, "N/A."

The program's primary challenge has been patient follow-through on time-sensitive referrals - for example, mothers not completing scheduled glucose tolerance testing or declining recommended IV iron infusions despite outreach. Staff addressed this through repeated phone follow-up and rescheduling support, documented case by case. A smaller number of patients became inactive/lost to follow-up during the reporting period, which the team is addressing by tightening the cadence of outreach calls.

Share at least one success story for the project, include 1-3 electronic photos.

Please use the Story and Photo Release Agreement found here, as appropriate.

If you have none to share at this time, type "n/a".

Our patient #8340, Ms.** , came to Commonsense Childbirth's "Easy Access™ Clinic" at 29 weeks pregnant, after two months of searching for a provider who would take her on so late in her pregnancy. With a history of gestational hypertension in a previous pregnancy, she needed more than just an open appointment slot, she needed a team that would take that history seriously from day one.

Once admitted into the Bridging Access program, she received the full range of wraparound support: close clinical monitoring, blood pressure tracking, and the navigation and follow-up coordination the program is built to provide.

At 35 weeks, her blood pressure spiked to dangerous levels during a routine visit. Because she was already connected to the program and being closely monitored, our team recognized the emergency immediately and transferred her directly from the office to the hospital, where she was induced.

Both Ms.** and her baby did well. Her blood pressure was brought under control and stabilized, and her baby was born weighing 5 lbs, 12 oz at 35 weeks. Today, both are healthy and postpartum is going well.

Patient 8430's story is what 'late entry to care' can look like when a program is built to catch people who have already been failed by the system once, and to catch the next emergency before it becomes a tragedy.

(We do not have permission to share her photos).

Additional photo 1, if applicable.

Additional photo 2, if applicable.

If the Photo and Story Release Agreement was utilized, upload below.

If multiple, scan into one document.

Person Completing this Progress Report

Name*

Jennie Joseph

Title*

Founder and President

Today's Date*

06/30/2026

File Attachment Summary

Applicant File Uploads

- 100 Women Strong Budget to Actuals JUNE 2026 Report - Budget to Actuals (1).pdf

Commonsense Childbirth, Inc. — 100 Women Strong / Central Florida Foundation

Bridging Access Grant — Budget to Actuals Report — Year 1 (2026)

Line Item	Year 1 Approved Budget	Actual to Date	Unused Balance	% Utilized
Transportation (Uber Health, gas cards)	\$15,200	\$2,680.00	\$12,520	17.6%
Telehealth Device Support (BP kits, postpartum supplies)	\$8,800	\$450.00	\$8,350	5.1%
Community Perinatal Navigator (1 PT)	\$13,000	\$6,613.00	\$6,387	50.9%
Evaluation & Data Management	\$5,000	\$0.00	\$5,000	0.0%
Outreach, Materials, Perinatal Passports	\$3,000	\$2,395.00	\$605	79.8%
Admin/Indirect (≤10%)	\$5,000	\$1,213.80	\$3,786	24.3%
TOTAL	\$50,000	\$13,351.80	\$36,648	26.7%

Yellow cells = enter actuals from QuickBooks (Jan–Jun 2026). All totals, balances, and % utilized recalculate automatically.

Source: 100 Women Strong Commonsense Childbirth BUDGET 2026-2027 (approved budget, Year 1 column). Grant award confirmed: \$50,000 (Year 1).

