

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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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 on-line 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,

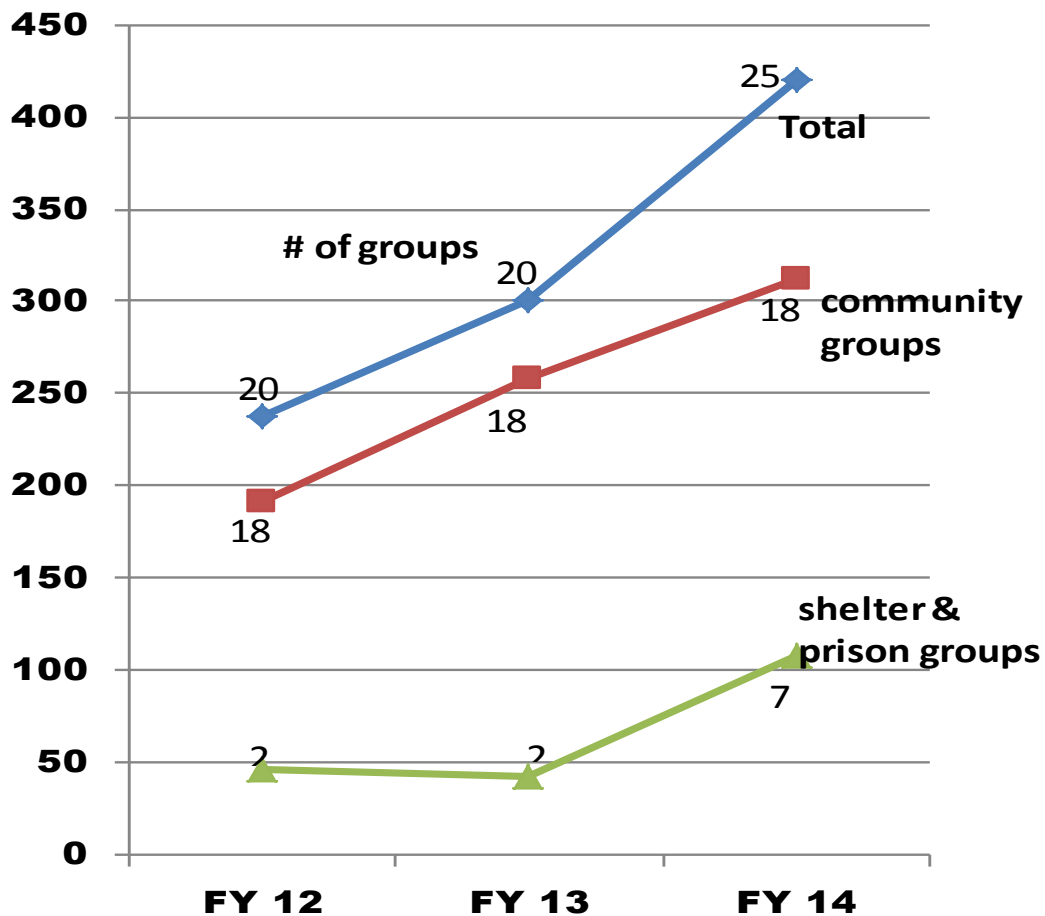


Randall Block
Executive Director

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



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:

Parent's behavior	69%	Divorce/separation	40%
Feeling alone	67%	Drugs/alcohol	26%
Child's behavior	60%		

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.

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

Brockton
Old Colony YMCA

Dorchester
Family Nurturing Center

Fall River – Day and Evening
Fall River Headstart

Framingham
Early Childhood Alliance
Framingham Housing
Authority

Harvard
St. Theresa's Church

Lowell
Community Teamwork

Lynn
Community Connections

Malden
Malden YMCA

Medford
United Methodist Church

New Bedford –
English and Spanish
New Bedford
Family Resource Ctr.

Newton
Newton Partnership

Newton
Genesis 2

Quincy
Church of the Nazarene

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.

Waltham
Mary's House Shelter

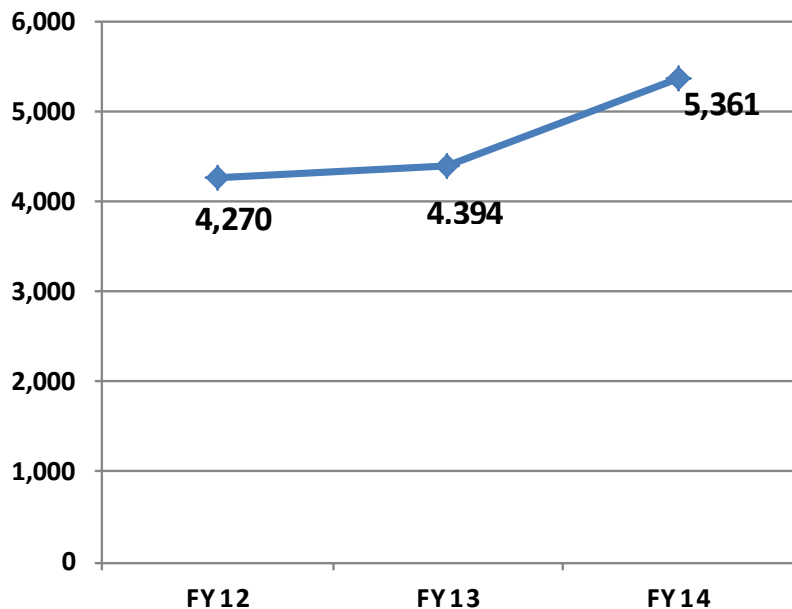
Worcester
Guild of St. Agnes

“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.

Number of Parental Stress Line Calls



"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%

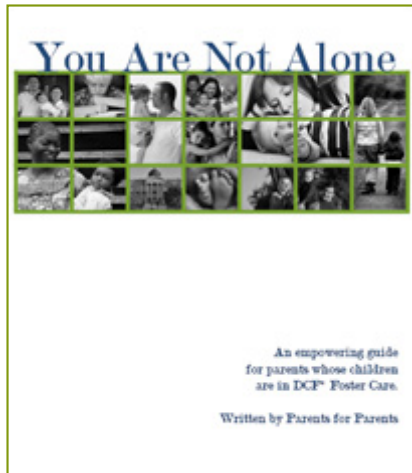
At end of call 12%

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

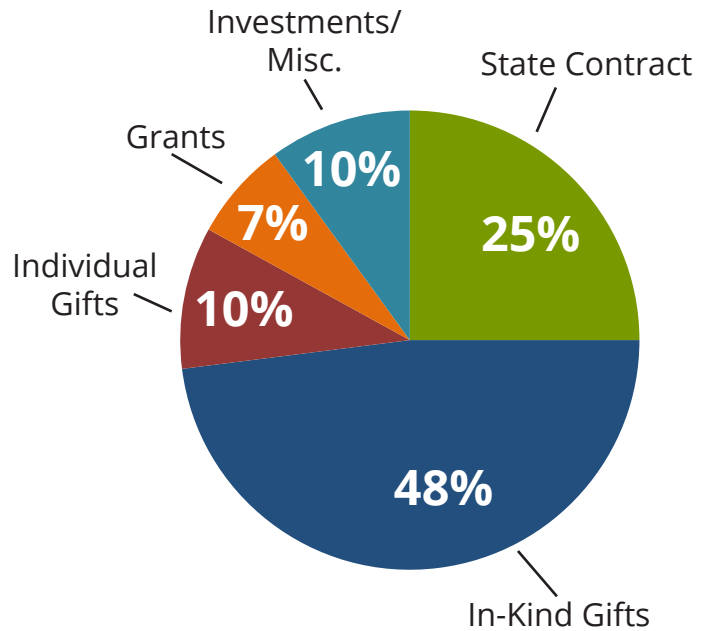


FY13-14 Revenue and Expenses

Revenue and Support

State Contract	\$190,568
In-Kind Gifts	\$363,287
Individual Gifts	\$74,946
Grants	\$52,500
Investments/Misc.	\$78,923

TOTAL \$760,224

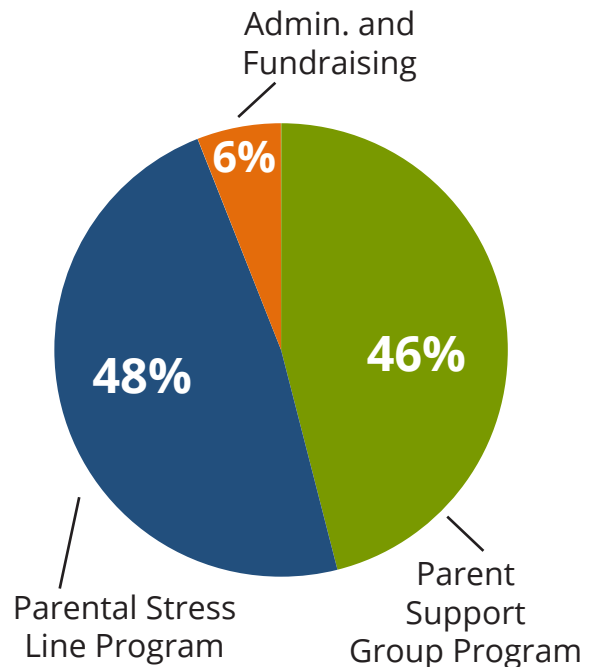


Expenses

Expenses

Parent Support Group Program	\$339,912
Parental Stress Line Program	\$356,409
Admin and Fundraising	\$48,387
TOTAL	\$744,708

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

Adelaid Breed Bayrd Foundation

Bushrod Campbell/Ada Hall Charity

Fred Harris Daniels Foundation

Massachusetts Behavioral Health Partnership

Phyllis W. McGillicuddy Charity

Rebecca Pomroy 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 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

"It's hard to think of a better use for 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

\$5,000 to \$10,000

Jeannette Atkinson

David and Mary Ellen Moir

\$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

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Gordon Bennett
Bob and Shon Beury
Lee Colello

Sally Cross
Michael Day
Laura Hamm
Jean Kindleberger
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Anne Peretz
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\$100 to \$500

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Daniel Catlin
Anastasia Catricken
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Friends Meeting at Cambridge
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136 additional donors gave between \$1 and \$99. They are listed in the Annual Report on our web site.

Self-mailer
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Parental Stress Line and Parent Support Groups

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Supporting parents for over 40 years