



# ALL in the FAMILY

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## From crisis to recovery

### Helping parents through their child's addiction

#### "Psycho-bitch!"

Not how you wanted to be perceived by your son. You were supposed to be Mom and Dad...his great providers, if not his superheroes. You were supposed to see him off to his first day of school. Be his tooth fairy. Coach him during Little League practice and cheer him on from the stands. Embarrass him in front of his prom date... taking far too many pictures from every angle. You were supposed to cry tears of joy at his high school graduation and tears of sadness when you send him off to college. Right?



#### Expectations

"Nobody gives birth to a child and expects to go through this," says Sharon, mother of four children, two of whom struggle with addiction to substances. "Now, I'm the 'psycho-bitch.'"

Sharon and her husband, Paul, are part of a parent support group facilitated by the Adolescent Substance Abuse Treatment (ASAT) program of Child and Family Services of NH. One of their sons, now a graduate of the ASAT program, was the first to enroll in it five years ago when the program began. At Tuesday night's meeting, seven parents met to share their week's experiences and offer up to one another support, inspiration, ideas, friendship, encouragement and hope.

The mix of parents around the table could resemble any Tuesday night PTO meeting. The parents who currently participate in group are your friends, neighbors, co-workers and care-givers.

They sit down with their families for dinner, they try to communicate with their kids and they talked with their kids early on about the dangers of drugs. They consist of business owners, medical professionals, educators, human service providers, corporate executives, and a few who are in transition and struggling financially, and they represent a cross section of married couples and single parents. While each family comes from a different walk of life, today, they all walk the same road...the road to recovery alongside a child who is struggling with addiction.

#### Discovery

"It's a humbling experience when you discover that your child is on drugs," says Barbara, who has been in group for three years, since her son was 17. "You wonder— how can you, as a parent, NOT know? It's possible. But even when you do know, you're still powerless.

"My son ran away every other month for two years. There were lots of drugs. He was arrested for selling marijuana and was on juvenile probation. When he turned 18, I let him go. He lived on the streets. He told me that for four months, he cuddled in the park with strangers to stay warm. STRANGERS!"

Stephanie's son started tampering with drugs when he was 14. As parents do, Stephanie watched her son like a hawk, trying to understand what was happening and figure out how she could help. "It was hard to know, initially, when he was using. The sweet Jake was the one on drugs, while the mean Jake was not. You would think it would be the opposite."

Barbara was also deceived, but by her son's good grades, "which seemed to get better when he was high." Then, she realized that he wasn't really absorbing the information and learning anything even though the perception was that he was functioning better.

Daniel and Nora discovered that while both of their daughters had experimented with substances, one in particular had a distinct problem. After observing changes in this daughter's academic, social and personal behavior, they realized that this wasn't just teenage rebellion, but their daughter's developing addiction. "It was her junior year of high school, when she started acting bizarre," says Nora. "She started skipping school. We found alcohol in her car, magic mushrooms, and noticed prescription drugs missing from the medicine cabinet."

"You don't want to be right about your suspicions," says Shelly, a mother of two sons who have substance abuse issues, "especially when you don't have concrete evidence that they're using, and you just have a feeling. So, I went into his backpack."

The eldest had everything going for him. He was getting high honors when within one year, lost his job, his girlfriend, almost flunked out of school and started running away. The younger son had things working against him... acne, ADHD and a reputation as being different, "for which I love him," says Shelly. He was just 13 when he started drinking, and by 14, he was snorting cocaine, taking pills, doing mushrooms and dealing. "Yet, he was never in trouble with the law—not for lack of trying. AND, in spite of missing (umpteenth) days of school his freshman year, he never failed."

In these times of discovery, all matters of trust are broken and families start to come apart at the seams. All your plans for your child change while you helplessly witness his free-fall and realize that you may not be able to stop him from falling, but just be there to pick him up when he does. You ask, "Did I not hug him enough, or maybe too much? Did we have the talk too late...too early?" And you rationalize that your child is not a bad kid, but a kid with a bad problem.

It was a revelation when Shelly realized her dubious distinction: "I didn't want my son to hang out with a certain kid...the 'bad' kid, at the drug house...not realizing that I AM the drug house."

# CFS PHOTO GALLERY

Bank of America once again sponsored a Red Sox Youth Baseball Clinic at Fisher Cats Stadium for local kids from various nonprofit organizations. The event took place on August 13th from 9:30am-12:00pm and featured six different stations with Fisher Cats and other distinguished baseball personalities providing instruction on everything from pitching to catching to batting to base running. The kids received t-shirts, autographs and a visit from Red Sox legend Bill Lee (i.e. "Spaceman")!



The Permanency Solutions team: L to R - Wesley, Tyler, Red Sox legend Bill Lee, Trever and Josh.



Trever shows off his Bill Lee autographed baseball.



Samantha practices her swing.



Tyler and Heather Rich (CFS Permanency Solutions case manager) enjoy the day.



**Recreation Day at Rollins Park.** Throughout the summer, CFS stages rec days for youth from several CFS programs including Permanency Solutions, Integrated Home Based Services, Day Treatment and the CFS Group Home. The youth get to engage in a range of outdoor activities along with CFS program staff and others who work with youth and their families, including local juvenile service officers and other law enforcement professionals. Pictured here (L-R): Nicole (CFS Group Home resident), Wil Day (CFS Permanency Solutions staff), Amy Lambert (Juvenile Probation & Parole Officer of Concord), Jesse (CFS Group Home resident) and Lynn Newbegin (CFS Group Home staff).

## Putting *FORE* children and families

The CFS Seacoast Regional Board brings families and friends together to raise awareness about Child and Family Services in the eastern part of the state.



Andrew, from Fremont, NH, brings a friend to the Seacoast mini golf event, a day of family fun in the sun for a good cause!



Dylan, Aidan and Cece, enjoy the Seacoast mini golf event to benefit local children and families in need.



Taylor and Max from Rye won the door prize...a brand new shiny red and black bicycle at the Seacoast mini golf friend-raiser event.



CFS Seacoast board members, Mary Keohan Ganz, Craig Standish, Kerry Wiley (CFS staff) and Dave Richards helped to stage the 2nd annual Putting *FORE* Children and Families at Sagamore Hampton Golf Center.



Sharon Miville (CFS staff), with family members, Heather, Connie, Phil and baby Emily, enjoys some friendly family competition for the cause!



 Child and Family Services

**A private nonprofit serving children and families since 1850**

All in the Family is a publication of Child and Family Services. CFS is accredited by the Council on Accreditation of Children and Family Services, licensed by the State of New Hampshire as a child-placing agency, a founding member of the Child Welfare League of America and a United Way funded agency.

### Child and Family Services

Statewide Headquarters  
464 Chestnut Street  
Manchester, NH 03101  
phone: (603) 518-4000  
fax: (603) 668-6260  
www.cfsnh.org

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Child and Family Services is an independent nonprofit agency dedicated to advancing the well being of children by providing an array of social services to strengthen family life, and by promoting community commitment to the needs of children.

## FROM THE PRESIDENT

As pioneers in the areas of human service and social responsibility, Child and Family Services has literally broken new ground with the construction of the first green supportive housing initiative in New Hampshire.

For many years, CFS has worked with young adults, ages 18 to 22, to enable them to live independent and productive lives. Through our Transitional Living Program, a federally funded initiative, we've been able to provide housing and supportive services to approximately 380 homeless youth and those transitioning out of foster care, each year. For the past 15 years, CFS has been one of the only agencies in New Hampshire to provide such services.

In recent years, this area of CFS programming has expanded and progressed to meet the growing need and demand for services that reach out to this often overlooked population. Young people in this age group are on the threshold; they are not minor children, so they don't qualify for children's services, yet they are embarking on adulthood, most often (in the cases we serve) against all odds – with no family supports, no home, no money, limited education and no clear comprehension of what it means to be a responsible, self-sufficient adult. Once they turn 18, they have lost even the safety net that was provided by the state, and many will end up on the streets or in jail and at risk of becoming public health hazards and general burdens to society. As part of its mission, Child and Family Services seeks to turn things around—to improve these young lives and optimize each new generation's chance for success and happiness.

Today, CFS has five TLP homes throughout the state: Concord, Dover, Littleton and Manchester. Costs of maintaining this program are contingent upon New Hampshire's housing market and other costs of living. We particularly noticed the crunch in Manchester, where we have been renting two facilities for years. Thus, after much research by the CFS Manchester regional board of directors and staff, we determined that it was time to change our way of thinking. It was time to think big. Think long-term. Think outside of the box. Think green.

So, we let go of one of the rentals and after a long search, found and purchased our own property upon which we could better control our costs while increasing our capacity for residency; a smart move, economically, and ecologically, too.

This new TLP home will be LEED certified – a “seal of approval” of sorts, bestowed by the U.S. Green Building Council, stating that we have met the highest standards in building an environmentally friendly home. Our “green” home will use less energy, water, and natural resources; generate less waste; and provide a healthful and more comfortable atmosphere for the occupants.

In building “green,” we will, over time,

*“In our every deliberation, we must consider the impact of our decisions on the next seven generations.”*

*From the Great Law of the Iroquois Confederacy*

have succeeded in saving money AND the environment; two lessons that are important for our TLP residents to learn.

Through this project, residents will gain a higher consciousness about how they fit into the world, and take responsibility for it. They will learn about recycling, conserving, and living in balance with nature. In addition to all these new lessons, they will practice the ancient art of day to day living: how to apply for a job, balance a checkbook, cook and clean and live within their means, finish their education, gain important life skills, access community resources, develop a stronger sense of self, make better choices, and have the stuff they'll need to pursue their dreams.

The TLP program is designed to be helpful while challenging and encouraging young people to reach their full potential. The program provides a supervised apartment as well as an education curriculum, and has very high expectations: no alcohol, no drugs, no overnight guests, no illegal activities, and always a practice of respectfulness toward other residents and neighbors. Clients are expected to go to school or work, full time, and pay 1/3 of their income to rent. It is this combination of opportunity and responsibility that forms the basis of community life.

Young adults have struggled with independence since the beginning of time, and those who've missed out on basic family support and nurturing through most of their formative years are at the greatest disadvantage. This new TLP project will add a new dimension to the TLP objective to “provide safe, stable housing and supportive services” to young people in need, and will enhance each resident's view on what it means to become an independent, responsible and empowered adult!

*CFS gives special thanks to Bob Frasier of the N.H. Housing Finance Authority who helped to make this new TLP project a reality, and to the many school districts, youth development professionals and law enforcement officials who believe in our young people and refer them to the Transitional Living Program.*

Mike Ostrowski



President/CEO

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## CFS Office Locations

### Manchester Office Statewide Headquarters

P.O. Box 448  
464 Chestnut St.,  
Manchester, NH  
03105  
800-640-6486 or  
603-518-4000  
Fax: 603-668-6260  
www.cfsnh.org email:  
info@cfsnh.org

### Teen Resource Center

P.O. Box 448  
404 Chestnut St.,  
Manchester, NH  
03105  
800-640-6486 or  
603-518-4000  
Fax: 603-668-6260

**Claremont Office**  
35-37 Crescent St.  
Claremont, NH  
03743  
603-298-8237

### Colebrook Office

107 Main St.  
Colebrook, NH  
03576  
603-237-4884

### Concord Office

103 No. State St.  
Concord, NH  
03301  
603-224-7479

### Group Home

238-240 N. Main St.  
Concord, NH  
03301  
603-224-9313

### Derry Office

48 West Broadway  
Derry, NH 03038  
603-432-8362

### Exeter Office

9 Hampton Rd.  
Exeter, NH 03833  
603-772-3786

### Franklin Office

841 Central St.  
Franklin, NH 03235  
603-934-4885  
Fax: 603-934-1465

### Lancaster Office

25 Main Street  
Lancaster, NH  
03584  
603-788-4172

### Lakes Region Office

95 Water Street  
Laconia, NH 03246  
603-524-5835

### Littleton Office

28 Lafayette Ave.  
P.O. Box 677  
Littleton, NH 03561  
603-444-0418

### Nashua Office

22 East Pearl  
Street  
Nashua, NH 03060  
603-889-7189

### Portsmouth Office

1 Junkins Ave.  
Portsmouth NH  
03801  
603-433-3109

### Upper Valley Office

3 Atwood Ave.  
W. Lebanon, NH  
03784  
603-298-8237

### Camp Spaulding

125 River Road  
Penacook, NH  
03303  
603-753-9337  
www.campspaulding.org

# CFS goes LEANER and GREENER

Agency leads way in social responsibility with new TLP building project



Steve Clayman of the CFS Manchester board; Gale Starr, VP of Teen Services for CFS; Josh Wright of the CFS Manchester board; Bob Frasier, N.H. Housing Finance Authority; George Hickey, architect.

In light of the New Hampshire housing market and the long-term goals of independent living programs for our state's young people, AND fueled with heightened environmental awareness, Child and Family Services recently purchased property on Union Street in Manchester and has begun building a brand new green house for the Transitional Living Program, a program that provides supportive housing and a range of vital services to disadvantaged young adults who are striving toward independence.



Paul Bliss of Gary Chicoine Builders; Jen Chisholm, Gale Starr and Amy Pepin of CFS teen services.

The new construction project is happening in partnership with N.H. Housing Finance Authority, and upon completion, will be LEED certified, an honor bestowed by the U.S. Green Building Council for projects that are environmentally friendly. This will be the first undertaking of this kind for N.H. Housing Finance Authority.

LEED for Homes is a voluntary rating system that promotes the design and construction of high performance

“green” homes. A green home uses less energy, water and natural resources; creates less waste; and is a healthier and more comfortable environment for the occupants. Benefits of a LEED home include lower energy and water bills; reduced greenhouse gas emissions; and less exposure to mold, mildew and other indoor toxins. The net cost of owning a LEED home is comparable to that of owning a conventional home.

According to Bob Frasier of the N.H. Housing Finance Authority, there are fewer than 50 LEED certified homes in New Hampshire, while California has 1500. With an elevated sensibility about the importance of living in deference to the environment, Frasier says, “The N.H. Housing Finance Authority is now taking a proactive stance in green building,” and proudly adds, “Child and Family Services’ TLP home is the prototype for this!”

Frasier continues, “The site we chose is ideal for LEED certification; it is a preferred location with an existing infrastructure – other houses around, parks nearby, community services within walking distance and with easy access to public transportation. The garage that was on the site was torn down and recycled.”

The new TLP home will sit on a quarter-acre lot landscaped with on-site water retention and drought resistant plantings. It will be a multi-story dwelling with four apartments that will accommodate ten residents and two resident advisors.

“Much like CFS has to stay ahead of the curve in providing state-of-the-art services, so do we in our industry,” explains Frasier. “Here, we are on the cutting edge of social progress and environmental protection.”

Because of the nature of this project, many local businesses are stepping in to help. The architect for the new building is George Hickey of Sanbornton, while the engineer is LaBombard Engineering LLC of Brookline, NH, and the building contractor is Gary Chicoine Construction Company, Inc. of Weare. Danuta Drozdowicz of Fore-Solutions is the provider and liaison for LEEDS certification and Bruce Bennett of GSD Associates is the LEEDS rater. Key-span, PSNH and Paradigm Windows of

Portland, ME, are among the first to contribute, through donations of product, service or money, to the project. CFS hopes that other local businesses will step forward to help furnish the interior of the house and provide the finishing touches that will make the house a home.

“You know, I lived in an orphanage when I was a kid, so I have a soft spot for Child and Family Services and the work you do. When you folks came to me to talk about this project, I was on board. Good people at CFS. Really good people!”

“As I get older in life, I realize how short life is,” Frasier continues. “I learn something new every day and I think it’s important to engage in projects like this one that make such a big difference in young people’s lives and in the well-being of our community.”

The TLP home will be completed by the end of November. Projected move in date is December of 2007. To find out how you can help, contact the CFS development office, 603-518-4130.

The CFS Transitional Living Program is a voluntary 12 – 18 month program that helps young adults to develop life skills that will foster self-sufficiency and reduce the risk of future homelessness. TLP offers a full spectrum of independent living services, including help with education, job skills training, nutrition and safety, money management, problem solving, legal rights, home maintenance, career exploration and learning social skills, developing healthy relationships and building self-esteem.

The program is supported in part by the U.S. Administration for Children and Families and the U.S. Department of Housing and Urban Development.

New Hampshire Housing Finance Authority is a nonprofit public benefit corporation established by the state legislature. The Authority operates a broad range of programs designed to assist low and moderate income persons and families to obtain decent, safe and affordable housing.

## WHAT ARE THEY THINKING?



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Child and Family Services

www.cfsnh.org

# New homes for CFS Headquarters, Teen Resource Center



Child and Family Services of NH recently purchased property on 464 Chestnut Street, Manchester, previously the Granite State Credit Union building, and at the time of this publication, renovations are underway with plans for the CFS headquarters to move out of 99 Hanover Street and into this new facility on September 28. On the heels of the headquarters' move, the Teen Resource Center will move across the street, from 404 Chestnut, into the 99 Hanover Street building. The moves are taking place to accommodate the agency's growth in programming and expansion of services, and to better serve clientele. As well, ownership of these two sites serves as an economically sound investment in the future of CFS.

In the new 20,000 square foot building, the new CFS headquarters will house all the administrative departments including the offices of the CEO

and COO, accounting, development, communications, IT, quality assurance, human resources, business staff and statewide call center. It will also serve as home base for several direct service programs including counseling and therapy; family support, strengthening, empowerment and preservation services; adoption; parent education; child abuse prevention, intervention and treatment; elder care; early childhood health support; pregnancy counseling; foster care; and information & referral as well as the child advocacy program.

The Norwin S. and Elizabeth N. Bean Foundation, which provides financial support to many charitable organizations throughout New Hampshire, will rent and occupy space within this facility.

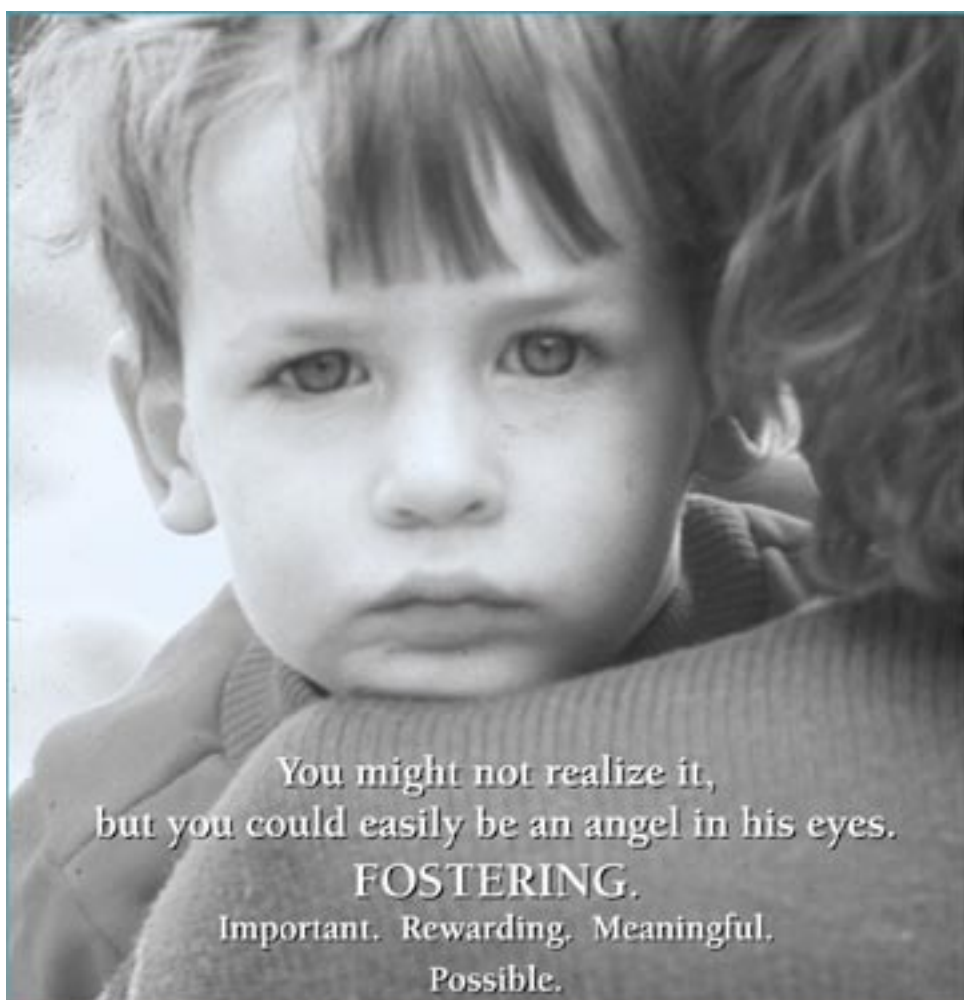
For the next 18 months, CFS will share the 464 Chestnut Street location with Granite State Credit Union, which will occupy the south side street level of the building where it will continue to provide full financial services to its members.

The Teen Resource Center will house program staff for the Street Outreach, Transitional Living, Adolescent Substance Abuse Treatment, Runaway & Homeless Youth, Tracking, Integrated Home Based Program, Therapeutic Day Treatment and School Social Work programs. It will also feature the drop-in

center where runaway and homeless youth can go for crisis care and for access to an array of services including life skills training, tutoring, counseling, job skills training and family intervention services as well as have access to a food pantry, showers and a clothing closet.

Both CFS Manchester office locations are on the local bus routes and are within walking distance to downtown. The new location on 464 Chestnut also includes free parking spaces for clients, separate entrances and program pods for client privacy and comfort, enhanced handicap accessibility that includes an automated entrance and elevator, and environmentally appropriate meeting rooms to better accommodate group therapy sessions, supervised parent-child visits, family workshops, professional development seminars, volunteer activities and board meetings.

Renovations are being made by Cobb Hill Construction. An open house will be scheduled to happen later this year. New contact information for these CFS sites is as follows: Child and Family Services HEADQUARTERS, 464 Chestnut Street, P.O. Box 448, Manchester, NH, 03105; Child and Family Services TEEN RESOURCE CENTER, 99 Hanover Street, P.O. Box 448, Manchester, NH 03105. The main telephone number for both sites is 603-518-4000; main email address is info@cfsnh.org.



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Child and Family Services

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## Children of the Permanency Solutions program tour WMUR



Elizabeth practices giving a weather forecast at WMUR. It was like a dream come true for her, and one she won't soon forget!



Foster children and other youth from CFS family support programs take a field trip of dreams. Pictured here: Heather Rich and Amber Snedeker (CFS), Kevin Skarupa (WMUR), Wesley, John and Elizabeth (Permanency Solutions youth), Wil Day (CFS), Joe (PS youth), Julia Lamb and Tim Betty (CFS).

A group of children from the Child and Family Services Permanency Solutions program recently toured the WMUR TV studios and what a thrill it was for them! Many of them are avid viewers and huge fans of channel 9.

The idea to tour the studio started when 15-year old Elizabeth showed an interest in the weather and her case worker, Amber, set up a visit to WMUR.

Elizabeth says that when there's a storm brewing, she knows it. When asked if she studies the maps as meteorologists do, she said "No, it's just a gift."

Well, this gift has prompted her to watch the news every day. Her science teacher last year was Mr. (Rick) Gordon, previously of WMUR, so when she found out that meteorologist, Kevin Skarupa, was hosting the tour, she was very excited. "My mom says I'm pretty good at the weather; I should be a meteorologist."

Elizabeth loves to read about the weather, and her other interests include: swimming, studying spiders, Star Trek and Orlando Bloom – she's his biggest fan.

After the tour was complete, Elizabeth said "That was fun! Can I visit again and bring my mom?"

For Elizabeth and the other Permanency Solutions youth, this tour brought forth sunny smiles, a bright forecast and the inspiration to reach for the stars.

# THE ART OF PHILANTHROPY

## Year-end tax checklist

It's never too early to start your year end tax planning strategy. Here are some tips for you to consider.

**Load up on deductions.** If you used the standard deduction in 2006, strive to "itemize" your deductions from 2007. Look into prepaying some deductible expenses for 2008 in late 2007. You might want to make both your 2007 and 2008 charitable contributions before the end of the year. You also may be able to prepay 2008 real estate taxes in 2007. If you were able to itemize deductions for 2006, review last year's Schedule A with an eye to maximizing those deductions for 2008.

**Postpone some income.** If you plan to sell property before year's end, consider an installment sale that defers some taxable income into the future. The capital gains tax rate is scheduled to drop to zero percent in 2008, 2009 and 2010 for taxpayers in the 15% and 10% tax brackets, which could make it more appealing to sell appreciated securities after 2007. Long term, consider investing in U.S. savings bonds, which give you the option of postponing taxation of interest until you cash the bonds.

**Give stock for college expenses.** If you give highly appreciated stock to a child in college, the child can sell the stock before the end of 2007 and generally owe capital gains tax at only a 5% rate (vs. 15% for a parent). Starting in 2008, however, the "kiddie" tax will apply to most full-time college students under age 24 and all children under 19, causing investment income over \$1,700 to be taxed at the parents' tax rates.

**Review your portfolio.** Consider selling securities that have gone down in value and use your capital losses to offset any capital gains from the sale of profitable investments. Excess losses can be deducted against ordinary income up to \$3,000, and surplus losses can be carried over and deducted in future years. Wait at least 30 days before buying back stock or your deduction will be postponed.

**Fully fund your retirement plan.** Contribute the maximum that's deductible—certainly any amount that is matched by your employer. The 2007 limit on 401 (k) plans is \$15,500 plus another \$5,000 for employees age 50 or older. The IRA maximum is \$4,000 plus an extra \$1,000 for workers age 50 and above.

**Get the most from your charitable gifts.** Gifts of appreciated stocks let you "double up your tax savings. Gifts can also be planned that provide lifetime income, to you or others, that may be higher than what you are currently receiving from investments or savings—plus a big deduction. If you are aged 60 or over, look into charitable gift annuities. Call us for more information 800-640-6486, extension 4130.

## IRA gift opportunity expires 12/31/07

Only a few months remain for donors over age 70 1/2 to make charitable gifts through their IRAs or Roth IRAs.

The 2006 law allows people age 70 1/2 and older to instruct IRA trustees to make transfers to organizations they support without incurring taxable income on those amounts. Up to \$100,000 can be given, but only through the end of 2007 (unless Congress makes this opportunity permanent during this session).

No income tax deductions are available for IRA gifts, but IRA donors save taxes anyway because their gifts can replace required minimum distributions that are 100% taxable.

NOTE: The IRA trustee must transfer all gift amounts – you should not make withdrawals yourself and then write checks to charity.

## The CFS corporate connection



Mike Warmington, President of the Gilford Rotary, presents CFS development director, Ruth Zax, with a check for \$1,000 to help send Gilford area children to Camp Spaulding.

CFS programs benefit daily from the generosity of a number of corporate partners. No time is that support more generous than when camp is in session. Not only do businesses come forward with campership funds to make it possible for any family to send their child to camp, no matter what their financial status, but we consistently receive goods and services that make each child's camping experience a positive one.


CFS offers thanks to *Bruss Construction Company*, which donated materials and the installation of a concrete fire ring in front of the Tom O'Connor Recreation Center; *Boyd & Steiner Dental Associates* for donating tubes of toothpaste; *Cirtronics Corporation* for the fourth year of camp kits (sleeping bags, towels, flashlights and all the basic necessities to survive two weeks of camp); and to the *Timberland Corporation* for donating the Cinch Sacks for the camp kits and for 50 pairs of sneakers in kid sizes.

CFS also thanks Cirtronics and New Balance for providing campership funds that supported two cabins of campers this summer for two weeks—20 campers in all—and to the NE Sanitary Supply Company for making Camp Spaulding the beneficiary of its annual golf tournament, which helped support this summer's programming.

Camp Spaulding is not the only beneficiary of this corporate generosity. The Street Outreach program received 50 dental hygiene kits to distribute to kids who visit the center, courtesy of *Boyd & Steiner Dental Associates*; a van full of hats, clothing, outerwear and blankets, donated by *Embroidery Plus*; three deliveries of non-perishable foods made possible by *UPS*; cash contributions toward the food pantry, through the generosity of *Cirtronics*; and boots and backpacks for the clothing closet, courtesy of *Timberland*.

*Company C* donated carpet squares to the Parenting Plus program in Concord. Permanency Solutions, the Group Home and the Transitional Living Program all benefited from the incredible generosity of *Timberland*, which donated footwear and suitcases and duffels.

Thanks to a grant from the N.H. Charitable Foundation to Kids in Distressed Situations, (K.I.D.S.), all our North Country programs and a number of our partners in Coos and Northern Grafton County will receive deliveries of books, back to schools supplies, backpacks and clothing from national retailers working through the K.I.D.S. nonprofit. Through this partnership, thousands of dollars of products will be delivered to the poorest areas of New Hampshire over the next six months.



**Be a CFS angel.  
Give and you shall receive.**

A gift annuity to CFS provides you with rewards for a lifetime.

- Immediate tax deduction
- Fixed and secure annual payments for one or two people
- Satisfaction of helping children in your community
- Membership in the Children's Aid & Protective Society.


For more information, contact Ruth Zax at 800-640-6486 x4130 or [zaxr@cfsnh.org](mailto:zaxr@cfsnh.org)

**CHARITABLE GIFT ANNUITY**

**Two-life Charitable Gift Annuity rates: \$10,000 gift illustration**  
(actual rates may vary slightly from illustrations)

Ages	Rate	Annual Income	Tax Deduction*
65 + 70	5.7%	\$570	\$3,289
70 + 75	6.1%	\$610	\$3,659
75 + 80	6.6%	\$660	\$4,125
80 + 85	7.3%	\$730	\$4,632

If you make a gift annuity commitment now, but delay the payments to a later date, perhaps as a supplement to other retirement benefits, the payment rate and corresponding income and tax deduction will be higher than the illustration.



**Child and Family Services**

## Create a permanent annual gift

### Give twenty times your annual gift

Have you ever wondered if it was possible to continue your Annual Fund giving forever? That question comes up from time to time, so we thought it would be helpful to remind you that there is a simple way to do just that through The Founders' Fund, an endowed annual gift program.

You can endow your gift forever, by placing a provision in your will designated to be added to the CFS endowment or by making an outright gift in your lifetime that is twenty times your current annual gift.

If your annual gift is \$100, 20 times that is \$2,000. If you give \$200 annually, the 20 times formula means your gift should equal \$4,000. You can establish the fund now, or do it through your estate. If the permanent fund earns at least 5% per year, the bequest will provide the desired gift amount. This annual income will continue forever and possibly grow over time because the return on the CFS permanent fund continues to exceed the 5% return each year.

The H family consistently gave \$100 to the Circle of Friends campaign. They established an endowed annual gift fund 10 years ago with an outright gift of \$2,000. Today that gift is valued at \$4,600 and generates an annual gift of \$220. Each year, the H family is listed in our annual report as giving to the Annual Fund. These gifts will continue in perpetuity, helping children, youth and families who turn to CFS for years to come.

Any donor who establishes an endowed annual gift becomes a member of the NH Children's Aid & Protective Society, as a donor who has created a legacy gift. For more information, contact the development office, 800-640-6486, ext 4130.

## Recent grants/foundation gifts

Child and Family Services is the grateful recipient of **\$166,401** in charitable contributions from charitable foundations and trusts since our last newsletter. We are grateful for this incredible generosity that enables Child and Family Services' staff to reach into communities throughout New Hampshire and central Vermont, filling unmet needs of children, youth and families while being on the cutting edge of implementing new strategies to tackle tough problems that threaten the well-being of child and their families.

The following grants have been received since the last issue of *All in the Family*:

**Concord Region:** Concord Hospital - *Healthy Families Program*; NH Charitable Foundation - *Parenting Plus*; Cirtronics Corp, New Balance Foundation, Americans Helping Americans - *camperships*; Oleonda Jameson Trust - *golf carts for Camp Spaulding*; LaVoie Foundation - *Equine Program*

**Derry:** Alexander Eastman Foundation - *Camp Spaulding*

**Lakes Region:** New Hampshire Charitable Foundation - *Belknap County Adolescent Substance Abuse Treatment Initiative*; Samuel P. Pardoe Foundation - *Lakes Region educational symposium and community forum on issues impacting children*; Annette Schmidt Foundation - *Enrichment activities for children*

**Manchester:** Agnes Lindsay Trust - *camperships*; Monarchs Care - *Adolescent Substance Abuse Treatment Initiative*; New Hampshire Charitable Foundation - *Parenting Plus*

**Nashua:** Rotary Club of Nashua West, St. John Newman Catholic Community, NH Charitable Foundation - *Parenting Plus*

**North Country:** Tillotson Foundation - *Families Connecting*; Women's Fund of New Hampshire - *Littleton Transitional Living Program tool kit for employment readiness*

**Upper Valley:** Upper Valley Charitable Foundation - *Community forum on adolescent brain development & risky behavior*

**See special charitable bequest feature, page 13**

## Memorial Gifts

It is with great appreciation that Child and Family Services accepts these recent gifts from the following individuals and organizations who have chosen to remember a friend, colleague or family member with a memorial gift to our Annual Fund.

**Thomas Addison**  
Mrs. Thomas (Sally) Addison

**Charlene Arcidiacous**  
Rowland & Ferne Schmidtchen

**Robert Bergeron**  
Stella J. Scheckter

**Joseph Comerford**  
Patricia Comerford

**Clayton Durrell**  
Roy & Juanita Pierce

**Laura Gauthier**  
Her six-year old daughter

**Irene A.S. Hadfield**  
Don A. Hadfield

**Michael P. Hall**  
Charles A. DeGrandpre, Esquire

**Mrs. John M. Heafield, Jr.**  
Lucy H. Hall

**Pamela Douglass Hutchins**  
Barbara D. Weeks

**Bernice Johnson**  
Lois D. Henson

**Kathleen Judge**  
Lois Cappellano  
Mr. & Mrs. John O. Carpenter

**Ruth Krenn**  
Mr. & Mrs. Warren Edmonds

**Dorothy B. Lightfoot**  
J. Howard Lightfoot

**Albert Mattison**  
Jacqueline S. Fineblit

**Stephen and Harriet Moskos**  
Anne Attalla

**Oliver Nelson**  
Dr. & Mrs. Richard Burack

**Mary O'Connor**  
Arlene F. O'Connor  
Mr. & Mrs. Joseph Carmody  
Mr. & Mrs. Bernard McIlwain  
Mrs. Mary Gardner  
Dick & Fran Cheurefils  
Mr. Devin L. O'Connor  
Mrs. Judith A. Robidoux  
Tom & Ruth Wilkinson  
David & Donna Conlon  
Betsy & Stan Rice  
Mrs. Lucy Labella  
Mr. Edward M. Ted Roy  
Mr. & Mrs. James J. Lima  
Lynn English High School  
Ms. Flora L. Sucharewicz  
Ms. Alma E. Smith  
Ms. Deborah E. Marks  
Ms. Emma & Cathy O'Connor  
Mr. Bob Casey  
Mr. Charles & Mrs. Rita Labella  
St. Thomas Aquinas Sodality Women's Club  
Ms. Mary F. Audley  
Ms. Marie C. Martin  
Ms. Pamela K. Motley  
Ms. Mary E. Sucharewicz  
Lynn Housing Authority  
Ms. Nancy J. Ross  
Mr. Kenneth L. A. Gavin  
Ms. Freda Spiro  
Mr. & Mrs. John P. Quinn, Sr.  
Joan & Jennifer Dubis  
Mr. Brendan O'Connor  
Mr. & Mrs. Donald Melanson

**Chris Peters**  
David & Shirley Alessandroni

**Janet M. Rahn and Ralph H. Wood**  
Charles A. DeGrandpre

**Bette Rycroft**  
Arlene F. O'Connor

**Olivette G. St. Hilaire**  
Mr. Paul St. Hilaire

**Richard O. Blanchard**  
Mrs. Richard O. Scheckter

**Darlene J. Sederquist**  
The Sederquest Family

**Becky Spitz**  
Jane Lavigne

**Jayne Steinman**  
Monica & Donald Petersen

**Dorothy Sundgren**  
Mr. & Mrs. Erville H. Smith

**Tom Taft**  
Robert Taft

**Roxanna Hood Tillotson**  
Beverly Jones

**Theodore Wadleigh, Esquire**  
Jacqueline Fineblit

**Bud Wilkins**  
Salvatore & Glynnis Perruccio

## Honorary Gifts

The following individuals have been honored by a friend, colleague, family member or organization with a gift to Child and Family Services in recognition of that individual's achievement or special occasion.

**Peg Brown**  
Anonymous

**Sylvia Detscher**  
Jane Brewer Foster  
Chuck & Julie Burwell


**Diane McPhee**  
Virginia Lamontagne

**Diane Molkentine**  
Chris Jacobs  
Amy Razzaboni

**Arlene O'Connor**  
Carol J. Birch


**David M. Rowe**  
Mr. & Mrs. Earl A. Rowe

**Upper Valley Transitional Services**  
Gary Cassidy



**GIVE**

How wonderful it is that no one need wait a single moment to start to improve the world.  
*Ann Frank*

 Child and Family Services  
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# ONE WEEK AWAY

A photo feature by Kim Walker, Concord Monitor

*Mariah Howard, 9, of Danbury, took a big step this summer: attending sleep-away camp for the first time. Featured here are photos documenting Mariah's experience at Camp Spaulding and the perspectives of Mariah and her mother, Jennifer Greenwood, in their own voices.*



**Mariah Howard describes her recent experience as a first-time camper at Camp Spaulding in Penacook.**

My name is Mariah and I'm 9 years old turning 10. This is my first year at camp - Camp Spaulding. I'm from Danbury, N.H. I go to Sant Bani and I'll be in fourth grade.

At my school, everybody had gone to sleep-over (camp), and I never felt how that felt. It sounded pretty fun.

When my mom and my dad were about to leave me, I got really scared and started crying. It was my first time leaving my family. When I very first got there and (was) doing the sign-up stuff, I was like, "Uh-oh, this don't sound so good."

I sleep at my best friend's house, but I can trust their parents, and my mom can trust their parents, so I'm fine with that. Camp for a whole week is scary for me.

I had been to camp but not a sleep-over camp. It was just a day-care camp, and it was just right across the street from me. So all I had to do if there were any problems was just walk across the street. My mom is an hour away from here.

My dad cried. He never really cries; he usually just walks away. I never saw him cry before, and it was pretty cool.

When they left, I got really upset. I just went up on my bunk bed. My mom gave me this teddy bear, so I just took that with me. I was like, what's going to happen next? I was afraid that nobody would ever like me.

I said I want to go home, but my mom said no.



*I was afraid that nobody would ever like me.*

I met everybody in my cabin and it's pretty cool. I never knew I was going to make that many friends. People started talking to me and I felt, like, okay, now I don't have worry anymore. People asked if they wanted to be my friend, and I'm like, okay. I forgot all about my parents, and I had wicked fun.

I learned archery, which I think is pretty cool. Who would do archery? It's my very first time, so it was a little hard for me, but I got two in all by myself. I think I'm going to get myself a bow and arrow.

The catwalk (high ropes course) was really scary. I freaked out when I got up there. You have to climb up this tree, and you always feel like you're going to fall down. When I got up to the top, I got even more scared. I can't believe I did that. Then everybody started cheering for me and then I felt like I'm okay, I'm still alive. As long as I'm alive I'm okay.

I like everybody in my cabin, and my counselors are very nice. They let us raid the kitchen. All of us had bags and we were grabbing stuff. We got a whole box of ice cream. I had a plate of cookies. I was like, "Whoo-hoo!" Whose camp would raid the kitchen? We did.

I think I changed by making new friends. When I was little I was very shy. (Also) I learned how to live with other girls. I'm not used to that, because I have my own room and my own bed. We all had to work together, and I'm usually in my room doing everything by myself.

(I'm) kind of sad about leaving camp, but I'm not crying that much anymore. If I stay somewhere too long, I get used to the place and get really sad. I don't want to leave, and I do want to leave. My mind's like, "Stay here, have more fun. Forget about your family." My heart's saying, "Just go see your mom and dad; you'll be here next year."

My sisters get annoying and, I can't believe I'm saying this, but I miss them. My mom said that they miss me too. When I get home, we're going to go shopping for me for school. Then we're going to go on a canoe trip just to celebrate me coming back home. They're all glad that I'm going to be back home.

I would go to camp again. I would love to. I would come for two weeks. I'm not scared anymore. She (mom) said if you like it you can come for two weeks. She'll probably get used to me being gone.



**Jennifer Greenwood talks about how she felt sending her oldest child, Mariah, off to camp.**

The day I dropped her off, I was skeptical. I'm such a mother hen. Mariah's my first; I have a hard time letting my oldest grow up.

Walking her to her cabin and watching her get her bed ready, I really wanted to cry, but I figured if I stayed strong it would make her feel confident and secure.

When I walked away, I did not leave. She was crying and upset when I left (her), so I wanted to make sure she was fine. I just kind of roamed around and talked to a few counselors. I wanted to make sure everything was going to be okay, so I waited for 20 minutes and then I finally left.

We cried when we left.

Being a parent in this day and age, it's difficult because you're always worried about harmful things (happening) to your child. It's hard letting the child go, trusting it to strangers. I think Camp Spaulding pull(s) it off. They'll go the extra



mile for your child if need be. To have a child in one week and having them crying (about leaving) at Day 6 - it's amazing how they work that magic.

I got no letters from Mariah while she was gone. I went the whole week without knowing anything about her. Not knowing if she was having fun, if she was okay. Any person that came across me, I was like, "I wonder if she's all right, I

*I thought that she'd definitely grow as a person, and she did.*

wonder what she's doing now." Everybody was laughing at me.

I wanted Mariah to go to camp because I thought it'd be good life experience for her. To meet new people, have new experiences, (and) kind of give her some space

to be 9. I thought that she'd definitely grow as a person, and she did. I think this was a fantastic experience for Mariah.

I definitely would let Mariah go to camp again. I think that the more (summers) she goes, the more she will get out of it and become a stronger, independent person. I'm okay with her only going one week; I don't think I could handle two yet. One week is fine.

**SAVE THIS DATE**

Thursday,  
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2007  
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**PROTECT  
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CHILD**

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and  
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Child and Family Services of NH**

Amoskeag Ballroom at Fratellos, Manchester, NH

Email [info@cfsnh.org](mailto:info@cfsnh.org) if you wish to be included on the official invitation list.

 **Child and Family Services**

## CFS appoints Cohen, SVP



Ron Cohen, new SVP

*"With a history in clinical practice, residential services for adolescents, substance abuse treatment, inpatient and outpatient work, nonprofit customer service and two decades of management and operational experience, this person is primed to be a leader at this organization," says Mike Ostrowski, President/CEO of Child and Family Services.*

Child and Family Services recently appointed Ron Cohen to the position of Senior Vice President / Chief Operating Officer. In his role, Cohen will carry out the mission of CFS to advance the well-being of children and families by providing leadership to the direct service program staff of 280, and to the boards of directors and trustees as well as the human service community.

Cohen comes to Child and Family Services with a multi-faceted career that spans over 20 years in the fields of social services and high technology.

After graduating from Northeastern University with a degree in physics, and a minor in psychology, Cohen worked in the arena of sales and marketing and specifically as a marketing director for major high tech firms including Digital Equipment Corporation.

In the early '90s, Cohen reassessed his areas of expertise, redirected his vocational path and reinvented his personal mission. "I feel that nothing is more gratifying or fulfilling than helping a person take a step in a positive direction or helping to turn a life around," Cohen explains.

Thus, Cohen earned his Masters in Social Work from Boston University, acquired his certification as an LICSW (Licensed Independent Clinical Social

Worker) and launched a new career in human services. Upon completing his internship at Worcester State Hospital, he worked as a clinical social worker with Metrowest Mental Health Association in Framingham, MA, and with Wayside Community Programs, a residential program for teens, in Marlboro, MA.

Following his work in clinical settings, Cohen landed directorial roles with Workplace Solutions EAP of Boston and Health Resources EAP of Natick, both employee assistance providers, where he combined his previous experiences to help area employers maintain their most valuable assets: their employees. In these roles, he engaged in business and program development, service delivery, and operational and budget management. In addition, Cohen provided management consultation, leadership training and a range of employee counseling services, guiding organizations through professional development concepts that are based on empowerment and respect.

A member of the National Association of Social Workers, Cohen says, "I have heard wonderful things about the skilled and caring professionals at Child and Family Services. The agency's reputation is certainly very well known. CFS does well at innovating new programs and I look forward to the possibility of replicating and expanding them.

"Not every organization has the set of values that CFS has. That I share those values is very important to me. It's not just about what I'm working for, but who I'm working with.

"I find the work that CFS does to be compelling and challenging," Cohen continues. "I am especially intrigued by the work CFS is doing with adolescents, and with the possibility that CFS can make such a difference in a child's life. It's so important.

"I am delighted to be back in human services but am particularly privileged to have this opportunity at CFS."

Ostrowski concluded, "Ron exceeded our expectations for this position. I believe that our community will be impressed with his expertise as a manager, his ability to communicate, his commitment to children and families and his sincere warmth as an individual."

*Cohen will be stationed at the CFS headquarters on 464 Chestnut Street, Manchester.*

Email: [cohenr@cfsnh.org](mailto:cohenr@cfsnh.org)

**Crisis to Recovery** continued from **cover »**

## Chaos

Moments of discovery become turning points in a family's life. In cases of substance abuse, it's when your dreams become nightmares and your nightmares become reality. Days and nights are filled with shock, pain, helplessness, angst, guilt, fear, fighting, negotiating, denying, praying, crying and losing, bit by bit, your hold on life. Everything is in jeopardy. Your child's life is at stake.

Barbara expressed the sentiments of any parent who has a child with a drug addiction: "Chaos." Not knowing how to help your child, but never ready to give up trying.

The parents around the table shared the look of long-suffering parental perseverance. Their transitions from discovering that their child was using drugs to finding help for their child have been long and grueling. In most cases, the children don't readily admit that they have a problem, or aren't ready to accept parental intervention. Once the parents get beyond the initial reactionary questions of "WHY?" and "Where did we go wrong?" they realize that each child comes to this place due to many forces in his/her own life ranging from heredity to environment to emotional composition. At this point, they've researched the cause, are grappling with the effects and embark on finding a solution.

"You can't parent a child who's on drugs," says Paul. "Nothing matters but the fix; the consequences don't mean anything. Unfortunately, many of these consequences have to be legal rather than treatment."

These seasoned parents concur, that with that youthful sense of invincibility, even the threat of death doesn't dissuade the user from using. They are likely thinking that it won't happen to them, or at least if it did, they went out happy.

Adding fuel to the fire of an addictive personality, Paul and Sharon's son suffered with depression and had attempted suicide more than once. "We were at wit's end, continues Paul. "We had him arrested. He spent his 15th birthday in jail. When I saw my kid in an orange jumpsuit, hand-cuffed...he gave me the finger and said '[expletive], I never want to see you again!' You don't feel like you did the right thing when your child is behind bars, swearing at you. It's awful to be put in the situation where, to help your child, you have to betray your child."

Stephanie enrolled her son in the ASAT program, after which he landed in residential placement for 11 months, and he is now out and back in ASAT. "The only way we got through to him was by getting the court involved."

"I did everything wrong to try to solve their problems," says Shelley, who shoulders the blame. "I'm a single mom...my son's have no dad. They blame me, and I gave them every opportunity to do that. I made it easy for them to fall. Being a single mom and only child, my only existence was my kids. So, when my kids went down...that left nothing."

Shelly's eldest son did go off to college, where "he majored in sex and drugs— and had a disastrous first year. When he came home, he was in a bad place. It was very hard. When he turned 19, I took his stuff and put it on the porch. He found a place to stay, got a job and an apartment and was doing well. He recently moved back home and is getting ready to go back to school." Shelly learned the hard way "not to run my child's addiction...but to create rules."

Shelly explains that both sons still relapse, one

in bigger ways, the other more often. Her youngest "would not give up his group of friends and won't make new friends. His group is his identity. Asking him to stay sober is so much work. It's up and down."

One of Daniel and Nora's daughters continues with the destructive behaviors. She still uses and she was cutting herself. "We got IMs (instant messages on the computer) from our daughter to her friend asking why she wasn't using drugs." While they wonder what influences their daughter, they discover that she is influencing her peers.

## Consciousness & Healing

Some parents try to hide or diminish the problem and solve it on their own. Others deny for a period of time until it becomes a monstrous thing, while still others, grasp at straws, looking for anything or anyone who can help. They may talk with their family doctors, school counselors and teachers, friends and neighbors, they go online to research, they scan the phone books, peruse brochures and make phone calls.

When in crisis, for these parents, eventually, all roads led to the Child and Family Services' Adolescent Substance Abuse Treatment program and the accompanying parent support group.

The group meets once a week and is a place where parents can talk confidentially, candidly and in a judgment-free environment. From each other, they gain information, compassion and camaraderie, and the comfort of knowing that they're not walking the journey alone. As substance abuse is an often misunderstood subject with a stigma attached, especially when it relates to our youth, it is a place where parents can come to break down the mysteries of addiction, learn the facts so that they can cope, recover and advocate for their children, their families, and for societal change.

"I'm in a better place than I ever was," says Stephanie. "Some weeks I'm in crisis, other weeks, I can help someone else who's in crisis. I've become an advocate. I've come to realize that your kids are not doing this to you, you are just the by-product."

"Here, at group, we get to talk with others who are further on in their journey," adds Barbara.

"When you first come into the group, you're hemorrhaging...worried that your child is going to die," says Paul. You feel out of control...on a solitary journey. Support group helps. Any group is stronger than any one individual. Group allowed us to heal ourselves... helping our son to heal. We've learned, it's much like on a plane, they tell you to put your oxygen mask on yourself first and then on the baby. Get yourself on an even keel, get your family (especially when there are other kids) healthy, get yourself together so that you can help your child."

Daniel and Nora credit the support group for bringing them, as a couple, closer together. "Rather than yelling at each other, we decided to attend the support group." They work as a team with the rest of their family, helping their daughters overcome their addictions.

The general consensus among the group is that society and the systems within, including youth serving professionals such as primary care physicians, guidance counselors, social service agencies and juvenile service officers, would benefit by working in tandem with one another. Also, they struggled with finding exactly the right service, tailored to the specific needs of their child. Intervention for the most urgent of cases seemed hard to come by. Availability of appropriate and specialized treatment options

seemed devoid.

"I can't call and say 'My child needs help,' and then have to wait for weeks for a bed or to find out that insurance doesn't cover it," says Paul. "The kid may be dead by then!"

"There are no 'best practices' for substance abuse," says Sharon, who is also a medical professional. "They exist for asthma, diabetes, various diseases, etc. Also, community-based treatment programs (such as ASAT) would be effective...they (the youth) have to live within the community."

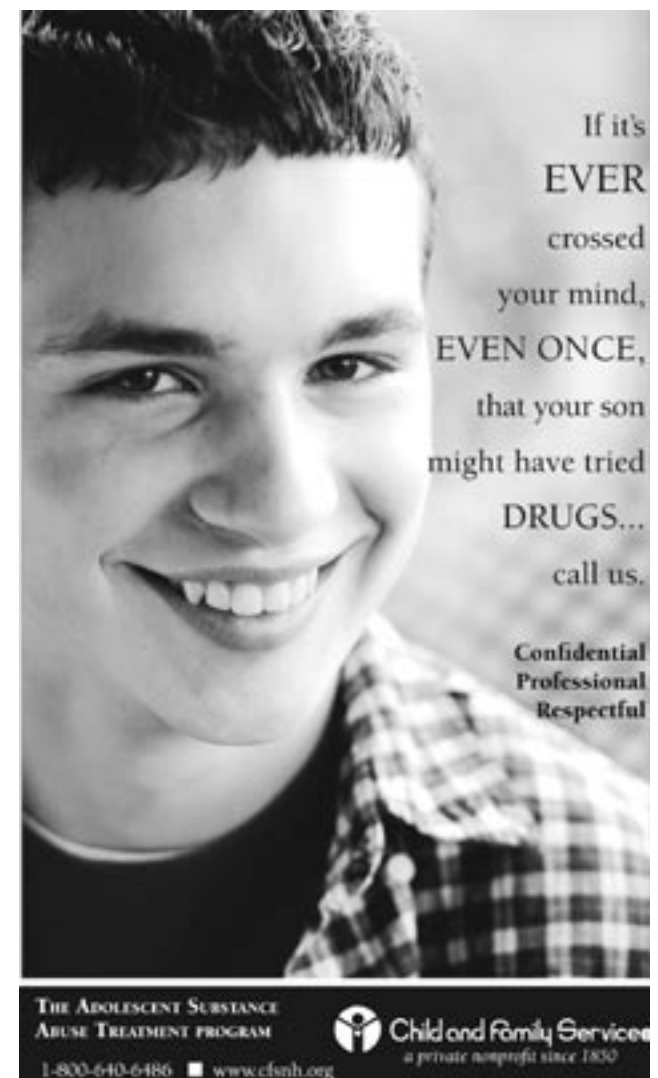
Realistically, the group concurs, even the best laid plans...optimum education, prevention, intervention and treatment programs, don't always outweigh the lure of a drug-induced high. When it comes to substance abuse, youth culture is desensitized and society doesn't sympathize. Substance use permeates pop culture and substance availability is just a keystroke away as the internet teaches kids how to make their own drugs and a cell phone text message puts accessibility, literally, in the palm of their hands. The opportunities to act on impulse are much greater now.

Sharon adds, "Kids are in constant contact instantly, while parents are not connecting at all. We need to get a medical view of the problem, form a united front and learn to empathize."

Paul conveys a disappointment in the system, quickly adding, "They are good people (working on behalf of kids)...but the problem is systemic. There is a lack of funds to implement." He suggests that a step in the right direction could start with political action that would take us "from a punitive state to a preventative one."

Today, Paul and Sharon's son has been clean and sober for three years. He is going to college for addiction studies and has been an advocate for change, giving talks to high school students and sharing his story on public radio and in local newspapers.

**Crisis to Recovery** continued on **Page 11 »**



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EVEN ONCE,  
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## TIPS FOR COUPLES FROM THE SMART MARRIAGES CONFERENCE

Child and Family Services' counseling staff recently spent a week in Denver, Colorado at the 11th annual Smart Marriages Conference. Smart Marriages is an organization dedicated to improving marriages and relationships for both couples and singles.

The event was a who's who of the relationship coaching and education world, and CFS employees had the privilege of speaking with many of the presenters and exhibitors.

Bill Chausse, V.P. of counseling services at Child and Family Services, asked relationship experts for their number one tips that he could share with readers of All in the Family.



### Tips for couples

1. David Steele is the author of *Conscious Dating - Finding the Love of Your Life in Today's World* and the founder of the Relationship Coaching Institute. His number one tip for couples is to take responsibility for your own part in the relationship. While this may sound easy to do, it can be quite a challenge. We are in a culture in which we are taught to blame others for our problems. This really plays out strongly in relationships. The reality is you cannot change someone else, no matter how hard you try. The starting point for bringing about change in your relationship is for you to take 100% adult responsibility for your part, your emotions, your contributions, actions, reactions and responses.

2. The husband and wife team of Joe and Michelle Williams are the authors of *Yes, Your Marriage Can Be Saved - 12 Truths for Rescuing Your Relationship*. Joe says that most men are driven to provide until they perish while most women are driven to provide peace until they fall to pieces. It is only through their focus on their faith that a couple can meet each other's needs in a long term sustainable relationship.

3. Scott Haltzman is the author of *The Secrets of Happily Married Men* and the soon to be launched, *Secrets of Happily Married Women*. Scott has found that the number one emotional need of women is to feel like they are number one in the eyes of their partner while the number one emotional need for men is to feel like they are super heroes in the eyes of their partner.

4. Steven Stosny, PhD is the author of *How to Improve Your Marriage Without Talking About It: Finding Love Beyond Words*, and has appeared on the Oprah Win-

### Divorce rate decline in NH

Divorce rates have declined since peaking in 1981. Roughly one in five adults has divorced at least once, and divorces in New Hampshire have dropped more than 25 percent between 2000 and 2005. However, the number of couples who live together without marrying has increased tenfold since 1960; the marriage rate has dropped by nearly 30 percent in the past 25 years; and Americans are waiting about five years longer to marry than they did in 1970.

According to the Child Trends Research Brief, although most childbearing still occurs within marriage, births outside of marriage now make up more than one-third of total births and almost half of all babies born outside of marriage are born to cohabiting couples. Yet cohabitation is not the same as marriage in terms of the benefits it conveys to children. Cohabiting relationships in the United States tend to be fragile and relatively short in duration - less than half of these relationships last five years or more.

There is an increased determination of many couples to make marriage work due to both an increased knowledge about the negative effect on their children and the realization that the grass is not always greener on the other side. Research has found that two-thirds of unhappily married spouses who stayed married reported that their marriages were happy five years later. In addition, the most unhappy marriages reported the most dramatic turnarounds!

There are many resources and supports available for couples to strengthen their marriage including workshops, counseling and websites such as [www.smartmarriages.com](http://www.smartmarriages.com). Plans are underway in Child and Family Services' counseling program to present a series of couples groups in New Hampshire later this year. When schedule is determined, it will be posted on [www.cfsnh.org](http://www.cfsnh.org).

frey Show. Steven says that compassion (a deep awareness of another's suffering) is the most important emotion in marriage and intimate relationships, contributing far more to happiness than love does. Compassion sensitizes us to the individuality and vulnerability of our loved ones. It makes us see that our partner is a different person with a separate set of experiences, a different temperament, different vulnerabilities, and, in some respects, different values.

5. Susan Heitler is the author of *The Power of Two - Secrets to a Strong & Loving Marriage*. Susan's tip for couples is to take emotional responsibility for your relationship and pour on the positive.

6. The husband and wife team of Tom and Beverly Rodgers, authors of *The Singlehood Phenomenon*, have this tip to offer couples: Marriage is designed to be a "soul healing experience" for both partners. The vulnerability necessary for this soul healing to take place is a powerful form of intimacy and results in a win-win for the couple.

7. The husband wife team of David and Claudio Arp are the authors of *10 Great Dates to Energize Your Marriage*. The Arps' number one tip for couples is to be and remain friends. In fact, research shows that the couple that keeps a strong friendship is much more likely to stay together, and stay together happily.

8. One last tip comes from another husband and wife team, Jesse and Melva Thomas Johnson. The Johnson's are the authors of *Mining for Gold in Your Relationships*. Their most important tip for couples is to know and meet the emotional needs of your partner. You find this information out by asking and then finding ways to meet these needs.

### Crisis to Recovery continued from Page 10 »

With ideas for action in hand, tools to help their children and power to heal themselves, these parents recognize that group isn't necessarily the destination of the journey, but is an integral part of it.

"Addiction is a family disease," says Paul. "It affects the siblings. I don't know how anyone can go through something like this without any help. They'll explode. There's wisdom within the group. It's a wonderful, helpful resource."

The parent support groups meet Tuesday evenings from 6:00 to 7:30 at the CFS Teen Resource Center on 404 Chestnut Street, Manchester (soon moving to 99 Hanover St.). The groups are free of charge and all are welcome. For further information, contact program director, Amy Pepin, [pepina@cfsnh.org](mailto:pepina@cfsnh.org).

"Every day is one day at a time," says Nora, "but this group shows us that there is hope."

The Adolescent Substance Abuse Treatment program is funded in part by the NH Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention and Treatment; New Hampshire Charitable Foundation; Gibney Foundation; and United Way.

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## Multi-cultural perspectives enhance a season at camp



Rebekka, camp counselor from Germany, pictured here with campers.

Nestled on 56 acres of forest overlooking the Contoocook River in Penacook NH, Child and Family Services' Camp Spaulding is unique in its dedication to all children. Every summer, it attracts a diverse group of boys and girls from all walks of life, spanning various ethnicities, income levels, abilities/disabilities and cultural values. Children who attend come from all across New Hampshire, while the counselors, from all across the world. This is yet another unique feature of Camp Spaulding.

Camp Spaulding counselors are typically college students or graduating high school seniors with backgrounds or training in education, counseling, physical education or the arts. While they have that in common, they are each distinctly different in their heritage. They hail from England, Ireland, Germany, Australia, the Netherlands, etc. This fusion of diverse individuals serves to enhance the cultural experience for campers.

Counselors are there to help, guide and teach these youngsters but they are also learning right along with them. The international counselors all agree that they enjoy serving as positive role

models for campers while being provided the opportunity to experience U.S. culture, improve their English, make friends from around the world and gain new skills in a unique, rural setting.

At camp, the counselors and the kids learn from each other and, together, engage in activities such as swimming, horse-back riding, canoeing, archery, arts & crafts and the ropes course. They make new friends, share responsibility, build senses of trust and self-confidence, learn about and revel in nature and create memories that will



Eli, camp counselor from England, pictured here with campers.

last a lifetime.

Some of the counselors have been to the U.S. before, while for others this is a new experience. While at Camp

Spaulding, they observe many differences between their country and ours in everything from clothes and music to expectations and ideals to the differences they witness just sitting across from someone at the dinner table or sitting poolside at camp.

Camp counselor, Rebekka, is from Germany. She feels, "There are huge differences in culture even when you think you have none. For example, I never heard of the 'personal bubble' until I came to the States." She explained how she sees a difference in the need for personal space. Americans seem to feel uncomfortable without this 'bubble' while Europeans don't have those spatial boundaries.

Rebekka has been to the U.S. before as an exchange student living in Idaho. "When I first came to live with my host family I would always go to my room and close the door. This is just what we do in Germany – the door is always closed. Well, my host family thought I was upset or angry with them." Rebekka had to explain to her host family that this is just a cultural difference.

Some differences are reflected in day to day activities such as dining habits and table manners and other differences reflect on the country as a whole.

"In Germany we always use both the fork and knife throughout the entire meal," says Rebekka. "In the US, everyone cuts all of their food first, puts down the knife and then starts to eat. Also, dinner is always cold food – we eat our big meal in the afternoon." She observes, "There is a lot more childhood obesity in the U.S."

"Everything is big in the United States - shopping malls, cars, homes and even food portions," says Felipe a 20 year-old counselor from Australia. But also big is a child's curiosity, sense of wonder and adventure. American youth seem to "have a lot more questions, are more enthusiastic about everything, like to try new things and enjoy working in teams," adds Eli of northern England.

"Teens are much more encouraged here – they are given positive feedback

and support but they are also treated like children longer," says Rebekka. "Teens are more independent in Germany. There are not as many rules; they have more freedom and they are always treated like an adult."

But in the U.S., "They (children) know a lot more than they should at this age," says Felipe. "They also use a lot more slang that means the opposite of what is being said - for example 'wicked' or 'sick'."

Felipe sees that "The media is also a lot more sensitized. In Australia, TV commercials about smoking will be very graphic - showing lungs cut open to illustrate the consequences of smoking."

From a global perspective, "Being environmentally conscious is part of the community at home. Americans always leave lights on, etc. – you just



Felipe, camp counselor from Australia, pictured here with campers.

wouldn't think to do that in Germany," says Rebekka. "The U.S. seems to be becoming more 'Green' but it hasn't been infiltrated into society the way it has in other cultures."

After a season at Camp Spaulding, campers and counselors leave with a more global awareness. They learn how different and yet how similar people halfway around the world can be. They may learn a bit about each other's language, but more importantly, they develop a greater sensibility about the world...celebrating its diversity and its common ground.

One last thought, however: "Americans are friendlier and more approachable than Europeans," says Rebekka. "I love America; I'd love to live here."

## New Hampshire to launch "2-1-1" hotline for human services

Every hour of every day, someone in the United States needs essential services - from finding an after-school program to securing adequate care for a child or an aging parent. Faced with a dramatic increase in the number of agencies and help-lines, people often don't know where to turn. In many cases, they end up going without these necessary services because they do not know where to start. 2-1-1 helps people find and give help.

United Ways of NH, along with their community partner agencies including Child and Family Services, work together everyday to address the most critical issues facing thousands of infants, children, teens, adults and elderly individuals throughout the state.

Last year, your contributions enabled United Ways of

NH to embark on the 2-1-1 project for New Hampshire.

2-1-1 is an easy to remember telephone number that connects people in need of help, or who want to help, to health and human services. 2-1-1 NH will be the gateway to thousands of NH nonprofit and government services, as well as crisis and help lines. Featuring a centralized call center and a web-based statewide database of resources, 2-1-1 will be accessible twenty-four hours, seven days a week. When residents call 2-1-1, they will be connected to a trained specialist who will direct them to the services they need in their communities.

The 2-1-1 NH project will be managed and supported by UWNH with major support from corporations, foundations and the State of New Hampshire. PSNH

will generously subsidize the project through in-kind donations of space, utilities and technology. There is no cost to the consumer for calling 2-1-1.

Positioned to be an efficient and effective I & R system, 2-1-1 NH will provide numerous benefits and cost/time savings to businesses, government, nonprofits and New Hampshire residents. The service will also reduce 1-800 numbers and non-emergency calls to 9-1-1. Now available in 41 states, 2-1-1 is estimated to provide a national cost savings of \$1.1 billion over the next ten years.

2-1-1 NH will begin operations in the fall of 2007 in three counties: Belknap, Hillsborough and Merrimack. UWNH anticipates that the 2-1-1 service will be available to every New Hampshire resident by 2009.

For more information on how United Way works in your community every day, visit [www.uwnh.org](http://www.uwnh.org).

# Concerts for the Cause 2007



Child and Family Services' 22nd annual Concerts for the Cause raised over \$163,000. This year, our Manchester and Lebanon events featured the renowned Bruce Cockburn and our Concord event starred living legacy, Rosanne Cash. Both artists attracted wonderful fans who

showed up alongside supporters of CFS to enjoy the VIP reception and subsequent show. The award-winning series attracts approximately 3000 people each year who turn out to experience a memorable evening and make an immediate and lasting difference in their communities. All proceeds have already been put to work supporting CFS programs within homes, communities and local schools, including: child abuse prevention and treatment, family empowerment and parent education, family counseling, runaway and homeless youth programs, foster care, advocacy, adoption, independent living, prenatal services, elder services and our summer camp for disadvantaged youth. Visit [www.cfsnh.org](http://www.cfsnh.org) for news and updates to be posted soon on our 2008 series!

## Special thanks to our major sponsors:

Pro Con Incorporated, The Tecnica Group, WNNE TV, Tele Atlas North America, Hypertherm Inc., Mascoma Savings Bank, Merriam-Graves Corporation, The Point, NH Union Leader, Grappone Automotive Group, WMUR TV, WOKQ, Pearson's, Cirtronics, New Hampshire Magazine, The River



Cirtronics, our newest major sponsor of the Manchester event showed up in force. Pictured (L-R) Peter and Sue Aucoin, Bruce Cockburn (artist), Jim Pellerin, Jackie Rooke.



Rosanne Cash (artist), with Drew Queen of ProCon, our major Concerts for the Cause series sponsor.



Rachel Yates, Amy Metz, Bruce Cockburn (artist), Dan Adams (former CFS Upper Valley board member) and Linnea Adams enjoy the Upper Valley event's backstage meet & greet. Dan also represents TeleAtlas, a long-standing principal sponsor.



Deb McLane Carter, (chair of the CFS Upper Valley Board of Directors), husband Peter and daughter Ashley, enjoy some family time at the Lebanon event's VIP reception at Mascoma Savings Bank. Peter's company, Hershenson, Carter, Scott and McGee, PC, was a sponsor of the event.



Julie Sandberg and Zeb Norris of The Point, our Upper Valley radio partner, played a key role in advancing the the event, promoting its sponsors, and in sharing the message of the cause. Zeb also took the stage as our media emcee.



Rosanne Cash with Angel and Audley Williams. Audley was our illustrious media emcee from our sponsoring radio station, WOKQ / WPKQ.



Chuck Douglas, Debra Douglas (CFS Concord Regional Board member), Rosanne Cash and Kerry Uhler (President of CFS Concord Regional Board).



The River, the official radio sponsor of the Manchester event, promoted, supported and as seen here, enjoyed, Concerts for the Cause. Pictured here (L-R) Ron Bowen, who served as event emcee and is the radio station's program director, Steve Friedman (River) and guest, Alisa Bowen.



Maryanne Dempsey, Chris Newton, Peg Lambert and Daphnie Mercado-DeLeo, all of the CFS Manchester Regional Board of Directors, enjoy a moment together at the Manchester event's VIP reception at McLane Law Firm. Well deserved, after all their hard work in making the event a success!

## Honoring Bernice Johnson

Child and Family Services honors the memory of former member of the CFS adoption staff, Bernice Johnson, who died in April, 2006, and through her estate, left bequests to CFS and other charitable organizations that were near and dear to her heart.

Bernice Johnson retired in December, 1976 after having been on the staff of Child and Family Services for 22 years. In the agency newsletter we recognized her years with the Agency:

She is a true specialist in the field of adoption and has helped countless children to find loving and stable homes. Her dedication to youngsters and their families is outstanding and she is well known throughout New England for her extensive experience in, and her deep commitment to, adoption.

Throughout her childhood Bernice had summered with her family in Chocorua and following her graduation from Wheaton College, became a full time resident of New Hampshire. After

several years of operating a small play school, bringing up two children of a deceased friend and working in the Children's Room in the Rochester Public Library, Bernice went to Colorado to complete her Master's Degree in Social Work at Denver University. She first joined the staff of Child and Family Services in November, 1954 as a foster care specialist and eventually, as an adoption worker.

Bernice championed special needs, multi-racial and single-parent adoptions at a time when these types of adoptions were just beginning, because she believed that every child deserved a permanent home. It was just a matter of finding the best family for each child and eliminating the obstacles to adoption. Bernice worked with the CFS advocacy staff tirelessly in helping to prepare and secure passage of subsidized adoption legislation during her last year on staff, making it possible for families to adopt children with special

medical or emotional needs regardless of their financial status.

In retirement, Bernice remained in touch with CFS through several long time friendships but more importantly, because she stayed involved with so many of the families and kids she had placed in adoption. Over the years we would hear from adoptive parents who wanted to know how to get in touch with their adoption worker, "the dog lady" as she was lovingly referred to because she often brought one or two of her Shetland Sheepdogs to the office. Although never married, Bernice had a large extended family of relatives and "adopted" relatives whom she met over her long and active lifetime of raising and training her shelties and volunteering for the New Hampshire Chapter of the Appalachian Mountain Club.

Bernice served as hospitality chair of the AMC for many years. At her memorial service, Roger Scholl, AMC regional director and the father of an adopted child placed by Bernice, fondly spoke of the part she played so well as the

official greeter of guests and members. It was a role she treasured for over 30 years.

Bernice's shelties were like her children and over the years, at any one time, she might have upwards of 13 - 15 of them in her small home overlooking the Green Mountains. She raised, trained and competed with her dogs in Obedience trials throughout the Northeast. Her Mountain Crest Kennels produced several award-winners. She was active in dog rescue programs and also trained therapy dogs to bring with her to area nursing homes.

Both the AMC and Sheltie Rescue, along with Child and Family Services will remember Bernice for years to come because she remembered them in her estate planning. Her years of dedication to these and other institutions will create a permanent legacy. Bernice's bequest to Child and Family Services was made in honor of Whitney Scholl. It will be used to further the goals of the CFS Adoption Program to which Bernice was so committed.

# CFS Programs & Services

## ADOPTION SUPPORT SERVICES

### Adoptive Parent Services

Homestudies for domestic and international adoptions; consultation and mediation.

### Pregnancy Counseling/ Birthparent Services

Unbiased, confidential counseling for parents facing unplanned pregnancy; expert adoption planning services available.

### Post-Adoption Search

Search and reunion coordination, including counseling and support, for birth parents, adoptees and siblings.

## ADVOCACY

### NH Children's Lobby

Improving the lives of children and families through legislative, judicial, and public policy initiatives. Members receive newsletter and action alerts during legislative session.

## EARLY CHILDHOOD SERVICES

### Early Supports & Services

Provides family centered early supports and services and therapies to infants and toddlers (birth to three) who have developmental disabilities, developmental delays, or who are at risk of developmental delays. Services are provided in the child's natural environment.

### Healthy Families

#### Home Visiting Program

A home visiting program for low income pregnant women. A team of nurses, social workers, developmental specialists, health educators and home visitors provide a wide array of services to families to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships and optimal early childhood developmental outcomes.

## TEEN SERVICES

### Runaway and Homeless Youth Program

Crisis intervention for runaway & homeless youth, and those at risk of running away.

### Street Outreach

Assistance to street youth, homeless youth, those at risk of running and at risk of sexual exploitation due to their lifestyle.

### Transitional Living Program

Safe, stable housing and supportive services provided to homeless youth ages 18-21.

### Transitional Living Program-North Country

A specialty transitional living program that provides safe, stable housing and supportive services to homeless women 18-21 who are pregnant or parenting.

### Upper Valley Youth Court

An alternative approach to juvenile justice in which youthful offenders are sentenced by a jury of their peers. Incorporates responsible and restorative justice principles.

### Turnabout

Intensive tracking and supervision of adjudicated youth (ages 11-17). Community-based. Serves courts from Manchester, Claremont, Concord, Franklin, Goffstown, Laconia, Plymouth, Dover, Rochester.

### Group Home

Intermediate level residential care in Concord, NH. Serves youth 13 - 19 who cannot live at home. Treatment includes milieu therapy, counseling, therapeutic recreation, and independent living preparation. Emergency overnight and short term crisis care provided.

### Adolescent Substance Abuse Treatment Program

An outpatient program for youth 12 - 21 who are experiencing problems with drug/alcohol use. Comprehensive screening, assessments, individual, family and group therapy is available.

### Therapeutic Day Treatment Program

Intensive daily programs and treatment services for court-ordered youth ages 13-18, and their families. Designed to prevent costly residential placement.

## SCHOOL-BASED SERVICES

An array of school based programs dedicated to ensuring positive academic and social outcomes. Focuses on substance abuse prevention, violence prevention, successful home and school partnerships, life skills training, positive peer leadership and goal development. Provides individual, family and/or group counseling and case management services. K - 12.

### Student Assistance Program

Franklin-Hill SAU 18, Lisbon, Littleton, Upper Valley

### Study Skills

After school academic and emotional support for homeless middle school youth. Manchester.

### Teen Risk Behavior Prevention/Intervention

Upper Valley

### Family School Connection

Provides therapy and outreach to families and youth to enhance the academic success of students. Acts as a liaison between school and family members. Littleton.

### Home-School Therapeutic Services

Greater Manchester, Lebanon area

## COUNSELING

Therapeutic counseling for children, youth and adults, couples and families. Help with child behaviors, problems in school, divorce, step-family adjustment, family violence, relationship conflicts, emotional complaints, stress, self-defeating behaviors, addictive behaviors, loss and trauma, anxiety, phobias, compulsions. Offers a full program of family life education groups. Our team of clinical social workers, clinical mental health counselors, marriage and family therapists and psychologists have specialized training in working with children and families. Supervision meets the highest standards of the National Association of Social Workers and the American Association for Marriage and Family Therapy.

## FAMILY SUPPORT/PRESERVATION

Parenting Plus, Families Connecting—These programs offer emotional support and practical solutions in managing family life. In-home education and support helps to develop skills in

areas of discipline, communication, budgeting, nutrition, conflict resolution and resourcefulness. Services can include part-time child care and short term overnight placement.

### Short-term Overnight Care & Reach Services

Provides voluntary, temporary overnight care to children of families who are faced with an emergency situation or crisis. Reach provides short-term homemaker assistance to families dealing with serious illness. Assistance includes housecleaning, meal preparations and organizing children's household routines.

### Resident Services

Provides on-site services to residents of low-income housing complexes. Includes social, enrichment, health/wellness and family strengthening services in order to increase self-sufficiency and success of families in residence.

### Parent Aide (Child Health Support Services)

Provides supervised visits between parents and children and offers practical help with parenting and household management.

### Partners in Health

Assists families who have a child (birth to 21) with a chronic health condition. Family-centered. Helps families to identify and access resources, and assists with school, insurance companies, medical providers and other resources/services.

### Family Intervention Program

Provides in-home assessment, support and empowerment to NH Employment Program clients who have barriers to employment, in order to help them become self-sufficient.

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**Integrated Home Based Services (NH)  
Intensive Family Based Services (VT)**

A short-term service designed to restore positive functioning in families that need multiple interventions. Home-based services include family therapy, tracking, and /or parent support.

**Permanency Solutions  
(Individual Service Options)**

A multi-faceted program that tailors a variety of therapeutic, social and community-based services to the specific needs of a child and his/her family. Serves high risk families and children with special needs. Facilitates reunification and/or permanence. Specializes in foster care placement and foster parent recruitment, training and support.

**Foster Care**

Finds foster families/homes for children in need. Provides training, ongoing support, respite care, resources and assistance with practical, financial, health, social and educational issues. Endeavors to create a safe, stable, positive home environment for each child.

**ELDER &  
INDEPENDENT LIVING**

**Home Care**

Strives to reduce homelessness, premature nursing home placements and avoidable hospitalizations by helping frail seniors, individuals with disabilities and individuals recovering from illness or injury to remain in the comfort, safety, and security of their own homes for as long as it is safe and they choose to do so. Endeavors to enhance the quality of life for individuals of all ages who are at-risk of needing residential care, are ill and/or are living with a disability. Nurturing care providers assist in meeting the physical, emotional and environmental needs of Greater Manchester residents who wish to remain in their own homes and can do so safely with supportive services. The Home Care program has expanded its services to include Personal Care Service Providers, Licensed Nursing Assistants, and RN chronic care nursing visits. Assists with ambulation, personal care, toileting, medication reminders and nutrition. The CFS Home Care program helps individuals to maintain their independence in their own homes.

doubt and appropriate services and resources a parent may want to consider. ParentLine questions may also be sent through email or mail to CFS headquarters.

Call: 1-800-640-6486

**Information & Referral**

Helps to connect people to services and resources in their communities. Call: 1-800-640-6486

**Adventure-Based Learning program**

Features 11 low and 10 high ropes elements facilitated by trained counselors. Builds confidence, teamwork, trust, communication and commitment. Open to corporate or private groups in half day or full day blocks. Located at Camp Spaulding, Penacook, NH.

**COMMUNITY PARTNERSHIPS**

**Family Partnership Program**

Home-based parenting support that also helps to connect families with resources in their communities. Lead agency: The Family Resource Center at Gorham.

**Healthy Families**

Nursing and home visiting support for pregnant parents. Services continue through baby's first year of life. Partners: Manchester VNA; Home, Health and Hospice Upper Valley Youth Tobacco Prevention Campaign; Lead agency: Upper Valley Prevention Partnership. Major partner: Dartmouth-Hitchcock Medical Center for Continuing Education.

**Circle of Parents®**

Parent-led support groups where parents can share information and experiences on a variety of topics such as parent-child communication, youth culture, school behaviors, conflict resolution, goals and expectations and more, in a nonjudgmental atmosphere. Facilitated by CFS professionals, the groups are free of charge and accessible to all.

**Community Health Initiative**

Integrates behavioral and primary healthcare. Makes services accessible to families in need. Partners: Manchester Community Health Center, Health First in Franklin and Families First Health Center in Portsmouth.

**Healthcare for the Homeless**

Primary healthcare, mental health and substance abuse services to people who are homeless. Seacoast. Lead agency: Families First.

**Fatherhood Initiative**

A partnership between CFS and the NH Department of Corrections to help incarcerated fathers to improve parenting skills while on the inside and prepare them for life with their family once they return to the community. Also, helps reduce recidivism.

**Childcare Collaborative**

Clinical assessment and consultation services to teachers and parents helps to mainstream more children into childcare programs. Partner: Portsmouth Community Childcare Center and other childcare centers on an individual case basis.

**Collaborative Post-Adoption Services Program**

Support for families adopting children through DCYF who were victims of abuse/neglect. Provides family strengthening classes and support services. Partner: Casey Family Services.

**Infant Adoption Awareness Training Project**

Training healthcare professionals statewide in the benefits of incorporating the adoption choice into their work with pregnant women who may not be ready or able to parent. Partners: Bethany Christian Services and Vermont Children's Aid Society.

**Adolescent Treatment Initiative**

Provides substance abuse assessment and treatment to youth in Grafton and Sullivan counties. Initiated by New Futures and including Belknap County Citizen's Council on Children and Families, Genesis Behavioral Healthcare, Horizons Counseling, West Central Behavioral Health, Headrest.

**Trauma Intervention Program**

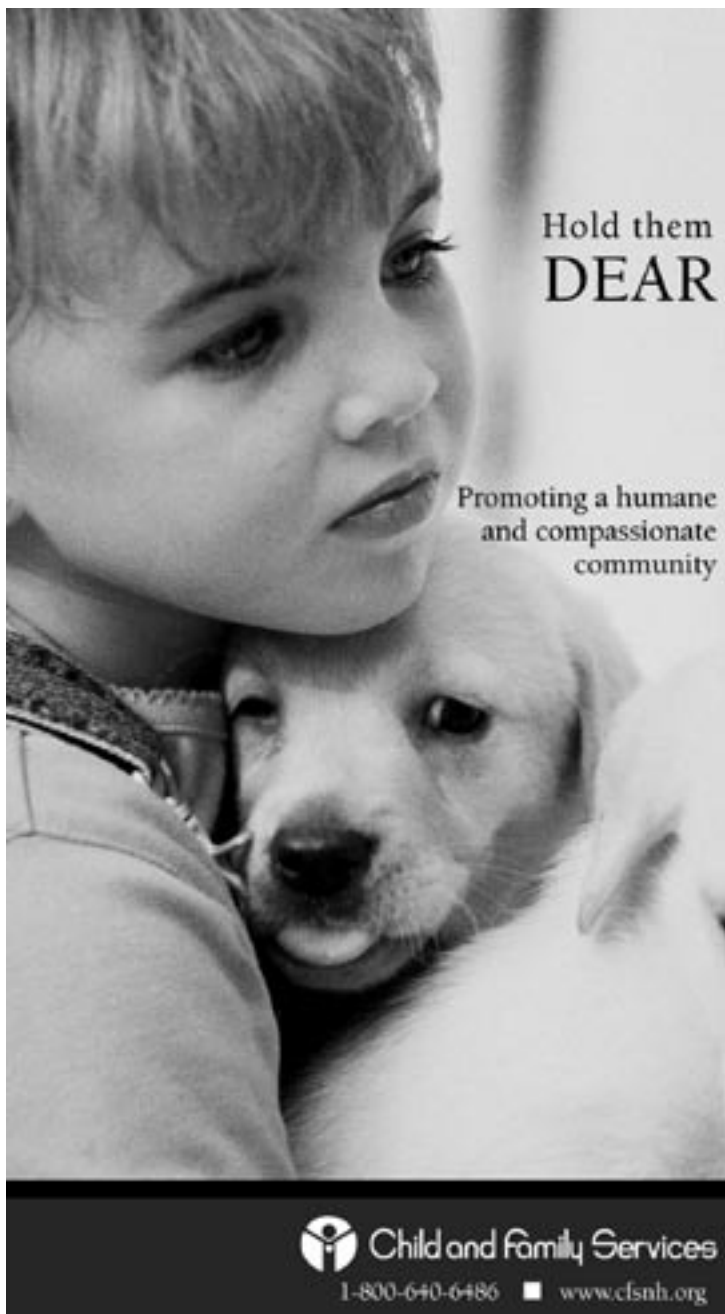
A collaborative between CFS, Genesis Behavioral Health and New Beginnings to develop a community support initiative for children of Belknap County who are direct or indirect victims of trauma.

**Music and Movement**

The Concord Community Music School partners with CFS and The Children's Place in Concord to provide this series for parents and pre-school age children.

**North Country Collaborative**

Family support network of Gorham Family Resource Center, Weeks Medical Center, Upper Connecticut Valley Hospital and Northern Human Services.



**SUMMER CAMP**

**Camp Spaulding**

An overnight summer camp for boys and girls ages 8-14. Camp activities include arts & crafts, horseback riding, archery, canoeing, fishing, swimming lessons, hiking, field trips, activity days, campfires and high and low ropes courses.

**COMMUNITY EDUCATION & OUT-REACH**

**ParentLine**

A toll-free "warm line" where callers can talk confidentially to a CFS counselor who answers questions on developmentally effective discipline techniques, ways of handling conflict or self-



# Child and Family Services

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# ALL in the FAMILY



## Reflections of Camp Saulding Summer '07

