

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.

SPRING 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:



A decade of growth.

1997 was a year of exciting change and growth for the New Hampshire Children's Trust Fund (NHCTF). Established by the legislature in 1986 as a permanent endowment fund dedicated to the prevention of child abuse and neglect, the NHCTF has increased its grantmaking by 330 percent since its founding, when it made grants totaling \$5,500.

I am pleased to report that in 1997, \$181,305 was granted to 39 organizations, all working to strengthen families and insure the healthy development of children.

A new home. Having both literally and symbolically moved out from under the umbrella of the New Hampshire Charitable Foundation, the NHCTF now calls the Whitebridge Building home at 91-93 North State Street. The NHCTF is grateful to the New Hampshire Charitable Foundation for its investment in the success of the NHCTF and anticipates many more years of working together for the benefit of New Hampshire's children and families.

A change in leadership. After three years of outstanding leadership, Frances Belcher resigned as Executive Director to dedicate her full attention to her family. The Board of Trustees conducted a statewide search and is pleased to announce that Lisa Ann Brennan has joined the NHCTF as our new Executive Director (see article on page 4).

Two new initiatives. Network New Hampshire (see page 5) and the Smith Award for Excellence in Service to Families (see page 4) were launched in 1997. Both initiatives aim to promote the family support movement throughout the state. Network New Hampshire, a coalition of community and family resource program directors, is working to increase the number of prevention-oriented programs and family support resources at the local level.

The Smith Award, a grant of \$15,000 made every two years to one innovative and effective family support and prevention-oriented program, will highlight the importance of such programs at the state level. Details of each of these projects can be found elsewhere in this report.

It is our hope that this newsletter will both inform you and inspire your support.

Sincerely,

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

Lucy Fowlkes Breed

President, New Hampshire Children's Trust Fund

1997 AWARDS

In 1997, the NHCTF awarded \$181,305 to 39 nonprofit service organizations. Recognizing that the most effective strategies for preventing child abuse and neglect include ongoing education and support for parents, especially very young and first-time parents, the Trustees awarded a record number of grants to organizations with those goals. What follows is a list of grantees for 1997:

Alpha Alliance

Manchester \$5,000
To prevent violence among Hispanic youth through educational, economic, and personal development programs.

Appalachian Mountain Teen Project

Wolfeboro \$5,000
To reduce the potential for abuse, neglect, and negative life outcomes by building communication skills, discipline techniques, and decision-making skills around positive risk taking, personal safety, community involvement, and alcohol and drugs.

Carroll County Mediation Services

Conway \$5,000
To teach conflict management and violence prevention skills to parents and adolescents. This is a collaborative project with the Moultonborough Business Apprenticeship Program and the Parent-Teachers Association. The program also provides mediation services to victims and their offenders, parents and their children, and school officials and their students.

Celebrate Families / Family Health Center

Conway \$5,000
To conduct a universal home visiting program for all families who want and need extra support and information on parenting.

Cheshire Mediation

Keene \$4,445
To teach families to effectively resolve conflict and halt the escalation of violence which often leads to violence and abuse in their homes, workplaces, and schools.

The Children's Place

Concord \$3,400
To conduct play groups, parent education workshops, and community outreach programs for families.

The Circle Program

Plymouth \$5,000
To host a residential camp session for 36 adolescent girls who are economically and socially disadvantaged.

Community Health and Hospice

Laconia \$5,000
Offers home-based support and education for families with children ages birth to three years old.

Concord Heights Family Resource Center

Concord \$5,000
To offer parenting education workshops and support groups in the Concord Heights neighborhood.

Consortium of Alternative and Prevention Programs

Keene \$4,940
To host *Phases in Families*, fun and creative opportunities for adults and young people to learn communication, conflict resolution, role playing, family meeting, anger and stress management, and other life skills.

Educators for Social Responsibility

Concord \$5,000
To teach respectful, cooperative, constructive methods of managing and resolving conflict in families, schools, and communities.

Families and Communities Together

Greenfield \$5,000
A coalition of individuals and organizations that work to improve access to medical and educational services for underserved families.

Families First of the Greater Seacoast

Portsmouth \$5,000
To offer the *Working Parent Support and Education Project*. This project offers parenting education classes at work locations in the Portsmouth area and expanded evening workshops and support groups for parents.

Good Beginnings of Sullivan County

Claremont \$5,000
To conduct home visits and support groups of 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.

Good Beginnings of Upper Valley

White River Jct., VT \$5,000
Builds a caring community of volunteers that help families with newborn babies.

Family Resource Center

Gorham \$5,000
For *Community Partnership for Healthy Families* – to collect data on the needs and assets of the community, to then organize the data and develop a set of community-wide goals to address the gaps in service based on the information.

Success by Six Initiative

Salem \$5,000
To increase school readiness rates through a collaborative parenting education program.

Hannah House

Lebanon \$5,000
To conduct the *Family Relationships and Teen Parenting* groups.

Healthy Universal Beginnings

Dover \$3,000
To reach out to families with young children in a preventive effort by providing a range of parent support, education, and early childhood services. The program increases the skills, confidence, and information available to parents.

North Country Education Foundation

Gorham \$5,000
For *Managing Challenging Behaviors: Strategies for Parents and Child Care Providers* – to educate participants in the area of child development and provide basic skills to manage difficult behaviors. Persons with these skills are far less likely to resort to physical, verbal, or emotional abuse as a method of discipline.

Londonderry Cares

Londonderry \$5,000
A collaborative project among local social service agencies to provide opportunities for socializing, problem solving, confidence building, and positive risk-taking experiences for youth.

Middle Ground Student Lounge

Derry \$5,000
To provide middle school students with an alternative to empty homes, libraries and streets after school. Teens learn to deal effectively with the new pressures they face and learn to interact responsibly with one another, preventing later risk-taking behavior.

Nashua Public Health Department

Nashua \$2,500
To conduct home visits with families that have young children, receive support, education, and information on community resources.

Nashua Youth Council

Nashua \$5,000
To conduct two workshop series using the Active Parenting curriculum — one for first-time and teen parents, and a second for older parents. Snacks, transportation, and child care is also provided in cooperation with Girls Incorporated of Greater Nashua.

The Neighborhood Health Center for Greater Nashua, Inc.

Nashua \$5,000
The Family Bridge Project provides a drop-in parent center and offers family support, education and postpartum depression counseling.

Network New Hampshire: A Coalition of Community and Family Support Programs

Concord \$5,000
To advance the work of the family support movement in New Hampshire. An educational project was funded to increase families access to local resource centers and supportive services.

Northeast Delta Dental's P.A.N.D.A. Program (Prevent Abuse and Neglect through Dental Awareness)

Concord \$2,500
To assist dental professionals in the identification of, and response to child abuse and neglect.

Riverbend Parent-Child Center

Concord \$5,000
To conduct parent education and family support activities in Concord, Penacook, Pittsfield, Franklin and Hillsboro. The program enhances parent-child relationship by offering a non-threatening, nurturing environment through which a support network is developed, isolation of parents is decreased and parenting skills and self-confidence are increased.

Sexual Assault Support Services

Portsmouth \$5,000
A collaborative project with the schools, parent-teacher organizations, and the police department to keep children safe from abuse. The program teaches children and adults to identify signs of abuse and encourages open discussion.

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.

Tri-County Community Action Program

Berlin \$5,000
To establish an after school tutorial program for the area youth. The project will also link teens in need of mentoring with adults for additional guidance with homework and other academic projects.

Upper Connecticut Valley Hospital

Colebrook \$5,000
A community-wide collaboration to prevent adolescent pregnancy and promote healthy behaviors among teens through information, education, and support to children and families.

The Upper Room

Derry \$5,000
To provide parenting instruction classes to increase the communities understanding of parenting through quarterly newsletters.

Upstream

Laconia \$5,000
To support the community-wide coalition of service providers in their efforts to prevent child abuse, alcohol and drug use among teens, and to promote breast health.

Valley Regional Healthcare

Claremont \$2,500
To coordinate community need data and develop a plan to address gaps in services for children and families in Sullivan County.

Visiting Nurses Association and Hospice of Southern Carroll County

Wolfeboro \$5,000
To support *Good Beginnings*, a home visiting program for families with newborns.

Whole Village Family Resource Center

Plymouth \$5,000
To pilot a home visiting program for families with newborns. The program offers support, education, and anticipatory guidance to young parents.

YWCA of Manchester

Manchester \$3,020
To prevent the occurrence of child abuse and neglect through parenting workshops.

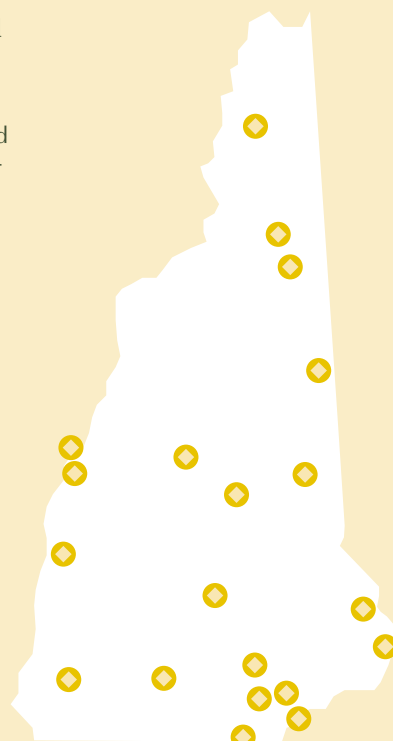
YWCA of Manchester

Manchester \$5,000
To strengthen the bond between incarcerated women and their children through parenting skill classes and visits with their children's temporary care givers.

BELOW: A young father learns new parenting skills during a family picnic, part of a parenting education program funded by the New Hampshire Children's Trust Fund.



ABOVE: Play groups like this one, funded by the New Hampshire Children's Trust Fund, provide young mothers with the chance to meet and learn from each other, and to learn about their children's development.



In 1997, the NHCTF awarded \$181,305 to 39 nonprofit service organizations in 20 communities throughout New Hampshire.

Meet Your New Executive Director



Lisa Ann Brennan was named the new Executive Director of the New Hampshire Children's Trust Fund in January. Ms. Brennan assumed the position of Executive Director in February following the resignation of Frances Belcher, who left the position to spend more time with her family.

In making their decision, the Board of Trustees noted Lisa's exemplary program experience, development and communication skills, and education as critical factors in their selection.

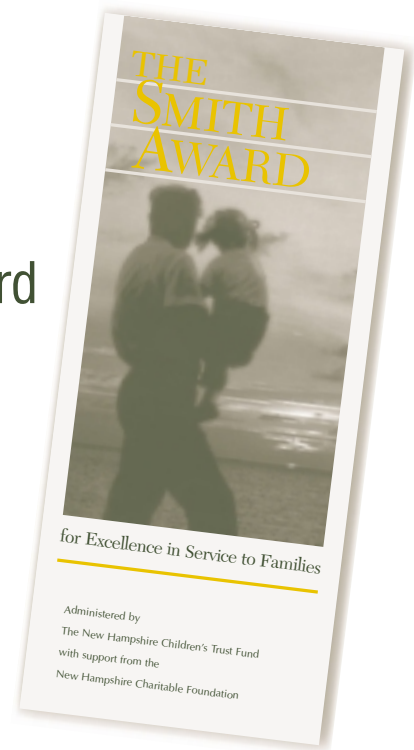
Before coming to NHCTF, Ms. Brennan managed the start-up of the *Whole Village Family Resource Center*, a collaborative project involving thirteen health and social service agencies. With Ms. Brennan's leadership, these organizations cooperatively developed a range of prevention-based services for young families in the Plymouth, New Hampshire area.

Ms. Brennan has also served as the Associate Regional Director of *Habitat for Humanity*. In this position she assisted local, regional, and international affiliates in their organizational and program development in Maine, metropolitan New York, the greater Boston area, and Central America.

A graduate of Montclair State University (with a BS in Public Health) and Harvard University — where she earned her Masters studying the impact of nonprofit organizations on social policy — Ms. Brennan brings an unparalleled level of professionalism and experience to NHCTF. Everyone connected with the New Hampshire Children's Trust Fund welcomes her energy and looks forward to her leadership.

The Smith Award for Excellence in Service to Families

\$15,000 to be awarded to an innovative New Hampshire organization.



In April, the New Hampshire Children's Trust Fund (NHCTF) announced a new initiative to advance the family support movement throughout the state.

The Smith Award for Excellence in Service to Families — a grant of \$15,000 to be made every two years — will be awarded in September 1998 to one nonprofit or public organization that exemplifies a philosophy recognizing the inherent value of skillful parenting and healthy families in shaping a child's future. The Smith Award for Excellence in Service to Families 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.

In 1996 the Smith Foundation awarded the New Hampshire Children's Trust Fund \$500,000 — funds matched by the State of New Hampshire — to establish the first permanent endowment to prevent child abuse and neglect.

To apply for a Smith Award grant and receive a complete information packet, call Lisa Brennan, NHCTF Executive Director, or Carol McCarthy, Administrative Assistant, at 603-224-1279.

“Network New Hampshire” Links Service Providers

KNOW YOUR NETWORK.

Current members of *Network New Hampshire* are listed below:

Dr. Robert W. Chamberlin
Box 12, Hackleboro Road, Canterbury, NH 03224
Phone: 783-5944

Molly Colman, *Families First*
24 Northwood Road, Portsmouth, NH 03801
Phone: 433-4992 e-mail: fffgf@nh.ultranet.com

Andrea Gilbert, *Families and Communities Together*
PO Box 82, Greenfield, NH 03047
Phone: 547-6247 e-mail: frcfact@monad.net

Brenda Guggisberg, *The Upper Room, Education for Parenting, Inc.*
36 Tsienneto Road, Derry, NH 03036
Phone: 437-8477

Carol Heald, *The Children's Place*
27 Burns Ave., Concord, NH 03301
Phone: 224-9920

Barbara Hemingway, *Heights Neighborhood Family Center, Dame Elementary School*
14 Canterbury Road, Concord, NH 03301
Phone: 225-0832

Susan Knight, *F.A.C.T. Parent Child Connection*
PO Box 82, Greenfield, NH 03047
Phone: 547-6681

Leah Mason, *Families Matter in Carroll County*
PO Box 892, Center Ossipee, NH 03814
Phone: 539-8223

Catherine McDowell, *Family Resource Center of Gorham*
123 Main Street, Gorham, NH 03581
Phone: 466-5190 e-mail: resource@ncia.net

Kerry Belknap Morris, *Alliance Parent-Child Resource Center of Sullivan County*
136 Charleston Road, Claremont, NH 03743
Phone: 863-7072

Kristen Olson, *The Grapevine*
PO Box 637, Antrim, NH 03440
Phone: 588-2620

Donna Raycraft, *Riverbend Parent-Child Centers*
PO Box 2032, Concord, NH 03302
Phone: 228-1551 Fax: 226-7508
e-mail: draycraft@riverbendcmhc.org

Paul Rupp, *Children's Intervention Program, Riverbend Parent-Child Centers*
PO Box 2032, Concord, NH 03302
Phone: 228-1551 e-mail: prupt@riverbendcmhc.org

Mary Ellen Scheffield, *The HUB Family Support Center*
61 Rutland Street, Dover, NH 03820
Phone: 749-9754 e-mail: famwise@aol.com

Ilse Scheller, *Whole Village Family Resource Center*
258 Highland Street, Plymouth, NH 03264
Phone: 536-3720 e-mail: wholevillage@cyberportal.net

Deb Sterling, *Adult Learning Center*
4 Lake Street, Nashua, NH 03060
Phone: 882-9080 Fax: 882-0069
e-mail: debsterling@yahoo.com

Sheryl Tedford, *Rochester Parent-Child Center*
PO Box 634, Rochester, NH 03866
Phone: 335-0207

NHCTF Initiative

Advances Family

Support Movement

in State

advocate for development of policies and programs that will benefit all New Hampshire families and communities.

Specifically, the new coalition will:

- **Share** information about what works (and what doesn't work) in the field of family support;
- **Monitor** the trends and best practices and provide training and ongoing technical assistance to new and existing programs;
- **Expand** the funding base for family support and prevention-oriented services within the state;
- **Assist** with the development of family resource programs in communities where such services do not yet exist.

Why promote family support services: examples from the field

Presented here are some examples of successful community-based initiatives that demonstrate the crucial importance of the support services provided to children and families, as well as the importance of local and statewide networking support for service providers:

- **Brookline, Massachusetts.** A demonstration project in Brookline, Massachusetts found that children from low and moderate income homes functioned at a significantly higher level in school when they participated in a community-wide effort that included home visits to parents with newborns, a drop-in resource center for families, an early childhood education program, and regular health screenings. Participants in the study showed significant increases in social and academic skills that determine success or costly failure in later years.
- **Vermont.** In Addison County, Vermont, a rural community of 32,000 people, a Parent-Child Center opened nearly 18 years ago. Parents from all economic backgrounds now drop in for a cup of coffee, meet with other parents, participate in support groups, talk with a counselor, or take skill-building classes. Teens volunteer in the child care center and learn about parenting and pregnancy prevention. After seven years, a statewide study of major indicators showed that Addison County had the lowest rates of teen pregnancy, incidence of family violence, welfare dependency, and out-of-home placements. Vermont now has one Parent-Child Center in each county, and a network has been formed to insure that success is replicated.
- **Other National Programs.** Georgia, Florida, California, and Oregon have also created statewide initiatives devoted to supporting family and child service providers. While most of these efforts are new, early indications suggest that an investment in primary prevention programs will pay off.

The road ahead in New Hampshire...

Network New Hampshire has a similar vision: to help every family get off to a healthy start and prevent the problems of poor school functioning, illiteracy, juvenile delinquency, teen pregnancy, domestic violence, and abuse that are so costly to our communities.

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 \$616,305 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**
91-93 North State Street
Concord, New Hampshire 03301
Phone: 603-224-1279 Fax: 603-227-9191
E-mail: nhctf@conknet.com

MILESTONES	1997	Since 1988
Total number of grants made	39	95
Total amount of grant awards	\$181,305	\$317,000
Number of children and families impacted by programs sponsored by NHCTF	9,101	*

* Formal tracking of children and families impacted by our grantmaking was initiated in 1997.

REMEMBER THESE DATES

July 3, 1998 – Smith Award for Excellence Applications due

September 18, 1998 – Smith Award Announcement and Celebration (to be confirmed)

November 9, 1998 – NHCTF Annual Meeting

Board of Directors

Suzanne C. Boulter, MD, Concord

Lucy Fowlkes Breed, Hopkinton – *Chair*

Representative Susan J. Clay, New Boston

Senator Burt Cohen, New Castle – *Vice Chair*

Lynn Cuddy, Concord

Geraldine S. Donahue, MBA, RN, Canterbury

Audrey Knight, Hopkinton

Ann F. Larney, Esq., Nashua

Christopher T. Maloney, MD, Bedford

Representative Sharon Nordgren, Hanover

Senator Eleanor P. Podles, Manchester

Senator Eleanor Porter, Manchester – *Secretary*

Mary Temke, PhD, Durham

Robert Wells, Esq., Hopkinton – *Treasurer*

Staff

Lisa Ann Brennan, *Executive Director*

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.

Design and Production:
Paxton Communications, Concord, NH