

# Parents Helping Parents Annual Report

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2018-2019



## **Our Mission:**

“Empowering parents to nurture children and build stronger families”

## Board of Directors

Fiscal Year 2019 (July 1, 2018 – June 30, 2019)

<b>Christina Bianchi</b> , <i>President</i> <b>Yves Rangoot.</b> , <i>Vice-President</i> <b>Piro Sassa</b> , <i>Former Treasurer</i> <b>Alan Webber</b> , <i>Treasurer</i>	Matthew Borrello Jennifer Davis Emily Devonick Ruth Ehrlich Rick Goode	Stewart Jester Bela Labovitch Sky Olander Toni R.	Debbie Singleton Mia Shindell (Deceased) Shelly Steenrod Thom S. Michael W.
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## Staff and Consultants

Sarah Brinley  Lee Colello Matthew Coughlin	Ellie Edraos Alan Jones Suzanne Mass	Lalita Nakarmi Richard Pryor Aisha Saunders- Jackson	Claudia Vigil Quincey Williamson Lily Zhang
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## Parent Support Group Facilitators and Parent Leaders

Antonella T. Ara R. Barbara C. Bei C. Celines C. Chris L. Colleen S. Ed R. Ellen S. Ellie E.	France P. Grace C. Holly M. Ivette T. Jennifer R. Jose R. Katara F. Kate L. Kathy W.	Linda P. Marcia F. Margot S. Matt C. Melia H. Nancy C. Neil G. .	Paige B. Randy B. Rick G. Sabrina G. Sara S. Stuart S. Tonya C. Toni R. Tiffany P.
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## Parental Stress Line Counselors

Rosy Abarcherli Ann Aubin John Beck Jennifer Bergantino Sharon Brecher Linda Carbone Wayne Chan Claudine Charles Jean Conlin	Winnie Dastic Katie Davis Lisa Faille Katera Farris Blair Gelbond Miriam Goldberg Genesis Gonzalez Melissa Hall Willie Mae Hanson Janisa Hui	Stephanie Messina Linda Morgenstern Neeha Nori Chandra Perez-Gillis Vincent Phua Amber Ray David Schimmel Laura Schulz Sandie Sienkiewicz	Colleen Smaldone Gitanjali Srivastava Sarah True Saundra Williams Binlin Xia
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## Professional, Administrative, and Child Care Volunteers

Claudine Charles Janisa Hui Mikalía Jackson Yagiáng Liu	Diane Mountain Megumi Nagase Jyoti Nair	Aidan O'Flaherty Kevin O'Flaherty Michaela O'Flaherty	Tao Peng Barbara Pryor Thom Sudol Greg Thumith
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## 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 2019, PHP offered a total of 39 groups: 22 community-based groups (including 2 online groups), 17 prison & shelter-based groups.

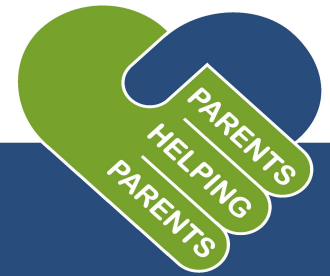
### IMPACT OF GROUP:

#### Before group I felt:

- \* Insecure/could not talk about the problem
- \* Lonely/isolated
- \* Depressed/Sad/Hopeless

#### Today I feel:

- \* Weight lifted off shoulders
- \* Communicate better
- \* Empowered/Supported



Anonymous. Confidential. Free.

**Parents served: 811**

**#of Meeting Hours:  
1095 Hours**

**Partners  
Collaborated: 39**

*“Parents come to talk about some of the most personal and difficult problems a family can face. They all help one another and in the process also help themselves. My job as a facilitator is to make the group a safe place to talk about anything and of course to listen.”*

*– Volunteer Facilitator*

## Parent Support Groups Continued:

*“The best thing is you can speak openly, and nothing you say goes anywhere. Also you get answers for a lot of unanswered questions. I always leave group feeling better”*

*-Suzette, Parent Support Group Member*

*“I am able to ask other group members for advice.”*

*-83% of parents surveyed*

*“Talking in group gives me ideas about how to be a better parent in the future.”*

*-81% of parents surveyed*

*“I have learned new child discipline techniques.”*

*-78% of parents surveyed*

# 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.

"I can't tell you how many places I've called. You've been so kind and understanding. I really just needed somebody to be on my side."

– Parental Stress Line Caller

## IMPACT OF PSL CALLS:

### How upset was the Caller?

At the beginning of the call: 63%

At the end of the call: 12%

Improvement: 51%

**73% of parents were satisfied or very satisfied with the call.**



**Total # of calls received**

**3,731**

**New calls received**

**1,389**

*"Volunteering on the Parental Line has taught me how to interact better with people by communicating without judgement. It has also expanded my understanding of people's struggles and made me a more informed person"*

– Parental Stress Line Volunteer

## FY19 Revenue and Expenses

### Revenue & Support

State contract	213,744
In-Kind Gifts	489,050
Individual Gifts	54,057
Grants	50,500
Program Sales	21,042
Investments/ Misc	41,614
<b>TOTAL</b>	<b>870,007</b>

### Expenses

Parent Support Group Program	410,390
Parental Stress Line Program	394,296
Admin and Fundraising	94,717
<b>TOTAL</b>	<b>899,403</b>

## Foundation and Corporate Supporters

Fiscal Year 2019 (July 1, 2018 – June 30, 2019)

### **\$25,000 and up**

Tia D. Andrew Fund of Essex County Community Foundation

### **\$10,000 to \$25,000**

Weil Foundation

Chickering Foundation

### **\$5,000 to \$10,000**

The Bushrod H. Campbell and Adah F. Hall Charity Fund

Fred Harris Daniels Foundation

### **\$2,500 to \$5,000**

Adelaid Breed Bayrd Foundation

John Donnelly Trust/Eastern Bank

Russell Colgate Fund

### **\$1,000 to \$2,500**

Lassor and Fanny Agoos Fund

Cycle Bar Wellesley

## Government Supporters

The Department of Children and Families provides PHP with almost \$214,000 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

Parents Helping Parents helped sponsor Salem State University conference with the Center for Childhood and Youth Studies on Building Resilience in April 2019.