

2017 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 support.

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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

I'm honored to have served as President of the Changes Parent Support Network Board of Directors. 2017 was a year of continued growth. Changes continued in the mission to bring our program to more parents in need. Our previous work establishing operating procedures and documenting and defining our program has made it possible to grow our organization. We saw the establishment of a new Changes meeting in the Salt Lake City area. Our members in Utah have repeatedly expressed their gratitude for the unique lifeline that Changes has made available to them.

Our committees have continued to update and maintain all parts of our operations to ensure continued sustainability. Thank you to all the volunteers working on these committees; your hard work is helping make sure Changes stays fresh and relevant. Changes is truly blessed to have long-time loyal members who are the backbone of Changes.

We have seen the benefits of our ground-work to set up systems that have made it possible to broaden our impact through outreach in 2017. I'm excited at the prospect of further solidifying and expanding our reach, serving more communities and more parents in need.

Sincerely,

Cindy Suzumura
Changes Board President

Executive Director's Report

2017 has been another outstanding year for organizational and outreach development, along with an increase in revenue. My focus continues to be on strengthening the Changes organizational structure, while maintaining and improving the programs and services Changes has 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 the various meeting's 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 continues to be a focus in developing strategic plans to grow Changes meeting attendance, as well as establishing meeting formation, development, relocation, incorporation, and review policies and procedures.

I will continue to strive to provide solid leadership to Changes, its meetings 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, Meeting, 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 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.

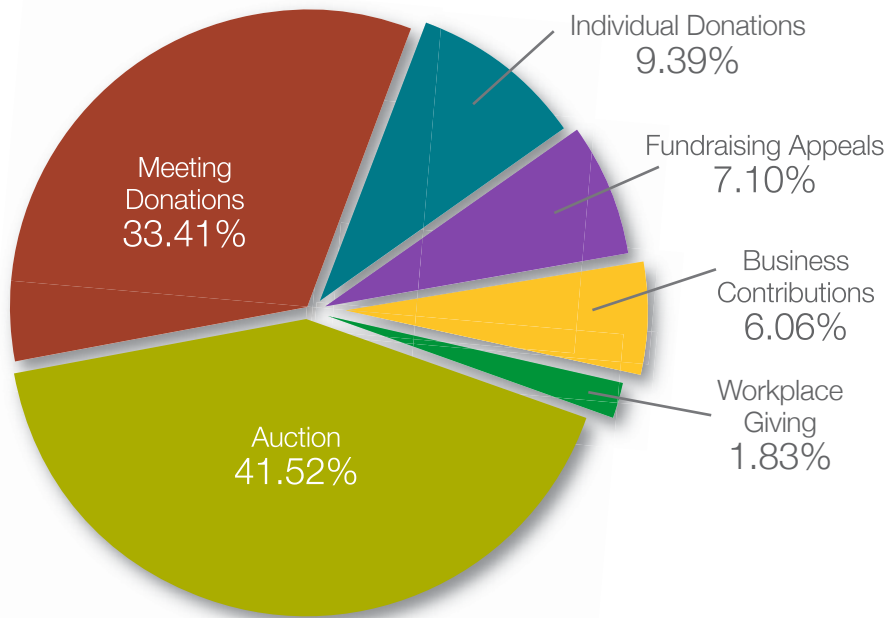
Review: Annual reviews for all leadership, staff, programs and services.

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. All our goals can be achieved by the continued dedication of our Changes volunteers.

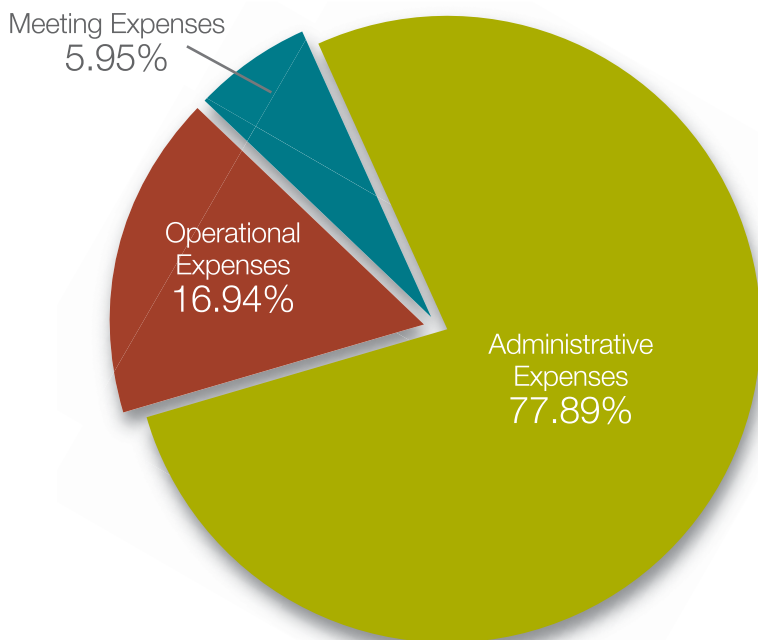


Average Meeting Attendance	277
New Parent Orientations	201
Parent Information Line Calls	426

2017 Income



2017 Expenses



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.

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