

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 1999

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 well-being of children is the standard by which every community should be measured.

From the President:



I am pleased to provide to you, our friends and supporters, with this report on the recent efforts of the NHCTF.

The 1999 Grant Awards. The NHCTF awarded \$191,250 to 31 nonprofit organizations this year. A full description of 1999 grantees, and a breakdown of funding areas, begins on page 2. The Board of Trustees met in June to make award decisions, and were sincerely inspired by the wonderful, important work going on throughout the state by our 49 applicants! With more than \$333,000 in requests — and less than \$200,000 available for grantmaking — final decisions were difficult to make. Once again the need for funding exceeded available funds. If you did not receive a grant this year, we encourage you to apply again.

The Evaluation Project. Ms. Brigid Murray, Graduate Student of the University of New Hampshire, has agreed to work with the NHCTF over the next year to help us measure the impact of the funds we invest in local programs on the communities they serve.

Not only will this project help our grantee organizations articulate the difference family support programs make in the lives of local families, but it will also help policymakers better understand the overall *cost-effectiveness* of these programs. We'll be providing an update in the spring of 2000.

The Smith Award for Excellence in Service to Families. We are very excited to announce that applications for the second *Smith Award for Excellence in Service to Families* will be available in March.

The recipient will be announced on September 21, 2000 during our NHCTF Annual Meeting and Reunion Celebration. Mark your calendar. This is a very exciting event that will bring together all of the former Trustees, friends, and founders of the Children's Trust Fund. For details on how to apply for the Smith Award, see page 5.

Your invitation to help. Finally, I hope you will consider including the New Hampshire Children's Trust Fund in your year-end charitable giving plans. I encourage you to consider talking with me, our staff, or any member of the Board about including the NHCTF in your estate planning.

I feel confident that you will know, as I do, that the investment you make in the children of New Hampshire through the New Hampshire Children's Trust Fund is a wise one — with a very meaningful return.

Sincerely,

A handwritten signature in cursive script that reads "Lucy Fowlkes Breed". The ink is dark and the signature is fluid and elegant.

Lucy Fowlkes Breed

President, New Hampshire Children's Trust Fund

1999 AWARDS

“When I moved to Antrim, I was alone and scared. Then I found out about the Grapevine Family Center. I am so grateful to have found such a caring place.”

— Program participant at the Grapevine Family Center, Antrim

At the June 6, 1999 meeting of the Board of Trustees of the New Hampshire Children’s Trust Fund, \$191,250 was awarded to the following organizations:

PARENT EDUCATION AND SUPPORT

Adult Learning Center

Nashua \$5,000
To expand a monthly parent-child playgroup to weekly, and to increase the number of families that receive information on child development, child rearing, and the importance of child literacy.

Children’s Place

Concord \$7,000
To conduct two 10-week parent education series for parents who are at risk of child abuse or neglect. The grant allows parents with few resources to attend by providing transportation and childcare.

Concord Heights Neighborhood Family Center

Concord \$5,000
To coordinate weekly parent support groups for single, first time, and teen parents. The grant also funds essential family support activities including a family resource lending library, counseling, home visits, and monthly “family night out” events. Children are supported through this grant via parent-child groups, and coordination of services for developmentally disabled children and their families.

Families and Communities Together

Greenfield \$7,500
For administrative support for the Families and Communities Together (F.A.C.T.) coalition, which helps the local communities of Peterborough, Jaffrey and Rindge develop a supportive network of services for families.

Families First of the Greater Seacoast

Portsmouth \$7,500
To expand the parenting education component to two 10-week series on family skills and to pilot a new fathers education and support group. The grant will also support the employment of a former program participant in the position of co-facilitator of a family skills group.

Foundation for Healthy Communities

Statewide \$7,000
This grant will support a statewide information campaign targeted to health, medical and human service professionals who work with infants and their families. The information campaign is to supplement the production and distribution of *Growing Up Healthy*, a book to be given to parents of newborns to provide them with information on the health, development and safety of their child from birth to age six.

Hannah House

Lebanon \$3,000
To support pregnant and parenting youth in developing independence and making healthy choices, thereby promoting the well-being of themselves and their children.

The HUB Family Support Center

Dover \$7,500
To support a center that welcomes all families, but strives to involve families that struggle to function under conditions of stress, isolation, low literacy, and histories of abuse. While parents are engaged in learning new parenting techniques, anger management tools, and communication skills, their children are involved in age-appropriate learning activities that complement the parents’ program.

Londonderry Family Network

Londonderry \$6,000
To provide programs in the Londonderry area. Services include Good Beginnings: a home visiting program for parents and their newborns, parenting classes, parent-child play groups, parent support groups, and safe and drug-free youth activities.

Nashua Youth Council

Nashua \$5,000
To continue the *Active Parenting Today* and *Active Parenting of Teens* for the upcoming year in English, and a monthly parent support group in Spanish. To assist parents in attending, a meal, transportation and childcare are provided for families.

Riverbend Parent/Child Centers

Concord \$7,500
To conduct parenting groups in five Greater Concord communities that enhance parent/child relationships, promote the healthy development of children, increases parenting skills, develops a natural support network for parents, and offers a peer group for their children.

Rochester Parent/Child Centers

Rochester \$7,500
To expand the parent-child playgroups, clothing assistance program, and information and referral activities of the center.

Success by Six — Salem Family Resources

Salem \$7,000
To expand on existing parent support activities to include a new group for grandparents who are parenting young children. The grant also provides staff support for parent-child play groups, monthly support groups for parents with children with Attention Deficit Hyperactivity Disorder, and a story hour at the local library.

Upper Room

Derry \$6,000
To launch a new television project that focuses on improving parents’ skills. In addition, the grant will support four 3-session, topic specific workshops for the community and two support groups especially designed for teen parents.

Upper Valley Fatherhood Network Project

Lebanon \$2,500
To help launch a new initiative for supporting and educating fathers through home visits, discussion groups, educational workshops, father/child play activities, and community awareness activities.

YWCA of Manchester

Manchester \$5,000
To expand the parenting education program from eight to fifteen workshops annually. Participants plan and serve a simple meal that provides an opportunity for connecting with other parents. This year the program will collaborate with the new Teen Clinic, located in the YMCA building, to promote teen health.

HOME VISITING PROGRAMS

Celebrate Families

Conway \$6,000
To expand a universally accessible parent support program to include a home visiting component for new parents and a parent-child play group. Both activities are designed to reduce family isolation and improve the ability of families to access necessary services.

Community Health and Hospice

Laconia \$5,000
To expand the family-centered program that provides in-home supportive visits for parents with newborns, and screening for developmental delays for children up to age three. The program also provides information and support to parents with infants and toddlers necessary to promote their growth, health and well-being.

Family Resource Center of Gorham

Gorham \$7,500
To begin in-home information and support to all families with a new infant, in the Berlin/Gorham area. The grant will also fund monthly community get-togethers for parents to meet and support each other and for community members to explore ways to support young families.

Good Beginnings of Southern Carroll County

Wolfeboro \$7,500
To continue services by a maternal and child health nurse for mothers with newborns postpartum to three months. The program also provides supportive home visits by trained volunteers for young families for up to three years.

Good Beginnings of Sullivan County

Claremont \$7,500
This grant will provide one hundred families with home visits by trained volunteers for up to six months postpartum. Visitors provide new parents with information on community resources and child rearing, assist families with household chores and babysitting, and offer encouragement and their experience to first-time parents. A second component of the program engages teen parents in a special educational group that focuses on personal development, reproductive health, relationships, and child development. Incentives are provided for teens to accomplish personal goals and delay second pregnancies.

Good Beginnings of Upper Valley

Lebanon \$5,000
To continue the family support program for families with newborns. Trained volunteers offer practical assistance to families from postpartum to six months. Frozen meals, handmade layettes, books for babies and their siblings, and short-term financial assistance are among the practical ways families are supported during this challenging time in their development.

Whole Village Family Resource Center

Plymouth \$6,000
To welcome newborns into the family and community, and to assist new parents in accessing services and support that will help in raising safe, healthy children. Supportive visits are made to parents in their homes. Trained home visitors

provide practical information on child development, health, home safety, and community services.

PROFESSIONAL TRAINING

Dartmouth Hitchcock Medical Center

Statewide \$1,250
To co-sponsor a statewide Child Abuse Prevention and Detection conference. Special guests included Dr. Richard Krugman, Dean of the University of Colorado Medical School and former Director of the National Center for Child Abuse and Neglect at Denver.

PUBLIC EDUCATION

Concord Hospital

Concord \$3,000
To expand the initial project of creating a magazine-style television program about positive parenting. Entitled “Today’s Parent,” the half-hour information packed show can be seen through most of the state via local cable networks. Topics include practicing positive discipline techniques, promoting healthy eating and sleeping behaviors, encouraging responsibility in young children, and talking with your teen about sexuality.

LIFE SKILLS FOR CHILDREN AND YOUTH

Appalachian Mountain Teen Project

Wolfeboro \$5,000
To provide families with information and access to community resources. The program targets over-stressed families, and encourages healthy family relationships and development. A special focus of the project is on building communication skills among family members through joint outdoor activities such as canoeing, and mountain climbing.

Northern Tri-State Community Services of Upper Connecticut Valley Hospital

Colebrook \$6,500
To support a pregnancy prevention initiative under the direction of the Teen Task Force. The project includes a school-based sexuality education component for youth and their parents and a one-day conference for teens at the Mt. Washington Valley Resort and Hotel.

Rape and Assault Support Services

Nashua \$5,000
To provide emergency shelter to women and children who are fleeing domestic and sexual violence. The grant supports educational efforts to assist women in making positive relationship choices to prevent future violence in their homes.

“When I come to the support group for new parents, I get more of a sense of who I am.”

— Program participant at Families First, Portsmouth

Sexual Assault Support Services

Portsmouth \$5,000
To continue a school-based program that teaches children in pre-school through sixth grade, how to identify and respond to signs of sexual abuse. As a result of this program children have disclosed physical and sexual abuse to school administrators. Families have subsequently received necessary support and services.

Task Force Against Domestic & Sexual Violence

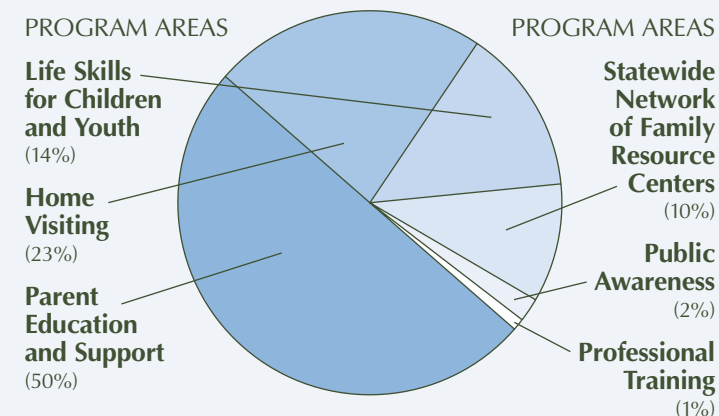
Plymouth \$5,000
To provide support, education, and advocacy for child victims of abuse and violence in the greater Plymouth area.

STATEWIDE NETWORK

Network New Hampshire

Statewide \$20,000
To advance the family support movement in New Hampshire. This leadership coalition shares funding resources, program information (including best practices), provides peer support, training and technical assistance for new programs, and offers a quality assurance program for all participating members.

1999 Grant Distribution



SPECIAL PROJECT FOR 1999...

American Legion Women's Auxiliary Helps the New Hampshire Children's Trust Fund

It's not every day that a nonprofit organization receives a telephone call from someone who offers to help raise money and spread the word about your work. But that is exactly what happened in June of 1998 when Susan Pond, President of the New Hampshire American Legion Auxiliary, called the NHCTF office. Susan had selected the NHCTF as her organization's service project for 1999.



Lisa Brennan (center), Executive Director of the New Hampshire Children's Trust Fund, receives a check from Susan Pond (left), the President of the New Hampshire American Legion Auxiliary. Looking on is Virginia Hobbs, President of the National American Legion Auxiliary.

What is the American Legion Auxiliary?

Nationally, American Legion Auxiliary volunteers contribute eighteen million dollars and nearly ten million hours of service *each year*.

The purpose of the volunteer organization is to improve the quality of life for citizens in their local communities — especially individuals and families that have served in the military.

"Members plant flowers and trees, conduct recycling programs, clean up roadways, support shelters for women, donate food and clothing to homeless families, and teach youngsters to read," says Ms. Pond of the national effort.

New Hampshire Units Support NHCTF

In 1999, Ms. Pond addressed all eighty of New Hampshire's auxiliary service units, encouraging them to support the work of the New Hampshire Children's Trust Fund. Support was strong! "The missions of the Auxiliary and family resource centers are very similar, so, it was an easy project for our members to relate to," said Pond.

The New Hampshire Auxiliary raised \$4,000 for the New Children's Trust Fund to support the work of family resource centers around the state. Many New Hampshire auxiliary service units also donated hundreds of dollars more in art supplies, educational games, hand-made dolls, winter clothing, and children's books.

Our thanks

The New Hampshire Children's Trust Fund thanks Susan Pond, New Hampshire State President of the American Legion Auxiliary; Dotty Honeywell, Assistant to the President; and all unit members of the Auxiliary for their donations and support. Your contributions have made a difference for hundreds of children and families in New Hampshire.

We wish you great success in your next project!

Board Profile: Bob Wells



...The New Hampshire State Advisory Committee of the United States Civil Rights Commission, the Board of Trustees for the Protection of New Hampshire Forests, and the Board of Directors for the New Hampshire Business Committee for the Arts...

These are just a few of the many organizations to which Robert A. Wells, Esquire, has donated his time and expertise over the last decade. "My volunteer time is limited, so I only get involved with those organizations to which I feel closely connected and that are effective in their work."

Attorney Wells is proud to add to his list of affiliations, the New Hampshire Children's Trust Fund.

Important Work, Informed By Experience.

In 1997, Bob joined our Board of Trustees "because I have had a life-long interest in the well-being of children and since having my own, that interest has only deepened." We have welcomed his interest and counsel ever since.

A Director with the McLane, Graf, Raulerson, and Middleton Professional Association (Manchester) since 1977, Bob joined our Board as a result of a friend who shared with him the good work that we do on behalf of New Hampshire's most challenged children and families. Bob is entering his second term as Treasurer, and along with his financial expertise, he brings solid leadership and a timely sense of humor and perspective to the work of the organization.

Bob resides in Hopkinton with his wife Binney. There they raised two children, Hylah, age twenty-seven, and Ted, age twenty-four.

Raised on a farm outside of St. Louis, Missouri, Bob keeps tradition alive in Hopkinton, where he raises cows and several horses. When time allows, Bob also enjoys hiking, reading, and skiing.

"I encourage my colleagues to learn more about the New Hampshire Children's Trust Fund so that their clients could consider the NHCTF in their estate planning."

The Smith Award for Excellence in Service to Families

The New Hampshire Children's Trust Fund is pleased to announce that we will soon be inviting applications for the second bi-annual Smith Award for Excellence in Service to Families.



Applications will be mailed to program administrators on March 31, 2000, and completed applications are due at the NHCTF office no later than 4:00 pm on July 10, 2000. If you do not receive an application by April 10, 2000, and you wish to apply, please call our office immediately (603-224-1279).

The recipient of the Smith Award will be announced September 21, 2000.

What is the Smith Award?

The Smith Award is made possible by a gift from the Lou and Lutza Smith Foundation. The Smiths, previous owners of the Rockingham Park Race Track, were philanthropists with a special interest in children and families.

Upon their deaths, a portion of their estate established the Lou and Lutza Smith Charitable Foundation, with the goal of continuing their legacy.

The Smith Award is a grant of \$15,000 made every two years to one non-profit or public organization that exemplifies a philosophy of family involvement, empowerment, and support. The recipient also must demonstrate their efforts to achieve the best business and program practices in the field.

"The Smith Award is not your typical grant, nor is it your typical grant application," says Lisa Brennan, Executive Director of the NHCTF.

"We are not looking for a new or innovative program idea to fund," Brennan says. "Instead, we are looking at organizational philosophy and structure, management practices, program designs — and how program design positively influences the community-wide system of supporting families."

Families First of the Greater Seacoast

The first recipient of the Smith Award, announced in September of 1998, was *Families First of the Greater Seacoast*. *Families First* opened its doors in 1984 as a small prenatal clinic. They had a narrow but crucial mission: To deliver healthy babies to healthy mothers.

The agency soon realized that delivering healthy children required more than quality medical care. Young parents needed better general information — particularly about nutrition, child safety, and "well-baby" care. Young parents also needed practical assistance regarding baby formula, diapering, and clothing. And perhaps more than anything else, young parents needed compassionate mentoring and emotional support.

Staff from *Families First* created a network of effective partnerships with several local organizations — including a local Seacoast high school, the visiting nurses association, and a local child care center — long before such collaborations were common.

Today, *Families First* serves more than 1,000 families, and 600 individuals with comprehensive prenatal and primary care services. In June, with support from The Foundation for Seacoast

Health, *Families First* constructed the first community "campus," where families at all stages of development and change can find the resources they need to explore and solve problems, get critical information, and thrive!

"The Smith Award gave us the confidence to think bigger and to take more risks in developing new programs," said Wanda McDonough, *Families First* Program Director. "For instance, [this year] we've expanded our support for new fathers. Also, receiving this award raised the value of supporting families in the eyes of our community."

Apply!

Applications for the Smith Award will be mailed by March 31, 2000, and must be received at the NHCTF office by July 10. All applications will be reviewed by a small panel of professionals with extensive family support and grantmaking experience. The recipient of the Smith Award will be announced on September 21, 2000 at the New Hampshire Children's Trust Fund Annual Meeting and Reunion Celebration at the Capitol Center for the Arts in Concord.

To request an application, or to discuss the eligibility of your organization, call the NHCTF at 603-224-1279.

The New Hampshire Children's Trust Fund

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

In 1988, the State of New Hampshire 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 \$994,457 to community-based organizations statewide.

In addition to grantmaking, the NHCTF works to raise awareness about the causes of child abuse and the means by which it can be prevented through public awareness campaigns and informational forums. Finally, the NHCTF works to advance the family support movement and insure the highest quality of services to families through a statewide leadership coalition called *Network New Hampshire*.

How to get involved. If you are interested in learning more about the work of the New Hampshire Children's Trust Fund or want to explore your charitable giving options, please call 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
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REMEMBER THESE DATES

February 7, 2000 – Requests for Grant Applications mailed.

February 23, 2000 – NHCTF Grant Application Workshop; designed to answer questions about NHCTF grant application requirements and effectively negotiating the grant application process. Call NHCTF for more information: 603-224-1279.

February 25, 2000 – All requests for NHCTF Grant Applications due.

March 31, 2000 – Smith Award Applications mailed.

April 28, 2000 – Completed Grant Applications due at the NHCTF office (by 4:00 PM).

June 5, 2000 – Grantmaking Day. Please do not call the office — letters will be mailed to all applicants no later than June 13th.

July 10, 2000 – Smith Award Applications due by 4:00 PM at the NHCTF office.

September 21, 2000 – The Annual Meeting of the New Hampshire Children's Trust Fund. The recipient of the bi-annual Smith Award will also be officially announced and celebrated. Watch your mail for details.

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Carol A. McCarthy, *Administrative Assistant*

How Are the Children? is a publication of the New Hampshire Children's Trust Fund, and is mailed free of charge to supporters and friends. Please contact us if you know someone who would like to be on our mailing list.

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