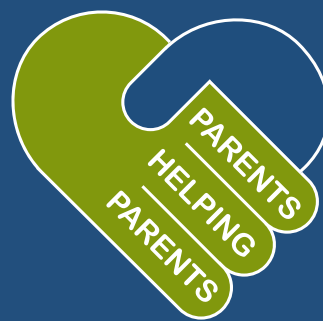




Parents Helping Parents

2015-16 Annual Report



KEEP CALM

AND

PARENT ON

OR Call

The Parental Stress Line

1-800-632-8188

www.parentshelpingparents.org

Our Mission:

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

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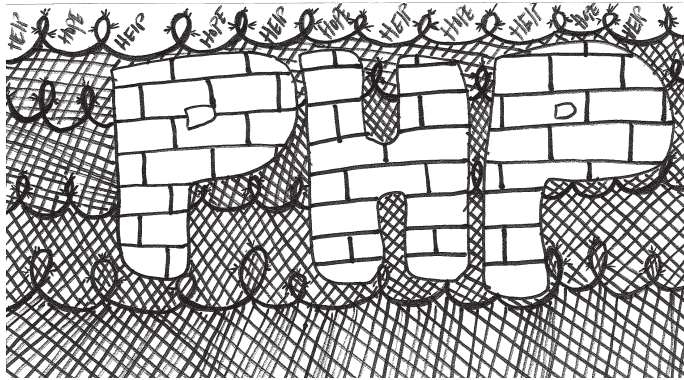
Pam Robinson

Barbara Siegel

Steve Somers

Paul Thayer

Greg Zuckerman



Dear Friends of PHP,

The above drawing comes from Melissa (not her real name). She attended one of our prison-based support groups last year.

When I first saw her drawing I was transfixed. The PHP letters dominate the image looking like a cinderblock wall surrounded by pervasive barbed wire. But then you notice the words “Help” and “Hope” alternating across the top of the barbed wire. Only then do the small openings in the letter “P” take on their deeper meaning – a peak into the future beyond the walls; beyond the barbed wire. Where do they lead? That is impossible to say. But they represent a ray of hope; the glimmer of an idea that a better life is possible. The odds are high. But there is a hint of optimism in the face of a massive challenge.

Indeed, Melissa’s future is cloudy at best. She is an undocumented immigrant who faces the possibility of deportation once she completes her state sentence. She is in a different jail now so she can’t attend our group but she has become much more confident and self-aware. She knows there are people who care about her and her daughter. Even if she has to return to her home country, she has skills from her prison program that she can take back with her. Life may be hard but it is not bleak.

We are very proud of the small role PHP has played in Melissa’s life. To our volunteers, to our donors, to our collaborating partners, we could not do this work without you. Thank you. And through her drawing, Melissa thanks you too.

Sincerely,

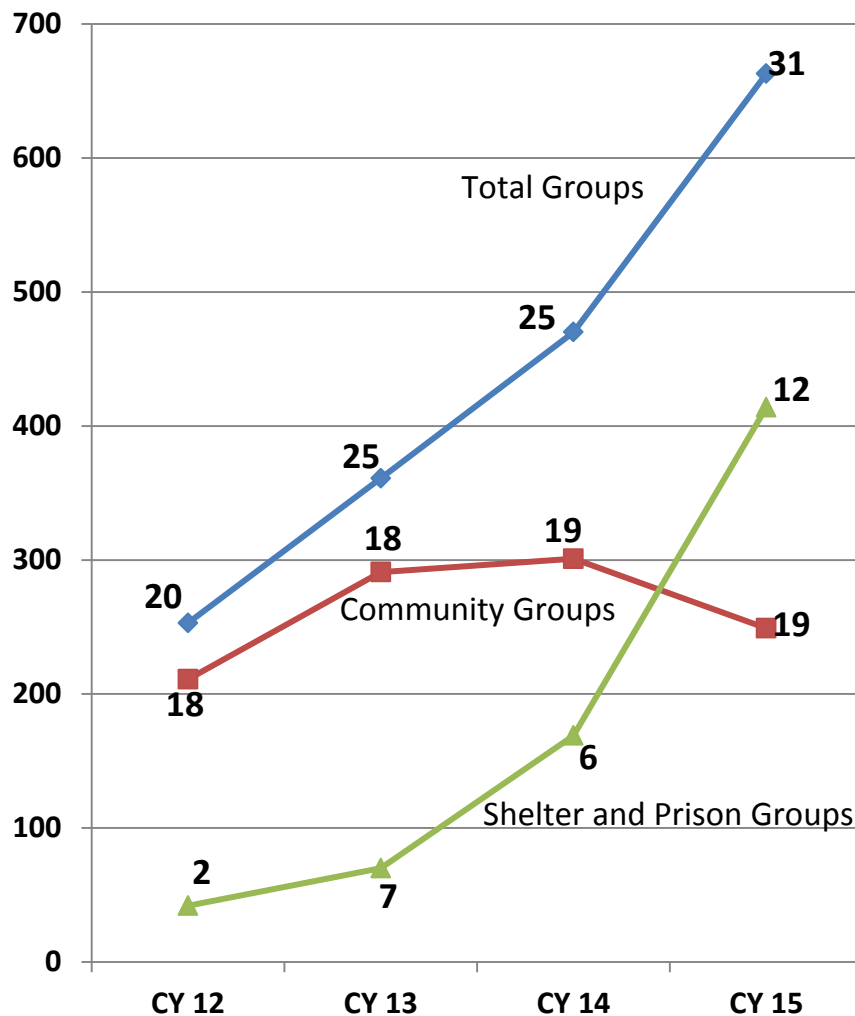
Randall Block
Executive Director

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 2015, PHP offered a total of 31 groups: 19 community-based groups, 10 prison-based groups, and 2 shelter-based group.

Number of Parents Attending a Group



Who Comes to PHP Groups?

	Community	Prison	Shelter	Total
Women	74%	55%	100%	63%
Single parents	69%	92%	96%	84%
Minority	43%	37%	37%	38%
Open DCF Case	47%	7%	52%	37%
Annual income under \$20,000	61%	62%	N/A	61%
Parent was abused as a child	72%	63%	N/A	66%
Child was abused or neglected	68%	41%*	N/A	51%

* Excludes neglect due to incarceration of parent.

Problems Parents in Community Groups Want to Change:

Feeling alone	79%	Divorce/separation	21%
Child's behavior	79%	Drugs/alcohol	16%
Parent's behavior	74%		

Impact of Group:

"I can talk about what makes me angry"

Before group: 43% After group: 76% Improvement: + 33%

"I know how to control my emotions"

Before group: 42% After group: 83% Improvement: + 41%

"I can ask for help when I need it"

Before group: 42% After group: 74% Improvement: + 32%

91% 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)

Bristol County

House of Correction
Sheriff's Office

Dorchester

Family Nurturing Center

Essex County Women in Transition (WIT)

Sheriff's Office

Framingham

Early Childhood Alliance
Housing Authority

Gloucester

Pathways for Children

Hopkinton

Serenity House

Lawrence-Spanish

Family Resource Center

Leominster

Families & Communities Together

Lowell - Day

NFI Family Resource Center

Lowell - Evening

Community Teamwork

McGrath House

Community Resources for Justice (CRJ)

Malden

Malden YMCA

Middlesex County House of Correction

Sheriff's Office

Newton

Newton Partnership

Norfolk County

House of Correction
Sheriff's Office

Quincy

Bay State Community Services (BSCS)
Family Resource Center

Roxbury - English & Spanish

JP-Roxbury
Family Resource Center

Plymouth County House of Correction

Sheriff's Office

Salem

North Shore Children's Hospital

Suffolk County House of Correction

Sheriff's Office

Waltham

Lemberg Children's Center

Worcester

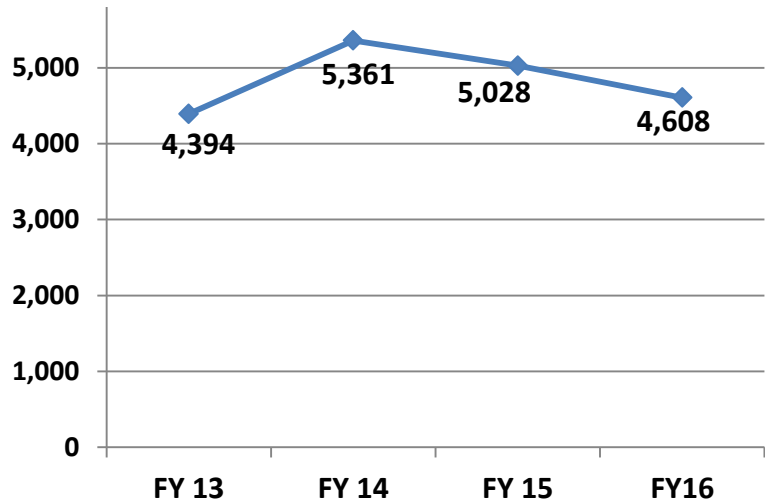
Guild of St. Agnes

*"My PHP group is just like family but without the drama."
- 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 Parental Stress Line is very special. I will do it until I can’t do it any more.” - Parental Stress Line Volunteer

Impact of PSL Call

How upset was the caller?

At beginning of call 52%

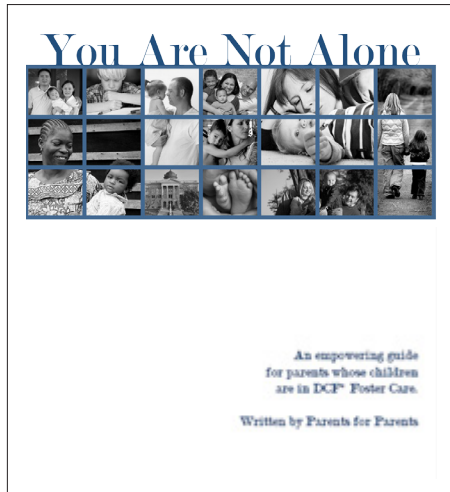
At end of call 10%

Improvement +42%

92% of parents were satisfied or very satisfied with call and 71% 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.

“ 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, flyers, and brochures are provided free of charge. They can be ordered through the PHP web site at:

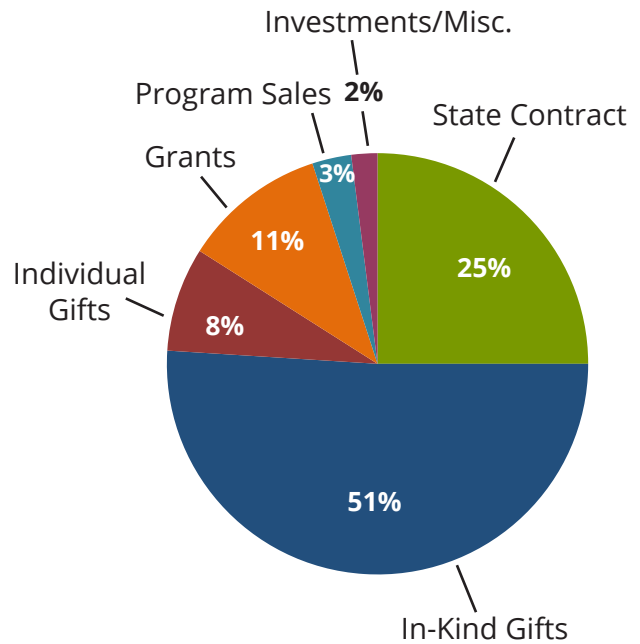
www.parentshelpingparents.org/#!order-materials/chnf



FY14-15 Revenue and Expenses

Revenue and Support

State Contract	\$197,714
In-Kind Gifts	\$404,096
Individual Gifts	\$63,446
Grants	\$85,500
Program Sales	\$27,473
Investments/Misc.	\$14,305
TOTAL	\$792,534



Expenses

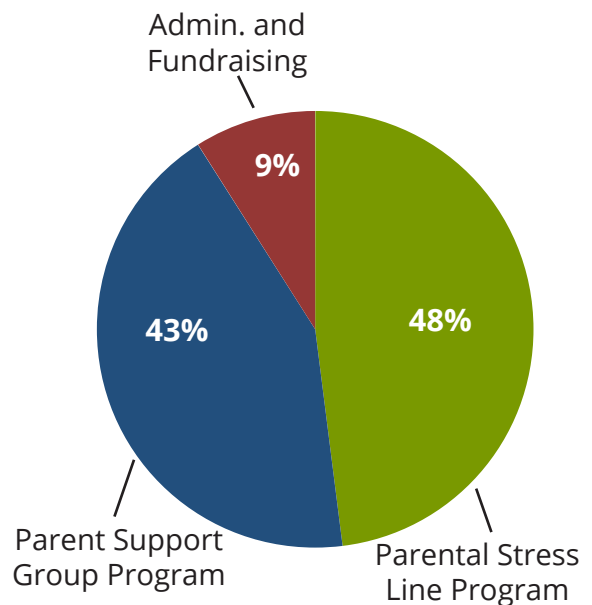
Expenses

Parent Support Group Program	\$324,952
Parental Stress Line Program	\$358,316
Admin and Fundraising	\$69,866

TOTAL \$753,134

Surplus/Deficit \$39,401

Net Assets-beginning of year	\$573,659
Net Assets- end of year	\$613,060



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

Bushrod Campbell/Ada Hall Charity

MetroWest Foundation

Matty Eappen Foundation

Russell Colgate Fund

\$2,500 to \$5,000

Adelaid Breed Bayrd Foundation

John Donnelly Trust/Eastern Bank

Rebecca Pomroy Foundation

Frederick W. Weber Charities

Fred Harris Daniels Foundation

Phyllis McGillicuddy Trust

TJX Foundation

\$1,000 to \$2,500

Lassor and Fanny Agoos Fund

Beacon Health Options/MBHP

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 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 2015 and assigned two students to do their field placement at PHP. Wheelock College and Parents Helping Parents have a signed Memorandum of Understanding to maintain a long-term partnership.

Donors whose gifts make our work possible

“ I remember a woman I called years ago to ask for a gift to PHP. She sighed with relief like I was an old friend and readily agreed to send a donation. This memory inspires me to give to PHP every year. ”
 - Janice Badessa, donor since 1997

\$10,000 and up
 Tina Andrews/David Moir

\$5,000 to \$10,000
 Jeannette Atkinson

\$1,000 to \$5,000
 Gordon Bennett
 Bob and Shon Beury
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\$500 to \$1,000
 Randall Block
 Anastasia/Frank Catrickes
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Donors whose gifts make our work possible (cont.)

\$100 to \$250 (cont.)

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Brooks White
Frances Wolff

89 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