

Parents Helping Parents

2017-18 Annual Report

Our Mission:

“Empowering parents to nurture children and build stronger families.”



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A Letter From Our Executive Director

Dear Friends of PHP,

Parents Helping Parents (PHP) is one of the smallest social services agencies in Massachusetts. We operate 24-hours-a-day, 7-days-a-week at a cost of approximately \$103 an hour to run our overall operations and signature programs -- the Parental Stress Line and Parent Support Groups.

I became executive director of PHP in July 2018, and it continues to amaze me how candid our parent members are in sharing their initial stories of struggle, and the story of how their lives have been changed by PHP. PHP formed its own non-profit in 1979 in response to a child abuse crisis, and served as an invitation for parents to address their issues and find mutual support among their peers. For parents who were not mobile, or who had an immediate crisis the Parental Stress Line went live with PHP in 2005.

When I was a new young mother, I recall reading in the local newspaper that a baby less than 6-months-old died from physical trauma at the hands of her parent in Boston. I became distraught as a feeling of sadness came over me. I was perplexed because I did not know this child or family condition and yet I could not fathom how anyone could harm a child because I had an overabundance of maternal instincts toward my own child. So, I cut out the article and mailed it along with a sizeable check to the funeral home to help with burial expenses as an anonymous donor. For some altruistic reason it felt good to be able to help and do something that would make a difference. I believe this is the moment I became a true philanthropist. However, images continued to play in my mind about the identity and journey of the parent and a succession of "what ifs" ensued: What if the parent had employment, a roof over their head, food, clothing and basic necessities, a loving caring extended family, a baby-proofed environment, education and instruction? Would the outcome have been different or would this child still be alive? I would like to believe so, but I realize it's not always easy to ask for help. More so, what if the parent had known about PHP?

Parenting can be challenging, and PHP is breaking the cycle of child abuse, and offers much needed support to parents and caregivers. The magic of the PHP support model is that it builds resilience, character and confidence that enables parenting success in a safe and caring environment. All anyone has to do is ASK. We have a committed staff and trained volunteers waiting to assist you.

Enclosed, I would like to share with you our Annual Report which does a fine job of translating PHP's measures and successes, how we connect with parents, grow giving capacity, and engage our stakeholders.

Thank you,



Aisha Saunders-Jackson, ED

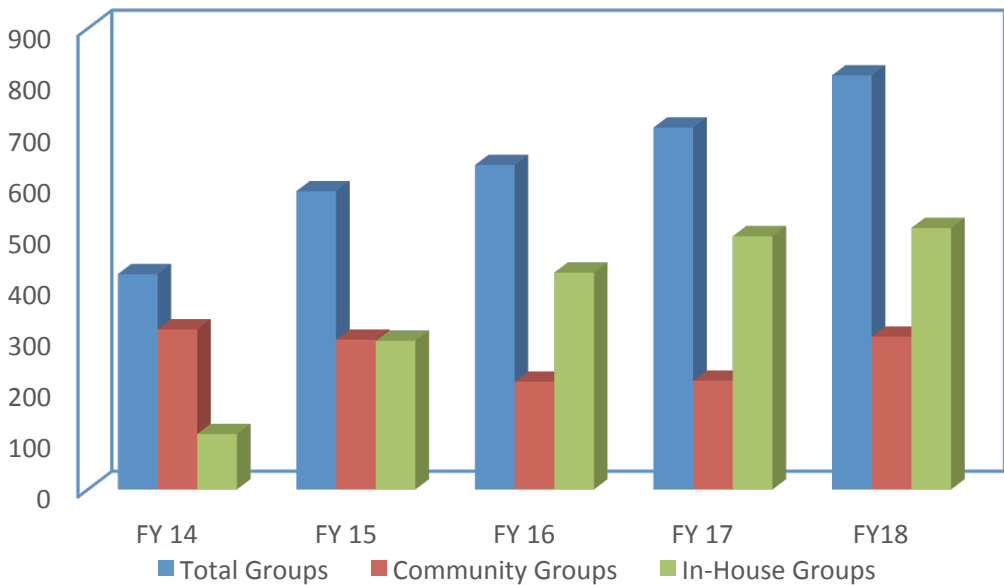


Parent Support Groups

PHP parent support groups create a safe place for parents to talk about the challenges they face raising their children. Groups are co-led by trained facilitators and parent leaders. Parents share their difficulties and successes and learn from each other. All PHP groups are confidential, anonymous, and free.

In FY 2018, PHP offered a total of 43 groups: 26 community-based groups and 17 prison & shelter-based groups.

Number of Parents Attending a Group



Who Comes to PHP Groups?

	Community	Prison	Total
Women	81%	28%	48%
Single parents	73%	92%	85%
Minority	46%	45%	45%
Open DCF Case	17%	3%	9%

"I feel good about the help I received from group members and know that I am not alone."

-Parent Group Member

Impact of Group:

Before group I felt:

- Emotionally Unstable
- Discouraged
- Alone

Today I feel:

- Better
- Hopeful
- Supported and Comfortable



"Talking in a group gives me better ideas about being a parent in the future"

Nearly all of the time: 50%
Most of the time: 37.5%
Some of the time: 12%

**91% would recommend
PHP to other parents**

Parent/Grandparent Support Groups and Collaborating Partners

Every PHP support group has a collaborating partner that provides meeting space and publicizes the group in their community, shelter, or prison. Our groups would not exist without our collaborating partners. Thank you.

Community and Shelter Groups:

Attleboro

Attleboro YMCA

Boston

Bridge Over Troubled Waters

Brighton

Brighton YMCA

Dedham

Riverside Out-Patient Mental Health

Dorchester

Family Nurturing Center/
Up Academy

Fall River

South Coast

Fitchburg

Perceptions Psychotherapy

Florence/Amherst

Meadowbrook Apartments

Framingham

Family Resource Center

Gloucester

Pathways for Youth

Greenfield-Grandparents

Baystate Franklin Medical
Center

Hyannis-Grandparents

Family Resource Center

Lawrence-Spanish

Family Resource Center

Leominster

Families & Communities Together

Lowell

Community Teamwork Inc.

Malden

Malden YMCA

Middlefield

Middlefield Public Library

Newton

Brigham House

Nantucket

Nantucket Community School

Randolph

Randolph Community Middle
School

Roslindale

Family Resource Center

Quincy

Bay State Community Services
(BSCS)

Wollaston Church of Nazarene

Salem

North Shore Children's Hospital

Springfield

The Children's Study Home

Steppingstone

Victory Programs

Waltham

Brandeis University
Lemberg Children's Center

Weymouth

United Methodist Church

Worcester

Family Resource Center

Prison Groups:

Bristol County

House of Correction

Sheriff's Office

Fitchburg Office of

Community Corrections

MCI Framingham

Dept. of Corrections

MCI Norfolk

Dept. of Corrections

Middlesex County

House of Correction

Sheriff's Office

Norfolk County

House of Correction

Sheriff's Office

Plymouth County

House of Correction

Sheriff's Office

Suffolk County

House of Correction

Sheriff's Office

Worcester County

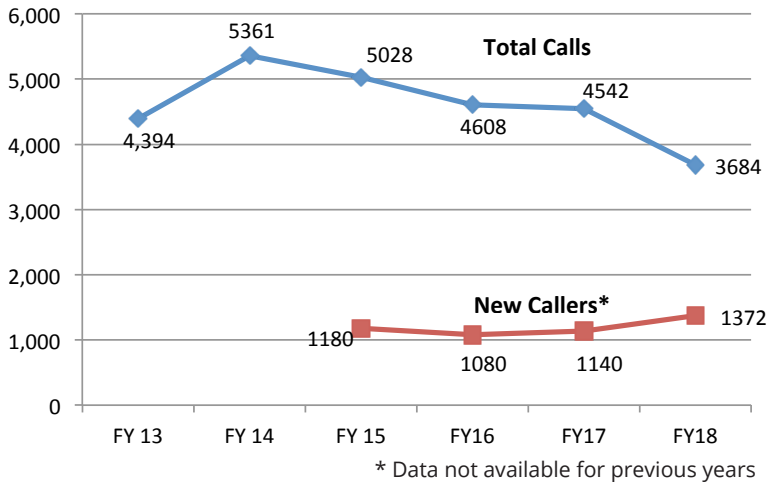
House of Correction

Sheriff's Office

Parental Stress Line

The Parental Stress Line offers support, empathy, information, and crisis intervention support to parents and caregivers. In each call, trained volunteer counselors use a reflective listening model to support the caller's emotional needs and ask open-ended questions to empower the caller to develop their own plan of action. Rather than providing callers with advice, we assist them in thinking through the steps that will help them move toward their identified goal.

Number of Parental Stress Line Calls



"You're helping me know that it's not my fault, I'm doing the best I can."

- Parental Stress Line Caller

Impact of PSL Call

How upset was the caller?

At beginning of call 62%

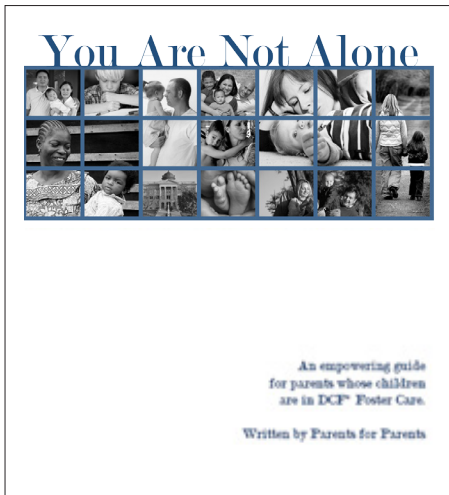
At end of call 12%

Improvement +50%

91% of parents were satisfied or very satisfied with call and 71% planned to take at least one positive action to make things better.

Publications and Outreach Material

"You Are Not Alone: An Empowering Guide for Parents Whose Children are in DCF Custody"



What just happened to me?
I can't believe this! Where are my kids?
Why did I lose my children?
Who is taking care of them?
When can they come home?

These are the questions that most parents ask themselves when their children have been removed by DCF.

PHP's unique 48-page guide was written by parents who have been there. It contains all the information they wish they'd known at the beginning of their involvement with DCF.

Outreach Materials

All posters, flyers, and brochures are provided free of charge. They can be ordered through the PHP web site at:

www.parentshelpingparents.org/material-request-form

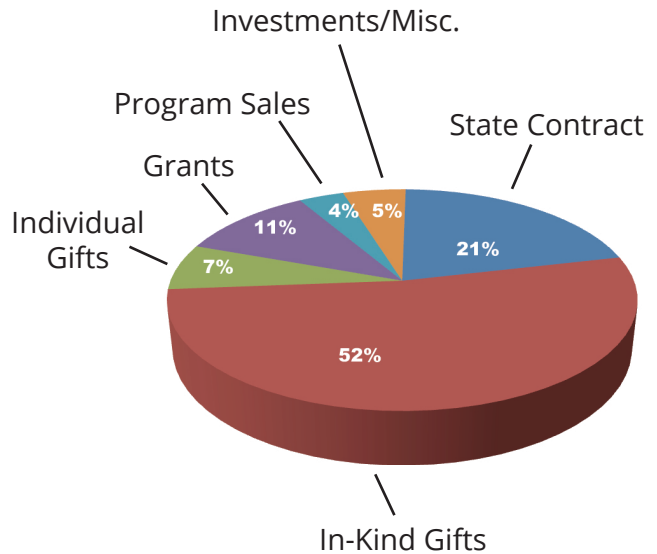


Refrigerator magnet - new item

FY17-18 Revenue and Expenses

Revenue and Support

State Contract	\$190,568
In-Kind Gifts	\$472,737
Individual Gifts	\$60,879
Grants	\$99,326
Program Sales	\$33,129
Investments/Misc.	\$46,067
TOTAL	\$902,706



Expenses

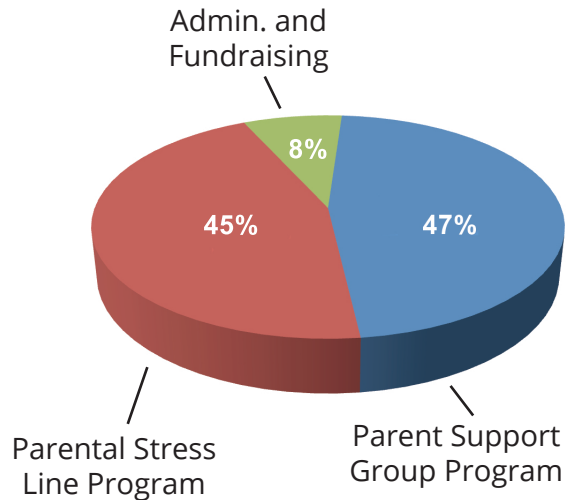
Expenses

Parent Support Group Program	\$425,579
Parental Stress Line Program	\$407,469
Admin and Fundraising	\$71,879

TOTAL **\$904,927**

Surplus/Deficit

Net Assets-beginning of year	\$654,070
Net Assets- end of year	\$651,289



Foundation and Corporate Supporters

\$25,000 and up

Cummings Foundation

\$10,000 to \$25,000

Chickering Foundation

Eastern Bank - Target Grant

John and Geraldine Weil Foundation

\$5,000 to \$10,000

Bushrod Campbell/Ada Hall Charity

Fred Harris Daniels Foundation

Matty Eappen Foundation

\$2,500 to \$5,000

Adelaid Breed Bayrd Foundation

Boston Foundation

Frederick W. Weber Charities

John Donnelly Trust/Eastern Bank

Lassor and Fanny Agoos Fund

Phyllis McGillicuddy Trust

Rebecca Pomroy Foundation

Remmer-Fox Fund

\$1,000 to \$2,500

AthenaHealth Volunteer Grant

Government Supporters

The Department of Children and Families provides PHP with almost \$200,000 each year. DCF is by far our largest single funding source. We couldn't do our work without them.

Funding for on-site groups is provided by the Sheriff's Offices for Bristol County, Middlesex County, Norfolk County, Suffolk County, and Plymouth County.

The Department of Public Health includes information about the Parental Stress Line in the WIC mailing sent to all families in Massachusetts who have newborns during the year.

Higher Education Supporters

Wheelock College Social Work Department hosted our Annual Lecture in 2018 and assigned a student to do her field placement at PHP.

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\$10,000 and up

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\$2,000 to \$10,000

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Parental Stress Line and Parent Support Groups

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