Parents Helping Parents

2013-14 Annual Report

Our Mission:

“Empowering parents to nurture children and prevent child abuse”

www.ParentsHelpingParents.org
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Ivette Thomson
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Lisa W.
Sandra Wade
Rachael Wurtman

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Caroline Blair
Alexandra Booth
Sharon Brecher
David Brick
Bernadette Bullistrum
Linda Carbone
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Abby D’Angelo
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Ruth Ehrlich
Vanessa Garcia
Ami Gordon
Willie Mae Hanson
Carol Izen
Tasmia Khan
Lauren Korn
Rebecca Krause
Bela Labovitch
Aya Lawrence
Rosemary Levy
Robin Maltz
Stephanie Messina
David Morrison
Caressa Moy
Laura Munier
Kathy Parkinson
Sarah Parkinson
Diane Reid
Jessica Roffe
Colleen Smaldone

**Child Care, Professional, and Administrative Volunteers**

Rose Charrier
Kaley Connolly
Jane DeHaven
Rose Hurwitz
Carol Izen
Alan Jones
Liz Keane
Margie Lipshutz
Allison Miracco
Mia Shindell
Anita Spendora
Dear Friends of PHP,

Last year I happened to be re-reading the book by Patte Wheat, *Hope for the Children*, about the formation of Parents Anonymous. I love reading it because it reminds me how desperate some parents are for help and why an anonymous support group is such a precious place. I had forgotten that within a year of Jolly K. starting the first parent support group for herself, she had started one for inmates at a nearby prison.

By coincidence, just as I was reading Patte’s book, the Arthur Sills Family Fund invited us to submit a grant proposal to serve parents in prison. The grant we applied for and eventually received allowed us to establish four new groups – two at the Bristol County House of Correction in Dartmouth and two at the Suffolk County House of Correction in Boston.

The reception in the prisons has been terrific. The inmates, both men and women, tell us in prison you keep family issues private. So there isn’t any place where they can talk openly about their kids and families. In the evaluation form they filled out, one mother’s comment was typical: “Before group I felt alone. Now have a support system.”

Prisons aren’t the only places where we offer groups. We run groups in shelters, housing projects, community centers, and churches. This year we plan to start an online group for parents who can’t get to any of our regular groups. We’re not sure how effective a group will be when people can’t see each other, but we will try it and see how it goes.

Parents face a lot of challenges today that didn’t exist in Jolly K’s time. But whatever the problems, parents still need a private place to talk about their family -- especially parents with less money, less family support, and a history of traumatic events from their own childhood.

For those of you who volunteered your time or sent us a gift or just told someone about PHP, thank you for helping hundreds of parents who went to group and thousands of parents who called the Stress Line. Because of your generosity, the world is a better, safer place for children.

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. Our goal is to prevent child abuse and neglect by enhancing family resiliency and social connections. Once the emotional support of the parent has been strengthened, a parent is better able to nurture the family and deal with the challenges of parenting. All PHP groups are confidential, anonymous, and free.

Number of Parents Attending a Group

<table>
<thead>
<tr>
<th></th>
<th>FY 12</th>
<th>FY 13</th>
<th>FY 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community</td>
<td>18</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Groups</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shelter</td>
<td>2</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>&amp; Prison</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Groups</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td>18</td>
<td>25</td>
</tr>
</tbody>
</table>
Who Comes to PHP Groups?

Women 80%
Single parents 75%
Annual income under $20,000 63%

Family is involved with DCF 52%
Child receives mental health services 50%
Child receives special education services 28%

Parent was abused as a child 53%
Child was abused or neglected 50%

Problems Parents Want to Change:

<table>
<thead>
<tr>
<th>Problem</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent’s behavior</td>
<td>69%</td>
</tr>
<tr>
<td>Feeling alone</td>
<td>67%</td>
</tr>
<tr>
<td>Child’s behavior</td>
<td>60%</td>
</tr>
<tr>
<td>Divorce/separation</td>
<td>40%</td>
</tr>
<tr>
<td>Drugs/alcohol</td>
<td>26%</td>
</tr>
</tbody>
</table>

Impact of Group:

“I can talk about what makes me angry”
Before group: 60%  After group: 90%  Improvement: + 30%

“I know how to control my emotions”
Before group: 60%  After group: 80%  Improvement: + 20%

“I can ask for help when I need it”
Before group: 61%  After group: 84%  Improvement: + 23%

93% 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. Our groups would not exist without our community partners. Thank you.

<table>
<thead>
<tr>
<th>Bristol County</th>
<th>Malden</th>
<th>Salem</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>House of Corrections</strong></td>
<td>Malden YMCA</td>
<td>North Shore Children's Hospital</td>
</tr>
<tr>
<td>Sheriff's Office</td>
<td></td>
<td></td>
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<tr>
<td><strong>Brockton</strong></td>
<td><strong>Medford</strong></td>
<td></td>
</tr>
<tr>
<td>Old Colony YMCA</td>
<td>United Methodist Church</td>
<td></td>
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<tr>
<td><strong>Dorchester</strong></td>
<td><strong>New Bedford</strong></td>
<td></td>
</tr>
<tr>
<td>Family Nurturing Center</td>
<td>English and Spanish</td>
<td></td>
</tr>
<tr>
<td><strong>Fall River – Day and Evening</strong></td>
<td>New Bedford</td>
<td></td>
</tr>
<tr>
<td>Fall River Headstart</td>
<td>Family Resource Ctr.</td>
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<tr>
<td><strong>Framingham</strong></td>
<td><strong>Newton</strong></td>
<td></td>
</tr>
<tr>
<td>Early Childhood Alliance</td>
<td>Newton Partnership</td>
<td></td>
</tr>
<tr>
<td>Framingham Housing Authority</td>
<td></td>
<td></td>
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<tr>
<td><strong>Harvard</strong></td>
<td><strong>Newton</strong></td>
<td></td>
</tr>
<tr>
<td>St. Theresa's Church</td>
<td>Genesis 2</td>
<td></td>
</tr>
<tr>
<td><strong>Lowell</strong></td>
<td><strong>Quincy</strong></td>
<td></td>
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<tr>
<td>Community Teamwork</td>
<td>Church of the Nazarene</td>
<td></td>
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<tr>
<td><strong>Lynn</strong></td>
<td><strong>Roxbury –</strong></td>
<td></td>
</tr>
<tr>
<td>Community Connections</td>
<td>English and Spanish</td>
<td></td>
</tr>
<tr>
<td></td>
<td>JP-Roxbury</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Family Resource Center</td>
<td></td>
</tr>
</tbody>
</table>

“*My son calls my PHP group ‘People Helping People.’ We don’t always need a psychologist or therapist to put things in perspective, we just need other human beings who have been there.*” - 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.

"I never knew how much my natural empathy could help a person until I heard the relief in their voices."
- Parental Stress Line Volunteer

Impact of PSL Call

How upset was the caller?
At beginning of call 77%  At end of call 12%  Improvement +65%

91% of parents are satisfied or very satisfied with the call and 72% planned to take at least one positive action.
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 40-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 (see samples below), flyers, and brochures are provided free of charge. They can be ordered through the PHP web site at:

www.parents helpingparents.org/#!order-materials/chnf
FY13-14 Revenue and Expenses

Revenue and Support

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Contract</td>
<td>$190,568</td>
</tr>
<tr>
<td>In-Kind Gifts</td>
<td>$363,287</td>
</tr>
<tr>
<td>Individual Gifts</td>
<td>$74,946</td>
</tr>
<tr>
<td>Grants</td>
<td>$52,500</td>
</tr>
<tr>
<td>Investments/Misc.</td>
<td>$78,923</td>
</tr>
<tr>
<td>TOTAL</td>
<td><strong>$760,224</strong></td>
</tr>
</tbody>
</table>

Expenses

<table>
<thead>
<tr>
<th>Program</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Parent Support Group Program</td>
<td>$339,912</td>
</tr>
<tr>
<td>Parental Stress Line Program</td>
<td>$356,409</td>
</tr>
<tr>
<td>Admin and Fundraising</td>
<td>$48,387</td>
</tr>
<tr>
<td>TOTAL</td>
<td><strong>$744,708</strong></td>
</tr>
</tbody>
</table>

Surplus/Deficit: **$15,516**

Net Assets-beginning of year: **$534,630**

Net Assets-end of year: **$550,146**
Foundation and Corporate Supporters

$10,000 and above
Arthur Sills Family Foundation  Mabel Horne Trust/Bank of America

$5,000 to $10,000
Matty Eappen Foundation  TJX Foundation

$1,000 to $5,000
Lassor and Fanny Agoos Fund  Massachusetts Behavioral Health Partnership
Adelaid Breed Bayrd Foundation  Phyllis W. McGillicuddy Charity
Bushrod Campbell/Ada Hall Charity  Rebecca Pomroy Foundation
Fred Harris Daniels Foundation  Frederick W. Weber Charities

Government Supporters

The Department of Children and Families provides PHP with almost $200,000 each year. Except for in-kind donations from our volunteers, DCF is by far the largest single funding source. We couldn't do our work without them.

The Department of Public Health provides our translation service 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 2013 and assigned two students to do their field placement at PHP.

Boston University, Psychology Department, Senior Seminar on Family Violence, taught by Prof. Kathie Malley-Morrison, encouraged students to volunteer as Parental Stress Line counselors.
Donors whose gifts make our work possible

$10,000 and up
Sarah Perkins (bequest)
Peter Wheeler/Elizabeth Munro

$5,000 to $10,000
Jeannette Atkinson

$1,000 to $5,000
Edith Allen
Mary and Charles Hatvany
Jan Kei Hayashi
Bobbi Kovner
Kathleen and Christopher Weld
Scott and Jackie Wellman

$500 to $1,000
Ann Aubin
Gordon Bennett
Bob and Shon Beury
Lee Colello
Sally Cross
Michael Day
Laura Hamm
Jean Kindleberger
Katharine Merck
Anne Peretz
Nancy Soulette
Lucy Stroock
Ann Marie Teuber

$100 to $500
Leslie Akula
Lillian Astrachan
Janice Badessa
Betty and Art Bardige
Marge and Don Barrett
Edward and Peggy Bell
Michael Berman
Hope Bernstein
Marcia Booth/Robert Fox
Michael Bosnick
Sarah Brinley/Kevin O'Flaherty
Amy and Marshall Brinn
Katie Britton
Anne Burling
Susan H. Bush
Catherine and Paul Buttenwieser
George Caplan
Katherine Catlin
Daniel Catlin
Anastasia Catrickes
Anne Chudnofsky
Rachel Clafin
Ellen Cohen
Jean and Bob Conlin
Howard Cooper
Christina Crowe
Ellen Crystal
Susan Davies/Richard Talkov
Jennifer Davis
Lisa Dobbersteen
John Farina
Friends Meeting at Cambridge
Amy Goganian
Diane Gordon
Christian Havemeyer
Jacqueline and Douglas Husid
Carol Izen
Miriam Jencks
Natalie Kaiman
Florence Kopolow
Michael Larkin
Joe Leavey/Joan McGregor
Margery Lipshutz
Steve and Jane Lorch
Edward and Judith Lund
Nanette and James Maden
Suzanne Mann
Goldstein
Peter Metz/Phyllis Pollack
Judy Meyers/Mark Pasternack
Samantha Morton
Ellen Pharo
Marianne Philbrick
Jim and Marilyn Pike
Rene Rapaporte
Elaine Reisman
Bella Rosner/Saul Shapiro
Jeffrey Samet
Lydia de Sanctis
Arria Sands
Tom and Kate Schmitt
Erica Schwartz
Enid Shapiro

136 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