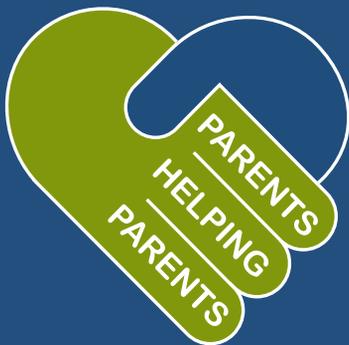


# Parents Helping Parents

## 2016-17 Annual Report



### Our Mission:

**"Empowering parents to nurture children and build stronger families."**

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## 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 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,



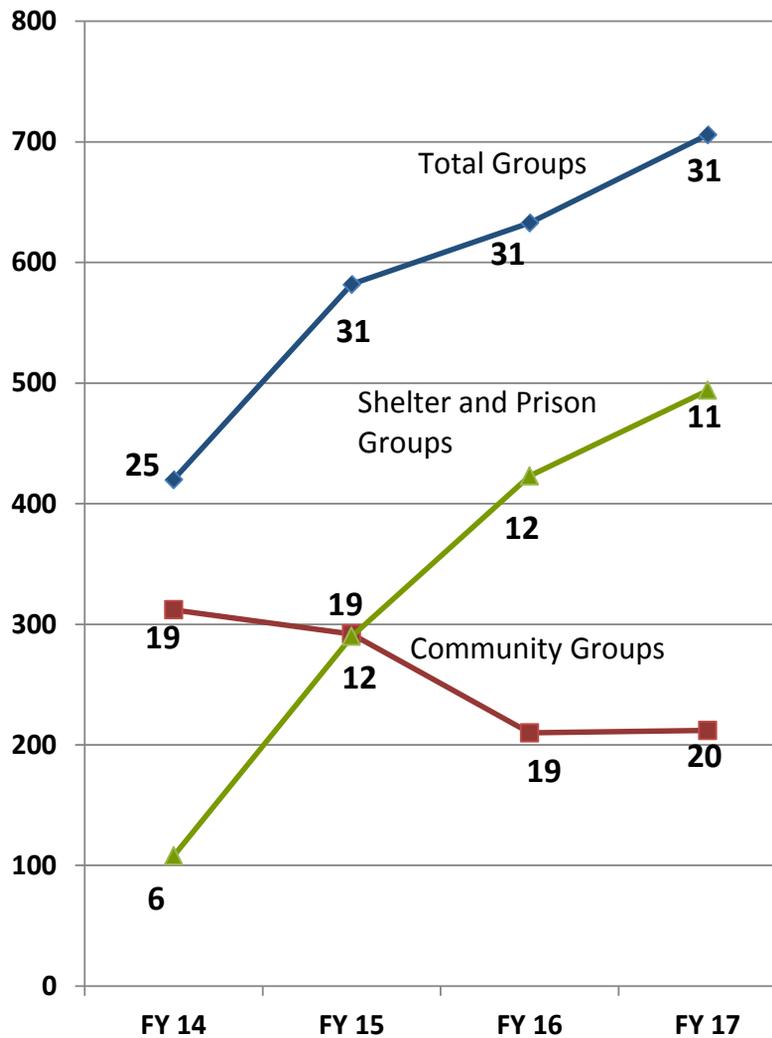
Randall Block  
Executive Director

# 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



# Who Comes to PHP Groups?

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

\* 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**

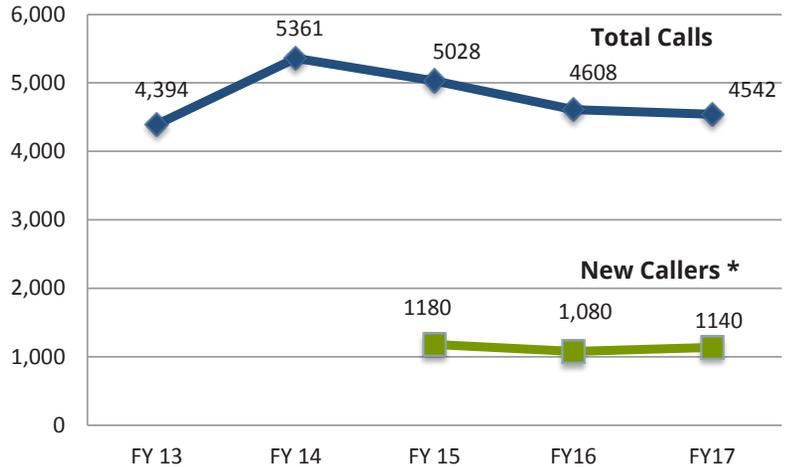
Dept. of Corrections

**“ 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.

## Number of Parental Stress Line Calls



\* Data not available for previous years

*“ 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%

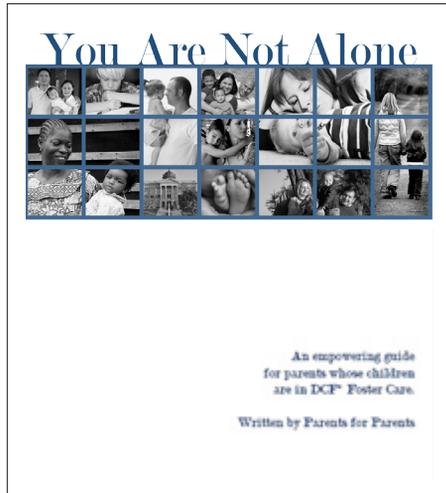
At end of call 12%

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](http://www.parentshelpingparents.org/#!order-materials/chnf)

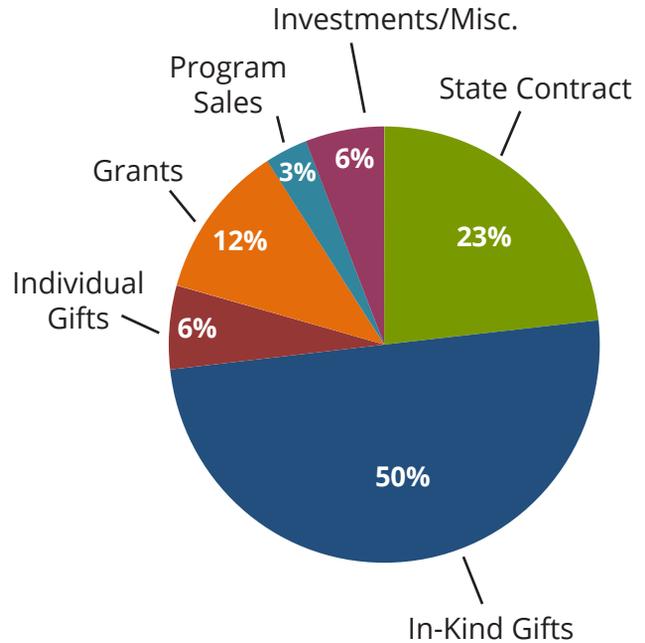


Refrigerator magnet - new item

# 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
<b>TOTAL</b>	<b>\$841,240</b>



## Expenses

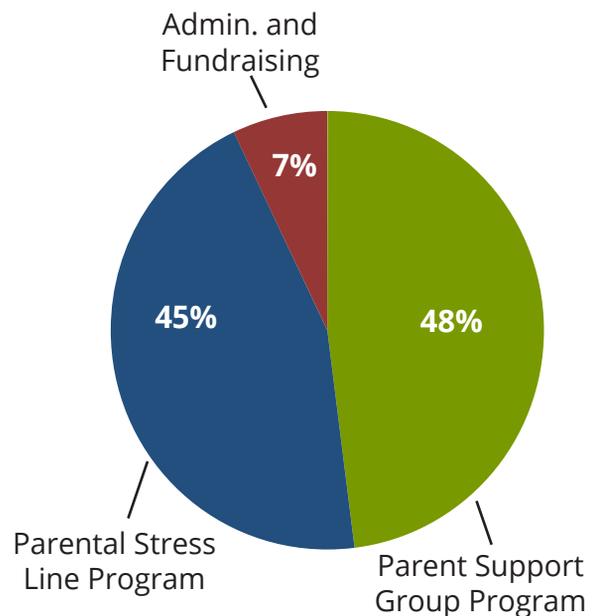
### Expenses

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  
Fred Harris Daniels Foundation

Matty Eappen Foundation

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

Adelaid Breed Bayrd Foundation  
Lassor and Fanny Agoos Fund  
Russell Colgate Fund  
John Donnelly Trust/Eastern Bank

Phyllis McGillicuddy Trust  
Rebecca Pomroy Foundation  
Frederick W. Weber Charities

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

Beacon Health Options/MBHP  
Foundation M

TJX Foundation

# 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

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## \$500 to \$1,000

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“ 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

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Sky Olander

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Gwen Noyes & Arthur Klipfel

Friends Meeting in Cambridge

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84 additional donors gave between \$1 and \$99. They are listed in the Annual Report on our web site.

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## **Parental Stress Line and Parent Support Groups**

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Supporting parents for over 40 years