Our Mission:

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

Toni R., President
Lillian A., Vice-President
Piro Sassa, Treasurer
Matthew Borrello
Sarah Brinley
Jennifer Davis
Abby D’Angelo
Ruth Ehrlich
Stewart Jester
Bela Labovitch
Sky Olander
Yves R.
Mia S.
Thom S.
Paul Thayer
Michael W.
Alan Webber

Staff and Consultants

Randall Block
Wendy Carter
Lee Colello
Matthew Coughlin
Ellie Edraos
Geri Fonseca
Heather Howard
Alan Jones
Lalita Nakarmi
Mary Pilch
Claudia Vigil
Quincey Williamson

Parent Support Group Facilitators and Parent Leaders

Frank Abbott
Lori Aronovitz
Richard Bail
Jill Barry
Sarah Brinley
Tammy Cagle
Barbara Clark
Lee Colello
Kate Collier
Nancy Connolly
Eric Cora
Tanya Cornetta
Grace Corporan
Lucy Costa
Emily D.
Rachelle Deamato
Tracey Delmonico
Michelle Dos Reis
Eve Eisman
Lisa Faille
Myrna Finn
Leslie Fisher-Katz
Freda Flammer
Jennifer Freeman
Suzanne Fronzuto
Neil Gladstone
Ann Glick
Hicela Gonzalez
Rick Goode
Beth Greenawalt
Sabrina H.
Debbie Harris
Janet James
Ana Javier
Makieya Kamara
Amit Kapoor
Karen Kelly
Sarah Khalifa
Margie Klayman
Cynthia Klopfner
Andrew Knight
Luz Laboy
Peggy Leon
Kate Lester
Tina McGrath
Vianelle Melo
Kim Mingoes
Sarah Morrison
Dorian Pariseau
Haley Penny
Mara Pentlarge
Linda Perry
Lenis Perez
Deborah Pierre
France Potvin
Toni R.
Yves R.
Jose Ramirez
Zenaida Ramos
Lisa Reddie
Ara Reyes
Debbie S.
Thom S.
Margo Schmid
Ellen Schwab
David Sherwood
Ivanilda Silva
Pam Simpson
Colleen Smaldone
Sandra Smith
Imaraan Soofi
Alexis Sullivan
Ivette Thompson
Anita W.
Mike W.
Maryann Walsh
Mary-Wren Vander Wilden
Saundra Williams
Kacy Zurkus

Parental Stress Line Counselors

Ann Aubin
Sophie Bell
Wendy Betting
Alexandra Booth
Sharon Brecher
Bernadette Bullistrum
Linda Carbone
Jean Conlin
Jean Cook
Katie Davis
Katie Dunn
Paul Dunn
Ruth Ehrlich
Lisa Faille
Aanu Fatokun
Rebecca Francis
Jennifer Freeman
Katrina Frere
Melissa Hall
Willie Mae Hanson
Makieya Kamara
Lauren Korn
Bela Labovitch
Kalena Lopez
Stephanie Messina
Linda Morgenstern
Van Nguyen
Neeha Nori
Sky Olander
France Potvin
Bob Sage
David Schimmel
Colleen Smaldone
Gitanjali Srivastava
Saundra Williams
Kathleen Wilson
Carina Wright

Professional, Administrative, and Child Care Volunteers

Matthew Borrello
Mary Byrne
Hannah Caldwell
Ruth Comstock
Milena Damianova
Abby D’Angelo
Katie Davis
Adriana Estrada
Jennifer Freeman
Peter Gately
Maima Jones
Sarah Kane
Makieya Kamara
Nithya Krishnan
Kris Labovitch
Kalena Lopez
Colleen Mahoney
Robin Maltz
Carina McIntosh
Tatayanna Nakashima
Saurav Nakarmi
Sulav Nakarmi
Beverly Paoli
Heather Robertson
Pam Robinson
Sophie Rushton
Patricia Seaver
Stefanie Siegheoertner
Steve Somers
Nhujia Tuladhar
Greg Zuckerman
Dear Friends of PHP,

I would like to tell you about a Stress Line call that I took recently that will give you an idea about how it helps parents get through difficult time.

When I answered the phone there was a woman’s voice on the other end. I’ll call her Susan. She sounded unusually upbeat compared to most callers. She was about to be evicted from her apartment but she had a plan. She had found a shelter that would take her and her 4 year-old son. The shelter was near a shopping mall where she was confident she could get a job. I complimented her on the work she had done and expressed confidence that she would implement her plan successfully.

There was just one problem which was why she was calling – she didn’t know how to tell her son that they were about to become homeless; that he was going to lose his bedroom. I said that I could tell she had thought hard about this problem and asked her what ideas she had considered. She had lots of ideas but none felt quite right. Would she like to try out an idea with me I asked? I could pretend to be her son and she could tell me what was about to happen.

Susan thought this was an excellent idea. She started to talk but her voice cracked and she broke down sobbing. I couldn’t help myself and I choked back my tears. Somehow I managed to say “I know you are going through a difficult time. What do you do to take care of yourself?” I was not prepared for her answer. “I write poetry” she said.

“Do you think you have a poem inside you that you could read to your son some day” I asked?

“Yes”, she said quietly.

“Well, I guess you know what you need to do.”

“Yes”, she said almost in a whisper. “Thank you.”

And she was gone.

As far as I know, she never called the Stress Line again. But I’m sure she composed a poem for her son. When she would read it to him; when he might understand his mother’s words; I cannot tell you. But no doubt her son will treasure that poem forever.

The Parental Stress Line receives these kinds of calls all the time. Thank you for supporting our work so that parents like Susan can get the support they need to get through a crisis.

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 FY 2017, PHP offered a total of 31 groups: 20 community-based groups and 11 prison-based groups.

Number of Parents Attending a Group
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 2017, PHP offered a total of 31 groups: 20 community-based groups and 11 prison-based groups.

Who Comes to PHP Groups?

<table>
<thead>
<tr>
<th></th>
<th>Community</th>
<th>Prison</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>72%</td>
<td>26%</td>
<td>40%</td>
</tr>
<tr>
<td>Single parents</td>
<td>68%</td>
<td>91%</td>
<td>84%</td>
</tr>
<tr>
<td>Minority</td>
<td>39%</td>
<td>39%</td>
<td>39%</td>
</tr>
<tr>
<td>Open DCF Case</td>
<td>42%</td>
<td>3%</td>
<td>15%</td>
</tr>
<tr>
<td>Annual income under $20,000</td>
<td>55%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Experienced 4 or more ACEs* as a child</td>
<td>N/A</td>
<td>61%</td>
<td>N/A</td>
</tr>
<tr>
<td>Abused as a child</td>
<td>50%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

* Adverse Childhood Experiences: child abuse, substance abuse in household, domestic violence, divorce, death or incarcerations of a parent

Problems Parents in Prison Groups

Want to Change:

Drugs/alcohol 70% Violent relationship w/ partner 32%
Parent’s behavior 46% Divorce/separation 22%

Impact of Group:

“I can talk about what makes me angry”
Before group: 53% After group: 93% Improvement: + 40%

“I know how to control my emotions”
Before group: 51% After group: 93% Improvement: + 42%

“I can ask for help when I need it”
Before group: 43% After group: 82% Improvement: + 39%

96% 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)

Boston
Bridge Over Troubled Waters

Boston
Joelyn's Family Home Victory Program

Dedham
Riverside Outpatient Center

Dorchester
Family Nurturing Center/Up Academy

Framingham
Early Childhood Alliance Housing Authority

Gloucester
Pathways for Children

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

Newton
Newton Partnership

Quincy
Bay State Community Services (BSCS) Family Resource Center

Roslindale
Home for Little Wanderers

Salem
North Shore Children's Hospital

Waltham
Lemberg Children's Center

Weymouth
United Methodist Church

Prison Groups:

Boston School of Re-Entry
Dept. of Corrections

Bristol County
House of Correction
Sheriff's Office

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

MCI Framingham
Dept. of Corrections

MCI Norfolk
Dept. of Corrections

"I have had my fair share of professional interventions but PHP is the most effective support system I have found. There's nothing more powerful than a group where you can share your experiences in an atmosphere of trust. - 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 62%  
At end of call 12%  
Improvement +50%

91% of parents were satisfied or very satisfied with call and 76% 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 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.

Please send me a copy of your guide “You Are Not Alone”. From what I read online, it seemed like the most valuable tool I could possibly use in my efforts to regain custody of my son. - Tara G.

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?

The Parental Stress Line.
24 hours a day, 7 days a week, Confidential

1-800-632-8188

Before you lose your cool, call 1-800-632-8188.

Whoever Said Parenting was Easy?

MBHP

PARENTAL STRESS LINE

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

1-800-632-8188

Refrigerator magnet - new item
FY16-17 Revenue and Expenses

**Revenue and Support**

- **State Contract**: $195,511
- **In-Kind Gifts**: $420,141
- **Individual Gifts**: $51,924
- **Grants**: $97,080
- **Program Sales**: $27,283
- **Investments/Misc.**: $49,301

**TOTAL**: $841,240

**Expenses**

- **Parent Support Group Program**: $385,465
- **Parental Stress Line Program**: $360,438
- **Admin and Fundraising**: $57,328

**TOTAL**: $803,231

**Surplus/Deficit**: $41,010

- **Net Assets-beginning of year**: $613,060
- **Net Assets- end of year**: $654,070
Foundation and Corporate Supporters

$25,000 and above
Cummings Foundation

$10,000 to $25,000
Chickering Foundation John and Geraldine Weil Foundation

$5,000 to $10,000
Bushrod Campbell/Ada Hall Charity Matty Eappen Foundation
Fred Harris Daniels Foundation

$2,500 to $5,000
Adelaid Breed Bayrd Foundation Phyllis McGillicuddy Trust
Lassor and Fanny Agoos Fund Rebecca Pomroy Foundation
Russell Colgate Fund Frederick W. Weber Charities
John Donnelly Trust/Eastern Bank

$1,000 to $2,500
Beacon Health Options/MBHP TJX Foundation
Foundation M

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 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 2016 and assigned a student to do her field placement at PHP.
## Donors whose gifts make our work possible

**$10,000 and up**
- Tina Andrews & David Moir

**$2,000 to $10,000**
- Jeannette Atkinson

**$1,000 to $2,000**
- Gordon Bennett
- Nora Hall
- Jan Hayashi

**$500 to $1,000**
- Sharon & Mark Barrett
- Bob & Shon Beury
- Randall Block
- Sarah Brinley

**$250 to $500**
- Michael Bosnick
- Anastasia & Frank Catrickes
- Howard Cooper
- Christina Crowe
- Jennifer Davis
- Wendy Davis

**$100 to $250**
- Leslie Akula
- Anonymous (2)
- Dick & Lynne Bail
- Betty & Art Bardige
- Richard Barnum
- Edward Bell
- Anna & Joshua Berger
- Amy & Marshall Brinn
- Katie Britton
- Anne Burling
- Catherine & Paul Buttenwieser
- George & Nancy Caplan
- Katherine Catlin
- Rachel Claffin
- Ellen Cohen
- Dina Conlin & David Newman
- Jean & Bob Conlin
- Ellen Crystal
- Susan Davies & Richard Talkov
- Kathy DelRossi-Rice
- Chuck Dickinson
- Jan Eustis
- John Farina
- Betsy Flanagan

<table>
<thead>
<tr>
<th>Amit Kapoor</th>
<th>Nick &amp; Whitely Wheeler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anne Lovett &amp; Stephen Woodsum</td>
<td>Scott &amp; Jackie Wellman</td>
</tr>
<tr>
<td>Peter Metz &amp; Phyllis Pollack</td>
<td>Kathleen &amp; Christopher Weld</td>
</tr>
<tr>
<td>Lee Colello</td>
<td>Nancy Soulette</td>
</tr>
<tr>
<td>Mary &amp; Charles Hatvany</td>
<td>Lucy Stroock</td>
</tr>
<tr>
<td>Jean Kindleberger</td>
<td>Anne Peretz</td>
</tr>
<tr>
<td>Maryann Delaney</td>
<td>Thomas Philertz</td>
</tr>
<tr>
<td>Patricia Edraos</td>
<td>Debbie Singleton</td>
</tr>
<tr>
<td>Margaret &amp; William Greer</td>
<td>Sheri K. Spear</td>
</tr>
<tr>
<td>Laura Howson</td>
<td>Ken Vona</td>
</tr>
<tr>
<td>Michael Kovner</td>
<td>Geraldine Zetzel</td>
</tr>
<tr>
<td>Sky Olander</td>
<td>Ellen Ziskind</td>
</tr>
</tbody>
</table>

**$10,000 and up**
- Tina Andrews & David Moir

---

*It’s hard to think of a better use of money than to help people in pain who are working hard to help themselves for the benefit of their kids.*

- Gordon Bennett, Donor since 1996

84 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