

2015 Annual Report to the Community



PARENT SUPPORT NETWORK

a 501(c)(3) organization

Mission

Changes Parent Support Network fosters healthy families by equipping parents with tools and support to change their behavior.

Vision

Changes brings hope to parents in our communities by connecting them to strong, sustainable groups.

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Changes Parent Support Network

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Information Line

888-468-2620



Changes Brings
Hope to Families

A Personal Message from our Board President

Over the past year, I have had the pleasure of watching Changes truly raise the bar for ourselves and for our members. I'm pleased to report that, thanks to the hard work and dedication of our Executive Director, Board of Directors and Committees, we saw many notable successes in 2015. Successes include development and review of the Changes Program, Process, Resources, and Tools, and creating new information boxes that are consistent throughout our Chapters. Changes committees also developed and reviewed many policies and procedures that are now part of the overall organizational strategic plan and will be included in the developing Changes Policy and Procedures Manual.

This past year has also been a monumental success in fundraising. We have created new streams of funds like the Fred Meyer Rewards Program, Amazon Smile and cultivated employer matching. At our annual auction we not only eclipsed our goals but raised more funds than ever before.

As we move forward in 2016 and beyond, I am proud of what Changes accomplished in 2015 and excited about the future. Changes is strong and vibrant, and together we will continue our efforts to give hope to struggling parents by providing strong, sustainable chapters in our communities.

Sincerely,

Marie Norton-Olsen
Changes Board President

Executive Director's Report

On May 1st, 2015 I became a W-2 employee for Changes, ending my one year interim role. My focus continues to be on strengthening Changes organization structure, while maintaining and improving the programs and services we have to offer. With leadership from the Changes Board of Directors, committees, and volunteers we have worked hard to ensure that the mission of Changes is upheld and the services we provide reach families in need of our program, process, resources, and tools.

Changes leadership, committees, task force groups, and volunteers have been dedicated in reviewing all aspects of how Changes operates, while developing / implementing strategic plans to strengthen Changes corporate and Chapter foundation. Continued financial support from Changes members is imperative to ensure organizational stability while the fund development program, events and alternative sources of revenue are being established / improved. Outreach will be my primary focus in 2016, developing strategic plans to grow Changes Chapter membership, as well as developing Chapter formation, development, relocation, incorporation, and review policies and procedures.

I will continue to strive to provide solid leadership to Changes, its Chapters and members, along with maintaining my accountability to the Board of Directors.

Respectfully submitted,

Peter D. Wick III
Executive Director

What is Changes?

Changes is an active, constructive, self-help method for parents to change their behavior and in turn, their kid's behavior. Drawing on the wisdom, experiences and support of others, members of our groups develop and enact their own plan for change.

We believe that change must first come from within before parents can effectively help their children.

Typical challenges faced by Changes parents include:

- Substance abuse
- Oppositional/defiant
- Not attending school
- Breaking the law
- Irresponsible
- Running away
- Violent or abusive
- Gang involvement

We help parents who feel:

- Helpless and frustrated
- Stressed-out
- Sad and depressed
- Ashamed and angry
- Isolated from family and friends

Accomplishing Our Goals

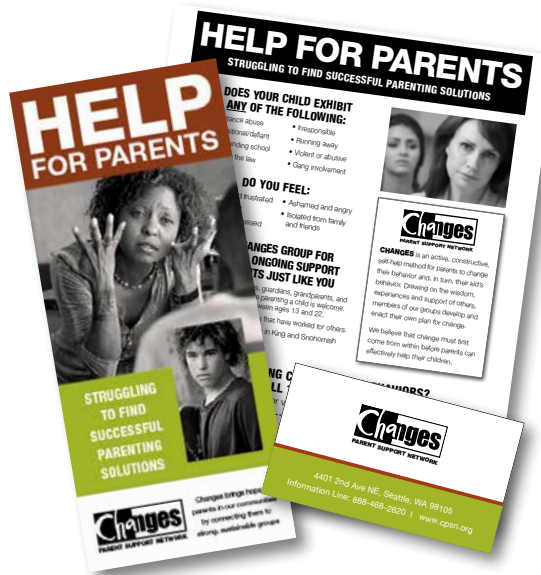
Business, Chapter, Membership, and Donor Development. Outreach Strategic Planning

Centralize Systems, Procedures, and Data

Unique but Unified

Consistency, Persistency, Accountability

Educate: Outreach, Communication, and Marketing plans that tell the Changes story to the community.



Motivate: Motivate members, individuals, businesses, foundations, and others to support Changes with their Time, Abilities, and Resources. Motivate new families to attend Chapter meetings.

Direct: Create a business, fund development, and member management plans/systems to ensure Changes Program, Process, Resources, and Tools are effective and efficient. Direct those that need Changes to meetings and show them how to “give back.”

Support: Support those that support Changes. Provide good resources



to our membership, and expand the opportunities for communication and enhance the services we provide for them and to the community.

Monitor: This means constant analytical reviews to ensure Changes is operating in accordance with its mission statement, while following the plans established by the board of directors and committees. Measurable positive outcomes, to specific strategic plans are the primary focus.

Review: Annual reviews for all leadership, staff, programs and services.

As Changes continues to develop, we will work hard to ensure Changes maintains its dedication to its members. Changes is a grassroots organization that has a tremendous opportunity to serve more families in need of our services. Help is needed by Chapters and members to ensure Changes remains a viable nonprofit into the future.



Individuals Served	321
New Parent Orientations	156
Parent Information Line Calls	828

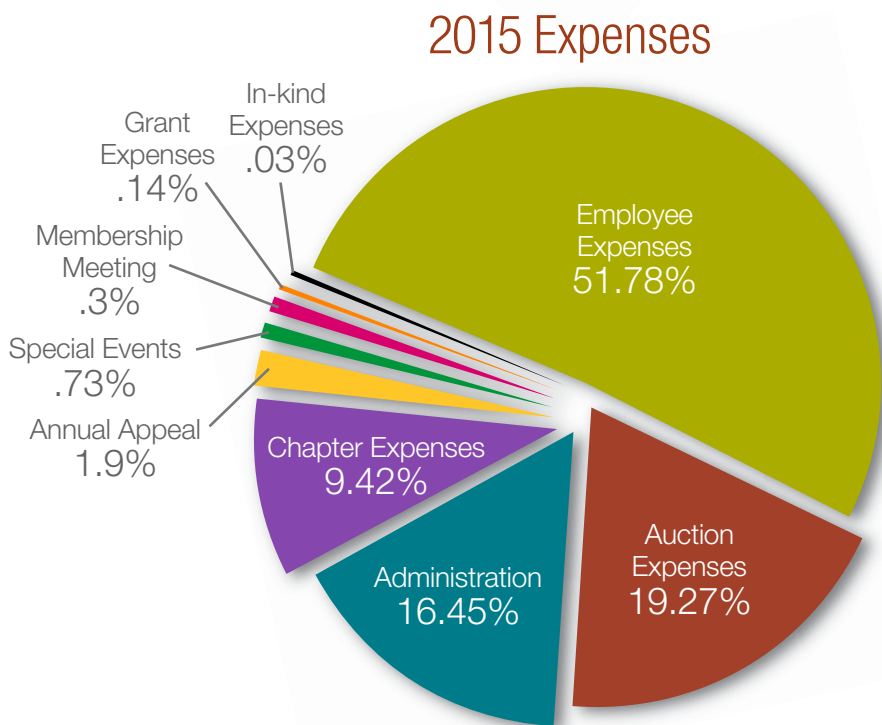
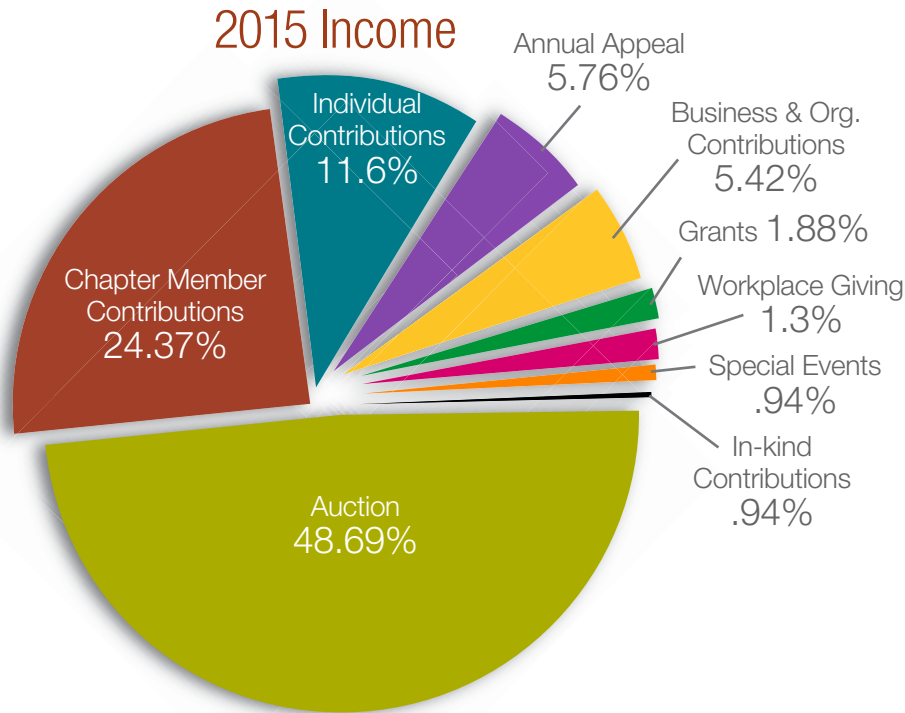
Changes Parent Testimonials

"I was a basket case when we joined Changes. Our son was using drugs, dealing drugs, and failing school. The group helped me by confronting me about the ways in which I was enabling our son to continue his destructive behavior and they suggested changes I needed to make."

"The Changes approach is practical and solution-oriented. I no longer feel like a victim. My kids are not "fixed", but our situation is improved, and I have peace in my home."

"People at Changes are supportive. While teachers, counselors and law enforcement often blame parents. Changes parents listen with understanding and are available to lend a hand (or shoulder) during crisis situations."

"At Changes, I learned to stop blaming myself for past mistakes; to let go of the idea that if I just found the right thing to say or do, my son would make better choices. I realize now that my son's life and his choices are his to make."



■ Thank You to Our Volunteers and Donors

VOLUNTEERS

The work of Changes would not be possible without the support of all our dedicated volunteers. Changes is almost entirely volunteer led and run, and we celebrate the time and talents of organizations and individuals of all backgrounds to achieve our mission.

DONORS

Changes Parent Support Network acknowledges and appreciates contributions from individuals, companies, and foundations.

Individual Donors

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Honorariums

Linda Deiner, Terri Suzuki, and Peter Wick III – In memory of Don Thulean
Debra Kerrigan – In memory of Hennyetta Kerrigan
Rhonda Kinzig – In honor of Valerie Kreutzer

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Grants

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