

Spring 2016

Changes
PARENT SUPPORT NETWORK

A Changes Parent's Message

When I first came to Changes, my teenage daughter was running away, failing school, doing drugs, stealing, and making up stories that I was abusing her. I tried to get help from various doctors, therapists, her school, the police, Crisis Outreach, and even Juvenile Court. With every



health care provider, my daughter would cite the *Age of Consent* law to block me from contact.

My ex-husband and I were also not on the same page. I thought he was enabling her. Just when I was becoming desperate, I saw a brochure for Changes in the court lobby. I hadn't tried a parent group yet. I wasn't sure what to expect. Right away, Changes parents were very welcoming and supportive. They helped me to see that the only person I can control is me. I continued to attend weekly meetings and was encouraged to do more self-care and to stop lecturing my daughter and my ex. I learned to slow down and take small steps I could control. Over time, my daughter felt the burn of her lifestyle and she did change her ways. We are back in a good place again. I am truly grateful for all the help, support, and friendship I found at Changes. ~Mary C.

Saying Goodbye and Hello

We are saying goodbye this year to three very important Board members. The 2015 Board President, Marie Norton-Olsen, 2015 Board Vice President, David Bauman and Founder, Terri Suzuki. They have all served Changes for many years and will be missed.

We are saying hello to three new Board members; Martha Shergrud of Everett, Chinda Roach and

Mike Mahoney of Seattle. We are very pleased to bring aboard these great members.

We also welcome a new Program Representative Liaison, Amy Frazer of Redmond. She will oversee the quarterly Program Representative Training meetings and report to and from the Board of Directors.

"Havana Nights" Dinner and Auction

What a night! Dessert Dash, Silent Auction, Live Auction, and lots of good food made for a great evening with friends while helping Changes. This year, your participation at the auction broke records: the largest attendance (132) and most revenue ever made—\$26,736! Many thanks to everyone from staff, volunteers, consultants, donors, speakers and, especially, our guests for contributing to the success of Havana Nights!

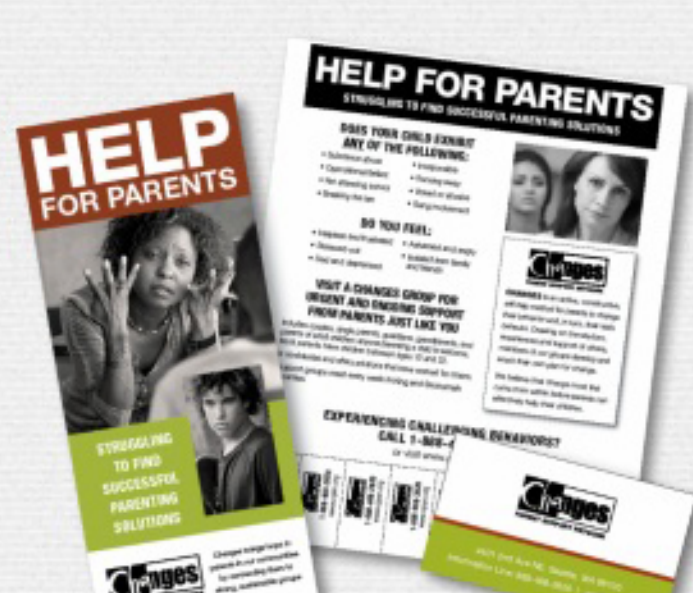


Changes Committee Highlights

Your support helps develop the infrastructure and future of Changes. Parents from all stages in the program joined committees and made this a very successful year:

Communications and Marketing Committee:

- Attended Seattle Give Camp and implemented our new data management system, Little Green Light, to be capable of collecting attendance, volunteer hours and orientation information directly from a tablet or smart phone to be implemented in 2016.
- Reviewed and implemented the secure areas of our website for both members and management



- Reviewed and updated marketing materials:
 - New Business cards including Chapter specific cards
 - Redesigned Tear-off flyers to help with outreach
- Unified Chapter communications using SmarterMail email accounts for each Chapter
- Developed, printed and distributed the 2014 Annual Report

Program Development and Review Committee:

- New Chapter Boxes were created and delivered to the Chapters
- Reviewed and updated set of short essays on the Changes 101 topics
- Meeting scripts were edited and standardized
- A new Suggestion Form was created to suggest changes to aspects of the Changes program, essays and materials
- Reviewed and updated Move-out materials and received Board approval
- Review began of the Orientation Flip Chart and script

Fundraising Committee:

- Corporate match for Microsoft and Boeing employees written and refined raising \$1880
- 3 Events successfully held in 2015 raising \$810:
 - Valentine's Dance
 - Annual Changes Picnic
 - Get in Shape for the Auction
- Annual Auction raised more funds than ever before \$26,736
- Implementation of new donor management system, Little Green Light



A Word From Our 2015 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. Among the successes was Changes development and review of Program, 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 development of the Changes Policy and Procedures Manual. This past year has also been a monumental success in fundraising. We have created new streams of funds from the Fred Meyers Reward 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 has accomplished and excited about our 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.

Thank you,
Marie Norton-Olsen
2015 Board of Directors President

Volunteer Opportunities

(Or is it really okay to ask, "What's in it for me?")

Volunteering is far more than doing a good deed: it's a great way to develop skills, make friends, garner new professional contacts, or even shake up your routine.

Yet volunteers rarely speak of the benefits of volunteering to themselves — maybe it feels a bit too self-centered, or too far from the altruistic vision of the selfless volunteer.

But who says that doing good and enjoying yourself while meeting your own personal/professional goals can't happen at the same time?

Part of finding the right volunteering role is evaluating what you hope to learn and accomplish. It's a win-win situation: you develop skills that move your career or heart towards your goals, and help move the Changes' mission forward too.

If you would like to join one of the committees listed above (Changes Committee Highlights), please email office@cpsn.org.

[Interested in Joining a committee?](#)

2016 Events Calendar



May 3: GiveBig "Let's do this. Together"

May 7: 10-Noon Program Representative Meeting

August 14: Changes Picnic

October 22: Changes Auction

Nov 5: 10-Noon Program Representative Meeting

Dec 10: 10-11:30 Annual Membership Meeting