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A WORLD OF POSSIBILITIES

We're on a mission. For 25 years, Children's Trust Foundation has focused on creating a world without child abuse. Because national research shows that the Protective Factors reduce incidents of child abuse and neglect, we've funded this work in communities throughout the state and made Washington a place where more children and families are supported. We believe that a world without child abuse is possible when family-serving organizations and systems are

cultivated through the Protective Factors.

When the Protective Factors are present within families, children are given the optimal conditions to thrive and grow. Our Parent Support & Education Grants exclusively fund community-based programs that advance these factors, so that the likelihood of abuse diminishes and families flourish.

This year, we received requests for Parent Support &

Education Grants from across Washington to help more than 5,700 parents and children. Join us by making an **Investment in Prevention** with a gift this June that will go 100% to prevention programs. We want to live in a world without child abuse. Don't you?

To learn more about the Protective Factors and how to build a world without child abuse, turn to Page 4.

ORDINARY HEROES

Everyday People Finding Ways to Support Families

Meet Birte and Jim Falconer, two steady cheerleaders for Children's Trust Foundation through the last 25 years. **"My husband and I have been supporters because the need is obvious and we trust Children's Trust Foundation to support promising projects.** Basing the interventions on supporting and strengthening families makes so much sense to us," explains Birte.

She and Jim found ways to contribute their unique strengths to this work by volunteering as chairs of our Grants and Finance

committees, respectively. They currently serve on our Advisory Council and remain ardent advocates for Family Support: "As parents, we know of vulnerable moments where you rely on support from family and friends. It is inspiring to see and support the people in the community who are actively involved in the work to improve conditions for families."

Children's Trust Foundation celebrates the consistent



The Falconer Family: Jim, Birte, & Iben

support of the Falconers. 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.

BETTER TO TEND THAN MEND

“Prevention is like a fence at the top of a cliff. Intervention is like the ambulance waiting at the bottom.

Why not build that fence?”

~ Bonnie Riach, Children’s Trust Foundation Pioneer

As a pioneer in the early fight to make child abuse and neglect prevention a priority in Washington, Bonnie Riach, still remains eager to describe her prescription for the problem—a network of Family Support through community-based programs. The solution, she explains reminds her of a patchwork quilt. “You never really know how these pieces fit together, but they do.”

“Prevention,” she continues, “is like a fence at the top of a cliff. Intervention is like the ambulance

waiting at the bottom. Why not build that fence?”. In the early 1980s, many Washington State lawmakers needed convincing. When Bonnie and fellow pioneer, Janet Miller, lobbied to establish state-level funding for

prevention programs, it was common to hear, “Prevention? That’s a pie in the sky.”

Their tremendous efforts ultimately convinced Washington lawmakers that prevention was an important and realistic goal, leading to the creation of the Council for Children & Families and ultimately Children’s Trust Foundation, which continue their remarkable legacy today.



Bonnie Riach & Francesca Kubo

There’s more to the story. Read about the beginning of Children’s Trust Foundation at www.childrenstrust.org/ourhistory.html.

FAMILY TIME, COURTSIDE

Join us on **Friday, June 11** for a Seattle Storm basketball home game, spotlighting Children’s Trust Foundation and the power of prevention!

This special event celebrates empowered parents and families and has been made possible thanks to the dream of Children’s Trust Foundation board member, Barbara Boster-Phillips.

Don’t miss this night of courtside family fun. Visit www.childrenstrust.org/storm.html to purchase tickets and 50% of the proceeds will go directly to Children’s Trust Foundation.



YOUR FAMILY’S CALENDAR

In partnership with *Seattle’s Child* magazine, Children’s Trust Foundation launched a new Parent Support & Education Calendar that features community

resources available to families like yours.

To add an event of your own, email us at calendar@childrenstrust.org.



PARENTING IS OUR BUSINESS

We work for parents like Laura. When Laura joined the Childbirth and Parenting Alone (CAPA) program in Spokane, she was just that—alone and isolated. Now Laura is a member of CAPA's Leadership Team, a committee that plans and implements CAPA activities. Children's Trust Foundation awarded CAPA with a grant in 2009 to carry on the effective work of prevention and Family Support made available to Laura and so many others. But don't take just our word for it; hear it from Laura:

This experience has allowed me to feel a part of my own world. It has encouraged me to grow and come out of my shell. When I started volunteering I was afraid to share my thoughts, but I now have no problem putting an idea on the table. CAPA is all about empowering women and now I am empowered. I have learned that no idea is bad and that I have something to contribute. Many people never get to experience the togetherness and love of CAPA. With every get-together, I have a sense of accomplishment with every smile and laugh that comes from both parents and children. I am a woman and I am a part of CAPA.

~Laura

"It has encouraged me to grow and come out of my shell . . . Now I am empowered."

~ Laura, CAPA Parent Participant and Leader

Meet more thriving parents like Laura and Mallory at www.childrenstrust.org/familystories.html.

MALLORY'S STORY

Mallory Wilton's life changed fast when she turned 21—but not in the same way as her college-age peers. Her transition into adulthood included marriage and instantly becoming a step-mother to a five-year-old. Soon Mallory also unexpectedly became pregnant with Amelia. With no health insurance, a crippling debt, and an estranged family, Mallory was scared. **"I had never even held a baby until I had my own,"** she shares. **"I needed someone to walk me through this."**

Luckily, a nurse told her about First Step Family Support Center in Port Angeles, where Mallory soon found resources and enrolled in a Love & Logic

parenting class funded by Children's Trust Foundation. "I needed resources," she remembers, "but most of all I needed to be reassured that I was a good mom."

"It doesn't matter what level of life you are at socially or economically," she continues. "Everyone needs support and there is something for everyone at First Step." Through this program, Mallory became empowered and engaged with her family and community in new ways. "It's all about recharging each other," she shares.

Now Mallory volunteers at First Step and her children's school and has found renewed energy

by connecting with the support system she discovered through First Step and the support provided by Children's Trust Foundation. "It's amazing to see parents' lives change," she beams. "This motivates me even more than my own experience."

"I never would have done things like this if it wasn't for First Step. I learned what was possible in terms of resources and the impact of volunteering. Most especially, they've taught me how to be a parent—and love it."



Mallory & Amelia Wilton

"They've taught me how to be a parent—and love it."

BUILDING A WORLD WITHOUT CHILD ABUSE

How **Policies, Programs, and Practice** Can **Prevent** Child Abuse and Neglect and **Promote** Strong Families

What does prevention take?

A World Without Child Abuse

All family-serving organizations and systems build Protective Factors



Multi-System Leadership Across Levers of Change

- Parent partnership
- Policies/systems
- Professional development

PROTECTION IN ACTION

Parental Resilience

No one can eliminate stress from parenting, but parental resilience can affect how a parent deals with stress. Job loss, death, divorce, or other challenges especially strain parental resiliency.

appropriate expectations for their child's behavior are more likely to avoid harsh discipline techniques. Parents of children with developmental or behavioral problems need extra support in building this Protective Factor.

Social Connections

Isolation is a common risk factor for abuse and neglect. Parents who are isolated especially need support to build positive friendships.

Concrete Support in Times of Need

When this Protective Factor is present within families, basic needs like food, clothing, and shelter are met. This factor ensures that families facing special challenges, such as domestic violence, mental

Knowledge of Child Development

Parents who understand child development and

*Based on the Center for Social Policy's Strengthening Families Logic Model

CHILD ABUSE

Background

Relationships
Development



Program Strategies & Worker Practice

- Facilitate friendships and support
- Strengthen parenting
- Respond to family crises
- Link families to services and opportunities
- Value and support parents
- Facilitate children's social and emotional development
- Observe and respond to early warning signs of abuse and neglect



The Protective Factors

- Parental resilience
- Social connections
- Knowledge of child development
- Concrete support in times of need
- Social and emotional competence of children



Child Abuse & Neglect Prevention

Optimal Child Development & Strong Families

PROTECTION

illness, or substance abuse, receive support even if their problems are difficult to admit or stigmatized.

Social & Emotional Competence of Children

Children with challenging behaviors are more likely to be abused. Parents who understand how to teach their children to react positively, self-regulate, and effectively communicate their emotions build a foundation for strong success in school and in life.

"We focus on building the **Protective Factors** in the lives of families. These factors are concrete guidelines for keeping our programs on the right track and relevant to our community's needs."

~ Sheila Richter,
First Step Family Support Center Board Member

Did you know?

A gift of \$193 provides prevention education to a parent seeking support and \$444 provides this programming to an entire Washington family.

A WORTHY INVESTMENT

State funding cuts and job losses continue to increase day-to-day pressures for families. Over 7,000 Washington children suffer yearly from abuse. Sadly, abuse most often occurs when caregivers lack parenting skills or have trouble managing everyday stress. But with the right support, child abuse and neglect *can* be prevented.

This year, Children's Trust Foundation received requests

for Parent Support & Education Grants from across Washington to help more than 5,700 parents and children. These grants will provide vital support and training rooted in the Protective Factors that will prevent child abuse and neglect. A gift from you today will fulfill these families' needs.

Join our **Investment in Prevention Campaign** and 100% of your gift will go to

prevention programs that protect families from abuse and neglect through the Protective Factors.

We want to live in a world without child abuse and neglect. So, we've become a part of the solution—and you can, too. **Choose prevention today and your gift will go directly towards one of the 32 remarkable community-based programs listed below.**

2010 GRANT CANDIDATES

Families in Southwest Washington

- Children's Home Society of Washington Southwest Region, Vancouver
- Parents' Place, Kelso
- St. James Family Center, Cathlamet

King County Families

- Encompass, North Bend
- Angle Lake Family Center, SeaTac
- Atlantic Street Center, Seattle
- Cascade People's Center, Seattle
- Center for Human Services, Shoreline
- International Family Center (CISC), Seattle
- FamilyWorks, Seattle
- Parent Trust for Washington, Seattle
- RAYS West Hill Family Center, Seattle

- Southwest Youth & Family Services, Seattle
- Vashon Youth & Family Services, Vashon

Pierce County Families

- Bethel Community Services, Spanaway
- Catholic Community Services, Tacoma
- Good Samaritan Community Services, Puyallup
- Mary Bridge Children's Hospital, Tacoma
- Rebuilding Families, Inc., Gig Harbor

Snohomish & Skagit County Families

- Brigid Collins Family Support Center, Mt. Vernon
- Darrington Family Support & Resource Center, Darrington
- Familias Unidas, Everett
- Family Center of South

Snohomish County, Lynnwood

- Lake Stevens Family Center, Lake Stevens

Families East of the Mountain

- Catholic Charities of Spokane, Spokane
- Children's Home Society of Washington Northeast Region, Spokane Valley
- Safe Harbor Crisis Nursery, Kennewick
- Vanessa Behan Crisis Nursery, Spokane

Families on the Sound

- First Step Family Support Center, Port Angeles
- Kitsap Community Resources, Bremerton
- Lopez Island Family Resource Center, Lopez Island
- South Whidbey Family Resource Center, Langley

ONE TERRIFIC TRIO

Great news! Children's Trust Foundation has partnered with Council for Children & Families and Foundation for Early Learning to fight for Washington children and families, support early learning, and prevent child abuse and neglect together. We stand strong as a powerful trio.



Stay tuned for more great news about our work with these terrific partners.

Email Tracy Sarich at tracy.sarich@childrenstrust.org if you'd like to hear more about this exciting partnership.



CLASSIC PEDALS

Children's Trust Foundation will help unite cyclists to pedal for the kids on **August 7-9** at the 19th Annual **Courage Classic Bicycle Tour**. On this fun adventure weekend, riders will brave a 174-mile ride through Snoqualmie, Blewett, and Stevens Passes to benefit MultiCare's Mary Bridge Children's Hospital and Children's Trust Foundation's abuse prevention programs. Write to us at info@childrenstrust.org to join in.



Want to volunteer for an upcoming event? Email us at info@childrenstrust.org.

SAVE THE DATES!

Dad's Night Out & 25th Anniversary Celebration with Dr. John Medina

Join us on **September 15** at the top of Seattle—the Columbia Tower Club—for a **Dad's Night Out** with **celebrity guest Todd MacCulloch**, retired NBA star, sports commentator, and pinball wizard. Enjoy dinner with Todd and a fantastic silent auction featuring premium fishing items, golf equipment, fine dining gift cards, and much more. All proceeds will benefit our Parent Support & Education Programs.

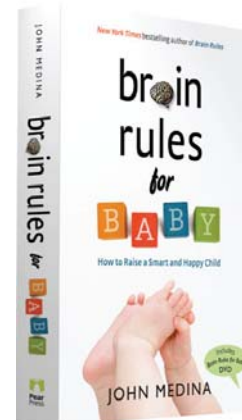
Find more upcoming events at www.childrenstrust.org.

Join us on **October 22** to celebrate 25 remarkable years preventing child abuse and neglect. During that time, neuroscientists have gained insight into the ways childhood experience affects brain development, proving that positive childhood experiences offer tremendous advantages and that adverse childhood experience can affect brain chemistry and result in lifelong difficulties.

To celebrate our **25th Anniversary**, we will feature **Dr. John Medina**, director of the

Brain Center for Applied Learning Research at Seattle Pacific University and *New York Times* bestselling author of *Brain Rules*, who will discuss his new book *Brain Rules for Baby* and present the latest science on how to raise smart, happy children from day one.

Join us at The Edgewater Hotel for a fascinating conversation, dinner, and silent auction to support prevention programs across Washington.



MAKE AN INVESTMENT IN PREVENTION

Become part of the solution. Choose prevention. Give today and **100% of your gift** will go directly to Parent Support & Education Programs. Rather give your gift online? Visit www.childrenstrust.org.

**Give
Now**

Children's Trust

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To our dear friend and supporter—

UPCOMING EVENTS

Find more:



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

Seattle Storm vs. Los Angeles Sparks

Location: Key Arena, Seattle

Buy tickets (50% of the proceeds go to Children's Trust Foundation) and meet us on the basketball court for a Children's Trust Foundation spotlight event!

Thursday, September 15, 2010

Dad's Night Out

Location: Columbia Tower Club, Seattle

Join us for an evening with celebrity guest Todd MacCulloch, retired NBA star, sports commentator, and pinball wizard. Enjoy dinner and a silent auction.

Saturday-Monday, August 7-9, 2010

Courage Classic Bicycle Tour

Location: Snoqualmie, Blewett, and Stevens Mountain Passes

Volunteer and help raise money for Parent Support & Education Grants during this fun weekend. For more information, email us at info@childrenstrust.org.

Saturday, October 22, 2010

25th Anniversary Celebration with Dr. John Medina

Location: The Edgewater Hotel, Seattle

Join us as we celebrate 25 years with an evening of fascinating conversation with acclaimed author and neuroscientist, Dr. John Medina, dinner, and a silent auction.