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LIFEBOAT ETHICS: State budget sacrifices NH kids, families

For a moment, imagine this: you're in a lifeboat carrying 21 people. The only problem is the lifeboat can only hold 20 people. The boat is starting to sink. There's nothing around you but blue ocean. Someone must be left behind so that the other 20 passengers in the boat can survive. A debate about who should be sacrificed ensues. Meanwhile, the boat keeps sinking.

A similar debate is happening right now in Concord, as Governor John Lynch and New Hampshire legislators hash out the 2012-13 state budget. And, like that lifeboat, the budget is sinking fast. Already, Lynch's proposed \$10.7 billion budget is 3.3 percent lower than the 2010-11 budget. That number is bound to decrease, though. Already, the House has cut an additional \$300 million from the governor's recommended budget.

The governor's proposed cuts are a "best case scenario," according to Jack Lightfoot, advocacy director for CFS. "When people talk about cuts, they're talking about cuts below the governor's recommended amount," he says.

The majority of cuts are for health and social services expenditures. Those cuts include \$5 million from child care support and \$12 million from the Temporary Assistance for Needy Families (TANF) budget.

"TANF, by definition, is almost the ultimate safety net program," Lightfoot says. "It's very concerning what's going to happen to some of these families."

The result is clear: crucial services and programs, and the families they serve, are going to be tossed out of the lifeboat.

The Department of Health and Human Services receives about 37 percent of the state budget. For the 2012-13 state

budget, the governor has recommended \$4.1 billion in funding for DHHS. The House has already trimmed that number down to \$3.76 billion, a difference of about \$359.9 million over the two years.

However, the need for services still remains the same. Under the governor's budget, funding for uncompensated care (which hospitals use to pay for treatment for uninsured or underinsured patients) is reduced by \$115 million. Funding for mental health care is down \$25 million, while funding for child care and family support services is down a total of \$18 million. Who will bear the brunt of these cuts? Will it be the elderly? The mentally ill? Children with disabilities? Children facing abuse or neglect at the hands of a parent? Which group deserves more help? And which group can survive with less?

It's unknown how the cuts will affect those who need services the most, but the outcome is "not optimistic," says Deb Fournier, a policy analyst with the New Hampshire Fiscal Policy Institute.

"The reductions cut across so many different populations and affect so



many different vulnerable classes of people, it's impossible to say who's going to sink or who's going to swim," she says.

When funding for vital services disappears, Fournier says that the costs are often shifted to other areas. For instance, as mental health care services are cut, people receiving those services will start appearing in emergency rooms, in police custody, or on the streets.

"Needs don't disappear because we stop paying for them," Fournier says. "Making budgets work on paper is very different from making budgets work in communities."

Already, some programs have been eliminated entirely. While Gov. Lynch eliminated \$3 million from the state's CHINS ("Child In Need of Services") program, House lawmakers removed the remaining \$8 million that funds the program from the budget. About 1,000 children each year get help through CHINS for a variety of issues, including school truancy, running away from home and severe behavioral problems. Without

CHINS, minors who get into trouble would instead have to go through the juvenile justice system and might not receive the help they need.

But alas, most lawmakers, from the governor on down to state senators and representatives, aren't on the frontlines. For many families, the budget cuts are a stark reality. Marie Norway knows first-hand the difference that CHINS can make. She filed a CHINS petition for her 15-year-old son, Thomas, and the family received help through CFS. Thomas has developmental disabilities, and, according to Norway, filing a CHINS petition was the only way to get him the help he needed.

"We're talking about a kid who was really aggressive and running off all the time. I never knew where he would go. His behaviors were just out of control," she says. Through CHINS, Thomas and his mom met with family therapists and caseworkers from CFS. After nine months of help, Norway says Thomas has made huge strides. When she testified before the New Hampshire Senate about the budget cuts, Thomas was at her side.

"I was there from 2 to 8:30 p.m. and he sat there with me," she says. "For him to do that is huge. If CFS didn't help (us), he wouldn't have lasted five minutes."

Norway believes lawmakers aren't aware of the profound impact programs like CHINS have on children and families.

"It's so important that parents that have these programs speak out and talk to legislators," she says. "They need to hear voices, they need to

CFS PHOTO GALLERY



Family Fun Fair



Hundreds of children enjoyed the Family Fun Fair presented by Parenting NH Magazine. Proceeds from the event benefit Child and Family Services' early childhood and family support programs.



Volunteers from TEXAS INSTRUMENTS' CPM (Computing Power Management) dept. came out in force this spring to work on the Teen Resource Center courtyard and the transitional living home to improve environments for the young people we serve. Pictured (l-r): Ray Dicecco, Tim Conklin, Dave O'Brien, Dave Reed, Lee Atwood, Peter Bishop, Alberto Jimeno, Tom Shoemaker and Sean Meehan.



Hundreds of children enjoyed the Family Fun Fair presented by Parenting NH Magazine. Proceeds from the event benefit Child and Family Services' early childhood and family support programs.



It's a spring tradition: The FAMILY FUN FAIR! Happy families from throughout southern NH rose to the occasion that was filled with entertainments, games, activities, arts, and much more. Their presence supported the mission of Child and Family Services.

FFF Photos Courtesy of Melanie Hitchcock



Kids and philanthropy Renee Morrisette, Worthy Advisor of the Goffstown Assembly of Rainbow Girls, invited Cheri LeBel, program manager for the Healthy Families Program to speak to her girls group. Following the visit, the girls planned a baby-less baby shower for December and raised over \$500 with which they bought diapers, baby wipes and other hygiene products for the program.

WE CARE. WE COUNT. WE MATTER.

NH CARES, a collaborative of nonprofit agencies throughout the state, coordinated the troops in the Rally for NH. Energized by the hope that the power of the people and their collective voice may be heard, thousands turned out for this history-making event. While each individual came from a different faction of society with different opinions, they all had one thing in common: the belief that the state budget proposal would be detrimental to NH citizens and society today and for years to come. (See center spread for coverage of the event).



Christina D'Allesandro and Liz Hager, key organizers /leaders of the event, enjoy the fruits of their labor after 4000 people rallied for the rights and well-being of New Hampshire citizens.



The CFS Upper Valley contingent showed up in force to rally for restoring NH's budget so that it protects ALL of New Hampshire's children and families. Pictured here (l-r) Michelle Galligan, Jeannette Birge, Faith Thibeault, Lynn Wierwille, Deb McLane Carter, and CFS advocacy director, Jack Lightfoot.



Teens, clients and friends, of the CFS Teen Resource Center know the importance of maintaining program support for services that assist at-risk youth. They raised their voices for those with substance addiction, those experiencing trauma, loss or other mental health issues, youth exiting foster care and facing homelessness, and those who come from troubled families and are struggling to become independent. Pictured (l-r): Jimmy Mayberry, Nate Hill, Derek Still and Jess Boucher.

A private nonprofit serving children and families since 1850

All in the Family is a publication of Child and Family Services. CFS is a founding member of the Child Welfare League of America and a United Way funded agency.

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FROM THE PRESIDENT

On January 11, 1944, in his annual State of the Union Address, President Franklin Delano Roosevelt called for an economic bill of rights. According to Roosevelt, "in our days these economic truths have become accepted as self-evident. We have accepted so to speak, a second Bill of Rights under which a new basis of security and prosperity can be established for all—regardless of station, race or creed."

Among the economic rights that FDR discussed were the right to protection from fear of old age, sickness, accident and unemployment; the right to adequate medical care; the right to a good education; the right of every family to a decent home; and the right to a "useful and remunerative job."

Let's go back ever further in time, say, to 1761, the Age of Enlightenment, coincidentally, when Jean-Jacques Rousseau published "The Social Contract." Rousseau grounded his political theory in an understanding of human nature, which he believed to be basically good but corrupted by the conflicting interests within society. Theorists ponder Rousseau's political theory as a possible blueprint for democracy—one that results in equality, universal suffrage and popular sovereignty.

Readers of The Social Contract are confronted with questions about how human nature is compelled to come together to create a civil society that is manifest by the "general will" of the people. What benefits does a civil society offer to its citizens and what must each individual sacrifice to reap its rewards?

TODAY, we talk of the Social Contract as mutual consent between the citizens of a state and state government, whereby citizens agree to respect common rights, rules and respon-

sibilities in order to protect themselves and one another from harm. Essentially, it covers services that every citizen expects.

It is not a new concept, clearly, but it is one that bears repeating as many leaders in our modern civilization seem to have forgotten as they slash budgets in the name of fiscal responsibility and at the expense of our humanity. Sacrificing children, the elderly, the disabled, working families...the damage done when we put pennies before people is a debt no society could ever repay.

Today, our very basic expectations, our basic rights as citizens of this state are being challenged.

Ask yourself, what do you expect from government?

- Police or firefighters to come if you dial 911?
- Roads to get to work and safe bridges to cross?
- Some help with a child who has special needs?
- Social Security and Medicare for your old age?
- Someone to call when you see a neighbor child whose alcoholic mother has left her unattended and unfed for two days?
- Should we let people starve to death if they are unable to work?
- Do you expect a judge to hear your case in a reasonable time?
- Someone to make a 16 year old go to school?

What do you expect from government even during a recession?

You'd expect the same, because some rights are non-negotiable. The well-being of our children and families is non-negotiable.

The articles in this issue of All in the Family talk about parts of the Social Contract and the services we at CFS believe are a part of the basic social fabric.

You'll read about extraordinary families fostering children in need; parents pulling together to strengthen their ability to raise their families; organizations working against the tide to end homelessness; and individuals and companies rallying around our most vulnerable citizens—children of abuse and neglect, babies at risk, disenfranchised youth.

When you read these articles, think about what your list of basic services includes. What if we are talking about YOUR children? Does your list change?

I hope you will be inspired to stand up for the rights and well-being of all citizens and expect and accept nothing less from your state government. Raise your voice, participate in efforts to make change, write letters to your local media, call your state reps, vote, and teach your children about what it means to be a good citizen.

The best hope for our children and families, across the state, rests on the successful spread of these ideals and the entrenchment of these expectations—because they are at the root of our humanity and are the foundation of our prosperity.



Michael Ostrowski, President/CEO

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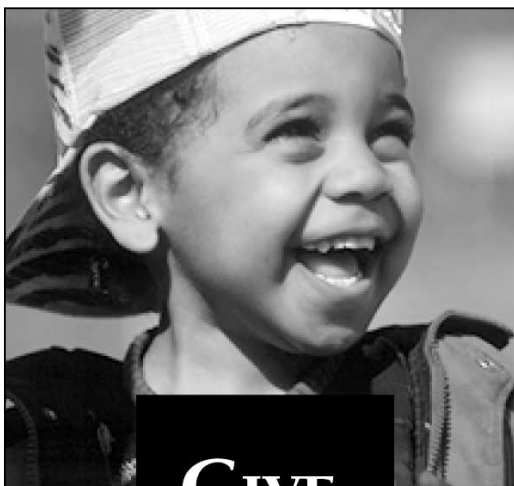
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GIVE

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

Anne Frank

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Foster families open homes, hearts to children in need

With the spring afternoon sounds of baseball practice in the background, Elaine Fagga recalls the years she's spent as a foster parent.

"It doesn't take any great thing to become a foster parent, just the willingness to love a child unconditionally," she says. "I just find it very rewarding to know that you're the person who's making a difference in this child's life."

She and her husband have opened their Lempster, NH, home to many foster children over the years, and are in the process of adopting a third special-needs child through Child and Family Services.

Child and Family Services of NH works in tandem with the State Division for Children, Youth and Families to match high needs youth with special foster families like the Faggas who can provide, love, care, stability, safety and the family support all children need in order to grow and develop successfully. The program, titled Permanency Solutions (aka ISO), serves hundreds of children in every corner of the state, each year.

"I believe that if people knew the needs of children in their community they would step in to meet the needs. I believe that with all my heart," says Jeannette Birge, program director for CFS. "I believe that people intrinsically care about the plight of children."

It's a complex endeavor, but CFS works diligently to recruit and retain foster families. Through high level strategy and planning, and in partnership with an array of other organizations including schools, hospitals and social service providers, CFS gleans from successful recruitment models across the country, such as one in St Louis that's based on the TV show *Extreme Makeover: Home Edition*, to promote foster parenting and enhance the fostering experience.

"I personally believe that one of



the very best recruitment strategies is to use people who are already foster parents, and we're working on ways to empower and support them to do that," Birge says.

But some of the biggest hurdles to making the choice to become a foster family are myths. "You DON'T have to be rich, own your own home, already be a parent or have a college degree" Birge says, "to become a foster family. You just have to have a heart and some time...and patience and humor go a long way, too."

"Also, supporting a foster family when they have a child in the home can be very, very challenging," continues Birge. "So CFS has a number of programs in place to help families cope with the day-to-day occurrences."

According to foster care recruiter Michelle Galligan, this support can range from providing families with training, such as trauma and grief counseling, to home-based practical and emotional support, to hosting retreats for foster families.

Fagga says she and her family have taken advantage of the trainings offered by CFS a lot through the years, including counseling services, since she and

addresses all aspects," Fagga says.

Even with the challenges, families say that the experience of being a foster parent is incredibly rewarding.

"They love the fact that they're helping a child," says Galligan. "When they see the progress that they're making—even if it's a little bit of progress—they see that they're helping with the direction of the child's future."

Fagga echoes that sentiment in talking about her own foster and adopted children, saying she loves to see the difference she and her family can make in the life of a these children.

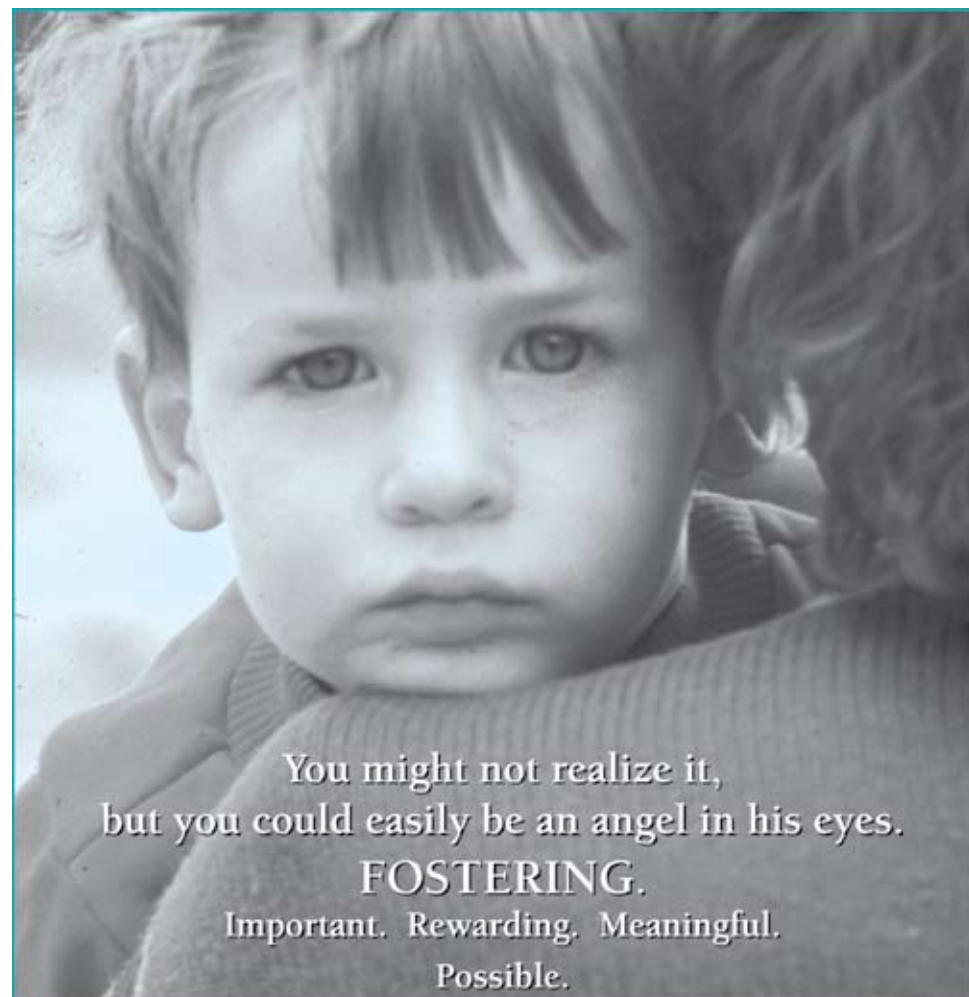
"You start to see these children changing, because they're in a home that's stable," she says. "They're in a home where there's love."

One final thought from Birge: "More and more we are searching for homes and families who want to be permanent resources for our children. Many of the youth we work with will never be able to return to their birth families, and we never want them to be out on the streets when they turn 18. Although there will always be a need for short-term foster homes, we are putting increasing emphasis on families who are willing to be permanent resources for youth."

her husband have worked to bring together a blended family that includes biological children as well as adopted children with health issues, such as Asperger's Syndrome and a seizure disorder.

"CFS is more than just a foster care agency; they support families. CFS

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FOSTER CHILDREN – FACTS

There are approximately 900 children a year served in foster family care in New Hampshire.

- About 30% of children in foster care have severe emotional, behavioral, or developmental problems
- The average length of stay in foster care in New Hampshire is about 33 months
- Many children in the foster care

system have experienced some kind of abuse or neglect. In New Hampshire, the most common forms are medical neglect, physical abuse and sexual abuse.

- In 2009, there were about 115,000 children in the United States waiting to be adopted.

Sources: *New Hampshire Division of Children, Youth and Families; American Academy of Child and Adolescent Psychiatry; Children's Defense Fund; HHS Administration for Children & Families*

CIRCLE OF PARENTS widens: Families find emotional support, practical solutions to family matters

Circle of Parents is so important to Jamie Demingway of Manchester, that after she missed a meeting to give birth to her second child, she was back the next week, ready to participate.

"It gives me something to do every week; every Wednesday at a set time. I look forward to going every single week," Demingway says.

She's not alone. Child and Family Services' Circle of Parents groups have become an indispensable resource for moms and dads across the state. The Manchester-based program, which includes a partnership with the YWCA and UNH Cooperative Extension, is led by Susan Morse, family support social worker for Child and Family Services' Parenting Plus program and facilitator for the Circle of Parents and play group programs.

The free, parent-led support groups not only help

Family stats

- There are about 13.7 million single parents in the United States.
- About 25% of single parents in the United States live below the poverty line.
- In New Hampshire, about 7.8% of people live below the poverty line.
- Economics and trying to keep up with the dual responsibility of work and raising children are large stressors for single parents
- In New Hampshire the median household income is \$63,235.

- In New Hampshire, 73.7% of single mothers with children under six also work.
- In 2005, 894 children in New Hampshire were substantiated victims of abuse and neglect.
- In 2005, there were 1,570 pregnancies among New Hampshire teens aged 15-19.
- For the 2009-2010 school year, New Hampshire's annual dropout rate was 0.97%

Sources: The Guttmacher Institute; KidsCount.org; governor.nh.gov; U.S. Census Bureau

participants connect with other parents. It offers resources and facilitates discussions with experts who teach participants about everything from learning how to read a nutrition label to coping with domestic violence or child custody issues. During the first part of the meeting, parents participate in a support group while their children are being supervised by YWCA employees.

"It's a great place for parents to even vent; to know that there are other parents out there who are having the same issues," Morse says. "It's empowering."

That's a big reason why Alexandra Wiafe of Manchester attends with her children.

"It's like a stress reliever. It gives me some me time; time away from my kids," she says. "They get to go in another room, and I'm in a room with other adults."

Wiafe also loves that there's an opportunity to play with her children. During the second part of Circle of Parents meetings, Morse facilitates a parent-child playgroup that allows parents to interact and bond with their children in ways that incorporate fun projects and child development.

"I like to do arts and crafts at home, and I'm always learning new things that I can do with my kids that are age appropriate," Wiafe says.

Morse says talking about child development is part of every activity, connecting things like

painting projects with fine motor skills development, and teaching parents positive reinforcement techniques.

"It's these teachable moments that are fully taken advantage of," says Morse, a former pre-school teacher. Parent-children projects range from hula-hooping to planting flowers. "I tell them, don't bring good clothes; the kids are going to get messy with me."

Frances Gibert travels from Merrimack to attend the meetings in Manchester. She feels that Circle of Parents has helped her make friends, expand her social circle, and develop a closer bond with her two daughters.

"It's helped specifically with my relationship with my kids," she says. "Being able to understand my four-year-old a little bit better. I felt like I didn't have that understanding

of the whole child development piece."

She also says Circle of Parents has helped her learn about nutrition and discipline, and allowed her children to make friends of their own.

"We're all there for one thing; we're all there



because of our children, we want to be able to seek advice," she says. "You name it, it's all there."

But perhaps most important is the open-door policy and deep level of confidentiality and trust between everyone in the support group.

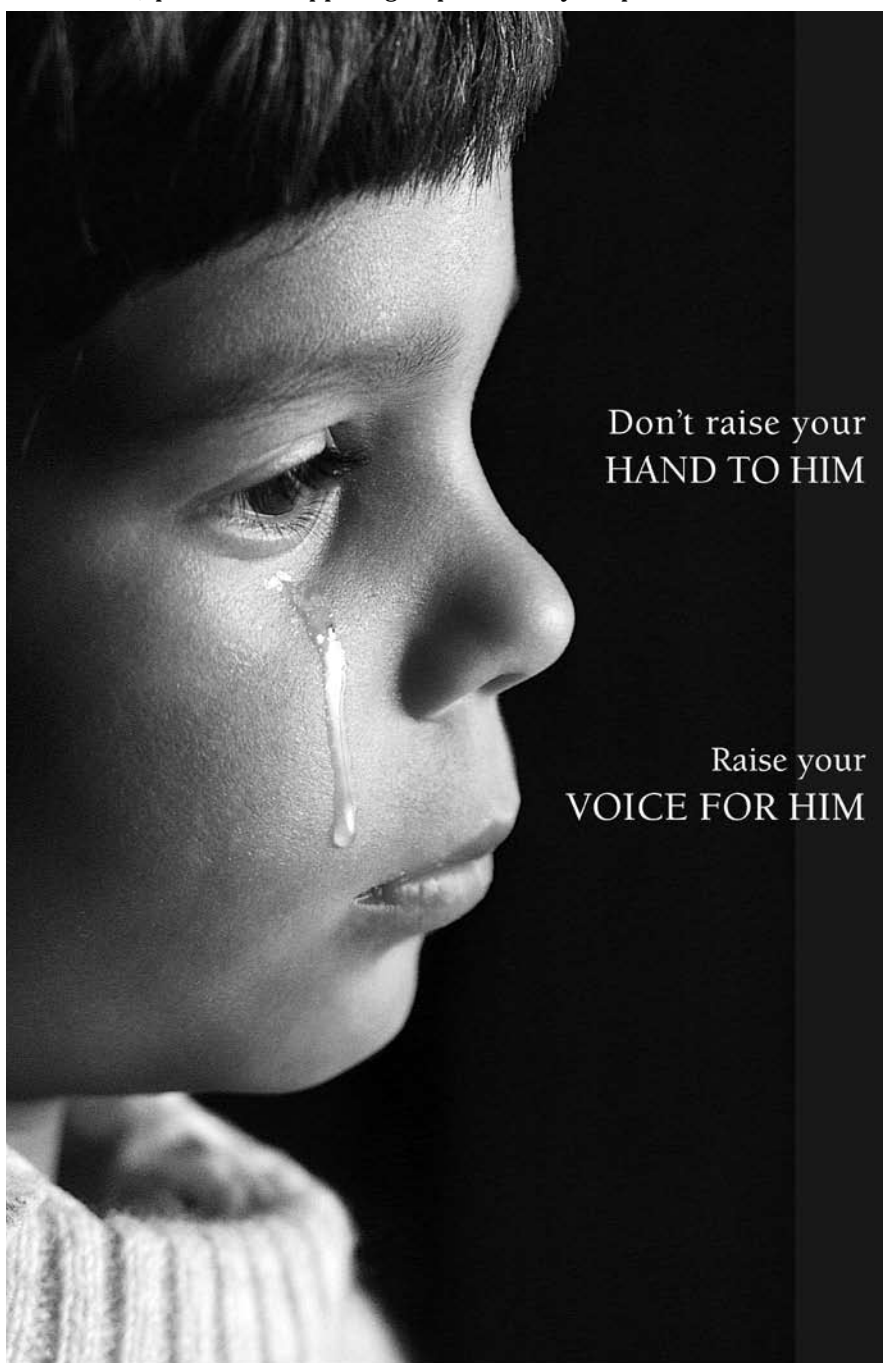
"They get to make those friendships that are really based upon trust and respect," Morse says.

Demingway agrees.

"It's a judge-free zone," she says. "If they came and have issues we are there to listen."

Circle of Parents groups are held throughout the state on an on-going basis. Visit www.cfsnh.org for information on a group near you.

Funding for this project is provided by the United States Department of Health and Human Services, Administration for Children and Families. Local support is received by New Hampshire Children's Trust Fund.



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Raise your
VOICE FOR HIM



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Open eyes, change minds: Mobile tours of youth programs

“Eye-opening” and “insightful” were used to describe the first in a series of behind-the-scenes agency tours held early this year when community members joined board members and CFS staffers for a mobile view of youth services offered in Manchester.

“Over 13,500 people were helped by CFS last year, and more than 3,000 were from Manchester youth programs alone,” noted Mike Ostrowski, the agency’s CEO.

Representatives from Bank of America and People’s United Bank joined Kiwanis and Rotary Club members from all over the state to meet program participants and learn about the impact of CFS services. Highlighted were several of the agency’s Manchester programs for adolescents, including Street Outreach and Runaway and Homeless Youth Services, which provide youth, ages 12-21, who have been disengaged from their families, with street survival aid, basic needs, and supportive ser-

vices while they establish stability in their lives.

Also featured were the Adolescent Substance Abuse Treatment and Day Treatment programs and the Teen Resource Drop-In Center. The tour additionally incorporated the Transitional Living Program, an independent residential program for youth, ages 18 – 21, who learn to become self-sufficient, contributing members of the community while completing their education.

“I was shocked,” said one bank representative. “What I saw were self-confident, interesting people engaging in CFS services that I would not have envisioned them needing. They were personable people with great capacity to do their jobs; community members just like me.”

This visitor discovered what many in the social service arena already know – challenging times are unpredictable and CFS is always there to help tackle the most complicated problems facing

families today including domestic violence, mental health issues, substance abuse, homelessness and eldercare.

While at the Teen Resource Center on Hanover Street, the group met one young man, Mark, for whom CFS had made a big difference. After being severely abused by a family member, an experience that left him traumatized and diagnosed with post traumatic stress disorder, his early life had been spent being tossed around between foster and group homes. His many moves interrupted his education and he ultimately dropped out of school.

At age 21, he suffered an additional loss when his young wife and their 8-month old daughter died in an automobile accident while they were visiting family. This additional ordeal left him unable to function effectively, and put him back on the streets, homeless and without a job, and his mental health issues resurfaced.

Over the past six months, Mark has started to find his way back, by accessing basic needs assistance from the Teen Resource Center (food, clothing), seeking the help of a caseworker in find-

ing a job and participating in a weekly group. Slowly, stability is returning to his life. He has found an apartment and befriended another young person he met through the Resource Center.

They are sharing the rent and supporting each other in becoming more responsible and self-sufficient. Weekly, they participate with other youth in “Dinner and a Conversation” with CFS staff at the Teen Resource Center. The staff coach and support their steps forward, applaud their victories, large and small, and encourage them to continue moving forward. Staff also listen and learn about challenges that are facing many of today’s youth, and this empowers them to work on solutions to these social problems.

Several more “Open Door” mobile tours are scheduled this year including “Open Door, Summer Camp” during the warmer months. If you would like to learn more about how CFS improves the quality of life for youngsters who are living on the edge, or learn other ways to become involved, please contact Debbie Smith in the resource development office, (603) 518-4152.

HOMELESSNESS: New report causes concern

Earlier this year, the National Alliance to End Homelessness released a report on the state of homelessness across the country—state by state (<http://www.endhomelessness.org/stateofhomelessness2011>). There’s bad news, good news and then bad news again to report.

The State of Homelessness in America indicates that family homelessness across the country rose three percent between 2008 and 2009. It appears that New Hampshire, however, trended the other way in 2009, showing a decrease in numbers of homeless individuals. Surely, the coordinated efforts of state leaders, social service providers and concerned citizens had much to do with that. But before anyone thinks of doing a victory dance, consider what a difference a year makes.

According to experts in New Hampshire, including those on the front lines, homelessness overall got much worse in 2010, and continues to rise. The recession’s impact and a number of economic and demographic factors have severely and adversely affected the most vulnerable individuals in our state, as well as those who once thought themselves stable and immune, reigniting a previously wan-

ing social problem.

According to Keith Kuenning, coordinator of the New Hampshire Coalition to End Homelessness, shelters have unprecedented waiting lists, schools report more homeless students, food pantries can’t keep up with stock, and street outreach workers are logging more contact hours with homeless youth.

The 2011 NAEH report then, may give New Hampshire a false sense of success and security. The report ended before the nation was fully engulfed in recession and much of the data includes the latest “point-in-time” counts, which were from 2007. ALSO, it is important to note that YOUTH homelessness is not counted in this report, and for years, it has been under-reported and misunderstood in New Hampshire and the nation.

There is currently a good amount of credible data that has been gathered by New Hampshire agencies, including school systems, that can shed a real-time light on the problem of homelessness in our communities. As the economy continues to flounder and tightened state budgets reduce the availability of social services to vulnerable youth and families, homelessness

persists and grows as a serious problem in our state.

Empirical data is being collected now, but anecdotal data is REAL TIME.

“In the last year we have definitely seen an increase of youths or young adults between the ages of 18 to 20 who are accessing our services who have never accessed previously,” says Erin Kelly, manager of Child and Family Services’ Street Outreach Program. “Many have a high school diploma or GED and previously had been able to support themselves, but because of the economy they either lost their job completely or lost a significant number of hours.”

Dr. Lynda Thistle-Elliott, education consultant for homeless children, with the state Department of Education, reports that from 2007 to 2008, schools identified 2,087 homeless children. In 2008 to 2009, schools identified 2,132. The most recent data from 2009 to 2010 identified 2,573.

Sadly, homelessness has become all too prevalent - affecting many of our friends, neighbors, families, co-workers and school-

mates TODAY.

Please visit www.cfsnh.org to read about programs serving homeless youth in NH or visit <http://home4hope.com> for comprehensive information and referrals on the issue, and contact your state representatives to encourage them to maintain funding for life-saving services to this vulnerable population.



If it's
EVER
crossed
your mind,
EVEN ONCE,
that your daughter
might be doing
drugs...
call us.

Confidential
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THE ADOLESCENT SUBSTANCE
ABUSE TREATMENT PROGRAM



Child and Family Services
a private nonprofit since 1850

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CFS welcomes new trustees & regional board members

Concord Regional Board

Witmer Jones, Concord. Wit is the retired district director, Small Business Administration. He earned his B.A. from Hartwick College. Wit received several awards from S.B.A. while employed there. He currently volunteers for United Way and is a member of Senator Shaheen's Small Business Advisory Board.

Julie Yerkes, Concord. Julie is the director of admissions and Vermont programs at SOCAPA. Julie received her B.A. from Middlebury College and M.Ed. from Harvard University.

Manchester Regional Board

Mona Movafaghi, Hollis. Mona is an attorney with Wiggin & Nourie, PA. Mona received her B.A. from the University of Massachusetts and J.D. from Franklin Pierce Law Center. She is a member of the American Immigration Lawyers Association and was listed as one of New Hampshire's Best Lawyers.

Jeanine Kilgallen, Merrimack. Jeanine is an attorney with Shaheen & Gordon, P.A. Jeanine earned her B.A. from Stonehill College and her J.D. from Northwestern. She is a member of NHBA, NHWBH, Inns of Court and ABA.

Cami Eurieck, Derry. Cami is a supervisor with the State of NH. She earned her B.A. in psychology from Southern New Hampshire University. Cami is a member of the NH Association of Certified Public Supervisors.

Nicole Chambers, Derry. Nicole is a sales representative with Anderson Merchandisers. She received her B.A. in psychology and is pursuing her master's degree at Southern New Hampshire University.

North Country Advisory Board

Elaine Belanger, Gorham. Elaine is an immunization program coordinator for the North Country Health Consortium. She earned her B.A. in English Literature and her LPN. Elaine currently volunteers for Medical Reserve Corporation as a volunteer coordinator.

Upper Valley Regional Board

David Pierce, Etna. David is self-employed as an attorney and is a state representative. He earned his B.A. from Baylor University and M.B.A. & J.D. from George Washington University. David is a member of the NH Bar, California Bar and Pennsylvania Bar and has served on the NH Democratic Party board.

Lauren Girard Adams, Norwich. Lauren is co-chair of The Children's Rights Litigation Committee at the American Bar Association, Section of Litigation. She earned her B.A. in government from Skidmore College and her J.D. from Northwestern University School of Law. Lauren is currently a board member at the Sue Duncan Children's Center in Chicago and has been on the boards of ChildServ and the Junior League.

WELCOME!!

Ostrowski honored by National Association of Social Workers

Each year, the National Association of Social Workers - New Hampshire Chapter, recognizes and honors individuals for their contributions to the profession of social work and to society. This year, the NH-NASW honored Mike Ostrowski, president and CEO of Child and Family Services, as Social Worker of the Year.

An MSW graduate of Wayne State University, Ostrowski has been the CEO/president of Child and Family Services of NH for 25 years and has worked in the field of human services for 40 years. He has served on the board of directors for the National Council on Accreditation, Child Welfare League of America and as president of Michigan Chapter of the National Association of Social Workers. His interest in children's public policy grew out of his work as a practitioner. Ostrowski manages a \$14 million/year organization that succeeds in solving social problems. Under his lead, approximately 16,000 children and families per year are served through Child and Family Services.

Ostrowski's commitment to the community is evident in his volunteer work. He has served as president of the Manchester Rotary Club, as board chair of Leadership NH, a member of the steering committee of CWLA-North Atlantic region, treasurer of Granite State Association of Nonprofits, past chair of the federally mandated Citizens Review Panel for Child Protection and advisory board member of the Endowment for Health. He is currently the president of the

NH Center for Nonprofits.

"Social work is applied social-psychology," says Ostrowski. "It sees the cause of events as both the individual's responsibility and that of the environment around them, and the interaction between the two. Therefore, I can't be the Social Worker of the Year unless it is in part caused by the outstanding agency for which I work that should by extension receive the Social Work Agency of the Year award. My 40 years in social work have always been in child and family type agencies and I'm so happy that I made that decision. There is no better place to work."

The National Association of Social Workers (NASW) is the largest organization of professional social workers in the world and seeks to advance professional knowledge in the field of social work, develop and enforce ethical standards, and promote social and legislative policies that improve conditions of life for all members of society. The New Hampshire Chapter strongly supports the core values of the social work profession including "service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence" and believes the primary mission of the social work profession is to enhance human well-being and help meet the basic human needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed and living in poverty.

Child and Family Services appoints Cheek, CFO



Child and Family Services of NH recently appointed Tony Cheek to the position of VP of finance / chief financial officer. In his role, Cheek will be responsible for the finance, accounting, IT, risk management and corporate compliance

functions of Child and Family Services. He will work closely with the president, senior V.P., program directors, human resources, accounting and the board of trustees to manage and report on the financial status of Child and Family Services.

Cheek comes to Child and Family Services with 25 years of experience including four years as VP/CFO of Fountains America in Central NH, nine years as director of finance at Lakes Region Community Services, and another eight years as controller for a private, family owned manufacturing business in Massachusetts.

Cheek is a graduate of the Whittemore School of Business & Economics at UNH.

"I am pleased to have joined the dedicated team of professionals at Child and Family Services and am looking forward to helping fulfill CFS' important mission to help children and families throughout the state."

"CFS is very happy to have Tony Cheek join the management team as CFO," says Mike Ostrowski. "Tony brings over a decade of experience in non-profit finance in addition to recent business experience. Tony is thoughtful, enthusiastic and will strengthen an already strong finance department."



GIVE

We make a living by what we get, but we make a life by what we give. *Winston Churchill*

 Child and Family Services
1-800-640-6486 www.cfsnh.org

RALLY FOR NH!

On March 31, 2011, approximately 4000 people descended upon the New Hampshire State House plaza in a rally to restore New Hampshire's budget.

Individuals and organizations from ALL walks of life – children, families, senior citizens, people with disabilities, people with mental illness, firefighters, workers' unions, churches, educators, environmentalists, social workers, police officers, students, veterans, rescue squads, the arts, etc., turned out in a show of solidarity. While the galvanized crowd chanted, brandished signs and sang songs outside, inside, legislators were approving the budget bill that people believe will have a devastating effect on New Hampshire residents.

Now is the time to speak out and let your elected officials know...

WE CARE. WE COUNT. WE MATTER.



**"This directly impacts our future and the future of the next generation."
E&L, NH Hospital**



"They talk about sacrifice, but what are they sacrificing? It's always 'other people's kids.' OUR kids. Kids who suffer neglect. Kids who have special needs. Kids whose families can't take care of them. Should we sacrifice them to save a few bucks?" R.J. Lebanon



"I get services from Community Council of Nashua. To think that they would cut my benefits ... and there are people worse than me... losing everything. I think they want the mentally ill to go away." Joe, Nashua

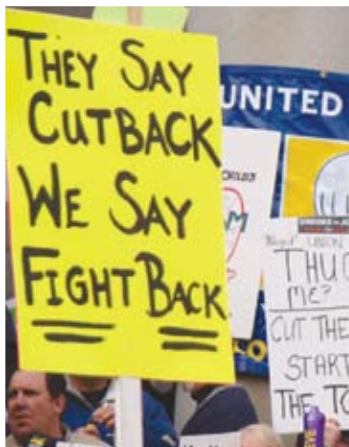




*"Today, I'm here to save our quality of life. We need to stand up and show solidarity."
T, North Hampton NH Fire Rescue*



*"I work for HHS and I know the struggles. I want to continue to help people. Cutting mental health is a horrible idea!"
Susan, Grafton County*



Child and Family Services readies for Concerts for the Cause 2011



TICKETS are on sale now, for the CFS 26th anniversary season of Concerts for the Cause. This year, CFS presents country sensation, Phil Vassar and special guests, Farren-Butcher, Inc., and THE BLUES SUMMIT with The Robert Cray Band and special guest, Ronnie Earl and the Broadcasters.

Vassar and guests will perform Friday, June 3, 8:00pm, at the Palace Theatre, Manchester and Saturday, June 4, 7:30pm, at the Lebanon Opera House, Lebanon, NH. Tickets are \$39.50 each and are available at the respective theatre box offices: Palace Theatre, 603-668-5588, www.palacetheatre.org; Lebanon Opera House, 603-448-0400, www.lebanonoperahouse.org.

As one of Nashville's most prolific stars, Vassar is a two-time ASCAP Songwriter of the Year, Billboard Magazine Top New Country Artist and Country Songwriter of the Year and Music Row Magazine Breakthrough Artist of the Year. His hits include **I'll Take that as a Yes, Last Day of My Life** and **Love is a Beautiful Thing** as well as number one singles on Billboard charts, **In a Real Love** and **Just Another Day in Paradise**.

Vassar songs are also covered by some of country's biggest stars including Blackhawk who recorded **Post-marked Birmingham**, Jo Dee Messina, **I'm Alright**, and Tim McGraw, **For a Little While**.

Farren and Grammy nominated Butcher, both musically rooted in New England, achieved world-wide acclaim

fronting two of Boston's most notable rock bands, Jon Butcher Axis and The Joe Perry Project. FBI releases a new CD in time for this event.

The BLUES SUMMIT happens on Wednesday, June 22, 7:00pm, at the Capitol Center for the Arts, Concord, NH. Tickets are \$40 and \$27 and will be available at the CCA box offices, 603-225-1111, www.ccanh.com.

Five time Grammy winning, multi-platinum-selling legend, Robert Cray, leads the Blues Hall of Fame—Class of 2011. Discography includes **Twenty, Strong Persuader, Time will Tell, Smoking Gun** and **Don't be Afraid of the Dark**.

According to Guitar Player Magazine, "Robert Cray is not only making great music, he's making history."

A W.C. Handy Award winner, Ronnie Earl is "perhaps the finest living blues guitarist on the planet," says The Boston Phoenix. An associate professor of guitar at Berklee College of Music, Earl gave a stellar performance in last year's BLUES SUMMIT for Child and Family Services, and is back by popular demand.

All proceeds will support the organization's services to victims of abuse and neglect, babies at risk, homeless and troubled youth, and impoverished families.

BECOME A VIP and further experience the event and support the cause! Visit www.cfsnh.org.

CFTC 2011 sponsors: FairPoint Communications, Schleicher and Stebbins Hotels, Mascoma Savings Bank, Hypertherm, Marker-Volkl and Devine Milimet.

Media partner: WOKQ, New Hampshire Magazine, The River, WMUR, KIXX, New Hampshire Union Leader, Rock 101, WNNE and The WOLF radio.

LIFEBOAT cont. from Page 1 »

hear parents. They need to hear the stories."

Or, take for example Annabelle and her mom, two CFS clients who receive regular visits at home as part of the Healthy Families Home Visiting Program. HFHV ensures that every baby gets off to a good start in life by providing counseling, support and education for low-income women who are pregnant or have recently given birth. Annabelle is only a few months old and is seeing everything for the first time. Her mom, meanwhile, is learning how to be the best mom she can while overcoming past alcohol and substance abuse problems. Annabelle and her mom are on the right path and living happily, but

as more funding is carved out of the state budget, there are fewer resources to help children like Annabelle.

Families currently receiving support through programs won't find themselves suddenly cut off when the new budget goes into effect in June. However, the families who have not yet reached out for help face an uncertain landscape. But because they haven't reached out, those families—and the impact the budget cuts will have on them—are impossible to identify. These are the families at risk of being tossed out of the lifeboat.

"The (families) we're concerned about are the ones who are struggling now and approaching their wit's end," Lightfoot says. "There won't be any place for them to turn."

CFS' programs benefit people of all ages and walks of life. Senior citizens, young adults aging out of the foster care system, infants, toddlers, teens, and parents all can receive assistance from CFS. But in the face of such dramatic cuts in state funding, state lawmakers and the DHHS commissioner will have to make the difficult choice of deciding which group will bear the burden of decreased resources and services.

NOW IS THE TIME! Tell lawmakers your story and let them know the importance of these services. The governor and state legislators are still making decisions about the 2012-13 budget, and that means there's still time to eliminate cuts to vital services to our friends, neighbors, families, fellow citizens. You can find the name, address,

and phone number of your state representative on the New Hampshire legislature website: <http://gencourt.state.nh.us>. To directly contact state Senate President Peter Bragdon, call 603-271-2111. To contact House Speaker William O'Brien, call 603-271-3661. For Governor John Lynch's office, call 603-271-2121.

Call your representatives. Send emails. Write letters. Send faxes. Attend legislative hearings and speak out during public comment sessions. Encourage your neighbors, friends, families, and anyone else you meet to do the same. Let New Hampshire's state representatives and senators know that no one—especially the state's most vulnerable citizens—should be left out of the lifeboat.

BECAUSE OF YOU

INSPIRE
INVOLVE
INVEST

INSPIRE

Outstanding Women



Tracy Caruso of WZID, Elaine Brody of Child and Family Services' board of trustees, and Molly Tarleton of Hannaford Supermarkets, celebrate Elaine's honor as one of NH's most remarkable women.

Elaine Brody of Hudson, NH, a CFS volunteer for nearly 20 years, was recently recognized by WZID as one of the 20 Women You Should Know at the 2011 Women's Expo.

Elaine first volunteered for CFS as a community fund raiser for the annual fund, then served on a local advisory board and is now in her second three-year term on the CFS board of trustees. Her particular passion is Camp Spaulding. She logs many hours gathering materials for camp kits so that low income children have the appropriate gear and clothing when they arrive at camp. She raises money and spreads the word about this very special resource to area schools and community organizations.

A retired business manager, Elaine

is the epitome of a community activist. She is the project manager for the new Rodgers Memorial Library and helped to raise \$150,000 toward its construction. She was instrumental in the completion of the Hill Garrison Elementary School. She and her husband sponsor the Elias Brody Spring Concert at Alvirne High School in memory of her husband's father. She is past president of Temple Beth Abraham in Nashua and is an incorporating board member of the Greater Nashua Division, NH Charitable Foundation.

In her nomination letter, Jane Kelley wrote the following about her friend:

What really makes Elaine outstanding is the legacy she has inspired in her daughters. When talking to Elaine's daughter Robin, the very first thing she said about her mother was that as long as she could remember, her Mom has done charitable work. Getting her family involved was not hard for Elaine, for children learn by example. Elaine's example has instilled in her daughters the same values that have made Elaine outstanding. Her daughters started off small in their legacy to pay forward their Mom's example, by hosting a Bridal Shower for their parent's 25th wedding anniversary, and asking the guests to bring canned food, in lieu of gifts, to

be donated to a local New Hampshire food bank. The most recent and touching example to this writer, has been the trust fund her daughters created in their grandmothers' memory as a gift to their parents. Elaine's mother was a cook at a summer camp in New York. She would take Elaine and her siblings to work with her so they could experience the joys of summer camp. Elaine's daughters reached out to family and friends after the death of their grandmother and created an endowed fund that each year sends under-privileged children in New Hampshire to Child and Family Services' Camp Spaulding.

The staff and board of CFS congratulate Elaine for all of her achievements and sincerely thank her for her years of dedication and generosity to the children and families served by the agency.

Over the past 18 years, **Suzanne Wyman** of Wentworth, NH, touched the lives of hundreds of families in her role as a private adoption paralegal for the Rath, Young, Pignatelli Law Firm in Concord, NH. According to Ann McLane Kuster, one of the firm's attorneys, Suzanne cared a great deal about the work she was doing and was incredibly sensitive to the needs of the families with whom she came in contact.

"In our practice, we worked both with prospective adoptive parents and birth parents," explains Kuster, "and it is often a roller coaster of emotions for them as they go through the process.

There is a lot of waiting in adoption and many prospective adoptive parents would check in with Suzanne monthly for reinsurance and an update. She was authentic in her caring and dealt with all their concerns in a compassionate way, without ever having met them. It was a gift."

Kuster continues, "Suzanne met all of the adoption and birth parent clients but mostly dealt with people over the telephone. She was always upbeat, friendly, warm and caring and that made such a difference."

According to Kuster, Suzanne was really good with birth parents who had lots of issues in their lives and responded to Suzanne's kind and understanding manner. One young teenager was in the midst of a crisis pregnancy and had to be air lifted to the hospital. She was frightened, the baby was coming early and Suzanne wound up managing all the arrangements with birth and adoptive families during this heightened emotional time.

Sadly, over Thanksgiving weekend, Suzanne suddenly took ill and died. In Suzanne's honor and memory, the firm cancelled its 2010 holiday party and instead used the money they would have spent to make a significant donation to the Child and Family Services Adoption program. Suzanne's husband, Glen, presented the check with the hope that the many CFS families Suzanne worked with over the years, and those we would work with in the future, would benefit from this gift.

Giving 'outside of the box'

Long time volunteer, Sue Moran, of Bedford, NH, has come up with a unique way to celebrate the holidays and support two programs at CFS that are special to her: the HomeCare program serving low-income frail and disabled elderly and the Street Outreach program for runaway and homeless youth. Sue hosts a holiday party at her home and instead of accepting hostess gifts, she includes on her invitation a request that attendees bring a donation either for the Street Outreach program or to help elderly Home Care clients.

"I'm very fortunate, I have many very generous friends," says Moran.

A number of Sue's friends have begun to emulate Sue's example, holding their own parties and donating the proceeds to CFS.

This past season, in addition to her holiday party, Sue planned a food drive with her friends, and her husband's business, Skillsoft, also participated.

With the money raised at the party, the group filled three vans with provisions for the CFS Teen Resource Center food pantry.

Do you have a birthday, anniversary or graduation coming up? How about Mother's or Fathers' Day? You could be the kind of inspirational contributor that Sue Moran and the Clothing Closet Crew have become. If you are planning a celebration for one or more of these life cycle events, ask friends and family for donations instead of gifts. Most of us have too much stuff already. How about organizing a clothing, food or donation drive for Child and Family Services. Send an invite, use your social networking site or send invitations the old fashioned way to plan your event and encourage your friends and family to join you "outside of the box" in doing good in your community. Contact us at 603-518-4130 to find out more.

INVOLVE

The Spirit of Giving

A Market of Manchester teamed up with Child and Family Services last December to sponsor ten CFS families for the holiday season. After raising money at their South Willow Street check out registers, A Market shopped for gifts and food that would fulfill the holiday needs of 13 adults and their 16 children. On December 21 and 22, gifts from A Market staff and customers were delivered to the families who were identified by CFS workers as being hard working, motivated, but still struggling to make it through the holidays. Most of the families were just getting back on their feet after bouts of homelessness and others were struggling economically because the mother or father is serving overseas in the military.

Each year, many generous individuals, organizations and companies come together to help Child and Family Ser-

vices' families for the holidays, and 2010 was no exception. Without the help of these very generous friends, many of these children would go without holiday gifts and whole families would be without Thanksgiving and Christmas meals. It is with extreme gratitude that we thank the following friends of Child and Family Services.

A Market
Bedford High School
Borders Book Store
Catholic Medical Center
Charmingfare Farm
Daniel's Restaurant and Pub
Friends of Forgotten Children
Graphic Packaging International, Inc.
Individual Friends of Child and Family Services
Manchester Community College
Moultonboro Women's Club
The Pajama Program
Skillsoft Corporation
SLM Distributors
Souhegan High School
St. Paul's Church Chapter II Thrift Shop
The Stork Project

INVEST

Legacy Giving

Verb. To convey one's values through creation of a future gift to charity

Noun. A foresighted action to strengthen a favorite cause

Any individual can create a legacy gift by naming a charity on the beneficiary form of a savings, checking or pension account; remembering a charity in a will or living trust; or using a more complex instrument such as a charitable life-income trust. All of these forms of legacy giving demonstrate a powerful and meaningful way for individuals to create a philanthropic legacy for their communities and the causes they care about.

Wouldn't you like to be able to touch the future? By leaving a legacy gift to Child and Family Services, you can continue to support the prevention of child abuse and neglect and the strengthening of NH families. We know you want to ensure that children have the very best opportunities to live well and flourish, free from poverty and stress, nourished by loving, stable families and supported by a caring community. Whether you think of yourself as rich or poor, or somewhere in between, you can make a legacy gift that will make a difference in someone's life.

Even a small amount can have a big impact over time.

Thomas Merrill left the first legacy gift of \$1,000, through a bequest in 1851. Today, through prudent management and investment, that gift is worth hundreds of times more than when it was first made and Mr. Merrill's philanthropy has touched more than seven generations of children.

Some people think they must choose between leaving a gift to their family or their favorite charity. You can do both and some charitable gifts may actually save your family money by decreasing inheritance taxes. A simple directive in your will can bring support to Child and Family Services that will continue touching lives for years to come.

Start today.

Make sure you have an up-to-date will (or living trust) that reflects your charitable objectives.

Contact your financial advisor, planner, attorney or accountant and ask for help in establishing a charitable gift.

Think beyond cash—you can leave stocks, real estate, insurance policies, personal property or make your favorite charity a beneficiary of your life insurance, pension plan or IRA.

We are happy to discuss your ideas with you on how you would like to be remembered. Contact us at 603-518-4130.

WILL YOU?

Leave a legacy through a bequest in your will

To find out the benefits of joining The NH Children's Aid & Protective Society with a legacy gift, contact Ruth Zax, CFRE, director of development and planned giving, zaxr@cfsnh.org

It takes a village

CFS is proud of its public policy initiatives through its advocacy program, the NH Children's Lobby. As New Hampshire legislators debate the biennial budget, CFS, as a member of NH Cares, is analyzing the impact of projected budget cuts and serving as a watchdog to protect the interests of children and their families. This is made possible with public information grants from NH Charitable Foundation and NH Endowment for Health.

Every child deserves camp!

Enriching summer activities is the goal of Camp Spaulding, dedicated to making it possible for low-income, at risk New Hampshire boys and girls to attend two-weeks or more of overnight camp. CFS continued to receive contributions to underwrite camperships long after the end of the successful 2010 Camp Spaulding season, including gifts from an anonymous Seacoast donor, Manchester and Nashua West Rotary Clubs and friends and family of Tom O'Connor. Enrollment for the 2011 season has started. Learn more about helping to send a deserving child to summer camp at www.campspaulding.org

Corporate, Foundation and Civic Club Giving

10/15/10- 2/28/11

CFS programs benefit daily from the generosity of corporate, foundation and civic partnerships that provide services, in-kind support or charitable grants. If you would like to discuss opportunities for partnering with Child and Family Services to protect the well-being of NH children and families, please contact the development office at 518-4130 to request a copy of our new booklet, **Opportunity Knocks**, or visit our giving pages at www.cfsnh.org

The following businesses, foundations and community organizations have made gifts to the following programs in recent months.

Our Teen Resource Center, serving at risk and/or homeless youth in Manchester and Eastern Rockingham County, received grants from the following: Riverwoods at Exeter, Madelaine von Weber, Gibney Family and Fuller Foundations, BJ's Warehouse and Citizens Bank. These grants will help CFS to reach out to runaway or throwaway youth and youth exiting the foster care system, and help them to find stable housing, finish school, seek and obtain employment and learn the skills they need to live independently in order to break the cycle of homelessness.

Early childhood programs, providing in-home family support and comprehensive prenatal services, are the best investment for decreasing child abuse and neglect and rehabilitating families. CFS Healthy Families Home Visiting, Parenting Plus, Parent Aide and Families Connecting programs received grants from Tillotson North Country, Devonshire, Couch and Byrne Foundations, Hitchiner Manufacturing Company and Riverwoods at Exeter.

Preventing early school failure often means reaching beyond the four walls of the school and engaging families in partnering with teachers to ensure the child's school success. The Marshall and Mascoma Savings Bank Foundations provided grants to bring the CFS School-to-Home Counseling program to the Upper Valley's Mt. Lebanon School in W. Lebanon.

When you are poor and trying to pay for groceries, rent and heat, the tasks of everyday life and parenting can become overwhelming, especially if issues like unemployment, lack of health insurance, substance use, illness, absence of a spouse due to deployment, divorce or incarceration are added to the mix. CFS reaches into communities throughout New Hampshire and south central Vermont offering cutting edge mental health and counseling services to tackle tough problems that threaten the well-being of children and their families thanks to grants from the following: Coit House, Gilbert Verney Foundation, Melinda Tobie, Morse Hill, Charles H. Greenleaf, Dorothy H. Spaulding, Mildred Page, Sarah Cogswell Trusts, NH Children's Trust, Gilford Community Church, WLNH Children's Auction, Arthur Nighswander Estate in memory of Esther Nighswander,

In accordance with the nationally recognized state-of-the-art restorative justice model, the CFS Upper Valley diversion programs endeavor to make youthful offenders accountable for their actions and avoid the juvenile justice system. This is made possible by grants to the Lebanon Youth Court and the Sullivan County Diversion Project from the Gay Gahagan Charitable Lead Trust and Mount Sunapee.

ATTENTION FEDERAL EMPLOYEES

Child and Family Services is an approved and eligible non-profit in the Combined Federal Campaign (CFC).

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC

campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season (September 1 - December 15) support eligible nonprofit organizations that provide health and human service benefits throughout the world.

If you would like to designate your campaign gift to Child and Family Services, our CFC 5-digit code number is # 90105.



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 Aide & Protective Society

CHARITABLE GIFT ANNUITY

Two-life Charitable Gift Annuity rates: \$10,000 gift illustration

Ages	Rate (%)	Annual Income	Tax Deduction*
65/65	4.9	\$490	\$1877
68/70	5.1	\$510	\$2474
70/75	5.3	\$530	\$2983
75/75	5.6	\$560	\$3302
75/80	5.8	\$580	\$3653
80/85	6.5	\$650	\$4318

For details, contact Ruth Zax 1-800-640-6486 x 4130 zaxr@cfsnh.org

*Tax deduction may vary according to gift date and amount. Gift annuity rates are subject to change as interest rates vary and whether it is a one- or two-life gift annuity.



She needs us. We need you.

As it turns out, money IS an object.

There are times, however, when our values should not be compromised by our lack of resources, but rather where we find or create resources to support our values. Because when it comes to our kids....failure is not an option!

Please contact your legislators TODAY and ask them to fund critical services to our children and families.

- Prevent child abuse and neglect
- Provide prenatal supports to babies at risk to optimize their chance for a healthy start in life
- Provide foster care services for children in need
- Help adolescents to stay off or get off drugs and alcohol
- Deliver critical services in the homes of families under duress
- Provide troubled youth with residential care when they can't live at home



A private nonprofit
Advancing the well-being of children & families since 1850

Tribute Gifts

10/1/2010 to 2/22/2011

Memorial Gifts

It is with great appreciation that Child and Family Services accepts 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.

Edward F. Bezanson, Sr.

Mrs. Jean Hepworth-Bezanson

Robert P. Burroughs

Ms. Clara D. Parsons

Marie DellaLucia

Mr. & Mrs. Gordon Rehnborg, Jr.

Dr. Pete Harris

Mrs. Pete Harris

Carmen Light

Mr. Al Light

Thomas W. O'Connor, Sr.

Mr. Robert F. Casey

Mr. & Mrs. Edward Clancy

Ms. Marjorie Clancy

Mr. & Mrs. David A Conion

Mr. Kenneth L.A. Gavin

Ms. Leah A. Gray

Ms. Sylvia George

Ms. Maryann M. Hamilton

Ms. C. Marie Hosker

Mr. & Mrs. Charles J. LaBella

Mrs. Lucy M. LaBella

Mr. & Mrs. James J. Lima

Ms. Anna Manzano

Ms. Marie C. Martin

Mr. & Mrs. Roy A Nagy

Ms. Arlene F. O'Connor

Mr. Frank F. Pesco

Ms. Elizabeth Rice

Ms. Nancy J. Ross

Mr. Edward M. Ted Roy

Mr. & Mrs. James L. Sucharewicz

Mr. & Mrs. Wayne P. Wilkins

George B. Roberts

Mrs. Genevieve K. Rogers

Shad Smith

Ms. Maryanne Koskey

May Solon

Mr. & Mrs. Stephen F. Foster

Dr. & Mrs. Michael H. Solon

Kathleen Ann Taylor

Mr. Douglas Taylor

Suzanne Wyman

Atty. Lucy Hodder

Betty Veilleux

Mr. & Mrs. Harry Fowler

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.

Ulary L. Bowler

Mr. & Mrs. Raymond Fitch

Jose P. Carvalho

Mr. & Mrs. Clarence J. Bushey

Linda Chlossey & Susan Quintiliani

Mr. & Mrs. Brian Morton

David & Karen Dufault

Mr. & Mrs. Allan McCausland

The Graham Family

Mrs. Susan M. Moran

Jack & Pat Jacobsmeyer

Ms. Joanne Sprott

Jake & Kieran Kavanaugh

Ms. K. Sandra Anderson & Mr. Reeve C. Williams

Michael Kirkhuff

Modern Woodmen Fraternal Financial

Maia Marie

Mr. & Mrs. Paul Cummings

Marie Opie-Williams

Mr. & Dr. Fred Opie

Robert & Sue Pitiger

Mr. & Mrs. Dan Pitiger

Dr. & Mrs. Keith Stahl

Ms. Anne Cavuto

Caroline Strong

Ms. Helen Hamilton

Connie Tousignant

Mr. & Mrs. Ken Deloge

Amy Vest

Mr. & Mrs. George Loveland

The Walton Family

Mrs. Susan M. Moran

The CFS Corporate Connection

CFS programs benefit daily from the generosity of a number of corporate partners who provide services, in-kind or financial contributions. If your business would like to discuss opportunities for supporting the Child and Family Services mission, please contact the development office at 518-4130 or look at Giving Opportunities on the website: www.cfsnh.org

A miracle in review:

The 12th annual WZID Christmas is for Kids Radiothon, presented by FairPoint Communications, raised \$158,000, fulfilling holiday wishes of over 2800 local kids and their families.

Special thanks to our event angels:

FAIRPOINT COMMUNICATIONS

Bank of America

Catholic Medical Center

Manchester Community College

M.L. Halle Oil Service, Inc.

The Anagnost Companies

Hanover Street Chophouse

Public Service of New Hampshire

Devine, Millimet and Branch, PA

Centrix Bank

Central Paper Company

AutoFair

Watson Insurance

Elliot Health System

Prestige Auto Body, Inc.

Southern New Hampshire University

Hedge Solutions

Cactus Jacks and T-Bones

Concord Nissan

Cash for Gold

Deb Stone - Mall of NH

Bellwether Community Credit Union

The NH Charitable Foundation

Steve Singer & the Singer family

THANKS TO ALL WHO SUPPORTED THIS EVENT AND FOR HELPING US TO BRING HOPE HOME FOR THE HOLIDAYS!!



Nicole Soroko of the CFS Adolescent Substance Abuse Treatment program, and Caryn Lemay of the Integrated Home Based program, work the phone bank. When they're not doing this, they're engaging in other life-changing work!



Tom Boucher, owner of T-Bones and Cactus Jacks, shares the holiday spirit with Andy Orcutt, sales manager for WZID. Certificates provided by Boucher's restaurants gave added incentive for donors to give generously.



Long-time sponsor of the event and of CFS programs, Bank of America understands the concept of investing in our children and families and they put it into practice! Pictured here l-r: Dawn Champiny, Sharon Zeigler, Sheree Goldwyn, Annette Loveday, and in back, John Weeks, NH president of Bank of America.



CFS Senior VP/COO, Ron Cohen, Governor John Lynch and CFS advocacy director, Jack Lightfoot, are at the helm of protecting New Hampshire's children. Governor Lynch joins the radiothon every year to appeal to listeners and always takes the time to converse with our volunteers. This year, he even took some calls from people phoning in to support the cause. **THANK YOU GOVERNOR LYNCH!**



Melissa Skarupa, Renne Clow of Watson Insurance and Ruth Zax of CFS share the joy of the moment. Watson is a new sponsor to this event—committed to ensuring brighter days ahead for ALL kids!



Roger Davis and Pam Giordano of M.L. Halle Oil, share the microphone to talk about what inspired their company to give back. They're not only working on keeping families warm, but on bringing them great comfort in their time of need.



Chip Underhill of FairPoint Communications, makes out the BIG check that underwrites this event. FairPoint not only makes this holiday gift, but sponsors our events that sustain critical services year-round such as child abuse prevention, family support & strengthening, mental health counseling, crisis care, foster care, and intervention and treatment for troubled youth.



Paul Keenan of Wieczorek Insurance surprised the radiothon team with a generous financial gift AND tickets to the Justin Bieber show for our auction block. Wieczorek Insurance is a neighbor of the CFS headquarters and is a new sponsor of the 2011 CFS Concerts for the Cause events!



Kalyn Potter of the CFS Integrated Home Based program goes live to share the good news of how the radiothon will help the clients she serves. Kalyn's client families are typically in need of multiple interventions and a variety of services from therapeutic counseling to home-based support to tracking of court-involved youth.



The on-air talent of WZID don't just play the music...they dance to it, too. Pictured here- WZID program director, Pat McKay and Tracy Caruso, along with Mike Morin and Marga Bessette. Their voices speak to the charitable spirit of our communities.



Willard "Bud" Martin of the CFS board of trustees, "answers the call" for kids in need. He is also a CASA volunteer, defending the rights and well-being of kids throughout New Hampshire.



Dave Ludwig, owner of Prestige Auto Body, our newest radiothon sponsor, went on the air to help motivate listeners to give. Ludwig was also the high bidder on the Bon Jovi autographed guitar!



Paulette Faggiano of PSNH and Chuck Rolocek of Hanover Street Chophouse share the joy of the live event between their on-air interviews. Both of their companies have been strong supporters of this cause.



WZID's Suzanne Roantree, CFS' Sharon Snider-Muller, and ZID's Heather Bishop, enjoy a moment off the air. Sharon represented the CFS Healthy Families program, which helps get at-risk babies off to a healthy start in life.



Chair of the CFS board of trustees, Marilyn Mahoney, took time from her family law practice to volunteer at the radiothon. As the leader of the organization, she understands the critical nature of such special events and the important part they play in the lives of the people we serve.

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.

Infant Adoption

Awareness Training Project

Training for healthcare and social service 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.

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 DEVELOPMENTAL SERVICES

Watch Me Grow pilot sites

Developmental screening for all children two months to 60 months using Ages & Stages developmental screening tool.

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.

TEEN AND YOUNG ADULT SERVICES

New Hampshire Youth Mentoring Program

in partnership with Goodwill. Mentoring and wrap-around services for youth leaving the Sununu Youth Services Center.

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 - 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.

Housing Support Program

Works to re-house young adults who are at risk of becoming homeless. Provides security deposits, subsidizes utility bills, assists with employment and building independent living skills and covers rent while individual becomes self-sufficient.

SCHOOL-BASED SERVICES

An array of school based programs dedicated to ensuring positive aca-

ademic 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.

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 professional team of licensed therapists 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.

Healthcare for the Homeless

Family Mental Health Services — Partnership with Families First Health and Support Center. Provides community-based counseling and support to homeless families in the Seacoast

FAMILY SUPPORT / PRESERVATION

Family Resource Centers

A place for families to go for parent education, skill building, social networking, support, family activities, empowerment and to gain access to community resources.

Education & Support Groups

CFS offers a variety of groups for parents throughout the state. Each series focuses on a specific area of interest such as divorce, children with special needs, teens, family finances, fatherhood, blended families, etc., and follow a different curriculum. New groups are being added all the time. *Please visit cfsnh.org*

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 child-

hood development outcomes.

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.

Reach Services

Provides short-term homecare assistance to families dealing with serious illness. Includes house-cleaning, 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.

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.

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 trained professionals, the groups are free of charge and accessible to all.

Fatherhood Initiative

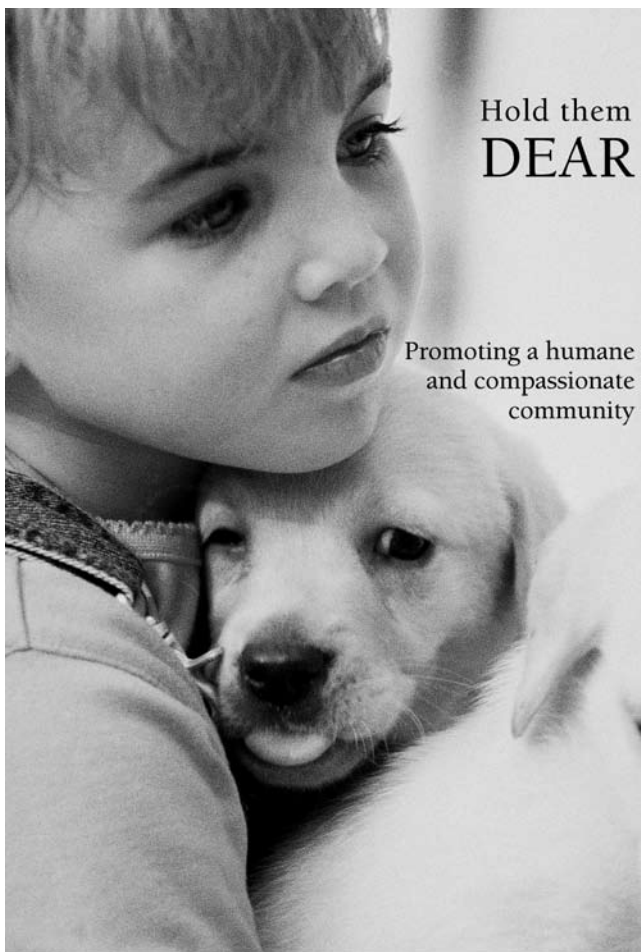
A partnership between CFS and the NH Department of Corrections to help incarcerated fathers to improve parenting skills while on the inside and prepare them for life with their family once they return to the community. Also, helps reduce recidivism.

ELDER & INDEPENDENT LIVING**Home Care**

Helps frail seniors, individuals with disabilities and those recovering from illness or injury to maintain quality of life and independence in the comfort of their own home. Skilled and caring professionals including personal care service providers, licensed nursing assistants, a registered nurse, homemakers and companions. assist in meeting clients' physical, emotional and environmental needs. Provides assistance with ambulation, nutrition, personal care, medication reminders and household maintenance.

SUMMER CAMP**Camp Spaulding**

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



Hold them
DEAR

Promoting a humane
and compassionate
community

COMMUNITY EDUCATION & OUTREACH**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-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.

FOSTER CARE**Permanency Solutions / ISO**

See listing under Family Support

COMMUNITY PARTNERSHIPS**Deployment Cycle Support Program**

A military-civilian partnership designed to assist service members and their families before, during and after deployment. Care coordinators work with families to provide anything from mental health counseling, home-based family support, transportation, housing, emergency financial assistance, counseling for children at home and school, child care and respite services, employment assistance, help with accessing and navigating healthcare system, and more: Lead agency: Easter Seals

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.

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.

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

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

Adolescent Substance Abuse Treatment

An outpatient program for youth 12 - 21 (12-24 in Hillsborough County) who are experiencing problems with drug/alcohol use. Comprehensive screening, assessments, individual, family and group therapy is available.

Family Resource Centers

See listing under Family Support

Toddler Groups

A partnership with The Children's Place in Concord. Provides opportunities for parent-child interaction through play and nurtures social development of toddlers.

North Country Collaborative

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

OUR CUPBOARDS ARE BARE

Please help us restock the
TEEN RESOURCE CENTER FOOD PANTRY
99 Hanover St., Manchester

The need is critical for nonperishable food items and cash donations! Wish list includes: Individual packs of dried noodles, oatmeal, microwaveable mac & cheese, individual packages of trail mix, granola bars, cans of soup, pasta meals, veggies, fruit

Call 800-640-6486 ext. 4268 to arrange drop off.



Child and Family Services

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power, the world will
know peace."**

~ Jimi Hendrix

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**CONCERTS
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Socially conscious cultural events
that help to SOLVE SOCIAL PROBLEMS



The
**BLUES
SUMMIT**

THE
ROBERT CRAY
BAND

& guest **Ronnie Earl
and the Broadcasters**

June 22, 7pm, Capitol Center
for the Arts

**COUNTRY
STAR**

PHIL VASSAR

& guest **Farren-Butcher, Inc.**

June 3, 8pm, Palace Theatre
June 4, 7:30pm, Lebanon
Opera House



SEE INSIDE FOR DETAILS OR VISIT WWW.CFSNH.ORG!



Child and Family Services