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## Grant Snapshot:

### Mountain Mamas by WIN: Women in Nature

#### *Mental Health Initiatives*

**MISSION STATEMENT:** WIN strives to educate and enable women to get outdoors, be active, and find peace, health, and empowerment in the mountains of Montana.

**PROJECT DESCRIPTION:** Mountain Mamas seeks to educate pregnant women about postpartum depression and create a safe, judgement-free space of support and understanding. Mountain Mamas will educate pregnant women on the symptoms and treatments available as well as equip them with tools to understand and explain postpartum depression to their loved ones. Research has shown that physical activity and conscious mindfulness can have a positive impact on prevention and relief of postpartum depression so Mountain Mamas. focuses on getting women outside doing safe, tranquil activities. The program's primary activity will be teaching women how to fly fish taking them on guided trips to fish on private lands. WIN has secured permission from 24 landowners in Southwest Montana to allow the women to fish in some of the most pristine wilderness areas, increasing their ability to connect with nature and engage in mindful reflection.

**AMOUNT REQUESTED:** \$3,500.00

## WIN: Women in Nature

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Bozeman, MT 59718

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## Mrs. Hannah Cortez

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# Application Form

## Organization Information

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### Organization Mission Statement\*

WIN strives to educate and enable women to get outdoors, be active, and find peace, health, and empowerment in the mountains of Montana.

### Is your Organization a 501c3 as designated by the IRS?\*

Please note: The Foundation only considers requests from organization's with 501c3 status.

Yes

### Focus Area\*

List your foundation's area of focus.

Health & Social Services

### Financial Statements\*

Please provide your most recent audited financial statements.

File upload.docx

### Board Roster\*

Please provide a board roster, including board members' contact information and professional affiliation.

File upload.docx

### 501c3 Designation Letter\*

Please provide a copy of your organization's 501c3 designation letter.

File upload.docx

## Program Information

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**Project Name\***

Mountain Mamas

**Amount Requested\***

\$3,500.00

**Total Project Budget\***

\$20,000.00

**Project Description\***

Mountain Mamas seeks to educate pregnant women about postpartum depression and create a safe, judgement-free space of support and understanding. Mountain Mamas will educate pregnant women on the symptoms and treatments available as well as equip them with tools to understand and explain postpartum depression to their loved ones. Research has shown that physical activity and conscious mindfulness can have a positive impact on prevention and relief of postpartum depression so Mountain Mamas. focuses on getting women outside doing safe, tranquil activities. The program's primary activity will be teaching women how to fly fish taking them on guided trips to fish on private lands. WIN has secured permission from 24 landowners in Southwest Montana to allow the women to fish in some of the most pristine wilderness areas, increasing their ability to connect with nature and engage in mindful reflection.

**Project Start Date\***

06/01/2016

**Project End Date\***

09/30/2017

**Population Served\***

Please provide the demographic breakdown of who this project will serve.

WIN's main population is women ages 18-55 in the Southwest Montana area but the specific demographic of this project is pregnant women within that age range and location. If funding allows, Mountain Mamas will also offer travel scholarships for women throughout Montana to travel to Bozeman for lessons and expeditions.

## Geographic Area Served\*

Please select the regions your project will impact.

(This could list could be states, countries, counties, etc.)

Madison County

## Project Goals & Anticipated Outcomes\*

We anticipate that Mountain Mamas will help improve mental health and decrease incidents of postpartum depression. Research has shown that simply being aware of postpartum depression can decrease susceptibility but combined with physical activity and engagement in nature, we believe that the number of women who experience postpartum depression will decrease dramatically. We also anticipate that women who do experience postpartum depression will be better equipped to communicate with their loved ones, therefore increasing their range of support. WIN strives to be a resource and support center for all women but the most valuable support will come from families and friends. Therefore, knowing how to explain and communicate openly about the experience of postpartum depression is a critical ability in overcoming it.

## Goal Measurement\*

Please explain how project goals will be measured.

We plan to survey women who participated in the program six months after they have given birth. Because of the education they received, we believe they will be more willing to admit to experiencing postpartum depression and discussing its severity. Though statistics on the incidence rate are likely inaccurate (few women admit to experiencing depression following birth), we will compare the results of women who participated in our program with the rate of postpartum nationwide. Additionally, we plan to survey women before and after about their knowledge about postpartum depression, their comfort and knowledge level about discussing and explaining the issue and their knowledge of resources and coping/treatment options. We believe that these two measures (# of women who experienced postpartum depression and their change in knowledge as a result of the program) will demonstrate that our program is an effective and important resource in helping women attain peace and happiness following child birth.

## File Attachment Summary

### Applicant File Uploads

- File upload.docx
- File upload.docx
- File upload.docx







