



**A better future**



Dear Friends:

“Family CT” is a learning organization that thinks often and carefully about how to achieve our vision of a safe home and community for all. In the last year we have taken two key steps to evaluate and strengthen our services.

We have now trained every member of our organization in trauma informed service provision. This work helps everyone understand how the children and families in our care are impacted by trauma and how our treatment practices can support them and avoid their retraumatization.

We also concluded our first year of tracking our performance in a “results-based accountability” framework (RBA). RBA monitors not only what we did, but how well we did it. It serves as a powerful evaluation tool for us and clearly communicates our results to the public. You will find those results in our program reports here.

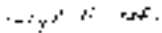
In the coming year, staff and the Board of Directors will engage in strategic planning to continue organizational transformation that meets client need, supports sustainability and takes us into the future. This process has certainly been facilitated by our beautiful new space and the agency’s name change. We look forward to continue helping hundreds of children and families through our “family-centered” services. Family-centered practice, according to the U.S. Dept of Health and Human Services, is based upon these core values:

- **The best place for children to grow up is in families.**
- **Services that engage, involve, strengthen and support families is the most effective approach to ensuring children’s safety, permanency and well-being.**

At Family CT, we uphold and value the meaning of this practice. It guides all of our programs and helps ensure the most effective partnership with children and families.

**Thank you for helping our families achieve a better future!**

Sincerely,



Cheryl Burack  
Executive Director



Tony Poccia  
Chairperson of the Board of Directors

## Exciting improvements at Family CT, thanks to Friends of Jimmy Miller!

Friends of Jimmy Miller generously furnished our new playroom (pictured below) and family counseling rooms! This space in our new office now reflects a therapeutic, child-friendly environment where youngsters healing from trauma can feel comfortable and safe. Mr. Jimmy Miller, pictured on right, is a devoted philanthropist, community leader and sincere champion for children.



# A year in review...

Stories and outcomes that show our impact and the differences made

**Nurturing Families Network** serves first-time at-risk parents, from pregnancy up to age five of the child, and works to prevent child abuse and neglect and improve health and developmental outcomes.



## Program Testimonial

Every week for the past five years, Family CT's Parent Educator Noreen visited "Angie" and her daughter "Tara" in their home. Noreen took on many roles- teacher, supporter, baby and child development specialist, advocate and liaison to the larger community. Having had a troubled, unstable childhood and becoming pregnant in high school, Angie needed and welcomed help. With Noreen's guidance and weekly support, and because of Angie's determination to be a loving and responsible mother, Tara is thriving physically, emotionally and academically. Angie graduated high school when Tara was only a few months old, and has since earned her Certified Nursing Assistant (CNA) certificate and is now in college studying for her nursing degree. Despite the odds, this single mother and her five-year old child are self-sufficient, living in a stable home and have every reason to keep smiling!

### How much did we do?

95 parents and 74 children received weekly home-based parenting and child development education, counseling and advocacy

18 parents participated in parenting groups focused on family literacy and parent-child bond

### How well did we do?

100% of parents received child safety education

83% of available fathers participated in the program

92% of mothers were screened for post-partum depression

### Who is better off?

100% of children attended regularly scheduled doctor visits and have a primary healthcare provider

93% of three-year old children are attending a licensed, quality, early education program

100% of parents increased knowledge in child development and increased participation in child's learning

## A year in review continued...

**Teen Outreach Program (TOP)** empowers 8th grade students to increase healthy behaviors, succeed academically, become leaders in their community and avoid early pregnancies.



Teen Outreach Program (TOP) eighth-graders engaged kindergarten students as reading buddies for a literacy development service learning project.

### How much did we do?

152 students, from Barnard Environmental Studies School in New Haven, Harry M. Bailey Middle School in West Haven and Park City Magnet School in Bridgeport, received in-classroom curriculum-guided education and participated in community service learning projects throughout the school year

Students completed 346 hours of community service

### Who is better off?

The majority of students reported application of life skills

100% of students gained community service learning experiences– most had never engaged in community service prior to TOP

0 reports of teen pregnancies

**Clinical Family Specialists** preserve vulnerable families by helping parents manage their chronic mental health illnesses while also protecting and meeting the needs of their children.



### How much did we do?

37 parents that are struggling with psychiatric disabilities, addictions, homelessness and family violence received weekly home visits focused on wellness recovery and family stabilization

### How well did we do it?

100% of parents have an individualized service plan that identifies personal goals

100% of parents received case management for their own needs as well as their children's health and educational needs

### Who is better off?

100% of parents routinely engage in weekly positive family activities

92% of parents routinely participate in child's learning

86% of parents routinely see their doctor

**Neighborhood Victim Advocacy Program** works to increase the safety of crime victims and help them stabilize their lives after experiencing trauma. It is a crisis intervention initiative that provides an array of victim services, primarily to domestic abuse survivors and also to victims of elder abuse, robbery, assault and hate and bias crimes.

#### **How much did we do?**

720 victims of crime received home-based education, advocacy and crisis counseling

90 children, ages five-twelve, participated in Saturday's Child Empowerment Groups

#### **How well did we do it?**

100% of crime victims have a safety plan

100% of crime victims became aware of their legal rights and options

#### **Who is better off?**

97% of crime victims surveyed reported feeling safer

98% better understand the judicial system and know how to access community services

#### **Program Testimonial**

Our Neighborhood Victim Advocates (NVA) provided domestic violence interview training to 90 New Haven Police recruits. Sgt. Brian P. Reilly, Training and Recruitment Supervisor, said of these services:

**“This is the second year I have asked the NVA to assist me with this class and I have found their expertise and experience to be an excellent asset to the recruits learning process. So often in our field, cooperation between agencies becomes muddled in the separate goals of each agency. In this class, the singular goal of better training New Haven Police recruits has decidedly been accomplished. These recruits are now better prepared to assist victims of crime and better learn the truth of an incident as a result of your unit’s work.”**

The NVA Program and Integrated Family Violence Program organized our **2nd Annual Walk Against Domestic Violence** at East Rock Park in New Haven. Family CT staff and the community rallied during October's Domestic Violence Prevention Month to take a stand against abuse.

Pictured below on left with Executive Director Cheryl Burack, Chief of Police Dean Esserman and the New Haven Department of Police Services participated to send a message that they work for the safety of the people and families of New Haven.



## A year in review continued...

**Integrated Family Violence Program** increases the safety of abused parents and children, helps non-offending parents and children stabilize their lives after victimization and restore family relationships.



### How much did we do?

55 children and 55 parents received home-based psycho-education on the effects of domestic violence, counseling and referrals to specialized mental health and community services

### How well did we do it?

84% of Family Assessments that address history of violence, pattern of coercive behavior, coping and protection strategies and service treatment recommendations were completed within 30 days

98% of families have a safety plan with personal strategies to increase safety and wellbeing

### Who is better off?

100% of parents that completed services understand how domestic violence impacts children

94% of parents that completed services regularly engage in activities with their children to make them feel safe and secure

### Program Testimonial

Four-year old “Shane” witnessed his father verbally and physically abusing his mom. After one violent incident where police were involved, Shane’s mom packed their bags and have since been homeless, living with various relatives and friends. Shane had trouble controlling his anger and communicating his feelings. He would hit others or hurt himself. Mom did not know how to help Shane cope and heal from this trauma.

Family CT Clinician Andrea first helped mom to create a safety plan. Weekly sessions were then focused on educating mom on ways to help Shane improve his coping skills and handle his anger in safer ways. Together, they created a “feelings chart” so that Shane could better identify his emotions and unhealthy triggers that cause angry, unsafe behaviors. Through months of weekly visits that included therapeutic games, drawings, and talking Shane eventually was able to share his feelings with his Mom, and she learned how to help him feel safer.

With Andrea’s help, mom and Shane are on the wait-list for housing and Shane has been referred to long-term therapy to continue his healing process. While they still have daily struggles, Shane and mom’s relationship is stronger, their communication has increased and mom reported feeling safer and more confident to create a better life for themselves.

**South Central CT Medical Home Initiative** links children with special health care needs and their families to services in a coordinated effort to maximize their potential, optimize health outcomes and improve quality of care.

### **How much did we do?**

188 children and their families received health-care and illness specific information, education, supportive counseling and advocacy

### **How well did we do it?**

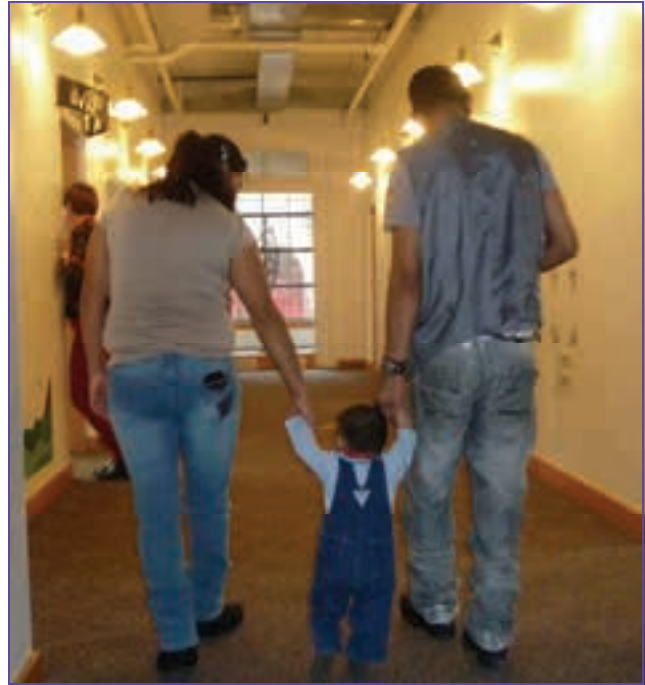
100% of children have a treatment plan coordinated with all healthcare providers

100% of families know where and how to access specialized community services

### **Who is better off?**

100% of families have a treatment plan that address all of their children's needs

100% of children have a primary healthcare provider



### **Program Testimonial**

Marco was born with Ohtahara Syndrome, a rare, extremely debilitating progressive neurological disorder, involving seizures and severe mental retardation. Now five-years old, Marco will live his life in his current nonverbal, severely handicapped state of being. Marco's mom, who is from Guatemala, is unable to work since caring for Marco is a 24 hour effort. Mom also cares for her 10 year-old son Andrew who is a healthy, caring brother to Marco.

Care Coordinator Lucy began working with Marco when he was four-months old. While mom faced unimaginable challenges such as her language barrier, financial constraints and complete lack of knowledge and understanding of Marco's illness and prognosis, she was determined to fight for his life and care for him. Lucy began services by educating mom about Marco's illness and short and long-term needs, and helping her obtain financial assistance to cover their medical and living costs. She helped mom communicate and maintain schedules with Marco's many specialty doctors, often attending medical appointments to model communication efforts with doctors and clarify terms that mom didn't understand. When Marco turned three, Lucy helped mom enroll Marco in a special education program and secured nursing services to accompany Marco on the bus to and from school. She also referred Andrew for therapy since he was displaying anxiety and stress from the impact of his brother's illness. Andrew loves his brother, who is the first person he runs to after coming home from school. Despite Marco's extreme inactive state, Andrew has a bond with his brother and is fearful for Marco's future. Therapy has been an important source of support for Andrew to cope.

Lucy's been a constant support for mom, Marco and Andrew for the past five years, providing a wealth of information, referrals and counseling. During this time, Lucy has witnessed mom's increased confidence speaking with doctors and working with all of the necessary service providers to ensure Marco's day-to-day care. In the past year, mom has started to think about setting her own goals since she has only been consumed with her children's needs. She plans to enroll in a class to improve her English verbal and writing skills and Lucy has encouraged her to connect with work-training programs. They face daily struggles and Marco's illness does not have a cure. Yet, with help from Lucy, mom has created the best life possible for her family and will continue to meet challenges with the strength and knowledge gained over the past five years.

## Special Events and Community Giving Efforts

**In October, Family CT hosted an Open House in celebration of our new office space and official unveiling of our name change and logo!**



Executive Director Cheryl Burack with Board Chairman Tony Poccia

**Our annual Back-to-School Celebration gives children in our programs a new backpack full of school supplies.**



East Haven Girl Scouts volunteered to stuff the backpacks with supplies and participated in party activities.

**In November, Southern CT State University students and faculty below delivered over 300 boxes of food to fill our food pantry. This annual campus-wide food drive feeds our families over the entire year.**





**Hundreds of individuals, businesses and community groups shopped for special gifts for the children and families in our programs during our Adopt-a-Family Holiday Giving Program.**



**On May 2nd, friends gathered for Family CT's annual signature Spring Cocktail Party.**



Board Chairman Tony Poccia with Executive Director Cheryl Burack (middle) and featured speaker Dr. Amy Zabin (right). Dr. Zabin gave an inspirational talk about the power of music to inspire and heal from abuse and other challenges.



Friends, Family CT staff and board members above surprised event guests with a Flash mob dance that demonstrated the vulnerability of young children and their need to have the loving protection of their care givers.



Assistant Director Jacquelyn Farrell (left) and Board member Cheryl Juniewicz (right) with Family CT friends and event guests



Bernadette Bimonte-Hackett and her brother Gary Bimonte accepted the Manware Community Champions Award on behalf of Frank Pepe Pizzeria Napoletana and The Spot of New Haven, CT

**Our statement of activities for the year ended June 30, 2013** revenue & expense numbers are unaudited

**Revenue**

CT Dept of Children and Families	\$895,961
CT Dept. of Mental Health/Addiction Services	76,153
CT Office of Victims Services	305,126
CT Children's Trust Fund	333,078
CT Dept. of Social Services	278,995
CT Dept. of Public Health	308,048
The United Way of Greater New Haven	16,600
Subcontract New Haven Home Recovery	81,054
Special Events	30,017
Other (foundations, corporations, individuals)	52,501

**Expenses**

Salaries	\$1,475,556
Fringe Benefits	304,840
Travel, Supplies, Training	258,334
Facility Costs	69,678
Administrative Expenses	264,429
Special Events	6,144

**TOTAL EXPENSES \$2,378,981**

**TOTAL REVENUE**

**\$2,378,981**

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## Annual Spring Cocktail Party

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### Special Recognition

Nancy Ryan and Moving Forward Fitness in Hamden  
Citizens Television

## 2nd Annual Walk Against Domestic Violence

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Elizabeth Carse Foundation  
City Missionary Association of New Haven  
The Community Foundation for Greater New Haven  
CT Children's Trust Fund  
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CT Department of Children and Families  
CT Department of Mental Health and Addiction Services  
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The Ethel & Abe Lapides Foundation  
Stephan W. Marcucio Charitable Foundation for Battered Children  
NewAlliance Foundation  
New Haven County Bar Foundation  
Seedlings Foundation  
The United Way of Greater New Haven

## Community Events and Fundraisers

Dine Out at Frank Pepe Pizzeria Napoletana, Inc.  
Helping Hands Community Thrift Store & Furniture Bank  
Real Ale Festival at the Bru Rm. at BAR  
Southern CT State University/campus-wide food drive  
Yale Graduate and Professional Student Center at Yale/  
McDougal Public Service  
Zeta Chapter, Delta Kappa Gamma Society International

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## WITH GRATITUDE...

We extend our deepest thanks to **YOU** for caring about our children and families.

Here are ways you can stay involved and make a difference.

- Tell one new person about us this year
- Send us a note about why you believe in our mission
- Come to our Annual Spring Event in May 2014
- Volunteer your time at our Back to School or Family Appreciation Day Events
- Designate your employee United Way donation to Family CT
- Consider a first-time gift or an increase in your giving this year
- Stay informed! Visit our website-[www.familyct.org](http://www.familyct.org) - and Facebook page.

