




NEW HAMPSHIRE

Children's Trust

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

2020 ANNUAL REPORT

Building Resilience Together



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Introduction

If 2020 taught us anything it's that resilience is more than just a word. For Granite State parents and caregivers, it is an everyday experience. For the organizations and systems they rely on, it's innovating services and delivery. And for New Hampshire Children's Trust, it's a commitment to continual transformation, so no matter what challenges families face, we can face them together, as a community.

At the heart of that commitment is the prevention of child abuse and neglect.

While sometimes hard to understand, primary prevention is the act of keeping something from happening. And to ensure that families are strong and children are safe, a whole lot needs to happen first.

Together we must advocate for legislation and policies that increase family resilience. Together we must invest in parent access to basic needs and parenting education so children can thrive in nurturing environments. We also need to understand that prevention requires all of us: it's you, it's me, and it is Granite State communities working together to make sure children and families succeed.

CLIFF SIMMONDS

Executive Director
New Hampshire Children's Trust



Resilience is Transformation

The pandemic has shaped our work to strengthen families in unimaginable ways.

Closing schools, childcare facilities, non-emergency pediatric visits, and Family Resource Centers meant caregiver support and child wellness checks became much more challenging.

And yet for Lakes Region Community Services (LRCS), the Family Resource Center serving Belknap and Grafton counties, the challenge became an opportunity that would change New Hampshire's network of Family Resource Centers forever.

LRCS is a community hub of activity—playgroups, parent groups, home visiting staff coming and going for family support.

"We constantly had kids running around," says Erin Pettengill, Vice President at LRCS, "which was one of my favorite things about this job."

Then, almost overnight, playgroups and parent groups stopped, home visiting was suspended, and family support went dark.

"I laid awake at night thinking about how we were going to reach our families, their children," says Pettengill.

History tells us that when stressors outweigh access to family supports and services, rates of child abuse and neglect rise dramatically.

Yet in uncertain times, growth leads to transformation, and transformation is resilience.

“

I think we're always going to offer hybrid because we reached different families via Zoom.

We didn't realize that a handful of families weren't comfortable coming in and doing parent education, but they'll go on Zoom and they'll observe and participate in their own way.

ERIN PETTENGILL
Vice President
Lakes Region Community Services

Over the course of a single weekend, a plan to deliver services safely, remotely, and with greater access than ever before began to take shape.

In support of that transition, NH Children's Trust established virtual

meeting spaces for Family Resource Center leadership and staff to connect and share insights, challenges, and information related to the pandemic.

Various Children's Trust staff joined COVID-19 collaboratives to address issues such as technology barriers and the availability of supports and information for families in their primary language.

Now, New Hampshire's network of family support is envisioning a post-pandemic landscape with both in-person and virtual services.

"I think we're always going to offer hybrid because we reached different families via Zoom," says Pettengill.

"We didn't realize that a handful of families weren't comfortable coming in and doing parent education, but they'll go on Zoom, and they'll observe and participate in their own way."

For New Hampshire Children's Trust, our "new normal" involves a level of responsiveness, technological and systems-level support, and collaboration we would have never imagined before the pandemic.

And Granite State families—wherever they live, whatever their circumstances—are that much stronger.

Events Re-Imagined

R²: The Race and Resiliency Talks

In September of 2020, the NH Children's Trust hosted R2—The Race and Resiliency Talks to engage parents and parent leaders, teachers, social workers, and other professionals in a discussion about race and equity.

Pat Stanislaski and Corey Best joined us for a full-day exploration of resiliency, factors that influence and promote it, and how race and racial inequity create institutional legacies that inform individual choices and realities.

The singular focus of NHCT is to actively build community knowledge, skills, and resources to increase equitable outcomes for families. The topic reinvigorated our commitment to building a New Hampshire that is just and equitable for all children, youth, and families.

NH Fiddle Ensemble Virtual Benefit Concert

This year, the NH Fiddle Ensemble went virtual! Because the talented and diverse group of fiddlers were unable to perform in person, they orchestrated a beautiful, recorded performance released on September 18th.

A portion of the proceeds from the virtual concert benefited NH Children's Trust.

To view the performance, visit: www.youtube.com/watch?v=S9kjoWvDzwU



Resilience is Connection

Community Outreach

Guiding our community outreach efforts is the belief that supporting communities, strengthening families, and keeping kids safe is the responsibility of each and every one of us.

In 2020, we launched a robust and ongoing campaign to promote positive social norms that connect families with community-based resources regardless of race, gender, age, or economic circumstances.

Shining a light on New Hampshire’s network of Family Resource Centers and the many FREE, CONFIDENTIAL, and VOLUNTARY resources they offer is critical in promoting family resilience. Additionally, so is the way we talk about families—focusing on family strengths creates an environment where family members build upon solid foundations to be successful and resilient.

Resilience-building is at the heart of primary prevention. It informs every aspect of our work. It’s no surprise that we spent much of 2020 focusing on factors that PREVENT. Highlights include:

- COVID-19 Resource Guide for Parents and Caregivers
- Child Abuse Prevention Month virtual campaign
- Strengthening Families Across NH Coloring Book
- Short films
- Interactive social media posts
- Redesigned NHCT collateral

Featuring the many successes of strengthened families.

Learn more and download at www.nhchildrenstrust.org



The Family Support Data System

At NH Children’s Trust, data isn’t just numbers, it tells a story.

For New Hampshire’s network of Family Resource Centers, that story has been difficult to tell because of distance, differences in size and scope, and varied operational standards.

Difficult to tell until now.

Amid the pandemic, we set out to answer two essential questions: What are Family Resource Centers and whom do they serve?

What we found would launch the Family Support Data System (FSDS) in January 2020.

Functionally speaking, the FSDS is a data system now common to all NH Family Resource Centers that, together, tells us what services are being provided, to whom, and for how long.

Simple as it may seem, this information is critical to service/program evaluation and improvement, as well as financial stability and long-term investments for family-serving agencies. Accurate data ensures Granite State children and families have the supports and services they need to thrive.

“In the past, each Family Resource Center would have to scour through their files,” says Becky Berk, Data Manager at NH Children’s Trust.

“Now, it’s just a push of a button—heating your home, having enough to eat, clothes, having somebody sit down with you to help fill out eligibility forms. It’s all right there.”



Additionally, the FSDS makes it easier to advocate for Family Resource Centers and the needs of Granite State families.

“To support the advocacy work at the state and federal level,” says Berk, “being able to provide data in a timely manner helps preserve funding for the FRCs.”

And when New Hampshire Family Resource Centers are well-funded, they can better promote family resilience so parents, caregivers, and children are safe, strong, and connected.

Wherever they live, whatever their circumstance, Granite State families can now access high-quality, highly individualized support services thanks to the FSDS.

To hear more about the FSDS, tune in to the NH Family Now podcast at www.nhchildrenstrust.org/nhfn



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BECKY BERK
Data Manager
New Hampshire Children’s Trust






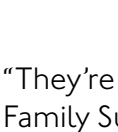
KINSHIP
NAVIGATION
PROGRAM

Kinship Navigation

In January of 2020, NH Children’s Trust also launched the first six Kinship Navigation positions in New Hampshire to help support grandparents, relatives, or other kin caring for children who are not their own.

Kinship Navigators provide guidance, education, emotional support, connection to resources, help with benefits, and other services that keep kinship families safe, strong, and successful.

In the Granite State, kinship families or similar arrangements are relatively common. As of this year, 23,750 relative caregivers are raising children who are not their own, usually without adequate resources.

-  **23,750** children under 18 live in homes where a relative is head of household.
-  **6,000** children live with a relative with no parent present.
-  **6,970** grandparents are responsible for their grandchildren in New Hampshire.
-  **410** children in foster care are being raised by kin.
For every **1** child being raised by kin in foster care, there are **14** being raised by kin outside of foster care.



“They’re bringing children into a home that wasn’t really set up for children,” says Carol Lunan, Family Support Director & Parenting Facilitator at the Grapevine Family & Community Resource Center. “They’re spending their savings on legal fees, children’s clothing, or even beds.”

And when the pandemic hit and schools closed, caregivers everywhere were both working from home and helping their children with remote learning. Families were isolated from neighbors, friends, and their communities. As a result, caregivers and children were facing increased stress and uncertainty.

“I remember sending an email out to all of Family Support New Hampshire on a Saturday morning in March,” says Erin Pettengill, Vice President of Lakes Region Community Services, “and by Monday, most Family Resource Centers were completely remote, and that was quite the shift for a lot of our families.”

“

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They’re spending their savings on legal fees, children’s clothing, or even beds.

CAROL LUNAN
Family Support Director & Parenting Facilitator
Grapevine Family & Community Resource Center

Crises such as COVID-19 disproportionately affect grandparents and relative caregivers. They face greater hardships and fewer resources. And their caretaking role changes. Tasks like helping with virtual schoolwork can become a challenge.

Thankfully, by July, the Kinship Navigation Program had reached sixteen FRCs, providing supports and services to kinship families throughout New Hampshire. This unique program is free, confidential, and completely voluntary.

“Kinship Navigation is safety. In a sense, while a guardian holds a child in their arms, the Kinship Navigator is an arm around the guardian,” says Cathleen Coburn, NH Grandfamily and advocate for her granddaughter.

While kinship families may have been on their own in the past, Kinship Navigators are now ready to partner with families so both caregivers and children can build connections and resilience.





Resilience is Celebration

13th Annual Unsung Hero Awards

To acknowledge the incredible (and often overlooked) work parents do every day, the Children’s Trust recognizes extraordinary parents, caregivers, and guardians across New Hampshire in honor of Parent Recognition Month.

This year, we celebrated 29 parents and caregivers for the 29 days of February.

Jarryd was one of those parents. Jarryd and his family began working with their local Family Resource Center in 2018 following the birth of his daughter, Trillian. When Trillian arrived, both Jarryd and his partner, Maria, were learning the ropes of parenthood while balancing their own personal challenges.

Despite setbacks and the tragic loss of Maria, Jarryd continued to meet with his local FRC weekly for support and encouragement to ensure his daughter had—and continues to have—everything she needs to have a happy and healthy life.

Jarryd and his daughter are the definition of resiliency. Together with their local Family Resource Center, they are creating a nurturing environment for Trillian who is safe, supported, and heading for success.

Lucy Fowlkes Breed Family Service Volunteer Award

In 2020, we also presented Grapevine Family and Community Resource Center volunteer Jocelynn Drew with the Lucy Fowlkes Breed Family Service Volunteer Award.

Jocelynn has spent the last several years as a volunteer with the Avenue A Teen and Community Center in Antrim, NH. She is an engaged, caring role model whose creativity drives every interaction with youth in the community. Whether it’s roller skating classes, sculpture, painting, journaling, and more, she strives to provide opportunities to build skills and confidence.

And when The Grapevine had to reconfigure programs because of COVID, Jocelynn stepped up to run a 6-week art workshop for them outdoors, providing youth with a vital outlet for connection over the summer.

“At Avenue A Teen Center, I try to use art where I can,” says Jocelynn Drew. “I try hard to connect with kids and give them a safe space to be.”

Jocelynn is a champion for youth in her community. As a volunteer, she has made a lasting positive impact on the lives of local youth.

“

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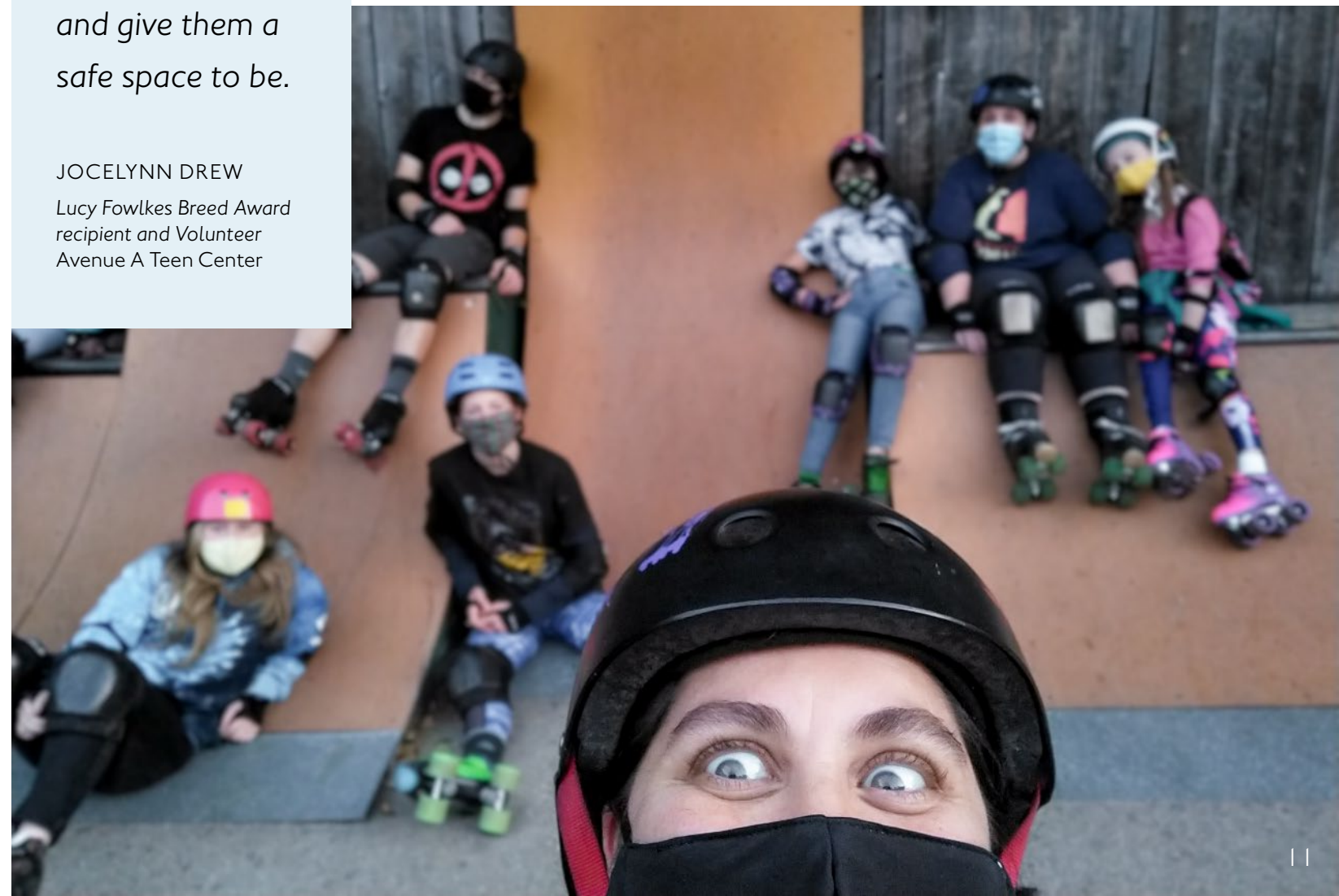
I try hard to connect with kids and give them a safe space to be.

JOCELYNN DREW

Lucy Fowlkes Breed Award recipient and Volunteer Avenue A Teen Center

Lucy Fowlkes Breed, for whom the award is named, served as a founding trustee on NH Children’s Trust’s Board of Directors, serving fourteen years as a board member.

Upon her retirement, New Hampshire Children’s Trust established the Lucy Fowlkes Breed Legacy Fund and created the award in her honor. Lucy was a long-time volunteer, dedicating over twenty-five years of service to Granite State families.



The New Face of Family Support

In August, we launched Family Support New Hampshire’s (FSNH) new website: FSNH.org. The site was designed to connect families to community resources and supports that strengthen relationships and build resilience.

Founded in 1999, FSNH is New Hampshire’s coalition of non-profit Family Resource Centers and family support programs. Today, there are 16 Family Resource Centers spread throughout the Granite State offering a host of free, confidential, and voluntary services.

“We’re serving grandparents caring for grandchildren, first-time moms, blended families welcoming second and third children, single fathers,” says Margaret Nelson, former President of FSNH. “Our role is not to define the family; our role is to serve the family.”

FSNH.org was designed to place family and family support front and center. It demonstrates a clear investment in the Strengthening Families Protective Factors that keep caregivers connected and kids safe.

“Investing in caregivers is investing in our communities,” says Nelson. “And when we invest in our communities, we’re investing in New Hampshire.”

Now, parents and caregivers can access a statewide hub for parenting information, resources, and services available in their communities.



“
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MARGARET NELSON
*Former President
Family Support New Hampshire*

FRC-Q

Every year, Family Resource Centers across the state are taking steps to become designated Family Resource Centers of Quality (FRC-Q).

But what does that mean?

While New Hampshire is blessed with a diversity of grassroots FRCs all striving to strengthen Granite State families, a process missing to evaluate whether FRCs met certain benchmarks that would qualify them for state funding.

Enter the Family Resource Center of Quality designation process.

Facilitated by Maria Doyle, Family Support Programs Manager at NHCT, the voluntary FRC-Q designation ensures Family Resource Centers meet clearly defined operating standards through rigorous and continuous self-evaluation.



At its core, the FRC-Q process ensures that Family Resource Centers are working with families in equal partnership and in a strengths-based way.

“It really gave us pause to look at some of the things that are very important, particularly now in this time,” says Brenda Guggisberg, Executive Director of The Upper Room in Derry.

“How are we serving our communities?”

Because FRC-Q applicants go through continuous self-assessment, it gives them an opportunity to use the feedback they receive from parents, caregivers, and others to better the services they provide.

“I’m passionate about it,” says Doyle. “I’m passionate about lifting up Family Resource Centers that do so much. We’re just helping families be their best and I think that’s the way we’re going to get a generation free from harm. Not only free from harm, but really thriving, and doing it by starting at the family level.”

Thankfully, the FRC-Q process brings out the best in Family Resource Center similarities and connections. While each Family Resource Center of Quality serves the unique needs of their community, they have a standard set of ideals and principles that guide their work.

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MARIA DOYLE
*Family Support Programs Manager
New Hampshire Children’s Trust*

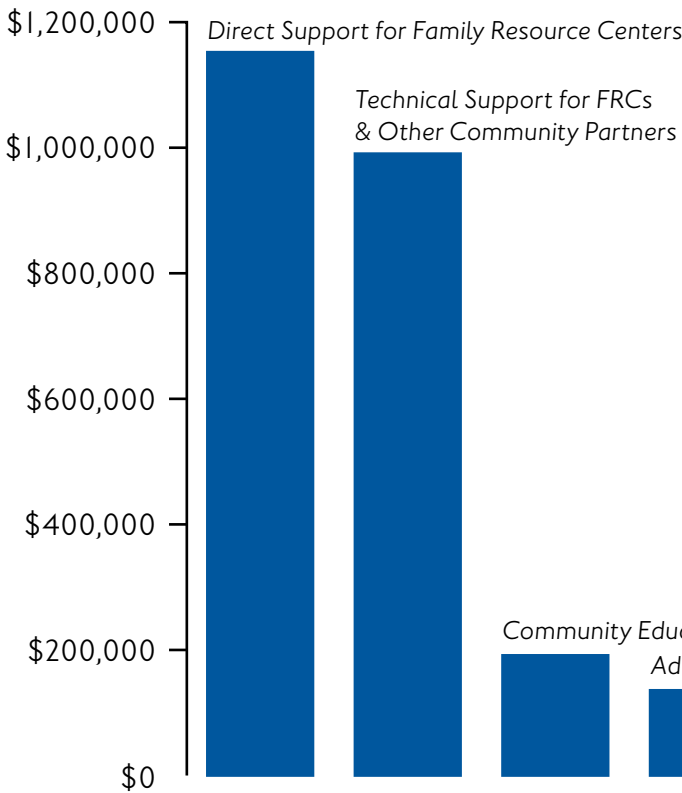
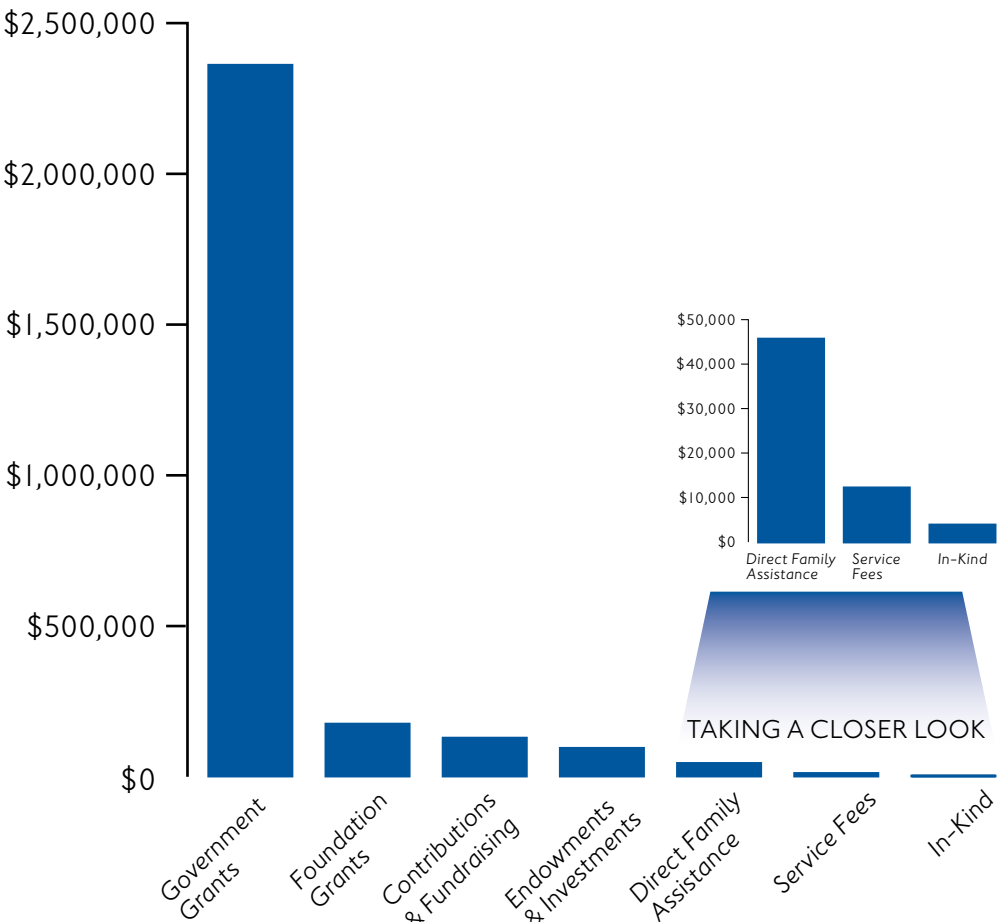


By the Numbers

Annual Revenue

\$2,836,258

- Government Grants
\$2,370,718 | 83.59%
- Foundation Grants
\$176,850 | 6.24%
- Contributions & Fundraising
\$130,134 | 4.59%
- Endowments & Investments
\$96,137 | 3.39%
- Direct Family Assistance
\$45,851 | 1.62%
- Service Fees
\$12,450 | 0.44%
- In-Kind
\$4,118 | 0.15%



Annual Expenses

\$2,546,333

- Direct Support for Family Resource Centers
\$1,152,220 | 45.25%
- Technical Support for FRCs and Other Community Partners
\$990,724 | 38.91%
- Community Education & Awareness
\$192,277 | 7.55%
- Administration
\$136,649 | 5.37%
- Fundraising & Community Relations
\$74,463 | 2.92%

Champions of Prevention

Prevention requires something from all of us. Thank you to the following foundations, organizations, businesses, and more for their support of Granite State children and families in 2020:

- Alpha Sigma Chapter of Kappa Delta Sorority, University of NH
- Amazon Smile Foundation
- Associated Grocers of New England
- Bank of New Hampshire
- Barrette Family Fund of the New Hampshire Charitable Foundation
- Batteries Plus Bulbs
- Beasley and Ferber, PA
- Bob and Rosemary Ragen Fund of the New Hampshire Charitable Foundation
- Bottomline Technologies
- Catholic Charities New Hampshire
- Children's Hospital at Dartmouth-Hitchcock
- ClearChoiceMD, LLC
- Compass Travel Inc.
- Couch Family Foundation
- DHHS/DPHS/BPHCS Maternal & Child Health Home Visiting Program
- Diocese of Manchester
- Eastern Bank Charitable Foundation
- Easterseals NH
- Employees of Associated Grocers of NE and AG Supermarkets of the NH Charitable Foundation
- Endowment for Health
- Episcopal Diocese of New Hampshire
- EVR Advertising
- Exeter Hospital
- Fidelity Investments
- Formax
- Franklin Opera House
- Franklin Savings Bank
- Fraternal Order of Eagles, Ladies Auxiliary #1887
- General Federation of Women's Clubs New Hampshire
- Gilbert Verney Foundation
- Grappone Automotive Group
- Griffiths Wennrich Family Fund of the New Hampshire Charitable Foundation
- Hannaford Community Bag Program
- Hannaford - Concord
- Harbour Light Strategic Marketing
- Horne Family Foundation
- Hudson Lions Club
- K & E Camp Corporation - Camp Evergreen
- Keane & MacDonald PC
- Kennebunk Savings
- Kingston Family Dental
- Kiwanis Club of Concord
- Kiwanis Club of Hudson
- Koglin Orthodontics
- Langonet Auto
- Locantore Realty LLC
- Martin I. and Pauline G. Elkin Charitable Trust
- Mary Hitchcock Memorial Hospital
- Merrimack County Savings Bank
- Moms Rising
- Mount Prospect Academy
- NAMI New Hampshire
- Nathan Wechsler & Company, P.A.
- New Futures
- New Hampshire Charitable Foundation
- New Hampshire Charitable Foundation: NH Tomorrow Family and Youth Supports Fund
- New Hampshire Children's Health Foundation
- NFI North
- NH Association for Infant Mental Health
- NH Healthy Families
- NH Pediatric Society
- North Hampton Dental Group
- Northeast Delta Dental Foundation
- Penny Pitou and Milo Pike Charitable Fund of the New Hampshire Charitable Foundation
- Piscataqua Dental Partners, PA
- Piscataqua Savings Bank
- QA Technology Company, Inc.
- River Road Pediatrics
- RiverWoods at Exeter
- Rotary Club of Keene
- Salem Woman's Club - GFWC
- Samuel P. Hunt Foundation
- SFM, LLC
- Shaws - Concord
- Society of the Sisters of Charity
- Spaulding Academy & Family Services
- St. Mary's Bank
- St. Peter Church - Auburn
- Stephen and Rosamund Forrest Family Foundation
- Terryberry
- The Greenspan Foundation
- The Immaculate Conception Parish - Nashua
- The Lovett-Woodsum Foundation, Inc.
- Waypoint
- Well Sense Health Plan
- Wells Fargo Advisors
- Wells Fargo Foundation
- WZID Radio

Leadership

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Our Mission, Our Vision

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.

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



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