Our Mission:

“Empowering parents to nurture children and prevent child abuse”
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Caressa Moy
Laura Munier
Kathy Parkinson
Sarah Parkinson
Diane Reid
Jessica Roffe
Colleen Smaldone

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Kaley Connolly
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 online 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%
- Feeling alone 67%
- Child’s behavior 60%
- Divorce/separation 40%
- Drugs/alcohol 26%

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.

"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

- 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 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

**$5,000 to $10,000**
- Jeannette Atkinson

**$1,000 to $5,000**
- Edith Allen
- Mary and Charles Hatvany

**$500 to $1,000**
- Ann Aubin
- Gordon Bennett
- Bob and Shon Beury
- Lee Colello

**$100 to $500**
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- Daniel Catlin
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- Ellen Cohen
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- Ellen Crystal
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<td>David and Mary Ellen Moir</td>
<td>Jan Kei Hayashi</td>
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<td>Bobbi Kovner</td>
<td>Scott and Jackie Wellman</td>
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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

136 additional donors gave between $1 and $99. They are listed in the Annual Report on our web site.
Donors whose gifts make our work possible (cont.)

$1 to $100

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Parental Stress Line and Parent Support Groups

1-800-632-8188
Supporting parents for over 40 years