

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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Colleen Mahoney
Allison Miracco

Saurav Nakarmi
Pam Robinson
Mia S.
Thom S.

Barbara Siegel
Anita Spendor
Carrie Toon
Marcia W.

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,



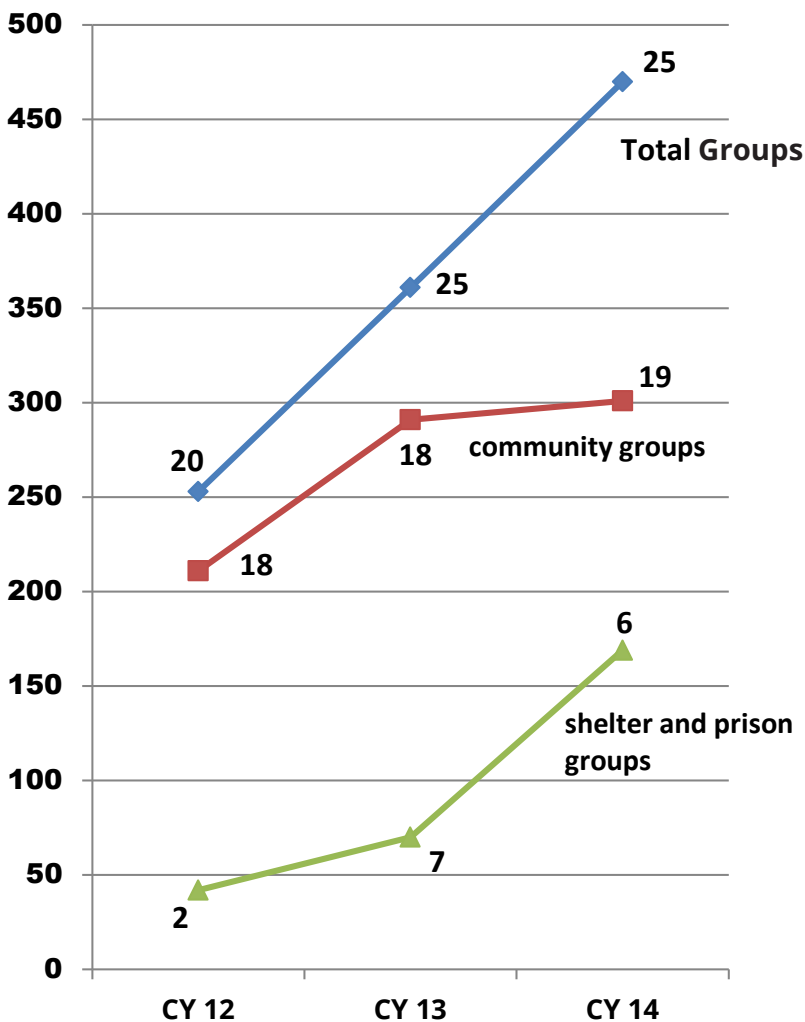
Randall Block
Executive Director

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



Who Comes to PHP Groups?

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

* Neglect due to incarceration of parent

Problems Parents Want to Change:

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

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

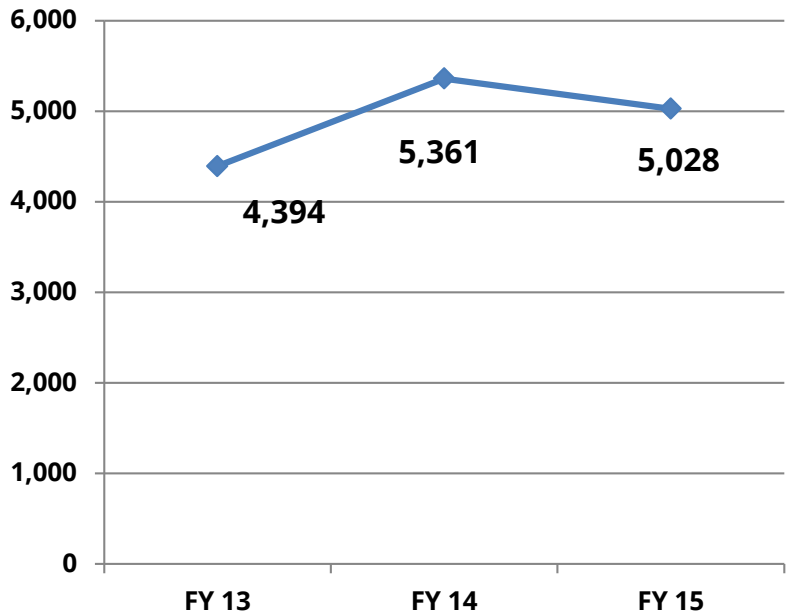
“ If you want to fix your kids, fix yourself first. ”

- 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.

Number of Parental Stress Line Calls



" 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

Impact of PSL Call

How upset was the caller?

At beginning of call 66%

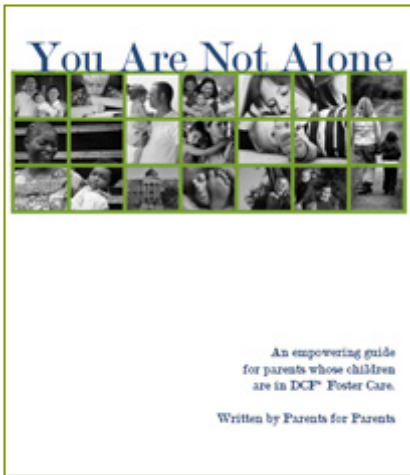
At end of call 12%

Improvement +54%

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

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:

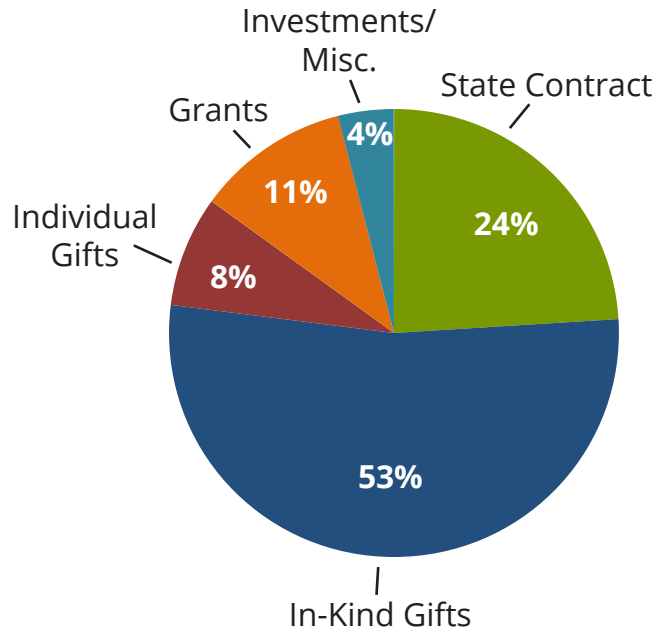
www.parentshelpingparents.org/#!order-materials/chnf



FY14-15 Revenue and Expenses

Revenue and Support

State Contract	\$190,568
In-Kind Gifts	\$426,051
Individual Gifts	\$67,597
Grants	\$88,719
Investments/Misc.	\$32,733
TOTAL	\$805,668



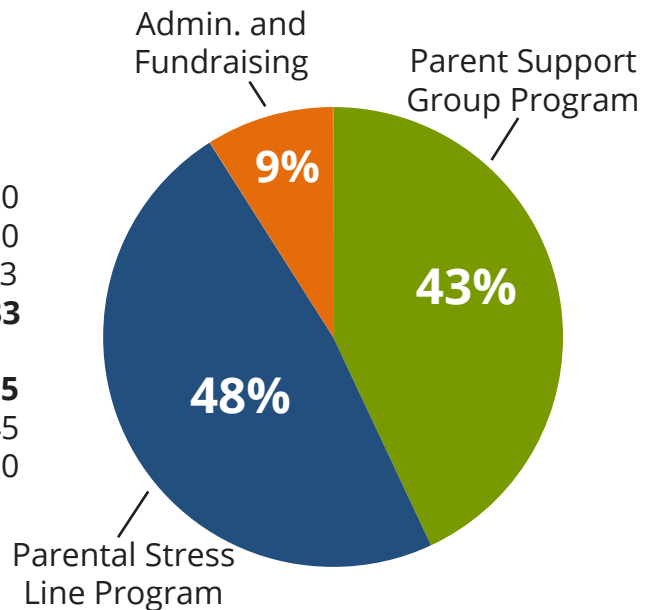
Expenses

Expenses

Parent Support Group Program	\$335,520
Parental Stress Line Program	\$374,680
Admin and Fundraising	\$71,933
TOTAL	\$782,133

Surplus/Deficit

Surplus/Deficit	\$23,535
Net Assets-beginning of year	\$550,145
Net Assets- end of year	\$573,680



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

The Boston Foundation

TJX Foundation

Matty Eappen Foundation

\$2,500 to \$5,000

Adelaid Breed Bayrd Foundation

Blue Cross/Blue Shield Foundation

Bushrod Campbell/Ada Hall Charity

Fred Harris Daniels Foundation

Frederick W. Weber Charities

Rebecca Pomroy Foundation

\$1,000 to \$2,500

John Donnelly Trust/Eastern Bank

Lassor and Fanny Agoos Fund

Phyllis W. McGillicuddy Charity

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

“ 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. ”

\$10,000 and up

Peter Wheeler/Elizabeth Munro

\$5,000 to \$10,000

Anonymous

Jeannette Atkinson

David and Mary Ellen Moir

\$1,000 to \$5,000

Edith Allen

Tia Andrews

Gordon Bennett

Randall Block

Linda Glenn

Mary and Charles Hatvany

Jan Hayashi

Bobbi Kovner

Michael Kovner

Sky Olander

Anne Peretz

Kathleen and Christopher Weld

Scott and Jackie Wellman

Nick and Whitely Wheeler

\$500 to \$1,000

Bob and Shon Beury

Lee Colello

Nora Hall

Jean Kindleberger

Piro Sassa

Nancy Soulette

Lucy Stroock

\$250 to \$500

Anonymous

Leslie Akula

Jane Bernstein

Michael Bosnick

Christina Crowe

Ellen Crystal

Jennifer Davis

Margaret and William Greer

Carol Izen

Sondra and Norman Levenson

Suzanne Mann

Ingeborg Uhler

Ken Vona

Elaine Werby

\$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 Gogonian

Phyllis Gurdin

Miriam Jencks

Susan Jordan

Jamie Katz

Peggy Kaufman

Florence Koplou

Jasper Lawson

Margie Lipshutz

Edward and Judith Lund

Hadassah Margolis and Michael Goldstein

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Peter Metz

Judy Meyers and Mark Pasternack

Anne Miller

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Carolyn and Eli Newberger

Gwen Noyes and Arthur Klipfel

Lise Olney

Thomas Philbrick

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Michael Smaldone

Jennifer Solomon

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Roberta Weiss

Ruth Zachary

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



Self-mailer
Parents Helping Parents
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Watertown, MA 02472

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www.parentshelpingparents.org

Parental Stress Line and Parent Support Groups

1-800-632-8188

Supporting parents for over 40 years