

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 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 wellbeing of children is the standard by which every community should be measured.

From the President:



It is spring — a season often considered a time of renewal, a time to think about things from a new perspective, a time to engage ourselves with new energy. For the New Hampshire Children's Trust Fund, it is also time for a new grantmaking cycle. This is an exciting time for our organization, as we are privileged to review and fund some of the most creative and progressive approaches to supporting families. In this issue of *How are the Children?* we will share with you some of the reasons we remain hopeful about our work together, and the future of our children and families.

In early April, the NHCTF co-sponsored a statewide conference on child abuse and neglect. Dr. Richard D. Krugman, former member of the President's Advisory Council on Child Abuse and Neglect, and Director of the National Center for Child Abuse and Neglect at Denver, delivered a series of addresses at Dartmouth Hitchcock Medical Center. He discussed our failure as a country to have a national policy to protect children. He also identified what *is* working: particularly emphasizing the effectiveness of home visiting and parent education and support.

As a child development specialist and parent educator for nearly 25 years, I have seen firsthand just how effective parent education is. Parent education is most effective when framed not as a dictum, "this is how to raise children," but rather as a way to provide current information on how children develop.

Last year, the NHCTF invested nearly 70 percent of its total grant making budget in parent education and home visiting programs in New Hampshire. It was validating to hear from one of the foremost specialists in the field of child abuse prevention, that as an organization, we are supporting programs that really make a difference.

Over the last few months the NHCTF has been evaluating our ability to meet the growing number of requests for funding. With the help of the Corporate Fund's Management Institute at Antioch New England Graduate School, we have engaged in a process of organizational assessment and strategic goal setting. Our aim is to insure that the NHCTF has all of the resources it needs to help support programs that truly make a difference in the lives of New Hampshire families.

I trust that you share, with us, a sense of urgency for supporting children and families in New Hampshire. We need to continue to help parents feel competent and confident in their roles — whether they are bringing home a newborn or talking with their teenager.

I also trust you share our sense of accomplishment for our work to date and hope for the future.

Sincerely,

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

Lucy Fowlkes Breed

President, New Hampshire Children's Trust Fund

Dartmouth Hitchcock Medical Center and NHCTF Sponsor Conference on Child Abuse and Neglect



Richard D. Krugman addressed over 150 medical residents, child protective services workers, juvenile justice officers, social workers, mental health professionals, and family support workers at the Dartmouth Hitchcock/NHCTF Child Abuse Conference held on April 8th at the Dartmouth Hitchcock Medical Center in Hanover.

“By *not* having a state or national policy on how to prevent and respond to child abuse, we are saying: ‘We know what *doesn’t* work, and we’re sticking with it!’ “

—Richard D. Krugman

Richard D. Krugman, MD, Dean of the University of Colorado Medical School and former Director of the National Center for Child Abuse and Neglect at Denver,

recently delivered an important and riveting address to the New Hampshire medical and social service community.

Dr. Krugman was keynote speaker at a Child Abuse Conference held on April 8th in Hanover, and co-sponsored by the Dartmouth Hitchcock Medical Center and the New Hampshire Children’s Trust Fund.

This important conference, designed to help medical and child welfare professionals identify and prevent child abuse, coincided with the national “Child Abuse Prevention Month.” More than 150 medical residents, child protective services workers, juvenile justice officers, social workers, mental health professionals, and family support workers were in attendance. The gathering was convened by Carole Stashwick, MD, Medical Director of Dartmouth Hitchcock Medical Center’s Children at Risk Program.

The Punitive-to-Preventive Shift

Dr. Krugman’s address focused on current national and state policy trends: a societal movement away from punishment, toward prevention. “There has to be a shift from the punitive to the preventive” said Krugman.

Currently, New Hampshire does *not* have a comprehensive policy to prevent or respond to child abuse and neglect.

New Hampshire *does* have protocols for punishing the perpetrators of child abuse. While these legal protocols are vital to the overall approach to protect children, they are also deficient in and of themselves in addressing the problem, suggests Krugman. New Hampshire has the opportunity to “lead the nation” on this important issue.

A New Partnership...

This Child Abuse Conference was the first initiative of a new partnership between the New Hampshire Children’s Trust Fund and the Dartmouth Hitchcock Medical Center. “We would like to start making plans for a second conference in 2000,” said Dr. Stashwick.

In the meantime, leadership from both organizations remains committed to working together.

Thank you! In 1998, the following individuals and businesses made a contribution to support our work with New Hampshire’s children and families.

- | | |
|--|---|
| David C. Allison | Bruce W. Keough and Jane Spivy Keough |
| Maureen E. Barrows | Judith Frank Ketterer |
| Philip and Suzanne Boulter | Christopher T. and Wesley M. Maloney |
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| Jay L. and Marjorie S. Hodes | The Gilbert Verney Foundation |
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| Ruth E. Keith | |



You’ve read the stories. Every news report of a child intentionally injured or neglected by an adult in New Hampshire sends a shiver of horror down our collective spines. Most of us think: How could any adult harm a child?

The reality behind these news reports is almost always more complex. Few, if any parents intend to abuse or neglect their children. Parents of newborns almost always have the highest hopes for their child and for themselves as parents, so, what happens?

Between “the dream of perfect parenting” and “child abuse” is an endless litany of adult pressures that can coalesce and lead to violence: financial worries, isolation, unrealistic expectations, an unresolved history of abuse, constantly interrupted sleep...

But understanding the complexities behind child abuse does not change the damage, once it has occurred. The challenge, *always*, is prevention.

We Know That Child Abuse Can Be Prevented.

Prevention. That means taking care of something *before* it happens. Physicians don’t wait until small pox or polio develops to vaccinate children throughout our nation against these deadly and crippling diseases. Similarly, preventing the equally crippling and deadly outcomes of child abuse requires work *before* the abuse occurs

You Can Help Prevent Child Abuse — NOW!

Unfortunately, there is no specific “inoculation” to prevent child abuse. But research has shown — over and over again (see recent findings from the Olds Report, page 4) — that the availability of effective parenting education programs, parent support groups, viable family resource centers, and home visiting programs can all provide life-changing support to families and parents *before* abuse might occur.

These programs can and *do* significantly reduce child abuse.

Help Us Prevent Child Abuse

There is so much confusion — at all socioeconomic levels — about what child abuse actually *is*. It exists on both emotional *and* physical levels, and is controversial in our newspapers, our courts, and our communities.

At the New Hampshire Children’s Trust Fund, one thing we are absolutely sure



of is that many young parents throughout our state are in desperate need of information, peer and professional support, and *options*. Some of these resources are readily available to young parents and caregivers *now*... they just don’t know these resources and options are there.

Let’s not wait until parents or caregivers are at their breaking points. Help us educate, inform, and transform parents and caregivers *now*.

The Role of New Hampshire Children’s Trust Fund

The NHCTF provides grants to child and family support programs throughout New Hampshire. All of them, while different in design, work towards the same goal: to support parents and families so that they can thrive.

Your Role In Preventing Child Abuse...

• **Support NHCTF.** Your tax-deductible financial contribution to the New Hampshire Children’s Trust Fund, or your establishment of an advised or designated fund to support the work of the NHCTF, will help us support the children and families of New Hampshire in greatest need of services.

If you have any questions about your charitable contribution, or how you might establish a fund to support children and families in New Hampshire, please call us: (603) 224-1279.

• **Volunteer.** There are existing family resource centers in 16 New Hampshire communities that welcome volunteers at all levels of their operations.

If you have time, skills, compassion, and a desire to make a difference, there is probably a family resource center near you that would love to hear from you. Call the NHCTF at (603) 224-1279.

• **Create.** If there isn’t a family resource center near you, consider starting one. There is a network of support throughout the state to help you. Call NHCTF to find out more (603) 224-1279.

• **Mentor.** Do you know of a neighbor, relative, or friend in your community who is struggling with parenting issues? We encourage you to get involved and share your wisdom.

We can help you become a more effective mentor to a new mother or father. Call us for resources and advice: (603) 224-1279.

• **Report Child Abuse.** If you suspect child abuse in your family or community, we encourage you to tell someone. There are trained people ready to answer your questions and respond to your concerns at the Division for Children, Youth, and Families: 1-800-894-5533 (between 8:00 AM and 4:30 PM, Monday-Friday), or after hours call Helpline at 1-800-852-3388.

New Studies Show Positive Effects of Home Visiting

New Hampshire Needs a Statewide Program

Two 15-year longitudinal studies, recently published in *The Journal of the American Medical Association* (October 14, 1998, Vol. 280 No.14), have shown the positive outcomes of home visit support during pregnancy and early childhood. These important studies, headed by David Olds, Ph.D., of the University of Colorado Health Sciences Center, compared outcomes between low-income, first-time mothers who worked with home visitors, to a similar group of mothers that did not work with home visitors.

Study Highlights Some of the most significant results showed that moms participating in a home visiting program with nurses during their pregnancy through their child's second birthday had:

- 30% fewer months of welfare after the birth of the first child;
- 79% fewer cases of child abuse and neglect throughout the years to the child's 15th birthday; and
- 69% fewer arrests among mothers.
- Over 2 year intervals between the birth of the first and second child;

Also, children in families that received home visits at the time of the study had:

- 44% fewer juvenile arrests;
- 58% fewer sexual partners;
- 28% fewer cigarettes smoked; and,
- 56% fewer days of consuming alcohol.

These findings clearly demonstrate that investments in effective home visiting programs pay off.

The Need for a New Hampshire Program New Hampshire does not currently have a program that identically replicates the home visit programs studied in this project. However, in recent years New Hampshire has seen growth in home visiting projects in many communities across the state.

In 1998, The New Hampshire Children's Trust Fund allocated 20 percent of its grantmaking budget to home visiting programs. Many of these programs are designed on the "Good Beginnings" model, which trains and deploys volunteer home visitors to families with newborns. The NHCTF also works closely with the Department of Health and Human Services, which has piloted comprehensive home visiting projects in Claremont, Littleton, and Wolfboro.

"The need to initiate a statewide home visiting program is clear," said Lisa Brennan, executive director of the NHCTF. "Now that we have data [the Olds Study referenced above] that definitively shows the cost-effectiveness of investing early in a child's life, perhaps the process for creating and funding such a program in New Hampshire has taken a step closer to becoming a reality."

If you would like to get involved... The work that needs to be done to create a statewide New Hampshire home visiting program involves education and advocacy in both the public and private sectors on the national, state, and local level. It also involves the development of philanthropic partnerships with businesses, organizations, and individuals who care about children and families in New Hampshire.

For more information on current home visiting programs in New Hampshire, the work currently being done to create a statewide program, and how you can help through a charitable gift, contact Lisa Brennan at (603) 224-1279.

Meet Christopher Maloney, MD



Christopher Maloney, MD, is the founder and Chief Cardiac Surgeon at the New England Heart Institute at the Catholic Medical Center in Manchester. He is also a Trustee of the New Hampshire Children's Trust Fund. Nominated to the Board of Trustees in February 1994, Dr. Maloney played an important role in the completion of the campaign to raise over \$500,000 — the private money necessary to receive a one-time matching grant from the state.

Dr. Maloney is not only interested in the fiscal stability of the organization, but in the programmatic side of the organization as well. "The NHCTF works on various fronts to raise awareness of the problem of child abuse. We are involved in public education efforts and family support initiatives, but we also provide financial assistance to programs across the state that work directly with families. I am particularly proud of the work we are able to do through our grant making process."

In addition to serving on the Board of Trustees for the NHCTF, Dr. Maloney also serves on the board of the Holy Land Foundation, a Washington-based organization dedicated to promoting Christianity in Jerusalem. Dr. Maloney, with his wife Wesley, raised six children. They enjoy their two grandchildren and are eagerly awaiting the arrival of three more. His personal interests include deep-sea fishing, golfing, and traveling.

"I am particularly proud of the work we are able to do through our grant making process."

The Spirit of El Rosario

by LISA BRENNAN

Learning

about

community

In March, I traveled with a group of nine other volunteers to El Rosario, a small town on the southern coast of Guatemala, to help the local Habitat for Humanity affiliate build four houses in the community. Ilse Scheller, House Manager at the Whole Village Family Resource Center, Plymouth, joined me from New Hampshire.

Our group was diverse: a director of an AIDS housing project, a retired electrical engineer, a theology student, a grandmother of six, a retired teacher, and several business people from the greater Boston area. While we set out to build houses, we returned two weeks later with some extraordinary experiences in building community.



During a work day with Rigaberto Duarte, he explained: "There are no government sponsored programs to help us here. We have to build our own houses, schools, and medical clinics. We take care of our parents and grandparents, our children and our neighbor's children."

Bricks, Mortar, and Cooperation: The Building Blocks of Community

Despite little economic opportunity, low levels of formal education, widespread poverty, and the recent devastation by Hurricane Mitch, the community of El Rosario thrives! Cooperation — and an organic sense of fairness and sharing — is fully integrated in the life of the community. Families are close, strong, and intact.

Everyone in the community is valued. There is a deep sense of responsibility among all adults in the community for all the community's children. The assurance of being "cared for" by the entire community shows on each child's face. The elderly, if childless, are cared for by neighbors and friends as if they were extended family.

The cooperative model extends to the housebuilding process itself, and the economy of El Rosario — while meager and borne of necessity — reflects what a small group of people working together can accomplish. The concrete blocks, cement, and other materials necessary to build the modest four-room houses of El Rosario are purchased with money from a revolving fund, which is managed by community members. Monthly mortgage payments are made to this fund. Labor is provided on the same principle: homeowner families volunteer their time in labor to help the next family complete their home. That family helps the next family, and so on. And when a new home is complete, the entire community celebrates!

"Helping each other here is not an option. It is a necessity for survival."

— Emerita Patricia Hernandez Duarte

Bringing It All Home...



The assurance of being "cared for" by the entire community shows on each child's face.

While I spent long days mixing cement and setting concrete blocks, the lessons of my two weeks in El Rosario have little to do with home construction. I returned to Concord with new questions about building authentic, self-sustaining communities, and new thoughts about bringing some of the spirit of El Rosario to my work in New Hampshire. Is it possible to build a more effective system of social and economic support for our families? How can we distribute limited resources more equitably and creatively — so that everyone has enough? And finally, how can we become more secure in the knowledge that when one of us succeeds, the entire community benefits?

From my perspective, family resource centers are among the most promising answers we have to these questions. They are places where — in addition to providing conventional social service programs — nurturing is valued, physical and emotional safety is paramount, diversity is celebrated, and caring for children is held in the highest esteem. Our family resource centers are places where success is not individualized, but is consciously linked to the wider community. We all benefit when; a single mom can leave her child in the hands of someone competent and caring, when employers pay decent, livable wages, when a teen dropout returns for his GED, or when a young mother learns how to read to her child.

The Biggest Lesson of All

The success of our young families, their children, and our communities can not be left solely in the hands of governmental assistance programs. When we allow this to happen, we miss the biggest lesson of all: That each one of us is responsible to work to create communities where children — and adults — are safe, and cared for.

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 New Hampshire 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
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E-mail: nhctf@conknet.com

Where's Your Center?

If you would like a list of the community and family support programs in New Hampshire that make up our Network, please call NHCTF at 224-1279. If your community does not have a family resource center, or activities that support family and parents, call the NHCTF for information on how to get one started!

REMEMBER THESE DATES

June 7, 1999 – Grantmaking day at the NHCTF

June 15, 1999 – Network NH meeting, Granite Bank conference Room (Loudon Road, Concord)

June 18, 1999 – Letters of notification for NHCTF grant awards mailed (for July 1, 1999 — June 30, 2000)

June 21 to 22, 1999 – *Family Support — Why It Makes Sense* Regional Forums. with staff from the Family Resource Coalition of America (call NHCTF for more information and locations)

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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