



2021 Annual Report to the Community

A Personal Message from our Board President

Everything changes, including Changes leadership. After two terms as Board President and two prior to that as Secretary, I am stepping down but will continue to give back to this organization that has given so much to me and my husband, Grover. Our new President, Karen Gustafson, will take it from here and has my full confidence. Our board is stronger than ever with the return of Ellen Lewis as Vice President, the addition of new board member Susan Veals, and the remainder of our board members continuing in role.

Changes has thrived in one of the most difficult periods in our history - a 2+ years pandemic that has destroyed many other non-profits. Our finances are in very good shape. Our National Online Chapter celebrated its one-year anniversary last October, currently supporting

parents across more than 12 states, and continuing to grow. Our move to Microsoft Teams proved prescient, enabling us to shift our operations fully online. In 2021, we revamped our branding and social media strategy, and shortly we'll be overhauling our website and promotional materials as well as supporting the 988 Mental Health Hotline.

Grover and I recently relocated to North Carolina for family reasons, but through the miracle of the interweb, I will continue to serve on committees and teams and support the National Online Chapter, and of course my "home" chapter of Everett.

Please stop for a moment to consider how unique (and how needed) Changes is. We're entering our 27th year of helping

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
- Running away
- Violent or abusive
- Gang involvement

parents in crisis, and never would have been able to sustain ourselves without the ethos of giving back more than you take.

Your families remain in my heart, and I know you will experience peace if you continue to work the program.

Martha Shegrud
Outgoing Changes Board President

Be a 4-week mentor to a new member

We have a shortage of volunteers to mentor new members, particularly in our National Online Chapter. This shortage will grow in 2022 with the roll-out of the 988 National Mental Health Hotline in July.

While you may think that mentoring is a role for seasoned, active Changes members, the primary responsibilities are quite simple:

1. Encourage the new member to attend weekly meetings for four weeks.
2. Ensure that they know the resources available to them (including how to

access the member materials on www.cpsn.org]

The mentor role does not require years of experience. Anyone attending meetings for 3 months or more is qualified.

If you are out of crisis and no longer attending weekly meetings, you can still mentor without having to launch back into attending weekly meetings.

Please send mail to office@cpsn.org and volunteer today.

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.

CHANGES
PARENT SUPPORT NETWORK

PO Box 31862, Seattle, WA 98103
Information Line: 888-468-2620
www.cpsn.org | office@cpsn.org
a 501(c)(3) organization

Thank You to our Donors and Volunteers



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.

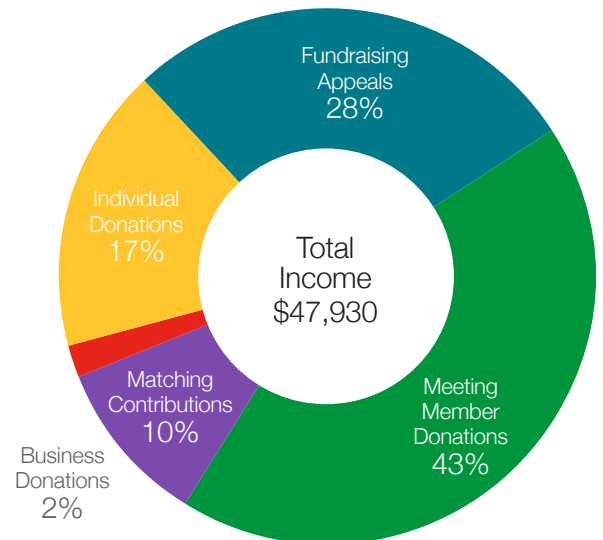
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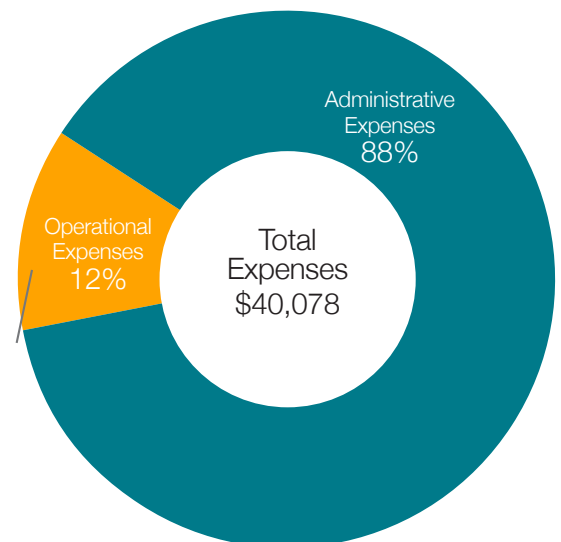
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2020 Income



2020 Expenses



“ 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. ”

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