Parents Helping Parents

2015-16 Annual Report

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

KEEP CALM AND PARENT ON
OR Call
The Parental Stress Line
1-800-632-8188
www.parentshelpingparents.org
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Carol Izen
Elizabeth Isenberg
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Lauren Korn
Bela Labovitch
Angela Lombardo
Stephanie Messina
Linda Morgenstern
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Sarah Parkinson
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Colleen Mahoney
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Saurav Nakarmi
Mary Piltch
Heather Robertson
Pam Robinson
Barbara Siegel
Steve Somers
Paul Thayer
Greg Zuckerman
Dear Friends of PHP,

The above drawing comes from Melissa (not her real name). She attended one of our prison-based support groups last year.

When I first saw her drawing I was transfixed. The PHP letters dominate the image looking like a cinderblock wall surrounded by pervasive barbed wire. But then you notice the words “Help” and “Hope” alternating across the top of the barbed wire. Only then do the small openings in the letter “P” take on their deeper meaning – a peak into the future beyond the walls; beyond the barbed wire. Where do they lead? That is impossible to say. But they represent a ray of hope; the glimmer of an idea that a better life is possible. The odds are high. But there is a hint of optimism in the face of a massive challenge.

Indeed, Melissa’s future is cloudy at best. She is an undocumented immigrant who faces the possibility of deportation once she completes her state sentence. She is in a different jail now so she can’t attend our group but she has become much more confident and self-aware. She knows there are people who care about her and her daughter. Even if she has to return to her home country, she has skills from her prison program that she can take back with her. Life may be hard but it is not bleak.

We are very proud of the small role PHP has played in Melissa’s life. To our volunteers, to our donors, to our collaborating partners, we could not do this work without you. Thank you. And through her drawing, Melissa thanks you too.

Sincerely,

Randall Block
Executive Director
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 CY 2015, PHP offered a total of 31 groups: 19 community-based groups, 10 prison-based groups, and 2 shelter-based group.

Number of Parents Attending a Group
**Who Comes to PHP Groups?**

<table>
<thead>
<tr>
<th></th>
<th>Community</th>
<th>Prison</th>
<th>Shelter</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>74%</td>
<td>55%</td>
<td>100%</td>
<td>63%</td>
</tr>
<tr>
<td>Single parents</td>
<td>69%</td>
<td>92%</td>
<td>96%</td>
<td>84%</td>
</tr>
<tr>
<td>Minority</td>
<td>43%</td>
<td>37%</td>
<td>37%</td>
<td>38%</td>
</tr>
<tr>
<td>Open DCF Case</td>
<td>47%</td>
<td>7%</td>
<td>52%</td>
<td>37%</td>
</tr>
<tr>
<td>Annual income under $20,000</td>
<td>61%</td>
<td>62%</td>
<td>N/A</td>
<td>61%</td>
</tr>
<tr>
<td>Parent was abused as a child</td>
<td>72%</td>
<td>63%</td>
<td>N/A</td>
<td>66%</td>
</tr>
<tr>
<td>Child was abused or neglected</td>
<td>68%</td>
<td>41%*</td>
<td>N/A</td>
<td>51%</td>
</tr>
</tbody>
</table>

* Excludes neglect due to incarceration of parent.

**Problems Parents in Community Groups Want to Change:**

<table>
<thead>
<tr>
<th>Problem</th>
<th>Community</th>
<th>Prison</th>
<th>Shelter</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling alone</td>
<td>79%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child’s behavior</td>
<td>79%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parent’s behavior</td>
<td>74%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Divorce/separation</td>
<td></td>
<td></td>
<td></td>
<td>21%</td>
</tr>
<tr>
<td>Drugs/alcohol</td>
<td></td>
<td></td>
<td></td>
<td>16%</td>
</tr>
</tbody>
</table>

**Impact of Group:**

- *“I can talk about what makes me angry”*
  - Before group: 43%   After group: 76%   Improvement: + 33%

- *“I know how to control my emotions”*
  - Before group: 42%   After group: 83%   Improvement: + 41%

- *“I can ask for help when I need it”*
  - Before group: 42%   After group: 74%   Improvement: + 32%

91% would recommend PHP to other parents
Parent 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.

Amherst-Grandparents
Clinical and Support Options (CSO)

Bristol County
House of Correction
Sheriff’s Office

Dorchester
Family Nurturing Center

Essex County Women in Transition (WIT)
Sheriff’s Office

Framingham
Early Childhood Alliance
Housing Authority

Gloucester
Pathways for Children

Hopkinton
Serenity House

Lawrence-Spanish
Family Resource Center

Leominster
Families & Communities Together

Lowell - Day
NFI Family Resource Center

Lowell - Evening
Community Teamwork

McGrath House
Community Resources for Justice (CRJ)

Malden
Malden YMCA

Middlesex County House of Correction
Sheriff’s Office

Newton
Newton Partnership

Norfolk County
House of Correction
Sheriff’s Office

Quincy
Bay State Community Services (BSCS)
Family Resource Center

Roxbury – English & Spanish
JP-Roxbury
Family Resource Center

Plymouth County
House of Correction
Sheriff’s Office

Salem
North Shore Children’s Hospital

Suffolk County
House of Correction
Sheriff’s Office

Waltham
Lemberg Children’s Center

Worcester
Guild of St. Agnes

“My PHP group is just like family but without the drama.”
- a PHP Parent
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.

"The Parental Stress Line is very special. I will do it until I can’t do it any more." - Parental Stress Line Volunteer

92% of parents were satisfied or very satisfied with call and 71% planned to take at least one positive action to make things better.

Impact of PSL Call

How upset was the caller?
At beginning of call  52%  
At end of call 10%  
Improvement +42%

Number of Parental Stress Line Calls

<table>
<thead>
<tr>
<th>Year</th>
<th>Calls</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 13</td>
<td>4,394</td>
</tr>
<tr>
<td>FY 14</td>
<td>5,361</td>
</tr>
<tr>
<td>FY 15</td>
<td>5,028</td>
</tr>
<tr>
<td>FY 16</td>
<td>4,608</td>
</tr>
</tbody>
</table>
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 taken away 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.

“After reading the Guide, things became clearer. I began to feel less defenseless. It gave me the power and suggestions I needed to get my son home.”
- a PHP parent

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/#!order-materials/chnf.

Whoever Said Parenting was Easy?

PARENTAL STRESS LINE

No problem is too big or small for you to call:

1-800-632-8188

counselors available 24 hours a day
www.parentshelpingparents.org
FY14-15 Revenue and Expenses

Revenue and Support

<table>
<thead>
<tr>
<th>Revenue Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Contract</td>
<td>$197,714</td>
</tr>
<tr>
<td>In-Kind Gifts</td>
<td>$404,096</td>
</tr>
<tr>
<td>Individual Gifts</td>
<td>$63,446</td>
</tr>
<tr>
<td>Grants</td>
<td>$85,500</td>
</tr>
<tr>
<td>Program Sales</td>
<td>$27,473</td>
</tr>
<tr>
<td>Investments/Misc.</td>
<td>$14,305</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$792,534</strong></td>
</tr>
</tbody>
</table>

Expenses

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Support Group Program</td>
<td>$324,952</td>
</tr>
<tr>
<td>Parental Stress Line Program</td>
<td>$358,316</td>
</tr>
<tr>
<td>Admin and Fundraising</td>
<td>$69,866</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$753,134</strong></td>
</tr>
</tbody>
</table>

Surplus/Deficit

- Net Assets-beginning of year: $573,659
- Net Assets-end of year: $613,060
- **Surplus/Deficit**: $39,401
Foundation and Corporate Supporters

$25,000 and above
Cummings Foundation

$10,000 to $25,000
Sills Family Foundation
Mabel Horne Trust/Bank of America

$5,000 to $10,000
Bushrod Campbell/Ada Hall Charity
Matty Eappen Foundation
MetroWest Foundation
Russell Colgate Fund

$2,500 to $5,000
Adelaid Breed Bayrd Foundation
Fred Harris Daniels Foundation
John Donnelly Trust/Eastern Bank
Phyllis McGillicuddy Trust
Rebecca Pomroy Foundation
TJX Foundation
Frederick W. Weber Charities

$1,000 to $2,500
Lassor and Fanny Agoos Fund
Beacon Health Options/MBHP

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, and Suffolk County.

The Department of Public Health provides the translation service for the Parental Stress Line which allows us to communicate with any parent regardless of the language they speak.

Higher Education Supporters

Wheelock College Social Work Department hosted our Annual Lecture in 2015 and assigned two students to do their field placement at PHP. Wheelock College and Parents Helping Parents have a signed Memorandum of Understanding to maintain a long-term partnership.
Donors whose gifts make our work possible

$10,000 and up
Tina Andrews/David Moir

$5,000 to $10,000
Jeannette Atkinson

$1,000 to $5,000
Gordon Bennett
Bob and Shon Beury
Mary/Charles Hatvany

$500 to $1,000
Randall Block
Anastasia/Frank Catrickes
Lee Colello
Christina Crowe
Margaret/William Greer

$250 to $500
Michael Bosnick
Sarah Brinley
Jennifer Davis

$100 to $250
Anonymous (3)
Leslie Akula
Dick/Lynne Bail
Betty /Art Bardige
Richard Barnum
Edward Bell
Marcia Booth/Robert Fox
Dorian Bowman
Nancy Brincheiro
Amy/ Marshall Brinn
Anne Burling
Virginia Burns
Catherine/Paul Buttenwieser
George /Nancy Caplan
Katherine Catlin
Rachel Claflin
Ellen Cohen
Jean/Bob Conlin
Jean Cook
Howard Cooper
Matthew Coughlin

Donors whose gifts make our work possible

Linda Glenn
Jan Hayashi
Sky Olander
Ellen Remmer
Kathleen/Christopher Weld

Nora Hall
Jean Kindleberger
Anne Peretz
Ellen Schwab
Nancy Soulette

Thomas Philbrick
Bonny Saulnier
Debbie Singleton

Abby D’Angelo
Susan Davies/Richard Talkov
Wendy Davis
David Degrand
Kathy DelRossi-Rice
Jan Eustis
John Farina
Betsy Flanagan
Irene Freidel
Friends Meeting in Cambridge
Russell Gaudreau
Phyllis Gurdin
Rita Higgins
Carol Izen
Larry Kistler
Florence Koplow
Jasper Lawson
Joe Leavey/Joan McGregor
Patricia Libby
Margie Lipshutz
Ned Loughran

I remember a woman I called years ago to ask for a gift to PHP. She sighed with relief like I was an old friend and readily agreed to send a donation. This memory inspires me to give to PHP every year.

- Janice Badessa, donor since 1997
## Donors whose gifts make our work possible (cont.)

### $100 to $250 (cont.)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Arria Sands</td>
<td>Norman Sieman</td>
<td>Susan Wasserman</td>
</tr>
<tr>
<td>Tom/Kate Schmitt</td>
<td>Jennifer Solomon</td>
<td>Robert Weiss</td>
</tr>
<tr>
<td>Bob Seidemann</td>
<td>Sherri Spear</td>
<td>Elaine Werby</td>
</tr>
<tr>
<td>Jo Shifrin</td>
<td>Jean/Peter Stringham</td>
<td>Brooks White</td>
</tr>
<tr>
<td>Barbara Siegel</td>
<td>Ingeborg Uhlir</td>
<td>Frances Wolff</td>
</tr>
</tbody>
</table>

89 additional donors gave between $1 and $99. They are listed in the Annual Report on our web site.
Parental Stress Line and Parent Support Groups

1-800-632-8188
Supporting parents for over 40 years