



The New Hampshire Children's Trust  
**2023 Annual Report**

# MISSION

New Hampshire Children's Trust is leading the drive to ensure safe, stable, and nurturing relationships and environments for children by educating, advocating, and collaborating.

# VISION

We envision a New Hampshire where all children grow up free from abuse and neglect.



# Letter from the Executive Director

*A New Hampshire where communities are resilient is a New Hampshire in which children and their caregivers can thrive. While building community resilience is an objective of New Hampshire Children's Trust, supportive communities are points of departure for families to realize their unique aspirations.*



*After all, the family unit is where we first learn foundational life skills. Family is where we first nurture physical and mental health and wellbeing. When we invest in it, family creates the first footings for economic stability and mobility. In other words, supporting families builds individual strength and resilience.*

*Over the past year NH Children's Trust has worked diligently to create a shared understanding of the importance of family and foster the cross-sector relationships that both engage community as well as foster a state of readiness, so all Granite Staters can navigate life's challenges.*

*In the pages ahead, please join us for a celebration of our communities, the organizations that make them strong, safe, and supportive, and all of New Hampshire's families on their journey toward long-term success. Because when families succeed, New Hampshire succeeds.*

*Family is by far New Hampshire's best investment.*

A handwritten signature in blue ink, which appears to read "Cliff Simmonds". The signature is fluid and cursive.

Cliff Simmonds  
Executive Director

# BUILDING COMMUNITY CAPACITY

As the Community-Based Child Abuse Prevention (CBCAP) state lead, NHCT invested supplemental American Rescue Plan Act (ARPA) funding in 2023 to make investments promoting the safety and wellbeing of children and families.

## The Claremont Project

In 2023, NHCT renewed funding to the Claremont Project, an initiative with a mission to expand and support partnerships among schools, family support agencies, childcare, regional collaboratives, businesses, community agencies, the city, and families in Claremont, NH. Throughout the year, the project helped community schools, organizations, and state legislators coalesce around child food insecurity, focusing their collective efforts on SNAP and school lunch enrollment.

## Boys & Girls Club of Souhegan Valley

In 2023, NHCT provided funding to support an initiative at the Boys & Girls Club of Souhegan Valley to develop a trauma responsive care team at BGCSV and enhance the community-based system of support for youth and families in the Souhegan Valley Region. In the first 6 months of the project, BGCSV hosted community cookouts attended by over 1,000 people, provided mental health and addiction training to staff and parents, and hosted resiliency retreats for youth affected by substance use disorder.





Come Join Us!

# IT'S MONDAY BUT IT'S OKAY ALL RECOVERY MEETING

Start your week on the right foot!  
All pathways to recovery are welcome  
Mondays at 12:00pm  
In-person (Face masks Required)  
or online  
Meeting ID: 252 279 007

Mondays 12:00 - 1:00pm  
**CENTER**  
1 Pleasant St. Claremont, NH  
03743  
(603) 267-7117

At the All-Recovery meeting, we emphasize the hope and healing of recovery, and how it has changed our lives. We see each walk our own recovery journey.

# STRENGTHENING PARTNERS

## **NH Family Resource Centers**

A Family Resource Center (FRC) is a community organization that offers free, confidential services to support families. FRCs serve all families with evidence-based home visiting, parenting education, youth enrichment, concrete supports, and other programs to help build and maintain healthy families in NH.

## **Collective Impact Reporting**

Since 2020, NHCT has managed the Family Support Data System (FSDS), a database used by all Family Resource Centers (FRC) in New Hampshire to collect and report-out information about the families they support in their community. Information in the data system includes demographics of children and caregivers, household income and composition, family need, and services received. Because all FRCs enter data into a common system, NHCT can identify statewide trends, elevate the collective impact of FRC efforts, and generate reporting and data visualizations about children, caregivers, and families served across the state during any time period.

## **Family Support New Hampshire**

A program of NHCT, Family Support New Hampshire serves as the statewide coalition of FRCs and family strengthening programs through which learning, resources, and funding flows in support of stronger NH communities.

In 2023, 14 Family Resource Centers in 24 locations across NH supported over 7,000 families and 15,400 children and adults.

Kinship Navigators, which provide kinship caregiver support services at each FRC location, served over 480 families including 700 caregivers and 700 children placed in their care.





Alyssa Tandy, Director of the Family Resource Center of Central NH in Laconia, picking up a load of diapers, wipes, and toys for the holidays for families in the Lakes Region.



# MEETING FAMILY NEED

Concrete supports in times of need are one of the five protective factors that can prevent neglect and help families thrive. Concrete supports are often described as the “basic necessities” that all families need to support their children including food, clothing, housing, transportation, childcare, and health care.

In 2023, NHCT disbursed:

**\$638,000**  
in funds to support

**1,785**  
children from

**1,150**  
NH Families

The New Hampshire Charitable Foundation, NH Children’s Trust, and Family Resource Centers across New Hampshire partner to provide flexible funds to families in our communities. These funds, made possible by generous donors, help meet the immediate concrete needs of families and also provide children with positive experiences they otherwise may not be able to afford. Funds can be used to help families facing various challenges that are not covered by public assistance programs, bridge financial gaps while benefits applications are in process or stalled, and cover unexpected home and auto repair bills.

NHCT’s data system collects household information and fund use for each disbursement. In 2023, over 70% of funds supported the top needs of NH families: **housing, utilities, transportation.**

In the US, diapers are the 4th highest household expense after rent, food, and utilities, for families with diaper needs. In partnership with Baby2Baby, a grass roots California based organization, NHCT has distributed over 150,000 diapers and other baby essentials to New Hampshire since 2021. Through collaborative efforts, working seamlessly with the network of Family Resource Centers and other family strengthening programs throughout the state, NHCT managed the distribution of 77,400 diapers to Family Resource Centers in 2023, more than twice as many as the two previous years combined!

# CELEBRATING FAMILY

Each February, NHCT recognizes exceptional parents and caregivers during Parent Recognition Month, highlighting individuals who make a significant impact on their families without often receiving public recognition for their efforts. The Unsung Hero Awards have been presented in partnership with the NH Governor since 2008.



Unsung Hero Award recipient and her son walk to the stage to accept the award from Christina Lachance, Director of the New Hampshire Council for Thriving Children, the government appointed early childhood council.



Ensuring families have what they need, when they need it begins with celebrating the strengths families already have. Understanding how families navigate adversity can inform where additional community supports are needed; whether its an ability to bounce back from stress, maintaining a strong support system, understanding children’s developmental needs, nurturing empathy, or asking for help before a challenge becomes a crisis.

New Hampshire Children’s Trust prioritizes honoring parents and caregivers for NH’s most important job—creating safe, stable, and nurturing environments in which children thrive.

Each year NHCT seeks nominations for the Unsung Hero Awards, the Lucy Fowlkes Breed Award, and the Dr. Robert Chamberlin Award, each of which honors Granite State families or the individuals in the field who have dedicated their lives to family-centered service and systems.

Here’s to strong New Hampshire families and supportive services providers!



Keynote speaker Dr. Wendy Ellis posing with an attendee at the 11th Annual Strengthening Families Summit in Concord, NH in September 2023.

# PROMOTING ACCESS

Building resilient New Hampshire communities requires a transformative approach that fosters collaboration across child and maternal health, public health, and community-based agencies to both address root causes of childhood adversity, as well as build the conditions for frequent positive experiences.



In September of 2023, New Hampshire Children's Trust held the 11th Annual Strengthening Families Summit, where we were honored to welcome Keynote Dr. Wendy Ellis, Assistant Professor in Global Health and the Director of the Center for Community Resilience at the Milken Institute School of Public Health at George Washington University.

Dr. Ellis guided attendees through her co-authored *A New Framework for Addressing Adverse Childhood and Community Experience: The Building Community Resilience Model*, and set the foundations for a process of assessment and readiness to increase community "capacity to anticipate risk, limit effects, and recover rapidly through survival, adaptability, evolution, and growth in the face of turbulent change and stress." To hear an interview with Dr. Wendy Ellis, visit: <https://tinyurl.com/NHCT-resilient-communities>

# RAISING AWARENESS

## Building Together: Prevention in Partnership

Child Abuse Prevention Month in April highlights the power of commitment and collaboration in ensuring families have the resources they need to raise happy, healthy, and safe children. Primary prevention starts with proactive, “upstream” strategies that build family strength and resilience before challenges arise. Research shows that when caregivers have access to concrete supports, parenting strategies, knowledge of child development, and social connections, they create nurturing environments where children thrive.

## NH Family NOW Podcast

The NH Family NOW podcast is a public facing project which promotes our mission and serves as an auditory community resource guide. Season 3 of the NH Family NOW Podcast produced 23 thirty-minute podcasts bi-weekly providing access and awareness of family services available to all NH families. Experts in the field join the show to discuss the state-of-the-state of New Hampshire’s family-friendly landscape and where to turn for practical, evidence-based solutions for the challenges facing families today. NH Family NOW can be found on Spotify, Google Podcasts, Amazon Music, Stitcher, iHeart Radio and on the NHCT website.

**330,000+**

Social media impressions

**66,000+**

Social media post reach

**3,000+**

PSA radio placements  
on 50 NH stations

**4,500+**

Podcast downloads

**20,000+**

Website page views

**10,000+**

Downloads





The Staff of The Family Resource Center, Gorham dressed in Blue for Wear Blue Day!

# RIDE FOR RESILIENCE

NHCT's 3rd Annual 100-mile Ride for Resilience, founded by current Board Chair Mark Knights, took place on October 13, 2023 in the Lakes Region in partnership with New Hampshire's Network of Family Resource Centers.

The focus of the ride is to highlight family strength in the Granite State and to build awareness of the many ways the NH Network of Family Support helps foster individual, family, and community resilience.



The Third Annual Riders from Left to Right: Ted Lague, Sean Skabo, Mark Knights, Sonya Misiasek, Sonya's Training Partner Maureen, Nathan Fink, and Laura Hagley.

Knights, along with Children's Trust Senior Advancement Director Nathan Fink and four other riders, cycled a total of 103 miles from Whole Village in Plymouth, to Lakes Region Community Services in Laconia, to Archways in Tilton and Franklin and then back to Plymouth for an after ride celebration!

**3**  
FRCs visited

**6**  
Riders

**103**  
Miles on a bicycle

**5,446ft**  
Elevation





Staff, parents, and children at the Family Resource Center of Central New Hampshire in Laconia cheer on riders during the 2023 Ride for Resilience.



NH Family NOW podcast host Nathan Fink, hosted 12 podcasts for PCA America called Building Better Childhoods. Nathan had the opportunity to interview national experts from the prevention field, individuals with lived experience, and partners in prevention.

# NATIONAL PARTNERSHIPS

NHCT is the Governor's appointed Community-Based Child Abuse Prevention (CBCAP) Lead Agency, the State of New Hampshire chapter of Prevent Child Abuse America, and a member of the Children's Trust Fund Alliance and National Family Support Network. As a member of these national child abuse prevention networks, NHCT brings national perspectives and strategies into the state and elevates our state's prevention efforts and outcomes with national partners.

## **Community-Based Child Abuse Prevention**

Federal CBCAP grants ensure that state and local communities have resources to empower families to provide safe homes for their children, reduce the incidence of child abuse and neglect, and reduce the need for foster care. As New Hampshire's CBCAP grant recipient, NHCT leverages federal funding to support many initiatives, including the administration of Trestle Fund concrete support disbursements through Family Resource Centers.

## **Children's Trust Fund Alliance**

New Hampshire is a member of the Children's Trust Fund Alliance, formerly known as the National Alliance of Children's Trust and Prevention Funds, the national membership organization for state children's trust funds. The Alliance provides leadership and support for a national network of children's trust and prevention funds who are catalysts for positive changes in systems, policies and practices to promote well-being for children, families and communities.

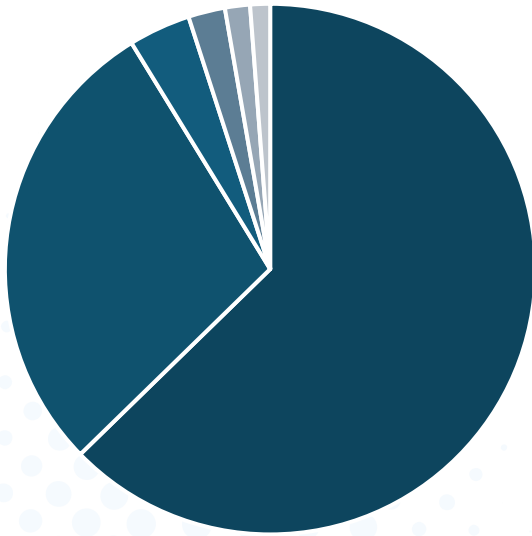
## **Prevent Child Abuse (PCA) America**

Prevent Child Abuse America is the nation's oldest and largest organization committed to preventing child abuse and neglect before it happens. Since 2004 NHCT has served as the New Hampshire State Chapter of Prevent Child Abuse America.

## **National Family Support Network**

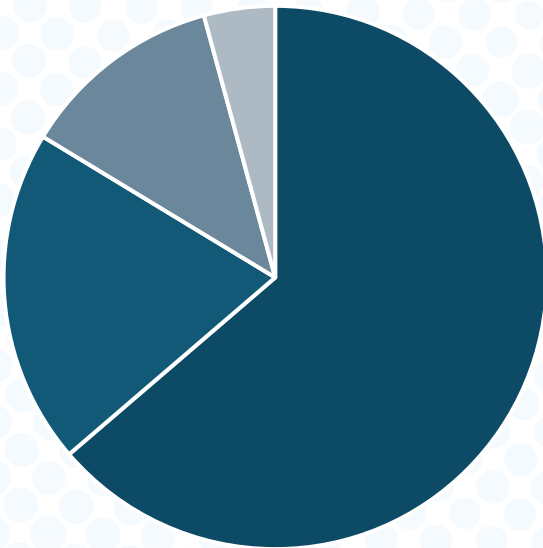
Founded in 2011, the National Family Support Network (NFSN) is a membership-based organization comprised of state's networks of Family Resource Centers. As a representative of Family Support New Hampshire, NHCT is a proud member of NFSN. This affiliation grants NHCT and the NH's family resource centers access to a wealth of resources, including communities of practice, educational materials, trainings, and professional development opportunities.

# FINANCIAL SUMMARY



## Revenue

Government Grants	\$4,216,657
Foundation Grants	\$1,393,742
Contributions	\$170,800
Endowment Distributions	\$98,887
Training & Conference Fees	\$75,297
In-Kind	\$54,758



## Expenses

Direct Support for Family Resource Centers	\$2,910,292
Technical Support for FRCs & Other Community Partners	\$911,709
Fundraising & Community Relations	\$552,457
Administration	\$193,333



Allen Breed, Board member Taylor Breed, Executive Director Cliff Simmonds, and Board Chair Mark Knights presenting Cindy Brenner with the 2023 Lucy Fowlkes Breed Award in Concord, NH.

## Board of Directors

Jenn Cronin, Chair  
 Mark Knights, Esq, Vice Chair  
 Janice Fitzpatrick, Treasurer  
 Brian Beals, MD FAAP  
 Taylor Breed, MBA  
 Laura Goupil, MA

Elizabeth Hodgson, MD FAAP  
 Karen Kersting  
 Erin Maskwa, PMP  
 Adam Memmolo  
 Patricia Robitaille, CPA  
 Christine Tappan, MSW, CAGS, Vice Chair

\*2024 new board members include: Jennifer Ganim-Smith, MEd, Cyndi Graniello, MBA, and Rebecca Lozman-Oxman, DNP, APRN, MP

## Leadership

Cliff Simmonds, Executive Director  
 Nathan Fink, MFA, Sr Director of Advancement

Nick Riso, Director of Finance  
 Tracy Vergason, Sr Program Director

## Staff

Lindsay Allsop, Data & Organizational Performance Manager  
 Becky Berk, Director of Impact & Evaluation  
 Carroll Berg III, Communications Manager  
 Kat Challis, Director of Development  
 Maria Doyle, Primary Prevention Director  
 Nathalie Gagnon, Accounting Manager  
 Diane Hastings, Community Relations Coordinator

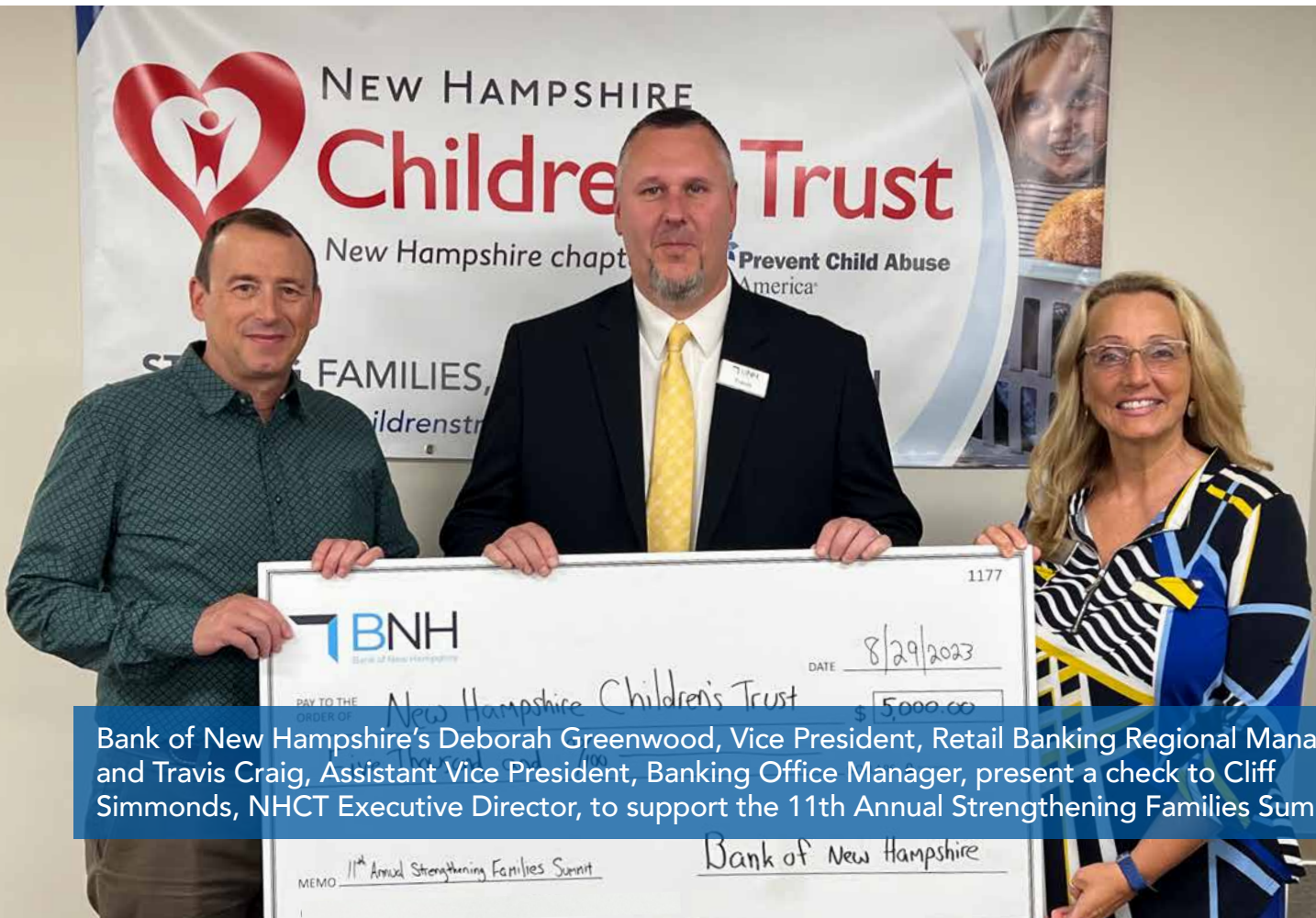
Jamie Huard-Ramos, Program Specialist  
 Deanna LaFrazia, Technical Data Specialist  
 Kathy Palys, Communications Specialist  
 Jennifer Paveglio, Office Manager  
 Liz Scruton, Family Support & Early Childhood Initiatives Director  
 Emily Shanahan, Primary Prevention Manager

# COMMUNITY SUPPORTERS

Alpha Sigma Chapter of Kappa Delta Sorority-UNH  
Amazon Smile Foundation  
AmeriHealth Caritas New Hampshire  
Amoskeag Health  
Associated Grocers of New England  
Autism Care Partners  
Baby2Baby  
Back Bay Networks  
Bangor Savings Bank  
Bank of New Hampshire  
BatteriesPlusBulbs  
Behavioral Health Improvement Institute-Keene State College  
Berg Ink LLC  
Black Forest Nursery  
Burgoo Media  
Checkmate Payroll  
Churchill James, LLC  
City of Manchester Health Department  
Cohen Closing and Title  
Compass Travel  
Concord Food Co-op  
Couch Family Foundation  
Cross Insurance Agency  
Dartmouth Health  
Diocese of Manchester  
Donley Foundation  
Eastern Bank Foundation  
Endowment for Health  
Eversource Energy Foundation  
Exeter Area General Federation of Women's Clubs  
Exeter Hospital  
Fidelity Investments  
Fraternal Order of Eagles, Ladies Auxiliary #1887  
General Federation of Women's Clubs-NH  
GFWC-Hudson Women's Club  
Gilbert Verney Foundation  
Granite State Glass  
Granite United Way  
Hannaford  
Harbour Light  
Healthy Families America New Hampshire  
JH Spain Commercial Services, LLC  
John Snow, Inc.  
Kennebunk Savings  
Keystone Press  
Kingston Family Dental  
Knights Construction  
Lindt Chocolate  
Madelaine von Weber Trust  
Marcum LLP  
Market Basket  
Mascoma Bank  
Merchants Fleet  
Merrimack County Savings Bank  
MomsRising  
Mount Prospect Academy  
NAMI NH  
Nathan Wechsler & Co, PA  
New England Employee Benefits Company  
New Futures  
New Hampshire Charitable Foundation  
New Hampshire Charitable Foundation's Barrette Family Fund  
New Hampshire Charitable Foundation's Bio X Cell Fund  
New Hampshire Charitable Foundation's Bob & Deb Goldstein Family Charitable Fund  
New Hampshire Charitable Foundation's Breed Family Fund  
New Hampshire Charitable Foundation's Couch Family Fund  
New Hampshire Charitable Foundation's Delphinium Fund  
New Hampshire Charitable Foundation's Employees of Associated Grocers NE and AG Supermarkets  
New Hampshire Charitable Foundation's Grandgeorge Family Fund  
New Hampshire Charitable Foundation's Griffiths Wennrich Family Fund  
New Hampshire Charitable Foundation's Jake & Cindy Winebaum Fund  
New Hampshire Charitable Foundation's John & Lelia Lamson Fund  
New Hampshire Charitable Foundation's Mary Alice & Kent Warner Family Support Fund  
New Hampshire Charitable Foundation's Penny Pitou & Milo Pike Charitable Fund

New Hampshire Charitable Foundation's  
Robinson Family Fund  
New Hampshire Charitable Foundation's  
Rogers Family Trust Fund  
New Hampshire Charitable Foundation's  
Rutman Family Fund  
New Hampshire Children's Health Foundation  
New Hampshire Department of Education  
New Hampshire Group  
NH American Academy of Pediatrics  
NH Association of Infant Mental Health  
NH Fiddle Ensemble  
NH Healthy Families-Centene  
Nixon Peabody LLP  
Northeast Delta Dental  
Passumpsic Savings Bank and its employees  
Path Resorts  
Piscataqua Savings Bank  
Salem Area Women's Club  
Save the Children Action Network-NH  
SFM, LLC  
Society of the Sisters of Charity

Spaulding Academy and Family Services  
St. Luke's Episcopal Church, Woodsville  
St. Mary's Bank  
St. Peter Church, Auburn  
Stephen and Rosamund Forrest Family  
Foundation  
Tech Pro Marketing  
The Blackey Family Foundation  
The Immaculate Conception Parish, Nashua  
The River Center  
Town Fair Tire Foundation  
Two Tomatoes Touring, LLC  
United Way of Central Massachusetts  
United Way of Greater Nashua  
UpReach Therapeutic Equestrian Center  
W.S. Badger  
Waterville Valley Foundation  
Waypoint  
Wells Fargo Advisors  
WellSense Health Plan  
William Blair  
Youth Villages



Bank of New Hampshire's Deborah Greenwood, Vice President, Retail Banking Regional Manager, and Travis Craig, Assistant Vice President, Banking Office Manager, present a check to Cliff Simmonds, NHCT Executive Director, to support the 11th Annual Strengthening Families Summit.



NEW HAMPSHIRE

**Children's Trust**

New Hampshire chapter of  **Prevent Child Abuse  
America**

105B Loudon Road, Suite 201

Concord, NH 03301

*we are*  
**PREVENTION**



NEW HAMPSHIRE

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