

How are the CHILDREN?

A newsletter of the
New Hampshire
Children's Trust Fund,
reporting on the efforts
to support children and
families in New Hampshire.

FALL 1998

The name of our newsletter, *How Are the Children?*, is a reference to an African tradition, where a visitor to a new village inquires about the status of the children. The NHCTF promotes the idea that the wellbeing of children is the standard by which every community should be measured.

From the President:



Thank you for your enthusiastic response to the first issue of *How are the Children?* In this, our second of two annual editions, there is exciting progress to report.

We granted over \$180,000 in June. The most spirited meeting of the board of trustees always comes in June when funding decisions are made. After intensive review and discussion, thirty-four out of fifty applications were awarded funding. The average grant award increased this year from \$4,900 to \$5,300. For a profile and list of grant awards for FY '98 please see page 2.

We advocated for the restoration of Federal funding. In July, the U. S. House Appropriations Subcommittee on Labor, Health and Human Relations, and Education reported that funding for the Community Based Family Resource and Support (CBFRS) Program was zeroed out in the FY '99 budget. The vast majority of all money granted to local family serving organizations by the New Hampshire Children's Trust Fund comes from this federal grant program. Trustees, staff, and members of Network New Hampshire rallied to communicate to committee members just how important these funds are to families from New Hampshire — many who already struggle with too few resources. The immediate crisis has passed but we continue to educate local policy makers about the importance of these funds for NH families.

We set standards for family support programs in the state. Network New Hampshire has established a set of core services for program developers of family resource programs and has initiated a peer review process to insure the highest quality and effectiveness of services for families. We conducted our first training — "What is Family Support Anyway?" — in August. The full-day workshop resulted in the creation and adoption of a family involvement policy for all family resource centers in the state.

We recognized an outstanding organization. In September, the NHCTF announced the winner of the Smith Award for Excellence in Service to Families. The \$15,000 award went to Families First of the Greater Seacoast for their unwavering commitment to responding to the needs of the families they serve, and the innovation with which they create programs. You can read about the award celebration on page 5.

As we approach the end of the year, I invite you to consider making a year-end, tax deductible contribution to the NHCTF so that we can continue the important work that we do.

Sincerely,

A handwritten signature in cursive script that reads "Lucy Fowlkes Breed".

Lucy Fowlkes Breed
President, New Hampshire Children's Trust Fund

1998 AWARDS



In 1998, the NHCTF awarded \$180,070 to 34 innovative programs throughout New Hampshire.

- Circle Program**
Plymouth \$2,500
To host a residential camp session for 36 adolescent girls who are economically and socially disadvantaged.
- Community Health and Hospice**
Laconia \$7,000
Offers home-based support and education for families with children ages birth to three years old.
- Concord Heights Neighborhood Family Center**
Concord \$5,000
To offer workshops and support groups for parents in the Concord Heights neighborhood.
- Concord Hospital**
Concord \$5,000
To produce a new magazine format television program about parenting and family issues titled, "Today's Parent." This project is in collaboration with the University of New Hampshire Cooperative Extension.
- The Children's Place**
Concord \$5,460
To facilitate interactive playgroups, parenting workshops, and community outreach programs for families.
- Educators for Social Responsibility**
Concord \$5,000
To teach respectful, cooperative, constructive methods of managing and resolving conflict in families, schools and communities.

GRANTMAKING PROFILE		
Program Area	Number of Programs	Dollars Awarded
Parent Education/Support	10	\$ 43,740
Home Visiting	6	34,000
Professional Training	0	0
Public Awareness	1	5,000
Life Skills for Children and Youth	11	51,870
Family Resource Centers	5	25,460
Local Council/Network Support	1	20,000
TOTAL	34	\$ 180,070

Appalachian Mountain Teen Project
Wolfeboro \$5,000
To improve communication skills, discipline techniques, and decision making skills for families, with a special emphasis on positive risk taking, personal safety, community involvement, and alcohol and drugs for youth.

PROGRAM PROFILES

Alpha Alliance

Alpha Alliance is dedicated to the success of Hispanic youth in the Manchester area. The program offers after-school tutoring, computer training, English as a Second Language, employment training and placement, counseling, and personal development workshops.



Over 250 youth participate in the program and dozens more use the center as a drop-in center for help with problems they face in school or at home. The NHCTF supported the work of Alpha Alliance with a grant of \$5,000 in 1998.

Celebrate Families
Conway \$5,000
To conduct a universal home visiting program for new parents who want and need extra support at this critical time in the family's life.

Central NH C.H.A.D.D.
Bow \$2,200
To provide a series of therapeutic parenting classes for those parents of children with Attention Deficit Hyperactivity Disorder.

Cheshire Mediation
Keene \$3,870
To teach parents, teachers, and business people effective methods of resolving conflict and halting the escalation of violence which often leads to violence and abuse.

Families and Communities Together
Greenfield \$5,000
A coalition of individuals and organizations that work to improve access to medical and educational services for under-served families. F.A.C.T also conducts parent support groups

Family Connections
Hampton \$3,500
To reach isolated and highly stressed parents and connect them with workshops, support groups, counseling and medical services as well as other community social services.

Family Resource Center of Gorham
Gorham \$5,000
To provide parents with resources and programs that build confidence and mutual support.

Good Beginnings of Southern Carroll County
Wolfeboro \$5,000
To support a home visiting program for families with newborns.

Good Beginnings of Sullivan County
Claremont \$5,000
To conduct home visits and support groups for parents with newborn children. The program seeks to reduce family stress, promote family independence, and create or enhance a network of support for the family.

Hannah House
Lebanon \$5,000
To improve the skills and life outcomes for teen parents and their children.

Healthy Universal Beginnings
Dover \$6,000
To reach out to families with young children with parent support, education, and early childhood services. The program increases the skills, confidence, and information available to parents in a home-like setting.

Londonderry Cares
Londonderry \$5,500
A collaborative project between local social service agencies to provide opportunities for socializing, problem solving, confidence building, and positive risk taking experiences for youth.

Nashua Youth Council
Nashua \$5,000
To conduct *Active Parenting*, a workshop series for teen parents, and a second for older parents.

Neighborhood Health Center/Family Bridges
Nashua \$5,000
The Family Bridge Project provides a drop in parent center and offers family support, education and post-partum depression counseling.

Network New Hampshire
Statewide \$20,000
To advance the work of the family support movement in New Hampshire.

No. Tri-State Community Services of Upper Connecticut Valley Hospital
Colebrook \$5,000
A community-wide collaboration to prevent adolescent pregnancy and promote healthy behaviors among teens.

Parent Guidance Center
Peterborough \$5,000
To help single parents cope with the stress and isolation through workshops, play groups and opportunities for socialization.

Riverbend Parent Child Centers
Concord \$5,000
To conduct parent education and family support activities in Concord, Penacook, Pittsfield, Franklin and Hillsboro. Programs offer a nurturing environment in which a support network is developed, isolation of parents is decreased and parenting skills and self-confidence are increased.

Rochester Parent Child Center
Rochester \$4,000
To support a morning program of learning activities for parents and their young children.

Sexual Assault Support Services
Portsmouth \$5,000
To teach parents, teachers, and children to identify and respond to signs of sexual abuse

Upper Room
Dery \$6,000
To improve the community's capacity to raise healthy children through parenting workshops, support groups, and the publication of a parenting newsletter.

PROGRAM PROFILES

Good Beginnings of the Upper Valley

Good Beginnings of the Upper Valley received a grant from the NHCTF for \$6,000 for a home visiting program for new parents. "We're not just a bunch of nice ladies delivering casseroles" states one veteran volunteer for the program. "Instead, we deliver, information, reassurance, respite childcare or transportation to the doctor's office. We do whatever needs to be done. And in these small, but very human acts, we hope to empower parents to create the best possible lives for their newborns."



Success By Six
Salem \$5,000
To increase school readiness rates through a collaborative parenting education and early literacy program

Task Force Against Domestic and Sexual Violence
Plymouth \$5,000
To provide support, education, and advocacy for child victims of abuse and violence in the greater Plymouth area.

Whole Village Family Resource Center
Plymouth \$5,000
The program offers support, education, and guidance to young and first-time parents through home visits.

Winnesquam Regional School
Northfield \$5,000
To teach children, teachers, and parents about preventing sexual abuse through a school-based program.

YWCA of Manchester
Manchester \$3,040
To prevent the occurrence of child abuse and neglect through interactive parenting workshops.

REMEMBER THESE DATES

- February 8, 1999** – Request for Proposals
- March 1, 1999** – Applications mailed
- April 23, 1999** – Grant Proposals due
- June 11, 1999** – Notification of Grant Awards

Board Member Profile



Meet Sharon Nordgren!

Sharon Nordgren may be a familiar face to those who follow New Hampshire politics, but did you know that she also volunteers her time as a Trustee of the New Hampshire Children's Trust Fund? "I've always cared deeply about the welfare of children and families," says Nordgren. Indeed, her history of civic involvement in NH dates back to the early 1970's when she served as the President of the League of Women Voters and later as Chair of the Board of Selectmen in Hanover. In 1988 she was first elected to the NH State Legislature's General Court where she served on the Children and Youth Committee, the Appropriations Committee, and the Health and Human Services Finance Committee.

Her work with the NHCTF began in 1990, shortly after the Trust Fund was created by legislative statute to prevent child abuse and neglect. "Now, we know so much more than we did back then, that we have expanded our vision. Now we work to educate parents and support the entire family."

In 1992, Nordgren was elected Chair of the Board. It was under her leadership that the organization engaged in a statewide public education initiative to prevent child abuse entitled, "Care for Kids." During her tenure as Chairperson, she was faced with a challenge to raise over \$600,000, the amount NHCTF needed to be eligible for a one-time matching grant from the State of NH. The campaign was a success and resulted in a record amount of private donations and the largest gift ever granted by the Lou and Lutz Smith Foundation — a gift of \$500,000.

"It's not just about raising money," says Nordgren. "It's about having an impact and helping families." Married to Richard Nordgren, Professor of Pediatrics at Dartmouth Hitchcock Medical Center and mother of two grown children (Robert and Krista), she remembers the challenges young families face. "Honestly, I believe the time I spend working with the CTF is a good investment."

Sharon Nordgren, State Legislator and long-time advocate for families, has been a member of the Board of Trustees since 1990, and served as Chairperson from 1992 – 1997.

"I believe the time I spend working with the CTF is a good investment."

Network New Hampshire Advances Statewide Family Support Movement

Network New Hampshire, a leadership coalition of community and family resource programs, took some time in a recent planning meeting to evaluate their accomplishments over the past year. We thought you would be interested in knowing what they have done to advance the family support movement in New Hampshire.

At the federal level...

- Successfully mobilized and advocated for the restoration of \$32.1 million in federal funds for Community Based Family Resource and Support Programs in the FY'99. (NH received \$179,000 for FY '99).

At the state level...

- Presented a mini-workshop on the basic principles of family support to the Governor's newly appointed "Kids Cabinet"
- Increased the public's awareness of local family resource centers through the publication and distribution of Network New Hampshire brochure. (Approximately 30,000 brochures distributed to families, community centers, service providers, civic and business groups, and NH Legislators).
- Established a universal definition and list of core components for family resource/support programs to be used by practitioners, policy makers, and funders.

At the local level...

- Established family involvement as a primary value for family resource and support centers through the *Family Involvement Policy*. (Adoption is required for membership in Network New Hampshire.)
- Established an organized system for dissemination of "best practices" in the field of family support and primary prevention.
- Increased funding for some centers through sharing information on new funding sources.
- Improved the quality of programming for children and parents through a newly established comprehensive peer review process.

For more information about Network New Hampshire, feel free to contact NHCTF at 603-224-1279, e-mail: nhctf@conknet.com

NHCTF Celebrates!

Smith Award for Excellence in Service to Families



On September 17th the NHCTF threw a party to honor the first recipient of the Smith Award for Excellence in Service to Families. Service providers, philanthropists, policy makers, and families attended the celebration at the Capitol Center for the Arts. In his opening remarks, Attorney General Phillip McLaughlin affirmed his Office's commitment to prevention and initiatives that support NH families. Dr. Audley Donaldson, the Keynote speaker, charged us to "challenge mediocrity and the systems in this state that alienate and marginalize families." He shared his vision for a New Hampshire in which leaders confront and work to resolve the complex problems that many families face daily — low-paying, insecure jobs, gun violence, alcohol and drug use among teens — beyond Election Day.

Families First of the Greater Seacoast Receives Grant

The fifteen thousand dollar grant was awarded to Families First of the Greater Seacoast. Families First began as a small pre-natal program for low-income teens and has evolved into a comprehensive medical and family support service program for all families from the community despite economic or developmental status.

Lucy Fowlkes Breed, President of the NHCTF, after announcing the recipient of the fifteen-thousand dollar grant, distinguished the program from many other outstanding organizations. "Families First operates from the belief all parents have skills, talents, and strengths that can be built upon to improve family life and that they are critical in the design, implementation, and evaluation of the services." In addition, she added, "the leadership invests the necessary time and money in their own growth and the strategic growth of the organization. They also have a history of risk taking. They developed programs in the early days, not because they were popular, or because there was money to be obtained, but because they were what parents said they needed most to be successful."

Recognizing Excellence

The Smith Award seeks to recognize and reward a community-based nonprofit organization that provides exceptional services, offers leadership in the community, demonstrates outstanding management, and values parents and families as partners in addressing the needs of the community. The award is made possible by a gift from the Lou and Lutz Smith Charitable Foundation. It is awarded every two years.

For information and application deadlines, contact the NHCTF office at 603-224-1279.

TOP: Attorney General Phillip McLaughlin, Charles DeGrandpre (Executive Director of the Lou and Lutz Smith Charitable Foundation), and Lucy Fowlkes Breed (President, NHCTF), relax at the reception prior to the award ceremony.

MIDDLE: Dr. Audley Donaldson, Consultant to the Family Resource Coalition of America, delivered the keynote address. He urged members of the audience to "challenge mediocrity and the systems in this state that alienate and marginalize families."

BOTTOM: Molly Coleman, one of the founders of Families First (center, holding award) is surrounded by members of her staff, board of directors, and representatives of the NHCTF. From left to right, Joanna Wicklein, Family Educator; Lisa Brennan, Executive Director, NHCTF; Lucy Fowlkes Breed, President, NHCTF; Wanda McDonough, Co-founder of Families First; Helen Taft, Executive Director, Families First, and Laurie Chandler, Chairperson of the Board of Directors, Families First.

PHOTOS: RICHARD F. CUMMINGS

The New Hampshire Children's Trust Fund

In 1986, the New Hampshire Children's Trust Fund (NHCTF) was created by legislative statute RSA 169-C:39 to build a permanent endowment to support programs in New Hampshire that prevent child abuse and neglect.

By 1988, the State of New Hampshire had allocated \$500,000 in public funds to match the same amount of privately raised dollars. The income generated from this growing endowment is dispersed annually to organizations that work to strengthen and support families. Since its inception, the NHCTF has awarded \$803,207 to community-based organizations statewide.

Grantmaking and administrative responsibilities are governed by a board of trustees – all of whom have expertise essential to the successful operation of the NHCTF. Currently, trustees include representatives from the New Hampshire Legislature, New Hampshire Attorney General's Office, the Department of Health and Human Services, the Pediatric Society, the education and business communities, and the fields of family development and child welfare.

How to get involved. If you are interested in learning more about the work of the New Hampshire Children's Trust Fund, or to explore your charitable giving options, please contact Lisa Brennan, NHCTF Executive Director, at 603-224-1279.

For information about applying for a grant. Contact Carol McCarthy, NHCTF Administrative Assistant, at 603-224-1279.

The New Hampshire Children's Trust Fund

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How You Can Help Prevent Child Abuse and Neglect In New Hampshire

Your gift to the New Hampshire Children's Trust Fund is combined with other private donations and distributed to programs in New Hampshire that most effectively work to keep children safe and families strong. To be a part of this work you can:

- Make a financial contribution to the NHCTF.
- Include the NHCTF in your will.
- Transfer stock to the NHCTF.
- Give to our endowment fund at the New Hampshire Charitable Foundation.
- Discuss other ideas or options with the staff or trustees of the NHCTF.

For more information on how you can support this very important work, contact the NHCTF at 224-1279.

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