Parents Helping Parents

2014-15 Annual Report

Our Mission:
“Empowering parents to nurture children and prevent child abuse”

www.ParentsHelpingParents.org
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Mary Hatvany                   Margie Lipshutz         Pam Robinson           Anita Spendora
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Dear Friends of PHP,

In my letter last year I told you about the four prison groups we had started at the Bristol County and Suffolk County Houses of Correction. One year later this program has doubled in size. We now have a total of nine prison groups in Essex, Middlesex, and Norfolk counties as well as Suffolk and Bristol. In fact, if current trends continue, in 2015 we will have more parents attending PHP prison groups than attending community-based groups.

The prison group program has grown rapidly for several reasons but perhaps the most important is that the inmates – men and women – seem to get a lot out of it. Word spreads quickly in prison if there is something worthwhile doing. That seems to have happened with our groups.

I want to tell you about a conversation that happened recently in a prison group that illustrates how effective it can be.

One frequent concern especially among fathers is what to tell their children about where they are. Most fathers want to protect their children. Prison is a scary place in movies and television and they don’t want their children to worry about them. But fathers readily admit that lying to their children bothers them.

In a recent group, a member, I’ll call him Lloyd, raised this very question. He had been in prison only two weeks and his eight year old son still thought he was on a trip. He was torn about what to do.

Another dad, I’ll call him John, had just joined the group and he said “Let me tell you what happened to me.” When John was 8 and his cousin was 9, their fathers were both sent to prison for 5 and 10 years respectively. His father didn’t tell him anything. For a year John thought his father was dead. Then he overheard someone talking about his father in jail. John was angry with everyone for not telling him the truth. When his father got out and tried to reconnect with him, John wanted nothing to do with him. He still doesn’t.

John’s cousin had a different experience. His father told him where he was. Ten years later when he was released, they reconnected and they are still good friends. Lloyd thanked John for the story and said it made his decision easy. They gave each other a fist bump.

The effectiveness of peer support never ceases to amaze me.

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 2014, PHP offered 19 community-based groups, 5 prison-based groups, and 1 shelter-based group.

![Number of Parents Attending a Group](chart.png)
Who Comes to PHP Groups?

<table>
<thead>
<tr>
<th></th>
<th>Prison and Shelter Groups</th>
<th>Community Groups</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>52%</td>
<td>80%</td>
<td>66%</td>
</tr>
<tr>
<td>Single parents</td>
<td>95%</td>
<td>71%</td>
<td>83%</td>
</tr>
<tr>
<td>Annual Income &lt; $20,000</td>
<td>43%</td>
<td>78%</td>
<td>70%</td>
</tr>
<tr>
<td>Open DCF cases</td>
<td>11%</td>
<td>48%</td>
<td>29%</td>
</tr>
<tr>
<td>Child received mental health services</td>
<td>63%</td>
<td>43%</td>
<td>48%</td>
</tr>
<tr>
<td>Child received Special Ed or EI services</td>
<td>13%</td>
<td>35%</td>
<td>30%</td>
</tr>
<tr>
<td>Parent was abused as a child</td>
<td>31%</td>
<td>46%</td>
<td>42%</td>
</tr>
<tr>
<td>Child was abused or neglected</td>
<td>100%*</td>
<td>28%</td>
<td>45%</td>
</tr>
</tbody>
</table>

* Neglect due to incarceration of parent

Problems Parents Want to Change:

- Feeling alone: 75%
- Parent’s behavior: 65%
- Child’s behavior: 56%
- Divorce/separation: 38%
- Drugs/alcohol: 25%

Impact of Group:

- “I can talk about what makes me angry”
  - Before group: 45%
  - After group: 86%
  - Improvement: + 41%

- “I know how to control my emotions”
  - Before group: 44%
  - After group: 95%
  - Improvement: + 51%

- “I can ask for help when I need it”
  - Before group: 53%
  - After group: 85%
  - Improvement: + 32%

99% 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.

**Bristol County House of Corrections**  
Sheriff's Office

**Brockton**  
Community Connections

**Dorchester**  
Family Nurturing Center

**Essex County Women in Transition (WIT)**  
Sheriff's Office

**Framingham**  
Early Childhood Alliance  
Framingham Housing Authority

**Harvard**  
St. Theresa’s Church

**Hopkinton**  
Serenity House

**Lawrence**  
Family Resource Center

**Leominster**  
Families & Communities Together

**Lowell - day**  
NFI Family Resource Center

**Lowell - evening**  
Community Teamwork

**Lynn**  
Community Connections

**Malden**  
Malden YMCA

**Medford**  
Heading Home

**New Bedford**  
Family Resource Ctr.

**Newton**  
Newton Partnership

**Norwalk County House of Corrections**  
Sheriff's Office

**Quincy**  
BSCS Family Resource Center

**Randolph**  
Randolph Community Middle School

**Roxbury**  
*English and Spanish*  
JP-Roxbury  
Family Resource Center

**Salem**  
North Shore Children’s Hospital

**Springfield**  
Square 1

**Suffolk County House of Corrections**  
Sheriff's Office

**Walpole**  
Walpole Public Library

**Waltham**  
Lemberg Children’s Ctr.

**Worcester**  
Guild of St. Agnes

“**If you want to fix your kids, fix yourself first.**”

- 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.

Impact of PSL Call

How upset was the caller?
At beginning of call 66%  
At end of call 12%  
Improvement +54%

88% of parents are satisfied or very satisfied with the call and 73% planned to take at least one positive action.

“"The best part of volunteering on the Parental Stress Line is how it helps me put things in perspective. By helping others, I remember the important things in life.”"  
- Parental Stress Line Volunteer
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 (see samples below), flyers, and brochures are provided free of charge. They can be ordered through the PHP web site at:

www.parentshelpingparents.org/#!order-materials/chnf
## FY14-15 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>$426,051</td>
</tr>
<tr>
<td>Individual Gifts</td>
<td>$67,597</td>
</tr>
<tr>
<td>Grants</td>
<td>$88,719</td>
</tr>
<tr>
<td>Investments/Misc.</td>
<td>$32,733</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$805,668</strong></td>
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</tbody>
</table>

### Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Support Group Program</td>
<td>$335,520</td>
</tr>
<tr>
<td>Parental Stress Line Program</td>
<td>$374,680</td>
</tr>
<tr>
<td>Admin and Fundraising</td>
<td>$71,933</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$782,133</strong></td>
</tr>
</tbody>
</table>

### Surplus/Deficit

- Net Assets-beginning of year  $550,145
- Net Assets- end of year          $573,680
- **Surplus/Deficit**              $23,535
Foundation and Corporate Supporters

$25,000 and above
Cummins Foundation

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

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

$2,500 to $5,000
Adelaid Breed Bayrd Foundation  Fred Harris Daniels Foundation
Blue Cross/Blue Shield Foundation  Frederick W. Weber Charities
Bushrod Campbell/Ada Hall Charity  Rebecca Pomroy Foundation

$1,000 to $2,500
John Donnelly Trust/Eastern Bank  Phyllis W. McGillicuddy Charity
Lassor and Fanny Agoos Fund

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 Suffolk County Sheriff’s Office, Norfolk County Sheriff’s Office, and Bristol County Sheriff’s Office.

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 2014 and assigned two students to do their field placement at PHP. Wheelock College and Parents Helping Parents are developing a long-term partnership agreement.
Donors whose gifts make our work possible

$10,000 and up
Peter Wheeler/Elizabeth Munro

$5,000 to $10,000
Anonymous

$1,000 to $5,000
Edith Allen
Tia Andrews
Gordon Bennett
Randall Block
Linda Glenn

$500 to $1,000
Bob and Shon Beury
Lee Colello
Nora Hall

$250 to $500
Anonymous
Leslie Akula
Jane Bernstein
Michael Bosnick
Christina Crowe

Anonymous
Ellen Crystal
Jennifer Davis
Margaret and William Greer
Carol Izen
Sondra and Norman Levenson

$100 to $250
Anonymous
Richard and Lynne Bail
Betty and Art Bardige
Bella Birmarcker
Amy and Marshall Brinn
Katie Britton
Dan and Julie Brody
Laurie Brownstein
Anne Burling
Susan Bush
Catherine and Paul Buttenwieser
George Caplan
Katherine Catlin
Rachel Claflin
Ellen Cohen
Jean and Bob Conlin
Howard Cooper
Abby D’Angelo
David Degrand

Chuck Dickinson
John Farina
Janina Fisher
Friends Meeting in Cambridge
Roberta Goganian
Phyllis Gurdin
Miriam Jencks
Susan Jordan
Jamie Katz
Peggy Kaufman
Florence Koplow
Jasper Lawson
Margie Lipshutz
Edward and Judith Lund
Hadassah Margolis and Michael Goldstein
Michele Marram
Peter Metz
Judy Meyers and Mark Pasternack

Anne Miller
Dale Morse and John Salvati
Jenny Netzer and Ellis Seidman
Carolyn and Eli Newberger
Gwen Noyes and Arthur Klipfel
Lise Olney
Thomas Philbrick
Elizabeth Pozen
Bella Rosner and Saul Shapiro
Debbie Singleton
Daniel Slyman
Michael Smaldone
Jennifer Solomon
Richard Tuck
Henry Vaillant
Roberta Weiss
Ruth Zachary

“I donate to PHP because I know from volunteering with the Parental Stress Line many years ago that the services PHP provides are invaluable to all sorts parents of all ages and backgrounds.” - Jan Kai Hayashi, donor since 2005.

104 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