2019

IMPACT REPORT

Inland Northwest SIDS Foundation

Northwest Infant Survival & SIDS Alliance

From Our Director

2019 was another successful year for Inland Northwest SIDS Foundation and Northwest Infant Survival and SIDS Alliance. Joining the organizations together has proven there definitely is strength in numbers! Idaho, Washington and Montana infants are now sleeping safer due to our safe sleep education programs, our kids are riding safer thanks to our all volunteer North Idaho Child Passenger Safety Team. Many families who have experienced the ultimate heartbreak have found incredible support from our Healing Together program.

In this report, you will read how our long-time programs continue to successfully serve bereaved families, along with our new programs, Safe Start and Every Child. You will read about the success of each of our programs and how they are truly saving lives throughout the Northwest. Please pay special attention to the dramatic decrease in our SUID deaths in Idaho!

These pages are full of excitement and success stories which would not be possible without our amazing staff, volunteers, board members, supporters and community partners. I want to personally thank each one of you for your time, commitment, dedication and support over the past year. You are all AMAZING and I am honored to be serving alongside each one of you!

Liz Montgomery, Executive Director & Mason's Mom

About Us

NISSA & INWSIDS is dedicated to improving childhood health and safety throughout the Northwest via our educational programs, public safety initiative and regional partnerships. We believe every child deserves to celebrate their first birthday and beyond free from accidental death and injury.

Every year 3,700 infants die due to Sudden Unexpected Infant Death (SUID), the number one cause of death for infants in the US. Data shows that 90% of these deaths may have been prevented if caregivers knew and had followed the ABC's of Safe Infant Sleep. This heartbreaking statistic is why we are dedicated to our life-saving mission.

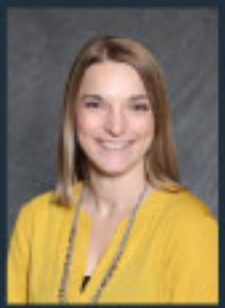
Educating parents, caregivers, medical professionals and first-responders on the American Academy of Pediatrics' recommendations for Safe Infant Sleep is our main target for preventing these deaths.

We also realize there is little support for grieving families who have suffered the ultimate loss of a child. No matter the cause of death, we are here to provide support during their journey of grief. We are the only organization in Idaho, Montana and Washington entirely dedicated to safe sleep education and support for families. We receive no federal or state funding and rely solely on the generosity of our donors, volunteers, and a fantastic community to continue our life-saving work.

Our Board

Board President
Katie Brown, M.Ed.
Idaho Infant and Toddler Ppm.

Secretary
Tia Clifford
Heritage Health



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Tammy Andrees, MSML
Numerica Credit Union

Medical Director
Kathleen Webb, MD, FAAP

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Next Gen Electric

Board Member
Cara Turningrobe, MBA
US Air Force

Board Member
Aileen Carrel, BA
Officer, Phoenix Ventures LLC

2019 at a glance

SAFE SLEEP UNIVERSITY

- **129** SAFE SLEEP 101 CLASSES IN 3 STATES
- **554** SAFE SLEEP 201 GRADUATES
- **1371** SAFE SLEEP 101 GRADUATES
- **2858** TOTAL HOURS OF FREE SAFE SLEEP TRAINING

CAR SEAT SAFETY

- **134** SEATS DISTRIBUTED
- **258** CAR SEAT CHECKS

OCTOBER WAS DECLARED SAFE INFANT SLEEP AWARENESS MONTH!

4 CITIES **1** COUNTY **2** STATES

232 AWARENESS EVENTS

PUBLIC SAFETY INITIATIVE

- **254** FIRST RESPONDERS TRAINED
- **512** TOTAL HOURS OF TRAINING

39,589 PIECES OF LITERATURE DISTRIBUTED

224,000 PEOPLE REACHED

SAFE SLEEP FOR NORTHWEST BABIES

- **221** CRIBS PLACED
- **1,419** SLEEPSACKS DISTRIBUTED

ALL OF THIS MADE POSSIBLE BY

- **598** VOLUNTEERS WHO GAVE **4,821** HOURS

SEPTEMBER & OCTOBER THE ALONE BACK CRIB GUY WALKED OVER 600 MILES

THROUGHOUT THE STATE OF IDAHO WHILE TEACHING 36 SAFE SLEEP 101 CLASSES

HEALING TOGETHER

- **36** SUPPORT EVENTS AND **827** CARDS & LETTERS MAILED TO LOCAL LOSS FAMILIES
- OVER **820** LOCAL FAMILIES SUPPORTED

INWSIDS & NISSA

stronger together

In 2019, Inland Northwest SIDS Foundation and Northwest Infant Survival and SIDS Alliance joined forces combining INWSIDS's education and training programs with NISSA's support and advocacy programs. On January 1, 2020, INWSIDS was folded into NISSA, creating a single premier non-profit organization in the Northwest focused on eliminating infant and child mortality in our region.

SAFE START
INFANT AND CHILD HEALTH & SAFETY

Safe Start -Infant and Child Health & Safety Program

Safe Start is our infant and child health and safety program. Our mission is to educate parents, caregivers and medical professionals about the importance of safe infant sleep and car seat safety to eliminate preventable injury and death of our children.

Safe Start's programs provide evidence-based, no-cost educational classes and professional training throughout the Northwest with the ultimate goal of decreasing infant and child mortality rates.

Safe Sleep Univeristy

- Safe sleep saves lives

We offer an entire slate of infant safe sleep classes and trainings targeted to parents, caregivers, nurses and doctors. We want to ensure everyone has the knowledge to keep their baby safe during sleep.
Our program "Safe Sleep For Northwest Babies" provides families in need with life-saving education along with the necessary tools to keep their baby safe during sleep.

2019

- **1371** Safe Sleep 101 Graduates
- **554** Safe Sleep 201 Graduates
- **129** Safe Sleep Classes in 3 States
- **221** Cribs Distributed
- **1419** Sleepsacks Distributed
- **254** First Responders Trained

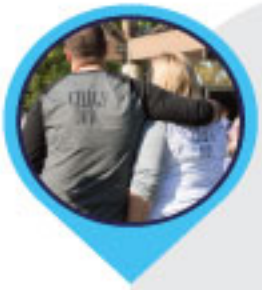
Car Seat Safety

- Keeping kids safe on the go

Our volunteer "North Idaho Child Passenger Safety Team" operates our car seat program that focuses on education for parents and professionals. We want to make sure every parent has the knowledge and skills to keep their child safe during every ride. Our "Safe Seat" program allows us to provide car seats free of charge to children in need.

2019

- **258** Car Seat Checks Performed
- **134** Safe Car Seat Distributed
- **2** State Awards
- **89** Professionals Trained



Healing Together

- You are not alone

"Healing Together" supports families who have been affected by a pregnancy, infant or child loss. We provide monthly peer-to-peer support groups, 24-hour support line staffed by a trained peer companion, memorial events, email support, referrals to professinal counseling, emotional support packets, a memorial garden and outreach to hospitals, medical clinics, funeral homes and coroner offices.

2019

- **820** Families Supported
- **827** Cards Mailed To Loss Families
- **36** Support Events
- **137** New Families Supported

Every Child

- Because every child should live

We believe "Every Child" deserves to celebrate their first birthday and beyond, free from accidental death and injury. We partner with like-minded individuals, non-profits, local health and safety organizations and concerned people passionate about the wellbeing of children in the Northwest regarding matters of health and safety.

- "Every Child" delegates traveled to Washington D.C. to meet with congress about the upcoming Scarlet Sunshine Act.
- October was declared "Safe Sleep Awareness Month" by the Governors of Idaho and Washington and the Mayors of Post Falls, Coeur d'Alene, Spokane and Tacoma.

Our Results

measurable impact

Steady, Managable Growth

Revenue

2016 $132.334
2017 $163,070
2018 $166,053
2019 $235,000

Sleepsacks Distributed

2016 452
2017 676
2018 957
2019 1419

Cribs Placed

2016 22
2017 103
2018 113
2019 221

Safe Sleep 101 Graduates

2016 712
2017 1137
2018 1303
2019 1371

Local Families Supported

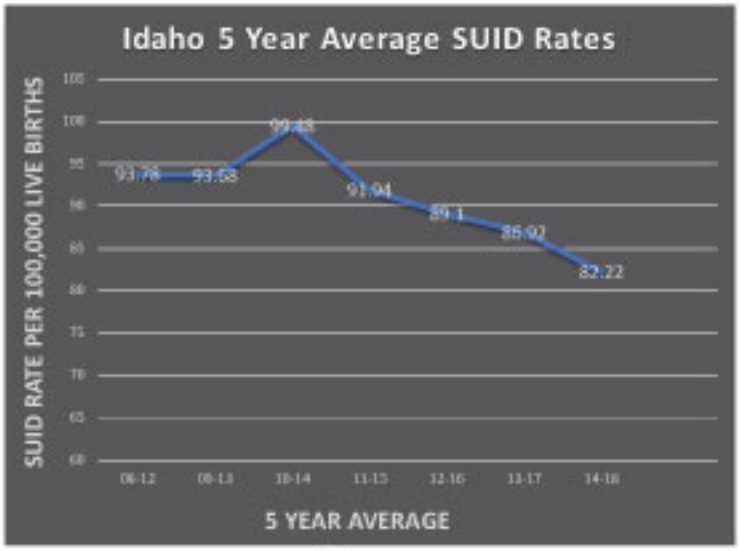
2016 150
2017 183
2018 273
2019 820

Car Seats Checked

2018 101
2019 258

historic rates

equal real lives saved



*Sudden Unexpected Infant Death (SUID) is a term used to describe the sudden and unexpected death of a baby less than 1 year old which the cause was not obvious before investigation. The deaths often happen during sleep or in the baby's sleep area.

Idaho's SUID Rates are at a historic LOW!

When INWSIDS began its prevention education work in 2012, Idaho's 5-year average SUID rate was 94 deaths per 100,000 live births. After seven years of hard work, we are proud to report Idaho's SUID rate has plummeted to 82 deaths per 100,000 live births, a decrease of 13%! We're talking real children alive in Idaho due to the combined efforts of our partners, donors and volunteers over the last seven years.

Please think about this... A baby born today in Idaho has a 13% less chance of dying from a sleep related death than a baby born in Idaho 6 years ago. That's simply AMAZING!

The Reasons We Do

all we do

Jessica, mom of Hunter & Hazel

As a mom, I was very overwhelmed with all the parenting advice and information provided to me. Especially about car seat safety. INWSIDS helped me to understand what would be best for my children and then helped me to install my car seats correctly in my car! I feel at peace while driving because I know my babies are sitting correctly and safely.

Barbara, grandmother of Colton

My daughter and I went to Safe Sleep 101 before she had her first baby. This is baby #3, Colton, sleeping safe and sound. This Grammy sleeps so much better knowing her babies are safe. Peace of mind was the best gift ever!

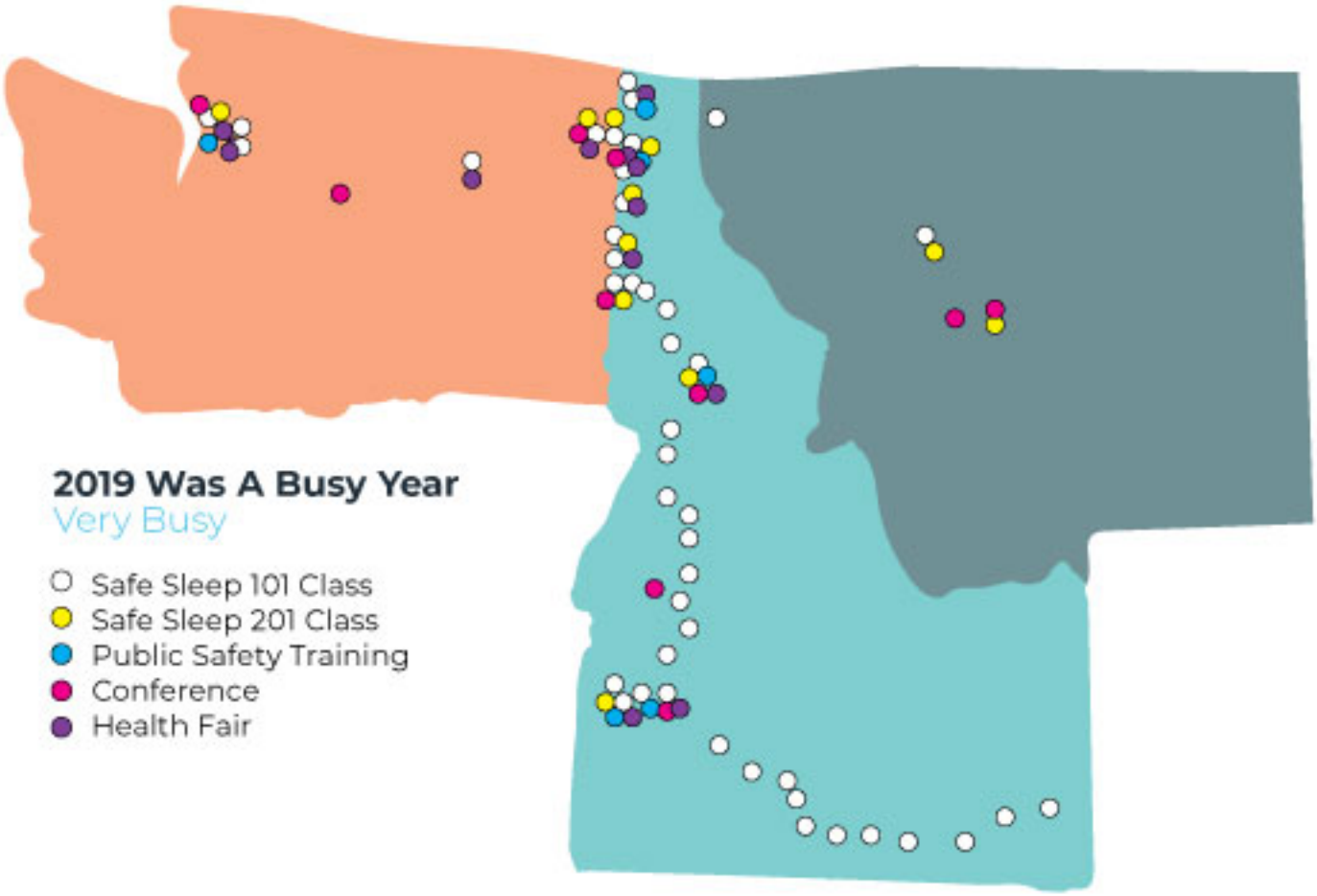
Chelsie, mom of Kyla

When I was six months pregnant, I took Safe Sleep 101. I learned so much, and the stories told in that room will stay with me forever. To honor all of the angel babies taken too soon, our sweet baby will ALWAYS sleep safe.

Mandy, mom of Lyla

Inland Northwest SIDS Foundation has been a tremendous blessing to my family and me. I was able to connect with other bereaved families and receive the support I so desperately needed.

Regional Impact



Champions $10,000+

The Fred H. and Mary S. Dore Foundation . Names Family Foundation - Paula Larkin Fund
Idaho Transportation Department-Office Of Highway Safety

Advocates $5,000 - $9,999

bank CDA . Cancer and Community Charities . Community Health Care . Elk Point Estates
Lost Links Riding Club . Network For Good . Post Falls Volkswagen . Robert & Aileen Carrell
United Way of North Idaho . Women's Gift Alliance

Partners $1,000 - $4,999

1st Interstate Bank Post Falls . A Light For You Foundation . Avondale Dental Center . Bob & Jessica Bauman
Boeing Employees Community Fund . Brad & Desiree Cleave . Brad Blodnick . Brandon & Rachel Schillinger . Brian & Cindy Jordan
Cambareri & Webb Family . CDA Kiwanis . CDA Press . Chenega Corporation . Coeur d'Alene Painting Group
Coeur d'Alene Pediatrics . Critical Power Products & Services . Heritage Health . Idaho Central Credit Union . James & Julie Sand
Jeremy & Rachel Wallis . Jitterz . John & Barb Montgomery . Just Between Friends Sale Coeur d'Alene
Kalispel Tribe of Indians . Kim Timpson . Kissler Family Foundation . Kootenai County Fire & Rescue . Kootenai Health
Lancaster Market . Mustang Productions . Next Gen Electric . Northwest Specialty Hospital . Numerica Credit Union Post Falls
Nyback Family . Perfection Tire Post Falls . Post Falls Rotary . Premier Mortgage Sabrina Nelke . R&J Landscaping . Randall Pratt
Rauscher Family . Richard & Jill Jurvelin . Ron & Virginia Nelson . Ross Downing . Safe Kids Pierce County
Seattle Police Employees Charity Fund . Springhill Suites Coeur d'Alene . State of Washington - Office of State Treasurer
Sunrise Rotary . TDS Fiber . Terre Coffee . Tessendorf Family Chiropractic . Texas Roadhouse CDA
Thrivent Financial Legacy North Idaho . West Region EMS & Trauma Care . Will & Chela Alt

Friends to $999

Ada County Paramedics Guild . Alan & Dani Wolf . Alliance Data . Amaya Family . Andrew Byrd . Anna Brundige . Anthony Moore . Ashley Lenz
Austin Thomas . Awards Etc . Barbara Morkill . Bargreen Ellingson . Ben & Arlene Thomas . Brandon & Emma Lindelof . Brian & Krista Marvin
Brian Edwards . Caitlyn Obrien . CDA Paving and Concrete Specialists . CDA Rotary . Chad & Tia Clifford . Christian Cumings . Christian Malley
Civil Air Patrol ID-083 . Cloyd & Doreen Steiger . Cornerstone Construction . Costco . Credit Suite . Cynthia Hasselblad . Dan & Dee Suhr . Dan Ryan
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Eleanor Capaul . Gritman Medical Center . Heidi Bixenstein . Dr. Henry Kornegay . Hoefert Family . Ian's Investigation Fund . Idaho Forest Group
Isaac Myers . Jack & Dona Lee Miller . James & Tammy Androes . James Perkison . Jenn Neely . Jennifer Peters . Jessica Capaul . Joel Goodman
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Knudtsen Chevrolet . Kootenai Health Imaging . Kroger . Krystal Sifford . Lakeside Pediatrics . Lighthouse . Linda Henderson . Liz Montgomery
Lizzie Frank . Lori Hasselblad . Lumpy's Bar & Grill . Manola Secaira . Maria Marmon . Mark & Judy Aasland . Mark Knoll . Carlos & Marla Lopez
Mary Kelley . Matt & Megan Varcoe . Megan Johnson . Melissa DeMotte . Nicole Brown . Nordstroms . Nuttelman Family
Northwest Tulip Trekkers Volkssport Club . PTFCU . Papa Murphy's Hayden . Patricia Beszhak . Pinot's Pallet CDA . Port of Seattle
Post Falls Family Dental . Rhonda Sample . Rich Fulton . Rob & Deborah Robinson . Ryan & Katie Brown . Chris & Sandy Bromley . Sara Hull
Sara Miller . Scott Lenz . Selander O'Brien PLLC . Sheena Dunn . Shelly Romine . Sky Valley Eagles Aerie #4149 . Wes & Stacy Veach . Steve Harper
Steven Beans . Steven Fischer . Stevie & Cara Turningrobe . Suzanna Spencer . Tamara Cahill . Tedder Industries . Teresa Baillie . The Wellness Bar
Thomas & Marcia Parks . Tyler Harbour . United Way of King County . United Way of the Columbia-Willamette . Wagele Family . Walmart
Warren Merritt . White Family . Willie & Dana Marsh

Our Guardian Angels

In 2019 our **46** Guardian Angels dedicated **$8,296** to protect our life-saving work! Their gifts ranged from $10 to $100 each month. We are honored and blessed throughout the year with their generous love and support.

Amanda Gintz . Amanda Williams . Ashley Lenz . Bart Buckendorf . Benvenuto Family . Cara Turningrobe . Carmen Hagenbarth . Christine Temes
Colette Hoekstra . Cyndi Petersen . Deborah Robinson . Gregory Nereim . Heather Chamberlin . Heather Swan . Jade East . Jenna Gilliland
Jennifer Peters . Joelle Goodman . JP Peterson . Julie Amador . Julie Bartlett . Julie Steele . Justin Roscoe . Kathy Bush . Kathy Lambert . Katie Brown
Kim Timpson . Lauren Cuvala . Leann Wagele . Liz Cooper . Megan & Matthew Varcoe . Michael Hay . Michele Wood . Jamie Green . Sally Makamson
Sandra Saffeels . Sandy Gore . Sara Houser . Sharmon Schmitt . Shelly Romine . Suzanna Spencer . Tammy Androes . Thomas & Melissa Kiehl
Virginia Oakes . Warren Merritt . Will & Chela Alt

To join our incredible group of Guardian Angels, email info@nwsids.org or call Liz 208-557-4371

Northwest Infant Survival & SIDS Alliance

NISSA

Inland Northwest SIDS/SUID Foundation

Awareness . Education . Support

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Spokane Valley, WA 99206
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