



2022 Annual Report to the Community

Changes Brings Hope to Families

"Parents and families of those suffering need supportive resources as well. Changes Parent Support Network transforms lives."

- Stacy Plaisance

National Business Development,
Northbound Treatment Centers

A Personal Message from our Board President

2022 was a year of progress and accomplishment for Changes; we've definitely "upped our game" and become more business-minded as an organization. In fact, there's not enough space to list all of our 2022 accomplishments here, but they span revamps of our website and member tools, participation in public outreach events, and work with the 988 Mental Health Hotline initiative. Please visit the Changes Updates page on our website for a more complete listing: [Changes Updates - Changes \(cpsn.org\)](https://www.changesparentsupportnetwork.org/updates).

As we look to 2023 and beyond, you can expect us to expand our outreach efforts, collaborate with aligned parent resources, and create our first-ever Changes commercial which will run on Hulu and social media platforms.

We do all of this as a volunteer led-and run organization, with just a single paid part-time administrator. We give back freely to the community in recognition and gratitude to those that walked this path before us and helped each of us.

We've been doing this for more than 27 years, and with the support of our local communities, we fully intend to continue for many more.

Sincerely,

Karen Gustafson
Board President
Changes Parent Support Network

What is Changes?

Changes Parent Support Network is a structured, peer-led program that provides support to parents struggling with children who are engaging in oppositional and self-destructive behaviors. Changes offers hope, help, support and relief from feeling overwhelmed and alone. We are a registered 501 (c) 3 non-profit organization.

Typical challenges faced by Changes parents include:

- Drug abuse and overdoses
- Suicidal ideation
- Sexual misconduct
- Child living on the streets
- "Failure to launch"
- Video game addiction
- Gang or criminal behavior
- School refusal
- Property Destruction
- Violence
- Running away

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.

2022 by the Numbers - Actuals

Meeting attendance (avg. quarterly totals - all chapters)

481

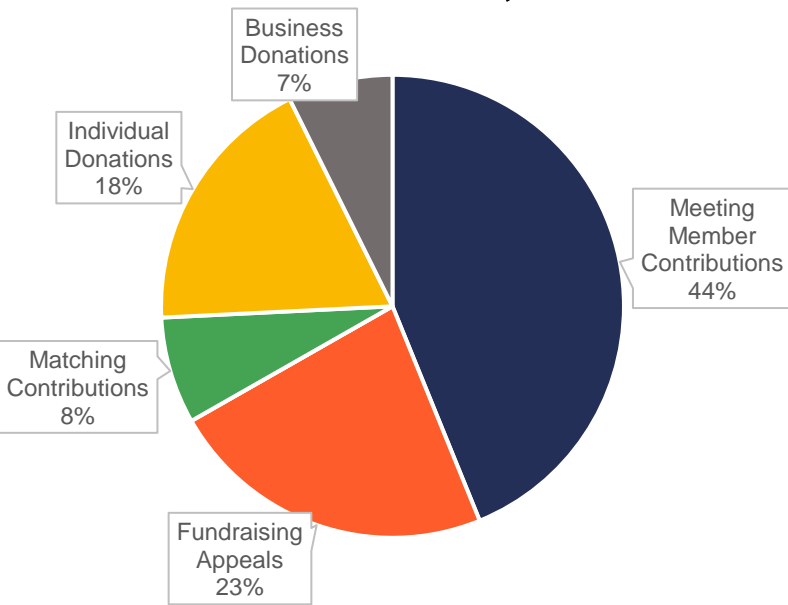
New parent orientations

161

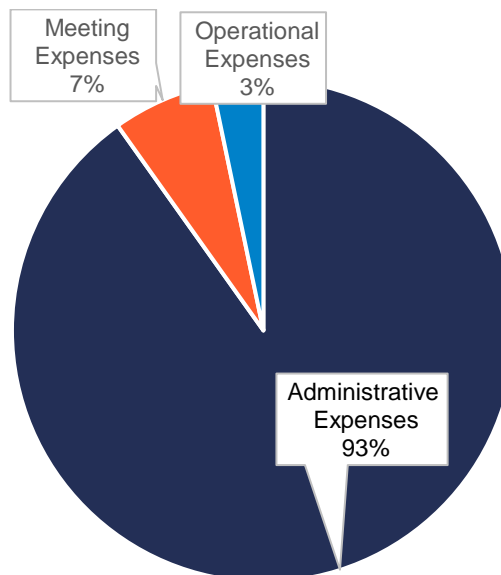
Inbound information line calls

170

Income: \$49,480



Expenses: \$44,220



Thank You to our Volunteers and Donors

Volunteers

Our volunteers contribute substantial personal time and effort on behalf of Changes. Since our organization is volunteer-led and run, we would cease to exist without them. Thank you all for paying it forward!

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