



Parents' Grief after Pregnancy and Infant Loss

Presented By: Trinity Brown Founder/CEO



MY STORY



NOEL ALEXANDRIA
— F O U N D A T I O N —

WHAT IS N.A.F.?



History

Established in July 2018, the Noel Alexandria Foundation boasts a diverse board with members from varied professional and socioeconomic backgrounds.

Team



Dr. David Powell M.D.



Bettina Bruce



Kevin Jones, CPA



Maria Torres, MS



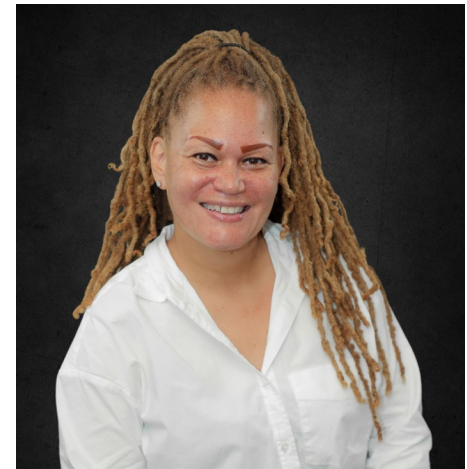
Tommy Brown
Ret. Captain KCFD



Tiffany Brown-Sumlin
MS, PPS



Nidia Rico



Sandra Molden



Mission

At N.A.F. our mission is to raise awareness and break the silence, while providing comprehensive and compassionate support to families affected by pregnancy and infant loss.



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Vision

Our vision is to create a world where every family receives the care, understanding, and support they need to navigate the complexities of pregnancy and infant loss. We strive to build a community that fosters empathy, resilience, and empowerment for families in their time of need.

Key Achievements



Humanitarian Group Award

NAF was an awardee nominee for the Humanitarian Group



Successful Live Births

90% of families that receive services and attend support groups have live births.



Serve Families

NAF has served thousands of families over the past 7 years.

2023 Impact

- **Comfort Kits**

NAF prepared and distributed 600 comfort kits to families.

- **Hosted 23 Support Groups**

NAF offered 23 support group sessions to help over 100 families process their grief, learn healthier coping skills, improve mental health, and connect with others, and have successful live Births

- **Support Group Outings**

In addition to the regular support groups, NAF arranged 3 special outings for support group members to come together in a more casual and social setting

- **Scholarship**

Donated \$1000 in scholarship to help students further their education.

- **Hosted a 5K Run/Walk & Memorial**

NAF organized a 5K run/walk event and memorial service that brought together over 500 individuals to honor and remember the lives of the babies they have lost.

- **Memorial Fund**

The Noel Alexandria Foundation (NAF) provided \$11,688.45 in financial support to assist families with the cost of burials and cremations.

**WHAT EMOTIONS DO
YOU THINK PARENTS
MOST COMMONLY
EXPERIENCE?**



THE 07 STAGES

KUBLER-ROSS GRIEF CYCLE

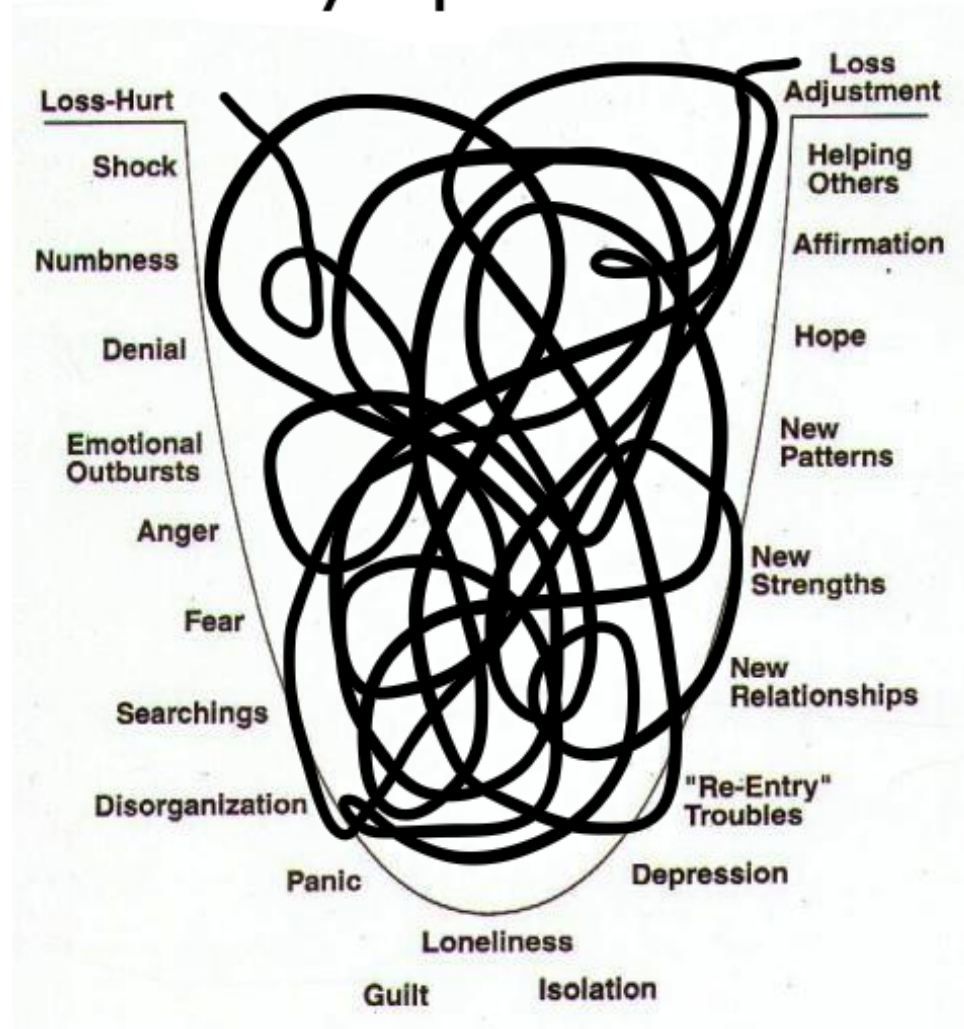




The Emotional Toll of Loss

The loss of a pregnancy or infant can be an overwhelming experience, leaving parents on an emotional roller coaster. From initial shock and denial to deep feelings of anger and profound sadness, the grieving process is often complex and unpredictable.

My Experience



SYMPTOMS OF COMPLICATED GRIEF

People respond very differently to traumatic events, such as a death, often making it difficult to identify signs of debilitating grief.



Men's Grief



85% of Men
reported
sadness

63% of Men
reported
grief

58% of Men
are shocked

58%
struggled to
concentrate

47% reported
sleeping
problems

48% work
was
affected.

According to a [research](#) carried out by the University of College London and the Miscarriage Association (“UCL Survey”) on 160 partners of women who miscarried.

Women's Grief



25% of women experience clinical depression at 1 year.

60-70% of grieving mothers report grief-related depression symptoms 1 year after stillbirth. In $\frac{1}{2}$ of these mothers, the symptoms lasted for 4 years or more. It is estimated that 4.2 million women in the world are living with depression secondary to stillbirth.

Current depression was more likely in women with stillbirth (14.8%) vs. healthy live

20% of Maternal deaths are caused by suicide. Attempts and completions are 95% higher in women who have experienced fetal loss.

Caregivers' Role in Support

- Educate Yourself.
- Encourage Support Systems
- Minimize Information Overload
- Ask How They Wish to Honor Their Baby
- Acknowledge Their Pain, Regardless of Gestational Age
- Give Families, Time, Support, and Space



What to Say & What Not to Say?



- Avoid Cliches
- Avoid Telling Them How to Grieve
- Avoid Saying It's Common
- Say their Names
- Offer Presence
- Share Memories

Services



Educational Support



Emotional Support



Financial Support



Partnerships

- **Adventist Kern County**
- **Memorial Hospital**
- **Local Cemeteries/Mortuaries**
- **Kern County Angel Gowns**
- **Fetal Infant Mortality Review (FIMR)**
- **Blue Zones Project**

“Grief shared is grief diminished.”

Barbara Kingsolver

Q & A



NOEL ALEXANDRIA
— FOUNDATION —

Thank You!