



INSIDE THIS ISSUE:

Cooking Up a Storm 2

Meet You at the Café 2

Maricela's Story 3

Ordinary Heroes 3

Annual Report 4

Prevention Works. Period. 5

Investment in Prevention 5

Unleash Your Inner Hero 5

Upcoming Events 6

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- Evangeline Cafe
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- Elliott Westerman
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Staff

- Tracy Sarich, JD,
Executive Director
- Francesca Kubo,
Marketing & Communications Coordinator
- Jenny Deonigi,
Program Coordinator

465 DAYS DOWN, READY TO GO

This spring, Francesca Kubo interviewed Executive Director Tracy Sarich to reflect on her first year leading Children's Trust Foundation. Here's what Tracy had to say:

What was your top focus last year?

I focused on creating strategic partnerships with like-minded organizations in order to

be a priority at all levels—from the governor's office to every parent in Washington. Our founders forged the first legislation to bring prevention to state government and

worked diligently to keep the issue before the legislature and to everyday families. Today we maintain



The Sarich Family: Frank, Valerie, John, Tracy, & Jody

What has Children's Trust Foundation taught you about child abuse prevention?

Prior to joining Children's Trust Foundation, I worked on a variety of family violence issues and, at times, wondered if it was possible to break that cycle. But after working with the Family Support community and learning about the Protective Factors I saw real solutions, real changes in families that by many standards could appear hopeless. It inspired me and changed my life in many ways.

leverage our resources and serve more families. I wanted to stretch our donations to the highest degree and ensure that we didn't waste resources by duplicating services. We did that, and the opportunities to do even more continue.

"For every two cents spent on prevention, a dollar is spent to deal with the after-effects of abuse and neglect... It's the best deal going."

Why has Children's Trust Foundation flourished for 25 years?

Mission consistency. We have extremely dedicated donors and board members who believe that prevention should

that same sense of focus and urgency to make prevention a policy priority and funding available.

What do you wish that more people knew about child abuse and neglect prevention?

That investing time and resources in prevention will save lives, time, and money. For every two cents spent on prevention, a dollar is spent to deal with the after-effects of abuse and neglect. What a bargain—healthy communities, families, and children—all for a fraction of the expense of waiting for abuse or neglect to happen. It's the best deal going.

COOKING UP A STORM



Children's Trust Foundation has begun a beautiful friendship with the Storm, Seattle's own WNBA magic makers. We are partnering throughout the

2010 basketball season to promote child abuse and neglect awareness. **Join us** on June 11 for a hot home game against the Los Angeles Sparks that spotlights Children's Trust Foundation. Meet us there and celebrate the power of prevention happening in Washington State!

Discounted tickets (\$12, \$24, and \$30) are available for your family to purchase through our website. Please contact us if you'd like volunteer at this exciting event.

"We need all families in our community to feel that they can make a difference, that there is someone who cares about them, and that we are all in the same boat."

~Robin Higa, Founder

MEET YOU AT THE CAFÉ

Parental resilience, the ability to constructively cope with and bounce back from stressors and challenges, is a key skill that prevents child abuse and neglect. **Parent leadership** is the cornerstone of resilience. Without it, true prevention does not exist. When parents take the lead to find meaningful connections and information

Washington State. Through guided conversations, Cafés strengthen families by connecting caregivers of all types — parents, grandparents, aunts, uncles, and neighbors—with a support network that increases their resilience to stress, connects them to resources, and builds relationships that keep

elementary schools, homeless shelters, and parent-leader homes of several Washington communities. "Everything we do is in partnership." Explains Robin Higa, founder and Community Café Leadership Team member. "No parent leader does it alone." Cafés have been particularly successful among Latino parents. As Robin shares, "We need all families in our community to feel that they can make a difference, that there is someone who cares about them, and that we are all in the same boat."



The Community Café Leadership Team

that builds on their family's strengths, cycles of family violence are broken, families strengthen, and children become more successful.

Over the past 18 months, Community Cafés, a powerful new community-based initiative, has swept the nation starting right here in

families from isolation, a key risk factor for abuse and neglect.

So far, Cafés have served over 500 children and parents throughout Washington. Cafés gather parents in comfortable, culturally-embracing ways in the high schools, churches,

Children's Trust Foundation invested in Community Cafés last year and this year has made Cafés the cornerstone of our Parent Leadership Initiative, working in partnership with Foundation for Early Learning and Council for Children & Families. We are eager to watch this movement grow and hear parent voices ring loud and clear throughout Washington State. Email us if you'd like to learn more.

MARICELA'S STORY

It's Never Too Early to Begin Prevention

Maricela Sanchez is not a mother—yet. She and her husband, Alfonso, plan to start a family soon and to get ready she sought parent education by joining a Community Café. As a recent immigrant, Maricela faced special stresses: “When I came to this country I felt lonely because I didn't have any family or friends,” she remembers of her 2008 immigration from Mexico. “I was emotionally shocked by how difficult it was to make friends because of the language barrier.”

“It has helped me to prepare to become a better parent when I have my own kid.”

Fortunately, a friend invited Maricela to join Familias Latinas, a Spanish-speaking Community Café hosted at the Family Support Center of South Sound in Olympia. Familias Latinas offered her the support she needed to adapt to her new life. She no longer felt alone and became empowered to train for parenthood. “It has helped me to prepare to become a better parent when I have my own kid,” Maricela shares. “I am learning from other parents' experiences and about useful resources in the community that will benefit my children in the future.”

Maricela is currently a member of the Community Café Leadership Team, passing the baton of empowerment to other future parents.



**Maricela & Alfonso:
Prepping for Parenthood**

Familias Latinas is one of the first Community Café programs funded by Children's Trust Foundation. We look forward to paving the way for more of these Cafés in 2010.

¿HABLA ESPAÑOL? VISITE WWW.CHILDRENSTRUST.ORG/ESPAÑOL.HTML

ORDINARY HEROES

Everyday People Finding Ways to Support Washington Families

Meet Arianna Sanchez and Alejandra Jaramillo: two fresh-faced 18-year-olds with a passion for families.

These best friends work together at Regency Dry Cleaners in Lynnwood, where they channeled their zeal to help abused children into a holiday toy drive. They sacrificed all of their December tips and raised \$125 to donate to Children's Trust Foundation. “When we visited your website,” they share, “reading that 100% of all donations go towards family programs is what made us trust you. That's what made us choose you.”

Toys in hand, Ari and Ale arrived at the Family Support Center of South Snohomish County to

make their holiday delivery. Executive Director Tim Gahm greeted them, explaining how their gifts would be given twice. Once to parents, who could now be able to wrap a gift for their child, and then to their children, who could now open a gift from their loving parents during the holidays.



Arianna Sanchez & Alejandra Jaramillo

“We've both been brought up in humble homes,” shares Ari. “We both know that even a little bit can make a difference—because it did to us.” These heroic young women made it possible for parents served by the Family Support Center of South Snohomish County to feel the difference that giving makes. “It's a privilege to give,” the girls agree. “The littlest thing could mean so much.”

Children's Trust Foundation celebrates these two remarkable young women for a job well done. There are many ways you, too, can contribute to the fight to protect children from abuse and neglect. Call us today for ideas how you can make a difference.

“It's a privilege to give,” the girls agree. “The littlest thing could mean so much.”

ANNUAL REPORT

Making a Big Impact for Washington Families

Last year was a great one. We served 4,600 families through our grants and invested \$327,190 overall in programs to support families throughout Washington. We welcomed the 4,000th person to our audience of donors, parents, and supporters and forged 400 exciting community partnerships. *And* we began

our 25th year (stay tuned for news about our Fall Anniversary events!).

We've made a long-term **Investment in Prevention**, providing prevention services to more than 21,000 parents and children in Washington State over the last 25 years. We've reached thousands of families through

public education campaigns on such issues as Shaken Baby and Fetal Alcohol Syndromes. These efforts have created a ripple of prevention that will impact generations to come. We thank those of you who have joined us on this journey so far and invite all of you to join our growing network!

"I was inspired and truly impressed to see how much of every dollar went straight to funding programs."

~ Todd Larson,
Board and Finance
Committee Member

2009 Dollars Stretched to Capacity



Programs - \$0.82
\$327,190

Fundraising - \$0.12
\$45,476

Admin - \$0.06
\$25,602

The Good News

- 21,000** Parents and children served by our grants
- \$1M+** Dollars we've spent on prevention efforts statewide
- 5,700** Parents and children who *could* receive prevention services if you participate in our Investment in Prevention Campaign
- 12** Washington counties we serve
- 100%** How much of your gift is dedicated to prevention programs

Reality Check

- 7,000** Children abused or neglected annually in Washington
- 1 in 3** Abused and neglected children who will later abuse their own children
- 59%** How much more likely abused children are to be arrested as a juvenile
- 30%** How much more likely abused children are to commit a violent crime

PREVENTION WORKS. PERIOD.

The latest research from the National Incidence Study of Child Abuse and Neglect documents a sharp decline in U.S. child abuse incidents in 1993-2006. According to the study, an estimated 553,000 children suffered abuse nationwide in 2006, which is 26% fewer victims than the 743,000 recorded in 1993. "It

does suggest that the mobilization around this issue is helping and it's a problem that is amenable to solutions," says Prof. David Finkelhor of the University of New Hampshire, a leading researcher in the field of child abuse. Experts attribute this outcome to the success of prevention campaigns:

"There's much more public awareness and public intolerance around child abuse now," says Linda Spears, the Child Welfare League of America's Vice President. This research makes clear that **investments in prevention** pay off—yesterday, today, and tomorrow.

INVESTMENT IN PREVENTION *Celebrating Child Abuse & Neglect Prevention*

Every year, more than 7,000 Washington children suffer from abuse or neglect. But with the right support, child abuse and neglect can be prevented. In 2009, we supported more than 4,600 parents and children in 12 counties through our Parent

Support & Education Grants. This year, more than 5,700 parents and children have asked for this vital support.

Every dollar you give in April, May, and June—Investment in Prevention Months—will go 100% to 2010 Parent Support

& Education Grants that will protect children and families from abuse and neglect.

Become part of the solution. Choose prevention. Give today.

DONATE NOW

"Daily Heroes provide dependable support that Children's Trust Foundation knows it can count on."

~ Cam Strong,
Board President and
Daily Hero



UNLEASH YOUR INNER HERO

Save the day—every day! Become a **Daily Hero** and discover your secret power to impact Washington families with a daily determination to give. **Daily Heroes'** reliable gifts help us cut fundraising

costs, optimize efforts, make advance grant-making decisions, and provide stable funding to **Parent Support & Education Programs** throughout Washington.

Anyone can join the team for \$365 a year—that's only \$1 a day!

- \$365 *That's \$1 per day (or \$30 per month).*
- \$730 *That's \$2 per day (or \$60 per month), just one drip coffee.*
- \$1,095 *That's \$3 per day (or \$90 per month), just one latte.*
- \$2,190 *That's \$6 per day (or \$180 per month), just one latte and a danish.*
- \$3,650 *That's \$10 per day (or \$300 per month)—just do it!*

Many days of **small gifts** will amount to a **big reward** for Washington families. Make the pledge today to become a **Daily Hero!**

Children's Trust

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To our dear friend and supporter—

UPCOMING EVENTS

Find more:



Wednesday, April 28, 2010, 6:30 p.m.

The Good Life Book Event

Location: Tom Douglas' Palace Ballroom, Seattle

Listen to authors Pia Catton and Califia Suntimee discuss their pursuit of meaningful (and thrifty!) lives, as penned in their book *Be Thrifty: How to Live Better with Less*.

Friday, June 11, 2010, 7:00 p.m.

Seattle Storm vs. Los Angeles Sparks

Location: Key Arena, Seattle

Meet us on the basketball court for a Children's Trust Foundation spotlight event and to celebrate our 2010 Parent Support & Education Grantees.

Wednesday, May 5, 2010, 7:00 p.m.

Mom's Night Out

Location: Hotel Andra, Seattle

Spend an evening laughing along with Kristen Van Ogtrop, Editor of *Real Simple* magazine, as she shares about her journey as a working mom.

Saturday-Monday, August 7-9, 2010

Courage Classic Bicycle Tour

Location: Snoqualmie Mountain Pass

Pedal for a cause—help us raise funds for our 2011 Parent Support & Education Grants during this fun adventure weekend.