



ALL in the FAMILY

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Change a life? A future? Why not? Aubrey and Sam: A case for mentoring

"I've never been one to make excuses for anyone, but I see that every single one of these kids has a good side. They may have done something wrong, but there's a good side. If they just had someone who really cared about them, well, that could have kept them out of here." Aubrey, age 16, incarcerated at the Sununu Youth Services Center, Manchester

It's ZUMBA night at the Sununu Youth Services Center (SYSC). Eleven teens and their mentors are dancing up a storm. One is sitting out watching, and through the driving beat of the music, sharing her thoughts with us on what it means to have her mentor, Samantha, in her life.

"She's awesome!" raves Aubrey of Sam. "She listens and doesn't criticize me."

Aubrey is doing time at SYSC for



Mentors make a difference: Rachel Rao (who also works at the CFS group home), Courtlandt Madison, Samantha Brunner Cummings, Colleen Moore, Jim Kimberly, Samantha Grover and Tyler Jaramillo

theft. She explains that while she was given what she needed by her grandparents who raised her, with a mom who had her own troubles and now lives in

another state, a brother and sister who were taken from them when they were little, and an absentee dad and two sisters who she's never met, she certainly

wasn't getting what she wanted.

A year and a half at SYSC now and Aubrey never sees any family as they don't come to visit her. Frankly, she's a little "pissed off" about it. She tries to rationalize, "I know my mom lives far away and my grandparents don't have transportation, but they go to other places, why not here?" She then wonders if perhaps they are just a little afraid.

Sometimes, the constant disappointments of life can weigh heavily on your self-esteem and prompt multiple self-destructive behaviors.

"When I first met Sam, I was a cutter. Sam taught me how to believe in myself. She's had tough times, too, but she's now a law student and she's making herself a success."

When Aubrey and Sam meet for their weekly mentoring meetings, they make the time totally their own. It's all about

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Negron takes on A foster parent's calling



Christina Negron, foster mom, with foster daughter, Devae.
Note: mischievous little brother in background

Every child deserves a family. It's a simple statement and one that may sound obvious. But for foster children, the simplest things mean the most.

"A child once told me, 'there is no greater feeling in the world than to get off the school bus and see two toddlers with sippie cups at the window waiting for you, like they've been waiting all day for you to come home. That is my idea of a family,'" remembers foster parent, Christina Negron.

Christina, 31, has been welcoming foster children into her home for nearly a decade, and that loving spirit didn't fade when she married her husband, Alfredo, or had two children, Carmen, 5, and Kyle 3. She continues to take foster children even though she works part time as a preschool teacher, is completing a post-graduate degree, and her husband is mobilized with the U.S. Army.

"I take foster kids because I truly believe that each child deserves a safe home," Christina says.

Christina takes girls 13 and older, and specializes in working with girls who have had especially tough struggles. They come to her for both long-term placements and temporary respite. In fact, her family currently has

a 14-year-old foster child who lives with them full time and a 17-year-old who's a temporary placement in their home. Over the years, she's had five long-term placements, and has kept in touch with all of them.

"We take the most challenging of the kids," Christina says. "There are times that you get a call that there is not another home in the state of New Hampshire that will take this kid."

For Michelle Galligan, foster care recruiter for Child and Family Services, having a go-to person like Christina is "a Godsend."

"I want to clone her," Galligan said. "She's just the epitome of what a foster parent should be."

Although there is a huge need for foster families in general, adolescents can be difficult to place, so foster parents like Christina are even harder to come by. Moreover, she's got a lot of expertise: She's currently working on a post graduate degree in special education at Rivier College with the eventual hope of getting her doctorate in education. And although her family takes on challenging cases, Christina says treating everyone with love and

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CFS PHOTO GALLERY



UNFI (United Natural Foods), the leading independent national distributor of natural, organic and specialty foods and related products, took up the cause of Child and Family Services in 2011. They not only sponsored our Concerts for the Cause event in the Upper Valley, but they became intrigued with our Permanency Solutions program, specifically, our work with children in foster care. This picture shows members of the UNFI Chesterfield Helping Hands Committee, bestowing us with gift cards, backpacks, blankets, pillows, disposable cameras, school supplies, personal hygiene items and more, to be donated to children in need. Pictured (l-r): Melanie Egli, Lisa Cashman, PJ Braun, Michelle Galligan of Child and Family Services, Michelle Lee, Michelle Blanchard. Note of interest: UNFI's HR director, Donna Brochu, has a special place in her heart for CFS. Years ago, when raising her children, she sent her kids to Camp Spaulding. She never forgot what CFS did for her family and wanted to give back. THANK YOU DONNA and UNFI !!



Mary Keohan Ganz, president of the Child and Family Services' Seacoast regional board of directors, and Debbie Smith of the CFS development office, take to the fairway during the Lonza Harvest Open Golf Tournament to benefit CFS.



The Henniker Rotary's Fire on the Mountain Chili Fest happened in late summer at Pat's Peak, attracting thousands of revelers of all ages. CFS staff participated at different levels – as chili-makers, photographers and classic car exhibitors...not to mention that our development director, Ruth Zax, coordinated the event. Pictured here: CFS trustee, Kerry Uhler (far right), with family members (l-r) Tim Uhler of New York, Johnny Ploch of Tennessee and John Ploch of New Jersey. All entered the chili contest, but Kerry won the prize. He donated the winnings to one of his favorite charities, CFS! Hot tamale!!



Kerry Wiley, of the CFS Healthy Families Home Visiting program, stands in the CFS driveway with STORK from The Stork Project. The initiative, started by Kathy Lewis of Hollis, NH, collects donations of gently used baby items, bundles them together in a hand-made blanket tied with ribbon and attached with a poem for the new mom, and delivers these gifts to area nonprofits that work with babies. CFS Healthy Families home visitors bring a bundle to their client's home on the first visit after the baby is born.



Members of the Rotary Clubs of Concord and Gilford took a tour of Camp Spaulding this past summer during the "Oh, the places you will go" series of donor visits to CFS facilities. The tours offer an opportunity to thank donors for their support while enabling them to better understand the changes they are helping to make in the community. Pictured (l-r): Pam Boyer, Russell Lunt, Angie Borden, Tom Potter, Jennifer Stacy, Mike Stacy and Fred LaFontaine down in front.



The Blues Summit, the Concord presentation of our 26th annual Concerts for the Cause, was a magical if not ill-fated night, having lost power in the theatre throughout the event. BUT, that didn't stop patrons from rising to the occasion of enjoying the shortened evening of great music with great friends for a great cause! Pictured here: Jinjue Pak and Julie Yerkes of the Concord regional board of directors, along with VIP, Dave Allen.



Chris Grenier of Citizens Bank (back, center), along with Bennett (camp counselor, far left) and Kevin (camp director, in back) help get campers ready for back-to-school through Citizens' 2011 Gear for Grades program.



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Child and Family Services is an independent nonprofit agency dedicated to advancing the well being of children by providing an array of social services to strengthen family life, and by promoting community commitment to the needs of children.

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SAVE GREEN.**
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FROM THE PRESIDENT

Little Lucy, age seven, made lemonade with her own two hands. At a table in her front yard, under a big sign with pink letters, she squeezed the lemon juice into a pitcher, added sugar and ice, stirred it up, poured it into a Dixie Cup and served you with a big “Thank you for helping the animals.”

“Little Lucy’s Lemonade Stand” raised \$376, which Lucy gave to a local animal shelter, the place from where her family adopted Punkinpuss. Along with her mom, Lucy devotes four hours a month to help with outreach events to benefit the animals.

Not only is Lucy a little entrepreneur, but she is a volunteer. She has found a cause that is close to her heart and that she’s passionate about serving.

This is the stuff of which communities are made and worlds are changed.

Lucy’s efforts reflect how, in good times and in bad, making the world better is in the power of even the smallest hands, AND, how even the smallest hands have the power to make a big difference.

For the past couple of years, Child and Family Services has been shining light on how state budget woes are affecting children and families. Of the three T’s—Time, Talent and Treasure—we’ve focused most on the latter. But, now, we’re going to ask you to consider devoting your time and talent... to consider making a difference not with *what you have* but with *who you are*.

In this issue of All in the Family, you will see some of the ways that individuals in your community have done just that. Two volunteer opportunities that have come to the forefront in the past several months have been in the arenas of youth development and foster care.

Currently, CFS is working with Goodwill Industries of Northern New England to connect with youngsters who are incarcerated at the Sununu Youth Services Center. Through the Goodguides program, mentors are matched with youth to help with everything from finishing high school to building self-esteem to reaching personal goals. Research on mentoring shows that this significant relationship really does give kids hope and a chance.

Also in this issue, you will read the story of a foster parent who steps up to help kids who can no longer live in their family home. Fostering a child who has been removed because of abuse and neglect or for some other reason is a significant commitment and takes a lot of energy, maturity and caring. It’s not for everyone, but it might be for you. Think about it...you don’t have to be perfect to be a foster parent. Being YOU

and being THERE are the most important requirements!

A number of other opportunities exist that range in level of commitment. You could be a member of our advocacy wing where you can serve as a voice for children in your community. You can help to shape public policies that will guard children’s rights, serve their needs and provide opportunities for all our children to live up to their full potential.

You may consider serving on one of our regional boards in Manchester, Concord, Laconia, Seacoast or the Upper Valley. Regional board members are the eyes & ears of their communities, and the arms, legs and voice of CFS, fulfilling roles as ambassadors, askers and/or advocates. The commitment includes six to eight meetings a year and participation in a major event that helps to raise awareness, interest and involvement in our cause. It’s an example of minimal time/maximum impact!

If long-term or regular commitments are not your thing, you could engage in periodic participation. Perhaps get your company involved with a day of caring and bring a team to our Camp Spaulding for fall or spring clean-up. Or, hold a clothing or food drive to help stock the shelves at our Teen Resource Center. If your company is especially active, you may consider joining the CFS team in the Manchester City Marathon, OR, staging a golf tournament or an auction to raise funds for CFS. Cases in point: RiverWoods at Exeter and Lonza Biologics (featured in this issue).

Speaking of dollars, being a donor to Child and Family Services takes no time at all, but it does take resources. The point is, there are many ways to give and many reasons to do so, not the least of which is, you’ll feel good about it.

Once you’ve mentored a young person in need, it’s easy to care about policies to protect children’s services. Once you’ve volunteered at a food bank, it’s easy to care about poverty and unemployment. Once you’ve rescued Punkinpuss, it’s easy to care about promoting a humane and compassionate community. Over time, the needs of those you serve become your mission, the power to make change becomes your passion, and the changes you make become your legacy.



Michael Ostrowski, President/CEO
Child and Family Services of NH

For further information on how you can get involved and make a difference, email info@cfsnh.org.

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Homecare program grows with senior population

Dignity and quality of life at its core

As a former nun, teacher and nurse, Mariette Dignard spent her entire life giving. So when it came time for her to ask for assistance, her pride nearly kept her from doing so. "I have never gotten help from anybody, so it was hard to accept it," says the 79-year-old. A knee problem and nerve damage sapped both her strength and balance, causing her to have difficulty taking care of her apartment. "I inquired around and was given the Child and Family Services (CFS) phone number," says Dignard. "Dottie was very understanding and thought that I should get a little help. Now I am just so happy. It was such a change in my life."

"Dottie" is Dottie Gove, homecare director for Child and Family Services. According to Gove, while there are at least 25 for-profit franchises in the area that do what Child and Family Services' Homecare program does, most of them serve clients who can pay for such help, or focus solely on services covered by Medicare.

"For good or bad, the reputation that we've earned has been that we serve the poorest of the poor. But the reality is that we can serve anybody, whether you qualify for free or low cost, or just need some extra help. We don't discriminate."

Some, like Dignard, may have family around but they are not able to pitch in. "I have one brother, a disabled Vietnam vet, and his wife, who is sickly," says Dignard. "They help me as much as they can, but I have to take care of myself and



I choose to take care of myself."

Others, like Doris O'Brien, 91, have no one. Married twice but never having children, her only living relative is a niece who lives out of state. "My mother died at 90 and my grandmother died at 90. It's kind of a family tradition," says O'Brien. "So I was all prepared to die at 90 but that didn't happen."

Still, she'd rather stay in her apartment than in a nursing home. "I've been to homes to visit people and I don't like them," she says. "I'm trying to stay here with assistance." After someone in her building suggested she give CFS a call, assistance came in the form of her "Little One," as O'Brien calls her home health care aide, who comes twice a week to do O'Brien's shopping and cleaning.

"She's a big help, it's a big burden that it takes off your shoulders. I have strength in talking but not in walking," she says, adding that her "skinny legs" don't allow her to get out and about much anymore. So sometimes all O'Brien wants is to talk and have a "visiting day" with her assistant. "I welcome her and I'm hoping every time that she'll be able to come because I look forward to her company." Besides, she adds, she doesn't need that

much in the way of food or supplies anymore. "My Little One makes me smile and makes me happy and she wants to do everything exactly right. When she leaves I'll check the sink and she'll have it shining beautifully."

Says Dignard, "CFS has the ability to make their clients feel like they are doing us a service. I wasn't made to feel like I was being a charity case." Recently she has had to increase her hours with the aide because of difficulty breathing and is now on supplemental oxygen. "I'm still able to do my own dusting and dishes. I'm getting my strength back, going to physical therapy and doing better now." Still, she appreciates the helping hand CFS gives her. "I like everything clean and it bothers me when I can't do it myself. Robin [her home health aide] has made it possible."

She adds that without Robin, she might still be in her apartment, but her morale would be suffering and her apartment would be neglected. "When you lose your strength you lose your 'get up and go,'" says Dignard. "CFS still has given me a new lease on life."

Child and Family Services' Home Care program currently has about 550 clients and — like the growing number of the senior population — that number is increasing.

This past July, the program expanded its area to include Greater Nashua. Seniors in the program get help with any number of things, from grocery store runs and medication reminders, to home cleaning and laundry as well as cooking

and help with showering.

Each client's situation is unique, says Gove. Some clients get visits twice a day, some get once a month. A large number of her clients are dealing with memory loss or have a chronic illness, but some may just need a little extra help. Home care workers will take people out with them as long as it's safe, which promotes continued independence, says Gove.

Just recently, experts have warned of a "silver tsunami" in New Hampshire, as more seniors stay or move into this state. And along with those increased numbers of seniors comes an increased need for programs tailored to help them and serve their needs as they age.

According to research done by AARP of New Hampshire, about 98 percent of seniors surveyed said that staying in their own home as they age was important to them on some level. Yet when it comes to long term care, about 80 percent of Medicare funds go toward institutional care and only 20 percent go to promoting home care.

As Gove points out, the cost of paying a home care aide (a state average of about \$24 per hour) is significantly less than having to pay for nursing home care, which can run more than \$88,000 per year. In fact, given these numbers, Child and Family Services can keep 10 people at home for less than a third of the cost of nursing home care for just one person over the course of a year.

"I always say our goal is to help you live or die at home and as long as it's safe we'll put the services in place," says Gove. She adds that typically what will put a senior into a hospital or nursing

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A gift that keeps giving

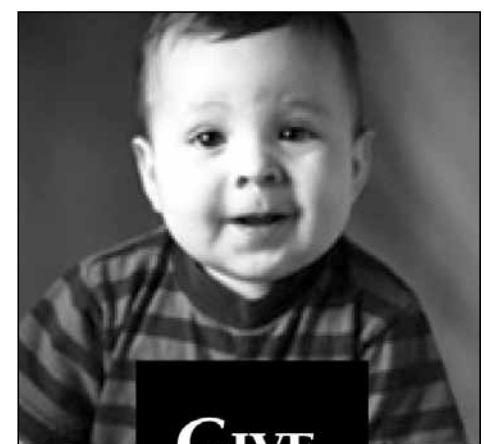
Can't decide on what to give your aging parents for Christmas? How about two hours of homemaking once a month? That's like giving yourself a present too, says Gove.

Seniors often welcome gifts of assistance rather than material objects, says Gove, especially since they "don't want to be a burden" to their children or other family.

"This is a gift to help them and help you at the same time with peace of mind and less stress."

The rate for homemaking is \$18, with a two-hour minimum. Done just once a month, that works out to less than \$40 a month, or \$432 a year.

If you don't have a senior in your life who needs help, Gove also says that charitable donations are welcome, year-round. "I would love to be able to give people who are on a limited income, things like toilet paper, light bulbs and laundry detergent," she says, "but gift cards are always good too."



GIVE

We make a living by what we get, but we make a life by what we give. *Winston Churchill*

 Child and Family Services
1-800-640-6486 www.cfsnh.org

Bank of America awards CFS \$30,000 to support outreach to at-risk youth

Child and Family Services of NH recently received a \$30,000 grant from the Bank of America Charitable Foundation to support its work with runaway, homeless and at-risk youth in the Greater Manchester and Seacoast regions.

In Manchester, the grant will subsidize operations of the Teen Resource Center where at risk youth have access to food, clothing, personal care items, laundry and showers, as well as an array of services to help them move off the streets and into safe, stable housing, and complete educational requirements leading to employment and independence.

On the Seacoast, funds will support the program's street team / mobile unit as they engage in crisis response, provide survival aid to street youth, and assist youth with housing and education. The funds will also support substance abuse treatment and mental health counseling services.



Bank of America's NH state president, Ken Sheldon, presents a check to Child and Family Services' president/CEO, Mike Ostrowski, and CFS Street Outreach manager, Erin Kelly.

Currently, the Seacoast program serves eastern Rockingham County including Portsmouth, Exeter, Hampton, Seabrook and Rochester, with a transitional living home in Dover.

"Programs which provide supportive services to at-risk youth are an area of focus for our philanthropic giving here in New Hampshire," said Ken

Sheldon, Bank of America New Hampshire president. "Child and Family Services offers our most vulnerable young men and women the opportunity to get back on their feet and improve their lives."

"This grant continues Bank of America's long-standing commitment to having a central resource serving the largest population of homeless teens in the state of New Hampshire," explains Michael Ostrowski, president/CEO of Child and Family Services. "Their philanthropic efforts prove that they believe in our youth and are taking the lead in changing lives and improving communities."

For further information on Child and Family Services' Street Outreach and Runaway & Homeless Youth programs, visit www.cfsnh.org.

Bank of America Corporate Philanthropy Building on a long-standing tradition of investing in the communities it serves, Bank of America is delivering on a 10-year goal to donate \$2 billion to nonprofit organizations engaged in improving the health and vitality of their neighborhoods. Funded by Bank of America, the Bank of America Charitable Foundation gave more than \$200 million in 2010, making the bank one of the largest corporate cash donors in the United States. As a global company serving clients through operations in more than 40 countries, Bank of America approaches investing through a national strategy under which it works with local leaders to identify and meet the most pressing needs of individual communities. Reaffirming a commitment to develop and sustain a culture of service, bank associate volunteers contributed more than one million hours in 2010 to enhance the quality of life in their communities worldwide. For more information about Bank of America Corporate Philanthropy, please visit www.bankofamerica.com/foundation.

Citizens Bank gets kids packed for class

"An overwhelming success," is how Joe Carelli, president of Citizens Bank - New Hampshire, described this year's Gear for Grades program.

In an effort to give children the tools for which to go back to school, Citizens Bank held a drive to provide 3,000 new backpacks filled with pens, pencils, notebooks, erasers, rulers and more to school children across New Hampshire.

In partnership with 95.7 WZID, the Union Leader and Child and Family Services, the program ran from July 18 through August 5, during which time it encouraged the public to donate new school supplies and drop them off at any Citizens Bank branch in the state. Over 32,000 items were collected and over 65 volunteers helped to stuff them into backpacks for distribution.

The backpacks were distributed through Child and Family Services during the last couple weeks of August.

"I want to thank everyone who made a donation to Gear for Grades to make sure that New Hampshire children have the basic tools they need to learn and succeed in school," said Carelli. "A record number of items were donated this year and we are very proud to make a difference for families by providing these backpacks."

"This campaign will go a long way toward getting children off to a great start in the new school year," says Mike Ostrowski, president/CEO of Child and Family Services. "Citizens Bank is helping to fulfill a need that many of us take for granted, but that is critical to the success of our children, schools, neighborhoods and communities. We are so grateful to the many community members who chipped in to help make the difference."



Printers Square, a long-time partner with Child and Family Services, took up the cause of sending kids back to school with all the tools they'll need to succeed. Through a company-wide promotion, they collected hundreds of items and made a special delivery. Pictured here (l-r): Eileen Cole and Karen LePine from Printers Square, Kathleen Reardon of Citizens Bank and Cindy Gaffney of CFS.

According to a National Retail Federation survey in 2010, the average American family with at least one child in grades kindergarten through 12 is expected to spend \$606 on back-to-school expenses. But for families who are low-income, at-risk or homeless, the cost of even basic school supplies can be a burden. More than 27,000 filled backpacks will be distributed to children across the Citizens Financial Group footprint as part of this year's Gear for Grades program.



Members of the New England Crusaders basketball team turned out in force to help get kids packed for class. Coached by Bill Conrad (also a CFS trustee, pictured back/center), they are: Bailey Marshall, Ali Glennon, Brenna Walczak, Bill Conrad, Caroline Conrad (down in front), Mary Mullen, Stephanie Conrad (down in front), Nikki Tucci, Megan Kerutis, Casey Evans, Alexis Meserve, Sara Messler



Teresa Robinson of the NH Union Leader; Joe Carelli, president of Citizens Bank - New Hampshire; Mike Ostrowski, president/CEO of CFS; and Ray Garon, GM of WZID; kick off the 2011 Gear for Grades initiative.

The move to managed care

Concerns for children in foster care

This year, New Hampshire plans to join 47 other states in moving its Medicaid recipients into a managed care plan. It's a move that officials hope will save the state big bucks and streamlines access to care for the 120,000 Medicaid recipients in the state. While the Department of Health and Human Services is gathering citizen input on the switch and looking for proposals from managed care companies, child advocates in the state are trying to draw attention to a group that could get lost in the shuffle: children in foster care.

"If I had a fear, it's that 1,000 kids out of 120,000 people might get lost. I hope they don't," said Jack Lightfoot, advocacy director for Child and Family Services. There are 1,056 children in foster care in New Hampshire, and while they're a small fraction of people receiving services through Medicaid, their care needs are complex.

Under managed care, a central entity known as a managed care organization (MCO)—usually a large insurance company—coordinates health care services for Medicaid recipients. The state pays the MCO a set rate each year to cover health care costs for Medicaid recipients. The MCO then uses that money to pay for services. If the MCO stays within its yearly budget, it makes money; if it goes over budget, it loses money.

New Hampshire currently is one of three states that does not utilize a managed care model. The move is a result of Senate Bill 147, which the legislature passed earlier this year. According to the Department of Health and Human Services, the goal of the managed care transition is to improve access to medical care while also saving the state money. According to the New Hampshire Fiscal Policy Institute, the state anticipates saving \$32 million in Medicaid costs within two years of the transition. DHHS is in the process of seeking potential MCOs and hopes to begin enrolling Medicaid recipients in the program by July 2012.

How the transition will play out in New Hampshire remains unclear. Because DHHS is still seeking public input on the program and has not contracted with any vendors, there are no concrete details about what an MCO might cover.

"At this point, we have nothing but questions and hopes," said Lightfoot.

Children in foster care enter into the health care system with needs that often are far different from those of other children on Medicaid. For many children, they might not have had consistent health care until the time they entered into foster care.

"Likely, they'll have multiple pathologies going on that need attention. Coordinating all that can be a challenge," Lightfoot said.

Part of the challenge includes finding medical care where the child lives. A child who lived in Hillsboro but is placed in foster care in Manchester might establish a great rapport with a doctor in Manchester and get the care that he or she

needs. But if the child goes back to Hillsboro, that care system might be disrupted. Under the current system, in most cases, the physician in Manchester has some sort of direct communication with the physician in Hillsboro. But if the two physicians are not in the MCO's network of providers, problems might arise.

"You've got to make sure the child's health network is built up wherever the child is ... and recognize that the child is, in all likelihood, going to be moving," Lightfoot said.

In previous years, the Department of Children, Youth, and Families had nurses in each office that helped with exactly those kinds of transitions. However, those positions were eliminated as part of budget cuts two years ago.

Lightfoot hopes that the state requires a section on the health care of foster children in the proposals it receives from MCOs. In addition, any contract the state makes with an MCO should include a special provision that recognizes that children in foster care have special medical needs and require a different set of services than other Medicaid recipients.

"Our hope is that the managed care company is held to a standard to make sure they can and will deliver those services," he said.

Lisa DiBrigida is the medical director at Child Health Services in Manchester. She previously was a pediatrician at the Dartmouth Hitchcock Clinic in Manchester and was part of the team led by CFS that established the state's foster care health program. DiBrigida hopes that whatever managed care plan the state develops will "look at foster care as an exception."

"There's so much more that needs to be addressed, especially mental health needs," she said. She worries that, in some cases, MCOs place caps on the number of visits for certain health issues in order to cut costs. For a child in foster care, this could be problematic.

If the child is coming into foster care from a stressful home situation or is exhibiting withdrawn or aggressive behaviors, mental health evaluations are necessary. "Those issues are the ones that are challenges," she said. "With the Medicaid (program) we have currently, we do try to squeeze those visits in."

Some children might need to catch up on immunizations, while others might need dental care. Each child is different and, for children in foster care, it's difficult to generalize their needs.

Most of all, DiBrigida hopes that MCOs recognize that mental health services are just as vital and important as physical health services—not just for children in foster care, but for everyone. "People forget the brain is connected to the body," she said.

As DHHS continues to work out the details of the state's managed care program, DiBrigida said that "the needs of foster children need to be on the table, not an afterthought."

For updates on this subject visit www.cfsnh.org. If you'd like to receive email alerts on relevant public policy issues, email us at info@cfsnh.org to be added to the NH Children's Lobby e-newsletter list.

CFS assumes Familystrength programs

In November, Child and Family Services will assume responsibility for the client services provided by Familystrength, a nonprofit organization that has for 25 years, complemented the work of CFS.

For the past two years, Familystrength has come under the operational auspices of Goodwill Industries of Northern New England, who recently determined that Child and Family Services, with its reputation of high quality and efficient delivery of multiple coordinated social services throughout the state, was better suited to manage the programs.

The Familystrength mission to help families and individuals find effective and lasting solutions to life's most difficult challenges, aligns nicely with the mission of CFS as do its core values of empowerment, collaboration, strengths-based focus, and change orientation.

Under the direction of CFS, the Familystrength programs, including the Deployment Cycle Support, Family Stabilization, Home Based Therapeutic Services and clinical counseling programs will continue to serve clients throughout New Hampshire, thereby extending Child and Family Services' reach and impact. Areas include, but are not limited to Concord, Conway, Rochester, Keene, Nashua, Salem, Manchester and Portsmouth.

"This expansion will strengthen the collective missions of these organizations," says Michael Ostrowski, president/CEO of Child and Family Services of NH. "By integrating our talent and resources, we will have greater opportunities for solving social problems and meeting community needs throughout the state."

CFS and Goodwill will continue their partnership in the mentoring program for New Hampshire's at-risk youth and are forging new collaborations for the coming year.



Camp Spaulding

The Possibilities are Endless

"Every kid deserves camp," says Mike Ostrowski, president/CEO, and for 84 years the overwhelming support of the charitable community has ensured that low income youth are able to participate. "This season, nearly 200 campers added a renewed sense of confidence and character to their school supply list as they embarked on another school year."



In late June, the doors of

Camp Spaulding, a traditional two-week, overnight summer camp in Penacook, NH, burst open for nearly 200 boys and girls from communities all over New Hampshire. More than half were returning campers who used the knowledge gained from previous years to teach newcomers the essential skills kids deem most important: how to win the scramble for the top bunk, how to obtain a second helping of "s'mores" by the campfire, and how to overcome the fear of the dark during the middle of the night.

The campers were quickly followed by an equally eager group of adults who are driven by their passion for improving lives and shaping futures. As guests of the "Oh, The Places You Could Go!" series, they came to attend a day of summer camp and learn how their contributions make a difference. They came to experience simple things like a covert kitchen raid, a game

of dodgeball, and a fireside sing-along, and left understanding how summer camp sows traces of its presence in youngsters, teaching them to become caring adults and tomorrow's leaders.

CFS believes that the benefits of camp accrue most profoundly for those least able to afford it. There are over 200 residential, day-stay, and specialty camps available to children in our state each summer, but Camp Spaulding

is the only co-ed, two-week residential summer program dedicated to making summer camp a reality for those families who live in economic insecurity. Greater than 90% of youth who attend live at or below the poverty level, and their enrollment is made possible through individual donations, foundations, charitable contributions, and special events. Last year, over 80% of expenses were raised charitably.

All the basic summer activities are offered at Camp Spaulding including swimming, canoeing, archery, field trips, ropes challenge courses, arts and crafts, field games, and specialty days. The activities present opportunities for campers to challenge themselves with new experiences, and are supported with positive adult role models who have the time to listen, talk with and nurture each child. Through their experiences, campers learn to work together, make good choices, take responsibility, develop creative skills, and gain confidence. They develop self-reliance and discover new strengths and skills that are necessary for independence and a healthy, productive life. Evidence of success can be seen in the following unsolicited remark received from a middle school counselor:

"I wanted to say thank you for the information you gave me at the end of the school year about the money available for students to attend Camp Spaulding. One of the students whose parents I called was able to attend the fourth session this summer and that is all he can talk about! He is already planning to not only attend two sessions next summer, but he is talking about what he is going to do when he turns 16 and can work at the camp. His attitude about school and himself is entirely different from last year, and I'm hopeful he'll have a happier, more successful school year. I wanted to thank you and make you aware of the impact this experience had on this child."

Many campers enjoy the conventional summer activities while others find opportunity in less likely places. This year, the former chef from the Coe House in Moultonboro lent his talents to the Camp's kitchen. His mid-season involvement inspired a long time camper and first-year junior counselor to get involved as a kitchen crewmate. This 15-year old is now exploring the possibilities within his high school's culinary program, and plans to return to Camp next summer to become more involved in kitchen opera-

tions. His career plans even include thoughts of restaurant operations and ownership.

Summer camp is only one of countless ways CFS offers youth the opportunity to discover their potential. If you have an interest in learning more, please contact Debbie Smith at 518-4152 or attend our series of informative presentations throughout the year.

TD Charitable Foundation awards grant to Street Outreach program



Erin Kelly, Street Outreach program manager; Mike Ostrowski, CFS president & CEO; Jeff Seifert, regional VP of TD Bank; and Maureen Putney VP, TD Bank.

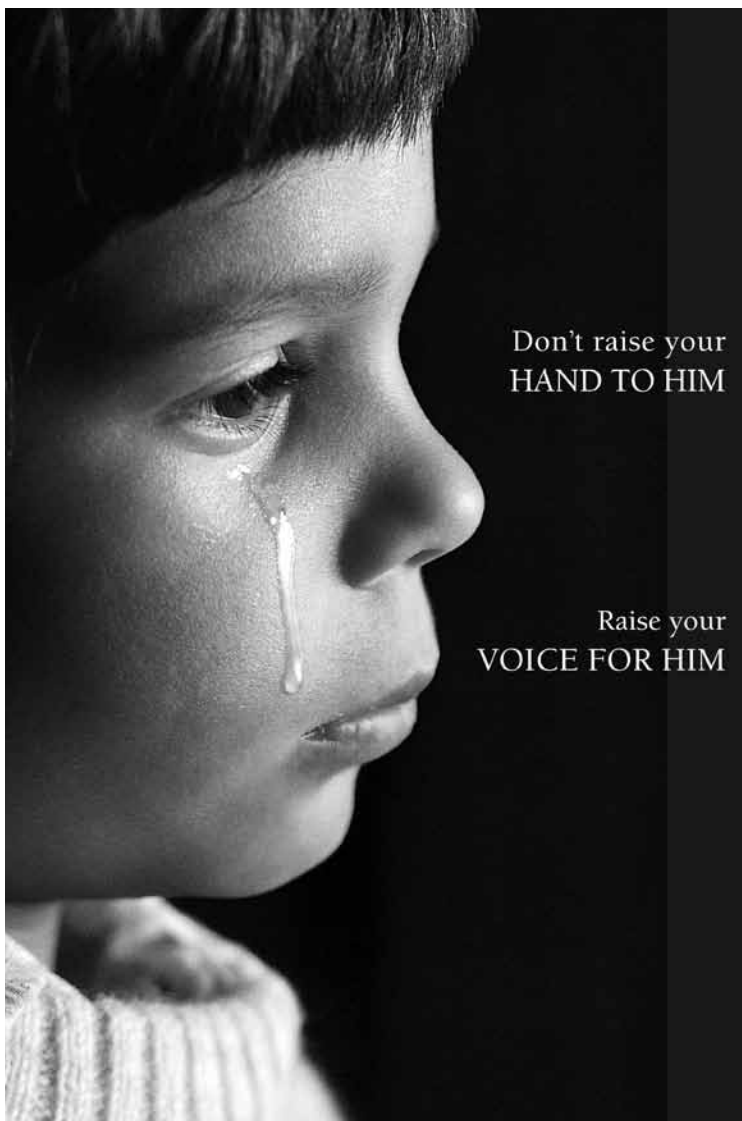
Child and Family Services of NH recently received a \$10,000 grant from the TD Charitable Foundation, the charitable giving arm of TD Bank, to support its Street Outreach and Runaway Youth programs on the New Hampshire seacoast.

This grant will fund vital support to at-risk youth, ages 12-21. It will be used to fulfill basic survival needs and will help to expand our substance abuse prevention and treatment services for homeless and street youth.

"This gift is important," says CFS president, Mike Ostrowski, "because Seacoast Outreach is the first of its kind serving the formerly invisible population of homeless teens. Our youth are fortunate to have TD Bank on their side."

"At TD Bank, building strong communities where our employees, customers and other stakeholders live and work is a priority for us," says TD Bank regional vice president, Jeff Seifert. "We are proud to support CFS' efforts to help homeless and runaway youth along the New Hampshire seacoast."

CFS is currently the only organization providing a continuum of services that bridges housing and safety gaps to this underserved population. Amongst this transient adolescent group, 100% are considered living below poverty level. Through the CFS SO/RYP programs, youth can access an array of services free of charge including family support, mental health counseling and therapy, education and life skills assistance, substance abuse treatment, and more.



Don't raise your
HAND TO HIM

Raise your
VOICE FOR HIM

BASIC TRAINING IN HOW TO JUST SAY NO



Photo by BOB LAPREE, NH Union Leader

FROM A DISTANCE, the campers seemed to be engaged in a pretty typical game of dodgeball.

But this game, which took place Wednesday [July 27] at Camp Spaulding in Penacook, had an odd twist. In order to get back in the game after being hit with one of the foam balls, the campers had to provide a fact about drugs.

"Tobacco contains nicotine, formaldehyde and ammonia," said one camper.

Close enough, was the verdict from one of the National Guard soldiers, after he corrected the pronunciation of ammonia. Yes, cigarettes contain

ammonia, or as was explained in an earlier lesson, the same ingredient in glass cleaner.

The games were part of an effort by the National Guard to bring anti-drug education into Camp Spaulding, which gives kids from families with moderate or low incomes the chance to spend two weeks away from home on 56 acres of forest overlooking the Contoocook River.

The Guard has long offered anti-drug lessons in the classroom as part of its "Stay on Track" program, but this is the first year it's brought them into the

camp setting, providing special activities for kids 13 and up.

"They're at that age group where they're starting to see those kind of influences," said camp director Kevin McKenney.

Absorbing lessons about drugs may seem like a lot to ask of teenagers surrounded by the woods and other distractions. That's why the lessons are heavy on activities like dodgeball.

"We try to design activities to keep them active," said Sgt. Patrick McGinnis.

One of the kids' favorites involves trying to steer a remote-controlled tank around obstacles, such as toy soldiers, while wearing blurred-vision goggles. It's meant to simulate what it's like to drive drunk.

"We take a holistic view. It's not just about the drugs, but communication skills, refusal skills, peer pressure and how the media influences them," McGinnis said.

The lessons deal with fairly complex matters, such as the different hazards posed by illicit drugs, alcohol and tobacco, as well as prescription medication. It's not unfamiliar territory for many of the youths.

"They know the names of the drugs," McGinnis said, referring to prescrip-

tion pills. "We tell them that while a parent may have a prescription, it's illegal for them to take them, and even if you have a similar illness, you still shouldn't take it — it's not meant for your size or your weight."

Camp Spaulding is a program of Child and Family Services; fees are based on a sliding scale. The camp hosts more than 300 kids in four sessions over the summer. Based on the reactions of some of the campers, it would appear that at least part of the message is sinking in.

"I think it's awesome, just like everything else at the camp," said Kippy Hargrave, 13, of Concord, referring to the anti-drug activities. "I don't want to do drugs. I've been around people who use them. Alcohol smells disgusting and so do cigarettes."

Brittany Adams, who's been coming to Camp Spaulding for eight years and is now, at age 17, a counselor in training, said the activities may not just benefit the campers.

"They also give you the strength to help others," she said.

Written by TED SIEFER. Reprinted with permission by the New Hampshire Union Leader

CFS WELCOMES NEW REGIONAL BOARD MEMBERS

Seacoast Regional Board

Laura Gaedtke-Friedman is an independent contractor-facilitator for parent/child court ordered visitation. Laura has 20 years of experience as a child protection social worker. She holds a B.S. degree in communication disorders, with additional course work in human services and psychology. Laura is a member of the National Rehabilitation Society.

David Reid is marketing manager for People's United Bank, Portsmouth, NH. David earned a B.A. in psychology from Denison University. A Hampton Rotarian, Reid is a member of the American Heart Association and is also involved with The Music Hall in Portsmouth.

Manchester Regional Board

Kristen Blanchette, an attorney with Devine Millimet & Branch, practices in the area of healthcare. Kristen received her B.A. from Dartmouth College, and J.D. from the University Of NH School of Law. She is a member of the American Bar Association-Health Law

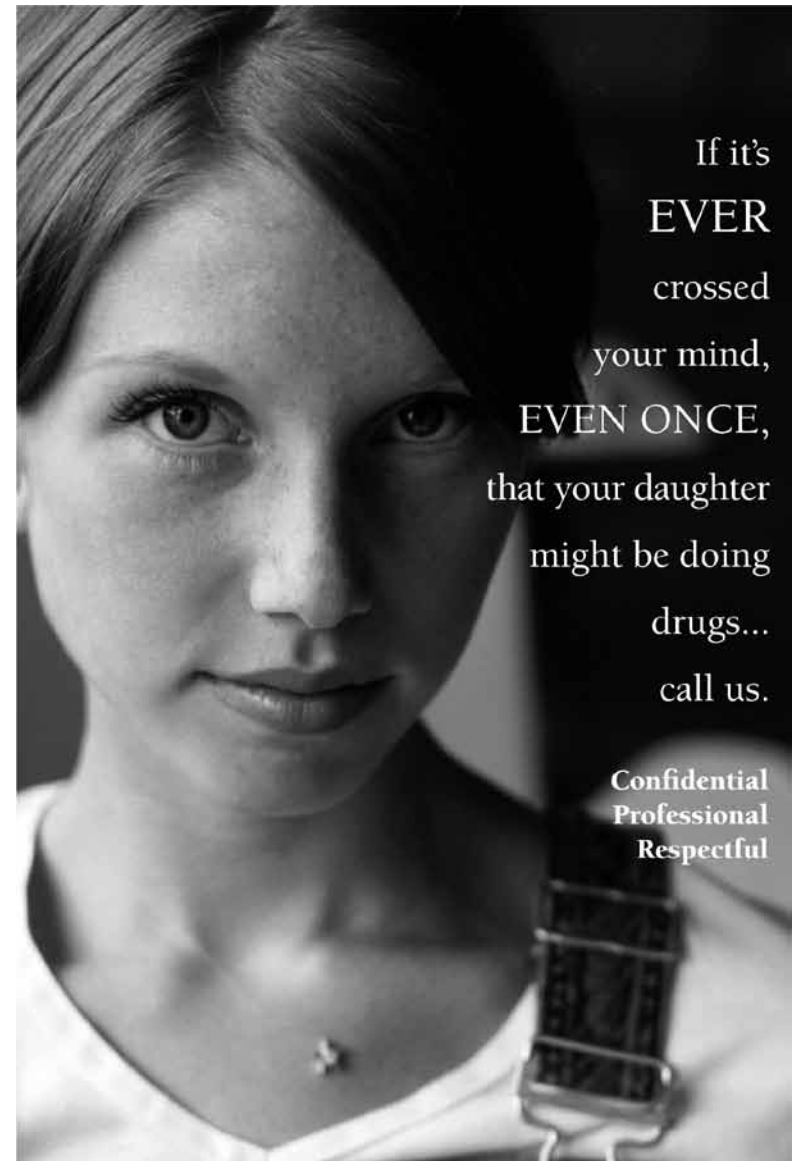
Section, Daniel Webster Selection Committee, Domestic Violence Emergency Project (DOVE), American Health Lawyers Association, American Society for Healthcare Risk Management, Dartmouth Lawyers Association and the New Hampshire Supreme Court Society.

Dawn Champiny is senior VP/consumer executive with Bank of America in Bedford. She received a B.S. in business administration from the University of South Florida. Dawn has done fund raising for the American Cancer Society and American Heart Association.

Upper Valley Regional Board

Sara Ecker is the general manager of FH Clothing in Quechee, VT. She holds a masters degree in health education and is a NH Guardian ad Litem.

Stephanie Singleton, is an account manager for Dynamic Clinical Systems, Inc., Hanover, NH. Stephanie holds a B.A. from Hollins University, Roanoke, VA. She volunteers her time at the Haven and Montshire Museums.



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Child and Family Services

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Building unbiased

Girls saw and sand their way into 'man's world'



Hannah Perkins uses the electric sander to smooth down boards for the table built by the girls at Camp Spaulding who participated in Girls at Work on Wednesday, August 17, 2011 (photo by Erin Stubblefield, Concord Monitor)

As the pinkie-swear secret-keeping circle broke, the gaggle of girls from Camp Spaulding started giggling.

Elaine Hamel would have none of that, thank you very much.

"Please don't talk when I'm talking. We're losing building time," she said, and at once, all eyes were back on her.

There's no sweet talk or sugar-coating here. No coaxing and no cooing. These girls don't need to be babied anymore.

Each of them has, after all, already conquered the big-girl saw.

This group was taking "Girls At Work" at Camp Spaulding, which teaches girls ages 6 to 14 how to use power tools like cordless drills, hand sanders and the big-girl saw, also known as a sliding compound miter saw.

When Hamel attends an annual construction career day in Hopkinton for high school students, maybe a dozen of the 1,000 students who attend are girls, she said. Girls rarely enroll in construction trades classes, intimidated by the room full of boys, she said.

So she brings shop class to them, at Spaulding and other camps across New England for girls from low-income families. She comes, she said, so they can feel the swelling of pride in feeling a rough 2x4 go smooth under a hand sander, or point to a bench, a picnic table or a birdhouse, and say, "I built that."

"It's about giving them the feeling of being a success," Hamel said. "Building is just the medium for the message that they are smart and they can do anything."

Using the big-girl saw for the first time, Caitlyn Dionne, 8, stepped up on a milk crate so she could reach. She grimaced, grabbed on with both hands, and lowered the whizzing, whirring blade through the wood once, then twice, and turned it off.

"Caitlyn, was it scary?" asked 10-year-old Molly

Fernandes.

"Nah," Caitlyn replied, skipping off to smooth her block with the hand sander.

At Girls At Work camps over the past four years, Jaylene McNamara has made a shelf, three coat hangers, two picnic tables, a bench and a shed. The big items stay at Camp Spaulding, but she gets to take home the smaller ones for souvenirs.

"It was kinda scary at first, but now it's like 'Duh. Of course we can do that,'" she said.

Her friend Addia Bayly chimed in that watching girls new to the program was kind of funny.

"Not like funny like a mean funny," she said, "but funny because we already know we can build things, and they don't know it yet."

Building bug

Jaylene, 12, Addia, 11, and the rest of their cabin weren't supposed to be in the workshop Monday afternoon, but they had been bit, hard, by the building bug.

They were supposed to fill out surveys and go back to quiet hour. But they begged and pleaded for more work, so Hamel set them to building small side tables.

She did the measuring and adjusted the saw for the angles, but when she has campers for more than two days, Hamel teaches them how to determine angles and measure different pieces of their projects.



Carissa Adams, left, and Jenessa Harding, right, sand one of the benches they built at Camp Spaulding during their Girls at Work session on Wednesday, August 17. Girls at Work is a program run by contractor Elaine Hamel, who travels across New England teaching young girls the craft of woodworking (photo by Erin Stubblefield, Concord Monitor)

"They tell you they don't know math and science, but put the tools in their hands and they show you and they show themselves what they know," she said.

Girls At Work was an accident for Hamel. She took in a neighbor's daughter who had nowhere else to live. When Hamel learned she couldn't afford summer camp, she bartered tuition for woodworking instruction.

Ten years ago, she gave up almost all of her day work as a general contractor to run Girls At Work programs.

"Women in New Hampshire are still earning 72 cents

on the dollar to men. If we prove to them early on that they are just as good, we're not going to have that anymore," she said.

But lecturing won't work. Girl power sing-alongs won't work. To know they are just as good as boys, girls need to do things they always thought they couldn't, she said.

"You have to push 'em so far out of their box they can't see straight," she said, "and then they're done, and they're like, 'Whoa. I built a bench.' They have to feel it, they have to see it."

In the decade since she started the nonprofit organization that runs the classes, she says more than 5,000 girls have gone through it since.

'I got fed up'

Hamel learned about "girl power" the hard way.

The only daughter in a very traditional Manchester family with five boys, she "did the girly things" growing up. To her father, girly things did not include college.

So she worked and saved and managed to pay for two years on her own before the money ran out. At the time, condominium developments were sprouting like weeds along the southern tier of the state, and construction jobs were plentiful.

Hamel checked out books from the library and taught herself the basics of the work. Then she began applying at construction sites.

She only rarely found contractors willing to hire a woman, and landing a job meant a new set of challenges. She would wear ear plugs to work every day to block out the catcalls and harassment from her co-workers.

Finally, "I got fed up," she said, and she started her own contracting business.

"I definitely starved for a few years. It was real tough. Then I started getting referrals, people saying I wasn't so bad," she said.

When she offered to barter construction classes for camp tuition for her foster daughter, the camp director practically begged her to return, she said. She began offering the classes in a barn she built on her property but realized it was hard for girls from low-income families to get there.

So she began bringing the classes to them and hasn't looked back since.

"These little girls look cute and happy now, but a lot of them count the days till camp, because they'll have three meals a day, they'll know where they're going to sleep," she said. "It's this one pocket of time a year when they are built up by camp directors and counselors and people like me who come in. And so you try to make them as big as you can in as short of time as you have, so when they go back to (their) lives . . . they are a little bit bigger and a little bit more able to handle all that."

Hamel sat silently when asked what her life would have been like if someone had shown her how to use power tools when she was young. Would she have left college, would she have accepted for so long her father's edict that girls can't, that girls don't deserve to do what boys do?

"I can't imagine what it would have been like," she said after a long moment.

She looked down at her palms. "I had to do all that. I had to go through all that to create this. Nobody would teach me; I heard 'No' more than you can count. The harassment, the inequality, it's fired me to provide them with so much more," she said. "This is my payback."

Written by Sarah Palermo. Reprinted with permission by the Concord Monitor.

BECAUSE OF YOU

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Helen Gahan Costa - Sweet Inspiration

Upon first stepping into Helen and John's cozy home, one is greeted with the aroma of freshly baked oatmeal cookies.

"Last year, we made and gave away 7,000 cookies to charity groups," noted Helen Gahan Costa. "John mixes the batter and puts them on the trays and I take them out and put them in boxes."

This spry 90 year old pops up as the timer goes off and takes another tray out of the oven. Today, over 100 oatmeal raisin and chocolate chip cookies come out of the kitchen and are lovingly placed in shoe boxes set to be delivered to Seacoast area day care centers and other children's programs.

"The only kind we don't make are ones with peanut butter or nuts because of allergies," Helen notes.

Helen and her first husband, Arthur, were married in 1941. Arthur worked at the Portsmouth Shipyard throughout the war and afterwards. For several years they tried to have children. Helen's doctor said she would never be pregnant. "I don't know

how we found our way to Children's Aid Society (now Child and Family Services) but we did, and they helped us adopt two children, first Gary, then Nancy.

"And we really fooled that old doctor," Helen said chuckling, "because 13 years later I got pregnant at age 41 with Lisa and then I got pregnant again with Scott."

When the Gahans adopted, there was no adoption fee. Although their income was modest, they always had something to give to the agency that helped them start their family. Several times over the years, the agency helped them. Helen at one point saw a counselor for what she described as "nerve" problems, and many years later, when Nancy gave birth to her daughter, they got Nancy's medical history from the adoption staff. In a recent email, daughter Nancy shared her adoption story noting that her parents had given her a wonderful life.

When I was little, Dad told me about my adoption. He said he went into this big room with about 20 babies in cribs and walked

around looking at all. When he came to me, I was just laying there very quiet and looked up at him with my 'big blue eyes' and put my hand on his face. That was it for him and he picked me up and took me home. Naturally, as I got older, he told me how it really happened.

My mom is so full of life and so compassionate to everyone. They didn't have a lot of money but they gave me the important things, like Sunday afternoon picnics... mountain hiking and learning nature, special ice cream cones. Mom would leave notes in my lunch box and under my pillow just to tell me she loved me. She showed me what a mom should be and I think I was able to use her teachings with my daughter.

Helping others has always been at the top of Helen's list. When she first went to work it was as a housekeeper. Then she took a nursing course and was a practical nurse at Wentworth Douglas Hospital. "I really liked working with the older people and the hospital work was very satisfying." She ended her work career at UNH in the testing department.

Helen and Arthur had 56 years together, until his death in 1997. Afterwards, she continued to make an annual gift to CFS. Ten years ago, when Helen was about to turn 80

and had been widowed for several years, her son Gary, invited her to go to the Deerfield Fair with a friend of his. That friend turned out to be John Costa, also an about-to-be octogenarian, who had recently lost his wife. "Gary was doing John's financial planning and he thought John had enough money to take care of me, so he set us up on a blind date." Helen and John have been married for nine years.

John worked for the Stouffers Company for 20 years. He loves to experiment in the kitchen and says that the secret to good cookies is butter. But the cookies are a joint project and a labor of love for both of them.

For 66 years, Helen and her family have been part of the Child and Family Services family. Theirs is a story with many happy memories. Helen wants to be sure that other families have the same opportunity to be parents that she had, and so, she has made the Adoption Program the beneficiary of a life insurance policy as part of her estate planning.

Helen Gahan Costa now joins an exclusive group of contributors who have made legacy gifts to Child and Family Services. She will be recognized as a member of the NH Children's Aid & Protective Society. To find out more about legacy giving, contact the development office, 603-518-4130.

INVOLVE Lonza Harvest Open



Gordon Rehnborg, former CFS trustee, and Mike Ostrowski, CFS CEO/president, were part of a foursome where doing good is PAR for the course.

Two hundred golfers turned out for the 10th annual Lonza Harvest Open

Golf Tournament, hosted by Lonza Biologics of Newington, NH, to benefit Child and Family Services and the Dover Teen Center.

Golfers gathered at The Ledges Golf Club and The Links at Outlook Golf Course, and spent the day golfing, participating in putting contests, raffles and other games of chance, and a silent auction to raise money for CFS' Adolescent Substance Abuse Treatment and Street Outreach programs on the seacoast.

For the last nine years, the Lonza Biologics Harvest Open Golf Tournament has raised over \$500,000 for local charities. THANK YOU LONZA.



Lonza volunteers: Polly Hall of the CFS Seacoast board, Angelica Ladd and Rebecca Newell of CFS staff, Patty Maddocks of the Dover Teen Center, Deb Welch of Lonza and David Reid of CFS Seacoast board.

Serve on a CFS board

Child and Family Services is always interested in expanding its pool of volunteers who are passionate about preserving and expanding social safety net services for children, youth and families in their communities. One of the highest profile ways to serve is by joining one of our regional advisory boards. Regional advisory board members have three primary functions.

Ambassadors – talk about CFS to family, friends, community and business members. **Ambassadors** are our eyes and ears in the community.

Advocates – represent the agency at town meetings, legislative hearings, service clubs, and make phone calls or send letters to legislators or funding sources. **Advocates** are our voice in the community.

Askers – introduce CFS staff members to local funders and participate in fund-raising activities and other projects to support CFS programs. **Askers** are our arms and legs in the community.

Regional advisory board members can expect CFS staff to provide the training, tools and support they need to be successful in their roles.

If you are interested, be sure you are willing to make the organization one of your top three charitable and volunteer commitments, commit to attending scheduled meetings and have flexibility of time between meetings to accomplish committee tasks. For further information, call 518-4130 for details.

Americorps knows service

Volunteering was down to a science and up to an art-form in the hands of the 50 Americorps volunteers who turned out at Camp Spaulding last season to improve upon the buildings and grounds at the site. Despite the cold, rainy day, the team, headed by staff from the Student Conservation Corps, completed every task on our camp director's list including repairing fire pit benches, digging drainage ditches and installing a culvert, and moving the Kayak shed to the river. The work was especially adventuresome when they manually pushed a 10-wheel dump truck out of the mud. Special thanks to Mike Vecchiarelli, program director, who donated over \$500 of woodchips to the cause! THANK YOU, ALL!

CFS RUNS FOR THE CAUSE

For the second year in a row, Child and Family Services is a charitable partner "RUNNING FOR THE CAUSE" in the 5th annual Manchester City Marathon, Sunday, November 6.

CFS will commit a team of runners who will consist of CFS staff, board members, friends and family. CFS also will field a team of volunteers to assist at the marathon in various capacities such as staffing central command, providing water to runners along the route

and cheering on our running team.

This year's CFS goal is to raise \$5000. All monies raised by our team are unrestricted and come directly back to the agency to support vital services to kids and families at-risk.

If you would like to support the CFS team, please visit <http://www.active.com/donate/cfsnh464>. If we all give a little, we could easily reach our goal. To join the CFS team, contact Cindy Gaffney, gaffneyc@cfsnh.org

Celebrate the holidays in kind

If you are hosting a holiday party for friends, family or business associates, why not invite everyone to bring a non-perishable food item to donate to CFS's Food Pantry. The Street Outreach Teen Resource Center is in need of single serve, heat and eat, grab and go food items for the 30-40 homeless, street youth who seek help on a weekly basis. Help us stock our shelves and spread the joy of the season with kids in need. To arrange a drop off, contact Erin Kelly, kellye@cfsnh.org.

INVEST

Redfern bequeaths portion of IRA to CFS

Born at the height of the Depression in July, 1937, in Manchester, NH, Robert Redfern was adopted at the age of six months by Arthur and Mary (Doonan) Redfern of Andover, MA. Following Arthur's sudden death on Bob's second birthday, Mary and her young son moved to Woonsocket, RI, and lived with her mother. When Bob was 10 years of age, they returned to Andover. Bob graduated from Brown University in Providence, RI, with a degree in economics, and served as an officer in the U.S. Navy aboard two aircraft carriers. He later worked for Honeywell/ITT and other corporations until he tired of traveling.

Wishing to be near his mother as she aged, Bob purchased a home in Methuen, MA. He went into his own business as a commercial real estate appraiser and

handled many high-profile cases during this career. Bob also owned a camp in Maine where he and his mother welcomed family and friends every summer for more than 40 years.

Although Bob was an only child, when he passed, more than 50 relatives, from California, Florida and points in between, descended upon Methuen, MA, in August, 2011, to celebrate his life and pay tribute. This was testament to a man who felt blessed to have been adopted into such a loving and large extended family.

When Bob was doing his estate planning several years ago, he met with CFS to talk about his adoption and his interest in utilizing his IRA and several annuities for charitable purposes. Along with Dana Farber Cancer Institute

and Brown University, CFS was named a beneficiary of these policies. With these funds we will establish, the Robert D. Redfern Fund to support birth parent counseling and domestic adoptions.

This gift from Bob Redfern will likely be the second largest bequest in the agency's history and will help to preserve a service which CFS has been providing for over 90 years: help young women with unintended pregnancies make good decisions for themselves and their babies, and find loving, adoptive homes for infants and children.

WILL YOU? *Leave a legacy through a bequest in your will*

To find out the benefits of joining The NH Children's Aid & Protective Society with a legacy gift, contact Ruth Zax, CFRE, director of development and planned giving, zaxr@cfsnh.org

CHARITABLE GIFT ANNUITY



Give and you shall receive.

A gift annuity to CFS provides you with rewards for a lifetime.

- Immediate tax deduction
- Fixed and secure annual payments for one or two people
- Satisfaction of helping children in your community
- Membership in the Children's Aide & Protective Society

Two-life Charitable Gift Annuity rates: \$10,000 gift illustration

AGE	RATE (%)	ANNUAL INCOME	TAX DEDUCTION*
65/65	4.7	\$470	\$1916
65/70	5.0	\$500	\$2376
70/75	5.4	\$540	\$2646
75/75	5.7	\$570	\$3034
75/80	5.9	\$590	\$3418
80/85	6.7	\$670	\$4071

For details, contact Ruth Zax
1-800-640-6486 x 4130 zaxr@cfsnh.org

*Tax deduction may vary per gift date and amount. Annuity rates are subject to change as interest rates vary and whether it is a one- or two-life gift annuity.

CIRTRONICS shares the wealth

"Enclosed is a check in the amount of \$10,000 to be used to help you support your many programs. We have been able to do this because of a profitable year and it is our philosophy to give back to the community when we are able." *Sincerely, Judy Masson, Cirtronics Corp.*

Members of the Cirtronics Corporation Outreach Program joined us for a day of discovery at Camp Spaulding, during the "Oh, the places you can go" CFS tour.

Each year the organization assembles dozens of camp kits containing essential items for youth who arrive needing basic requirements.

This year, Cirtronics also provided a \$10,000 donation. THANK YOU CIRTRONICS!



Staff members of Cirtronics enjoyed a day at camp: (L-R) Carol Trombley, Kent Johnston, Carol Bowler, Shirley Frost (Concord Kiwanian), Annette Hollenbach, and Judge "Bud" Martin of the CFS Lakes Region board

Corporate, Foundation and Civic Club Giving

March 1, 2011 – September 8, 2011

CFS programs benefit daily from the generosity of corporate, foundation and civic partnerships providing services, in-kind support or charitable grants. If you would like to discuss opportunities for partnering with Child and Family Services to protect the well-being of NH children and families, please contact the development office at 518-4130 to request a copy of our new booklet, **Opportunity Knocks**, or visit our giving pages at www.cfsnh.org. The following businesses, foundations and community organizations have made contributions in recent months.

Our Teen Resource Center, serving at risk and/or homeless youth in Manchester, and our Street Outreach Program in Eastern Rockingham County—received grants from the following: Bank of America Foundation, Cogswell Benevolent Trust, TD Bank Charitable Foundation to reach out to runaway, throwaway and youth exiting the foster care system, helping them to find stable housing, finish school, seek and obtain employment and learn the skills they need to live independently to break the cycle of homelessness. These programs also received product donations of clothing, food and personal care items from the following: St. Raphael's, Blessed Sacrament Churches, Hannafords of Gilford, Raymond Wal-mart Distribution Center, Merchants Automotive Group, Rotary Club of Hampton.

Early childhood programs, providing home visiting family support and comprehensive prenatal services, are the best investment for decreasing child abuse and neglect and rehabilitating families. CFS Healthy Families Home Visiting, Parenting Plus, Parent Aid and Families Connecting programs received grants from Tillotson North Country, Neil and Louise

Tillotson and Alexander Eastman Foundations, Passumpsic Savings Bank, Hitchiner Manufacturing Company, Concord Hospital Healthy Children Fund, NH Catholic Charities, The Junior Service League of Concord, Cirtronics Corporation, Rotary Club of Nashua West and product donations from Kids in Distressed Situations (K.I.D.S.), and Oshkosh B'Gosh.

Preventing early school failure often means reaching beyond the 4-walls of the school and engaging families in partnering with teachers to ensure the child's school success. The French Family and Wal-Mart Foundations provided grants to bring school-to-home counseling to students who are at risk of school failure at the Lamprey River Elementary School in Raymond.

Every child deserves camp! Low income children from throughout NH received campership assistance for a minimum of two weeks at Camp Spaulding this past summer with support from: NH Charitable Foundation; Rolfe and Rumford Fund of NHCF; Agnes Lindsay Trust; Kiwanis Clubs of Concord, Manchester, Meredith; Rotary Clubs of Bow, Capital City, Concord, Derry Village, Gilford, Henniker, Lancaster, Londonderry, Manchester, Milford, Queen City; Kiwanis Club of Meredith; Concord area organizations including: Garden Club, Female Charitable Society, Unitarian Benevolent Society, St. Paul's Chapter II Thrift Shop, Junior Service League, Coit House; St. Paul's Churchwomen, Lancaster; Women's Association Congregational Church of Amherst; Hudson Junior Women's Club; Mother West Memorial; Ed Bednarowski Foundation; Edward Thornton Trust; Hannaford Brothers; Sisters of the Holy Cross; and Cobb Hill Construction. Employees of Cirtronics Corporation donated backpacks, sleeping bags and basic

camping gear for children arriving at camp without these essentials.

Maintaining dignity and independence for the elderly is the goal of CFS Elder Care Program which received funding from the Mary Gale Foundation to serve additional low income, frail, disabled elderly in their homes.

When you are poor and trying to pay for groceries, rent and heat, the tasks of everyday life and parenting can become overwhelming, especially if issues like unemployment, lack of health insurance, substance use, illness, absence of a spouse due to deployment, divorce, or incarceration are added to the mix. CFS reaches into communities throughout New Hampshire and south central Vermont offering cutting edge mental health and counseling services to tackle tough problems that threaten the well-being of children and their families thanks to grants from the following: Samuel P. Pardoe Foundation, Citizens Bank, Peoples United Savings Bank, Charles H. Greenleaf, Dorothy H. Spaulding, Mildred Page, Sarah Cogswell Trusts, Gilford Community Church, Annette P. Schmitt Trust, Rotary Club of Lebanon, NH, Tuck School Run for the Kids.

Keeping youth out of the juvenile justice system and yet making them accountable for their actions through a restorative justice model is the goal of CFS's Upper Valley diversion programs thanks to grants for the Sullivan County Diversion Project from the Endowment for Health.

Helping NH legislative leaders understand the implications of budget cuts on the poor, especially the impact on children and families, is the task of the NH Children's Lobby and NH Cares Coalition which undertook an information and education campaign with the help of the following: NH Charitable Foundation, Monadnock Workforce, Every Child Matters, Brain Injury Association of America, Disabilities Rights Center, Institute of Professional Practice, New Futures, Inc., Nami New Hampshire, NH Community Behavioral Health Assoc., People First of NH, Inc., Community Support Network.

HEMOCARE from Page 4 »

the home is not taking their medication, or mixing up meds. She says that staff can help not only with planning out taking their medications, but also communicating with physicians on behalf of their clients.

"Sometimes seniors will see many specialists," says Gove. "Unless you're in the home looking at the bottles, seniors could be prescribed the same medication by different doctors." She adds that medications are one of the first things she looks at when she goes into a client's house. "If I go in and see the prescription was filled on June 10 but there are still a lot of pills in there, I know that they're not taking their meds. This is very, very common."

Other measures the Homecare program puts in place are meant as preventive ones, like a Lifeline Medical Alert service. O'Brien originally resisted Gove's suggestion for a Lifeline. "I asked her

if she fell between the bathtub and the sink would she rather be stuck there for three days or would she want to be able to push a button?" says Gove. O'Brien relented, but it was still ultimately her choice, adds Gove. "Dignity is the key word. We try to encourage, but we're not going to force her to do anything she doesn't want to do."

Take smoking, for example. The 91-year-old has been smoking most of her life and isn't about to quit now. She hasn't seen a doctor for more than 20 years, nor does she plan on doing so anytime soon. "I'm doing it my way," says Doris. And that's just fine by Gove.

"We're not here to change your life or your lifestyle, but if you want to stay home, let us help you to do that," says Gove.

For further information on the CFS Homecare program, call 800-640-6486, visit www.cfsnh.org, or email info@cfsnh.org.

Isn't this covered by Medicare?

It may come as a surprise to some that the CFS Homecare program is not covered by Medicare. What a lot of people don't realize is that Medicare does not cover chronic or long-term illnesses such as diabetes, Parkinson's, or dementia, says Gove. In order for Medicare to cover care, she adds, they must fit all of the following criteria:

1. People have to have a physician (which, seniors like O'Brien for example, don't have or want)
2. They have to be homebound
3. The care they are receiving must require a skill (if all you need is help with a shower or bath or a medication set up, that's not considered "skilled")
4. It must be short-term, intermittent care

"Typically, if a senior has a fall or hurts themselves and they need to do physical therapy, that will be covered. But once they get to a maintenance level or they improve they have to be discharged from Medicare," says Gove. "They may be at their maximum level of improvement but still not ready to be on their own fully. Many of our referrals come from the Visiting Nurse Association. Other referrals come from hospitals, social workers, discharge planners from nursing homes or ServiceLink.

Tribute Gifts

02/23/11 - 09/02/2011

Memorial Gifts

It is with great appreciation that Child and Family Services accepts gifts from the following individuals and organizations who have chosen to remember a friend, colleague, or family member with a memorial gift to our Annual Fund.

Beverly Raynor

*Ms. Jacqueline Fineblit
Mr. & Mrs. Ray Guimond
Mr. & Mrs. Jay Zax*

Carmen Light

Mr. Al Light

Helen B. Ross

*Atty. Bruce L. Dorner
Mrs. Monique Harrison
Ms. Elfriede Hanley
Mr. & Mrs. Kenneth Nicholls
Mrs. Carol O'Brien
Mr. & Mrs. Stephen Tober
Mr. Richard Strawbridge
Atty. & Mrs. L. Jonathan Ross
Mr. Walt Zimmermann*

Kelly McWilliams Dvreckas

*Beech Street School Faculty & Staff
Ms. Ann E. Haskett
Mr. Ross Kierstead, Jr.
Ms. Arlene F. O'Connor
Mrs. Naomi Steinberg
Mr. Henry B. Stoude
Summit Title Services, Corp.
Ms. Meredith Taylor
Mrs. Mary Tonry-Yeo
Ms. Doris G. Webb
Mr. Steven V. Carter*

Kevin Hendrick

*Ms. Maria White
Marguerite H. Rowe
Marguerite B. Rowe*

Rosemary Coffin

*Mr. & Mrs. Perry J. Bolton
Mr. Robert Charkovsky*

*Mr. Frank T. Gutmann
Ms. Carol J. Hamblet
Mr. Bathoon Lamsam
Ms. Donna R. Lewis
Mr. & Mrs. John P. Marble
Mr. & Mrs. Richard S. Merrill
Mr. Wallace Gant Pinfold
Mr. & Mrs. Steven I. Riley
Mr. & Mrs. Arthur V. Savage
Ms. Margaret L. Savage
Pamela Douglass Hutchins
Mr. & Mrs. Peter Weeks
Susan Neidlinger McLane
Mr. Alan N. Hall
Tom O'Connor, Sr.
Mr. & Mrs. Mark Keaney*

Honorary Gifts

The following individuals have been honored by a friend, colleague, family member, or organization, with a gift to Child and Family Services in recognition of that individual's achievement or special occasion.

Anthony Petraglia

*Mr. Vincent A. Menella
Beverly & Albert Herman
Ms. Barbara M. Herman*

Charles & Mary Curran

Mr. & Mrs. John T. Broderick

Elaine Brody

Ms. Christine Force

George & Mary March

Mr. & Mrs. Richard H. Stanton

Georgine Luther, CSC

Denise Charest, CSC

Jane Silberberg

Ms. Dina J. Solomon

Lynne Stahler

Mr. & Mrs. Richard B. Morgan

Miss Alexa Rose Rogers

Mr. Fred G. Clark

Ms. Hamilton's 2nd Grade Alums

Ms. Maryann M. Hamilton

Ms. Doris Barnes

Ms. Sylvia Detscher

Olivette St. Hilaire

Mr. Paul St. Hilaire

The CFS Corporate Connection

CFS programs benefit daily from the generosity of a number of corporate partners who provide services, in-kind or financial contributions. If your business would like to discuss opportunities for supporting the Child and Family Services mission, please contact the development office at 518-4130 or look at Giving Opportunities on the website: www.cfsnh.org

She needs us. We need you.

As it turns out, money IS an object.



There are times, however, when our values should not be compromised by our lack of resources, but rather where we find or create resources to support our values. Because when it comes to our kids...failure is not an option!

Please contact your legislators TODAY and ask them to fund critical services to our children and families.

- Prevent child abuse and neglect
- Provide prenatal supports to babies at risk to optimize their chance for a healthy start in life
- Provide foster care services for children in need
- Help adolescents to stay off or get off drugs and alcohol
- Deliver critical services in the homes of families under duress
- Provide troubled youth with residential care when they can't live at home



Child and Family Services

A private nonprofit
Advancing the well-being of children & families since 1850

Future in the making for winner of Chiesa Scholarship

“It is so important to me to go to college to better my life. Not only do I want an education to make a good life, I want to prove to myself that I can do anything if I put my mind to it.” Amber Rheume, age 18

Amber was recently awarded the Robert L. Chiesa Scholarship to further her education. A client of the CFS Transitional Living Program (TLP) in Manchester, Amber began classes in September at a local cosmetology school.

“I have a passion for making people look good and feel great inside and out,” said Amber in her scholarship application essay. “When people look nice on the outside they have a sort of courage and confidence that really brings out their personality. I love the idea that I can bring that out in people.”

Amber has overcome many obstacles in her life, including domestic violence and homelessness. She spent a month couch surfing and living out of her car.

School became her escape and she grew very close to her teachers who referred her to the CFS Transitional Living Program.

Today, Amber works hard at school and also has a part time job at a local grocery store. She dreams of one day owning her own salon and spa.

“If I learned anything in my life, it's that no matter how bad a situation, what doesn't kill me *will* make me a stronger person. One of the qualities that I like most about myself is that I assess a situation, no matter what it is, and learn from it.”

The Robert L. Chiesa Fund was established in 2010 to help hard working and ambitious TLP youth achieve their dreams of postsecondary education. The Chiesa Fund is made possible by the Agnes Lindsay Trust and by generous donors like you. You can help young people like Amber by supporting the CFS 2011 annual fund. Visit our website, www.cfsnh.org, today.

THE PROVIDENT COMMUNITY FOUNDATION HELPS AT-RISK YOUTH

As part of its commitment to the communities it serves, The Provident Bank has awarded a \$1,500 grant to Child and Family Services of New Hampshire (CFS) to support its Street Outreach program.

“The Seacoast region is fortunate to have so many worthwhile organizations dedicated to improving the lives of children, adults and families,” says The Provident Bank president and CEO, Charlie Cullen. “We are pleased to recognize and support the important work of Child and Family Services and others through the The Provident Bank’s Community Foundation as well as the Bank’s other philanthropic activities throughout the year.”

CFS will use the grant to support its work with runaway, homeless and street youth, aged 12 to 21, in the New Hampshire Seacoast region, including Portsmouth, Exeter, Rye, Seabrook and Hampton.

“This gift from The Provident Bank will extend vital survival aid and other educational, personal and social supports to at-risk youth,” says Michael Ostrowski, president and CEO of Child and Family Services. “CFS couldn’t do this work without community partners like The Provident Bank.”



Erin Kelly and Rebecca Newell of CFS, Erica Ethier, branch manager, and Dorothy Courtney, assistant branch manager, of The Provident Bank.

PERMANENCY is the goal. PERSEVERANCE is the key.

As part of the bigger picture of how Child and Family Services helps children who are in foster care, CFS provides the Permanency Solutions (or as the state calls it, “ISO”—Individualized Service Options) program. A high intensity, multi-faceted, long range program, PS wraps multiple and customized services around the specific needs of children who are in the state Division of Children, Youth and Families’ system. This program is utilized for many of the most complex and challenging cases in the state.

Case in point: KC

KC is a 14 year old boy who has been in the guardianship of DCYF for many years. A funny, athletic, handsome, engaging and articulate young man, KC is guarded and distrustful of social workers and the like, which makes getting to know him difficult.

Initially removed from his mother’s care in 2006, and after a failed attempt at reunification, termination of parental rights occurred for KC and his younger brother in 2009. While initially placed together, the brothers were eventually separated and placed in different homes. His brother’s adoption plan was finalized in June of this year.

Over the last five years, KC has been placed in multiple homes and a residential facility, with two failed pre-adoptive placements. It’s important to understand that KC has reactive attachment disorder and has a difficult time forming attachments to a mother-figure. Thus, he is a more difficult than usual adolescent to parent.

As far as KC is concerned, the only thing he needs until he turns 18, is a bed and food. He identifies himself as being “forward thinking” and has his future mapped out—a career in the military training dogs, and after that, a career as a state police officer, also training and handling dogs. With insecurity so prevalent in his childhood, his caseworker understands why for KC, the future would hold such appeal.

As his permanency quandary continued, Child and Family Services had signed on a newly licensed foster family who was eager to welcome a child into their home. The S family supported KC toward

the end of his last placement. They would spend weekends with him in order to give his foster parents respite. When it was disclosed that KC would need to move again, Child and Family Services advocated that KC be placed with the S family, who expressed a strong desire to parent him and never wavered in their commitment.

The S family has provided safety, structure and consistency for KC, regardless of his behaviors, and has always met KC “where he was at.” If KC wanted to be adopted, they would adopt him and if he did not, they would not press the issue. If KC felt that he only needed a bed and food for the next four years, they would provide him with a bed and food for four years.

But, would they last that long? Early on, reports

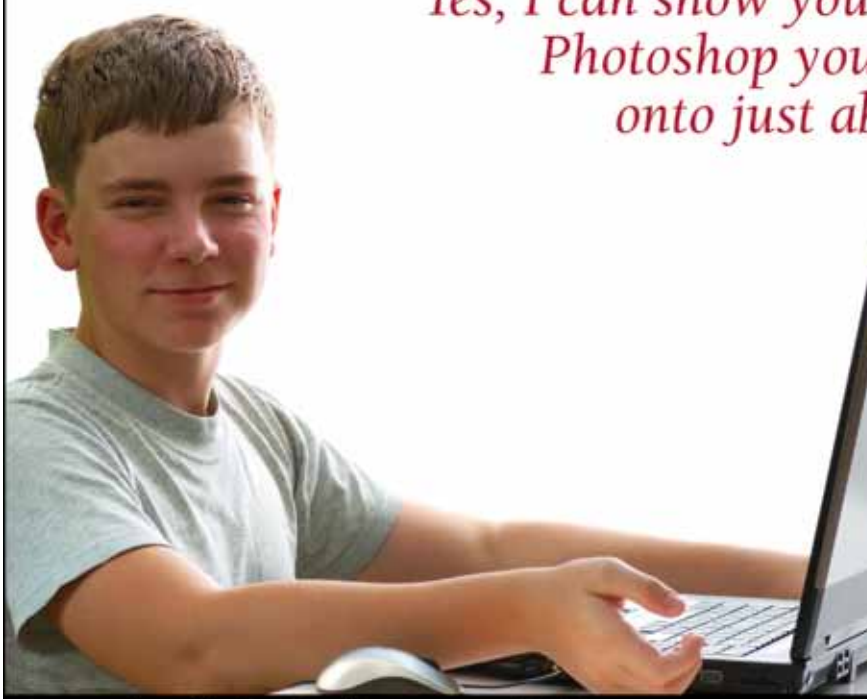
of an argument between KC and Mr. S resulted in KC packing his bags. But the S family always told KC that the only way that he was ever going anywhere was if HE decided to leave and that they would never want this to occur. When Mr. S returned from work the next day, KC’s bags were unpacked. Since then, there have been no reports of KC leaving, threatening to leave, or wanting to leave.

Today, KC and his family can be found riding ATVs on the weekends, cooking together, playing board games, and otherwise being a typical family. They maintain contact with KC’s brother’s adoptive family and the two boys see each other with regularity. An adoption plan is scheduled for fall 2011 and KC plans to hyphenate his last name. For KC, it seems that perseverance leads to permanence.

For further information on how you can become a resource family, provide mentoring, respite, foster care or other support to a local child in need, contact the Permanency Solutions program, info@cfsnh.org, or visit www.cfsnh.org.

WHY NOT YOU?


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Concerts for the Cause 2011: wonders never cease



THE 26th anniversary of CONCERTS FOR THE CAUSE was a season to remember. Despite “acts of God” or “forces majeure” or acts of recession, CFS still managed to come out ahead with wonderful artistry, enthusiastic patrons, and steadfast sponsors. Approximately 2600 people turned out to witness our presentations of Phil Vassar and Farren-Butcher, Inc., at the Palace Theatre in Manchester and the Lebanon Opera House in Lebanon; and The BLUES SUMMIT with The Robert Cray Band and Ronnie Earl and the Broadcasters, at the Capitol Center for the Arts in Concord. Due to a power outage, The Blues Summit went dark halfway through the show, and could not resume. Thankfully, most patrons opted to convert their ticket purchase into a donation to the cause, realizing that the greater good was at stake and that every penny needed to be saved to support critical services to children in need throughout New Hampshire and eastern Vermont communities. Funds were allocated to aiding victims of child abuse and neglect, children in foster care, homeless and at-risk youth, children with developmental concerns, and families who are impoverished and under stress.

SPECIAL THANKS TO THE FOLLOWING major donors without whom survival AND success would not have been possible!

- FairPoint Communications*
- Schleicher and Stebbins Hotels*
- Devine, Millimet & Branch, PA*
- Cardiothoracic Surgical Association, PA*
- Cobb Hill Construction, Inc.*



One of our most steadfast VIPs over the past several years, Kevin Pillsbury (left), along with Pam Kearns (right), got a whirlwind chance to meet headlining artist, Robert Cray, before the lights went out on the show. Thanks to Kevin and other like-minded patrons, the agency minimized losses created by the outage and was still able to dedicate proceeds to helping those less fortunate.

- Dartmouth-Hitchcock,*
- Manchester-Concord*
- Donald M. Dumais, DDS, PC*
- Granite State Plumbing & Heating, LLC*
- Hanover Inn at Dartmouth College*
- Hypertherm HOPE Foundation*
- KIXX 100.5*
- Marker-Volkl USA*
- Mascoma Savings Bank*
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- Mutual of America*
- New Hampshire Magazine*
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- Pearson's, Inc.*
- Prime Buchholz & Associates, Inc.*
- Printers Square*
- Radisson Center of NH*
- Riverstone Resources, LLC*
- Shaheen & Gordon, PA*
- St. Paul's School*
- The River 92.5*
- The Troupe*
- The WOLF*
- United Natural Foods, Inc.*
- Westfield Capital Management Company, LLC*
- WGIR/WHEB Rock 101 fm*
- WMUR TV*
- WNNE TV*
- WOKQ 97.5 fm*

ATTENTION FEDERAL EMPLOYEES

Child and Family Services is an approved and eligible non-profit in the Combined Federal Campaign (CFC).

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

CFC is the world's largest and most

successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season (September 1 - December 15) support eligible nonprofit organizations that provide health and human service benefits throughout the world.

If you would like to designate your campaign gift to Child and Family Services, our CFC 5-digit code number is # 90105.



The CFS Upper Valley board of directors worked hard to stage a fabulous 2011 Concerts for the Cause event. Pictured here, enjoying the fruits of their labor, (l-r): Lauren Girard Adams, Lynne Stahler (CFS trustee), Sue Pitiger, Phil Vassar (artist), Deb McLane Carter, David Pierce, Lynn Sheldon and Suzanne Dudley-Schon.



LUCKY GIRLS, Brittany McClintick, Sarah Lukkarinen, and Meghan McGrath, all of Merrimack, join artist and all-around nice guy, Phil Vassar, at the VIP reception at McLane Law Firm in Manchester. They were part of the Pearsons Jewelers party, a proud and major supporter of our events, year after year.



FairPoint Communications showed their unwavering support of the full concert series as seen in the smiling faces of Betsy Vanderwater-Fuller, Zachary and Tinker Fuller and Carol Connors.



Long-time Concerts for the Cause sponsor, Marker-Volkl USA, turned out in force to the Upper Valley event. For their MOUNTAINOUS gift and BINDING partnership, the company's employees and friends got to meet the artist, pre-show. Pictured here (l-r): Caitlyn Botsford, Karen Smith, Abby Bergeron, (artist, Vassar) and Kim Horne.



Reveling at the jam-packed Blues Summit reception in Governor's Hall at the Capitol Center for the Arts (l-r): VIPS Scott and Lisa Metzger, along with Patti Kingwill of Laconia Savings Bank and Jerry Kingwill of Cobb Hill Construction. LSB and Cobb Hill are two long-standing sponsors of the Concord concert event, helping us INVEST in our children and BUILD brighter futures.



The KIXX radio crew, Amy Beaulieu, Tricia Sloan and Justin Tyler (far right) join artist, Phil Vassar, at the Upper Valley event VIP reception at the AVA Gallery. On-air personalities, Amy and Justin, also took to the stage with the special brand of humor and rapport their listeners expect, to introduce the artists.



Jeff and Melanie Roussel of Schleicher & Stebbins, a major concert series sponsor, were among the lucky ones who got to meet artist, Robert Cray, backstage between blackouts in the theatre of our sold out Concord Blues Summit event.

MENTORING MEANS A LOT

- More than 3 million young people have a mentor.
- There are more than 4,200 mentoring programs in communities across the United States.
- Research shows that youth who have a mentor do better in school, have better self-esteem, and get better careers. As well, they refrain from using and abusing drugs and getting into trouble.
- Students who meet regularly with their mentors are 52% less likely than their peers

to skip a day of school and 37% less likely to skip a class (Public/Private Ventures study of Big Brothers Big Sisters).

- Youth who meet regularly with their mentors are 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking (Public/Private Ventures study of Big Brothers Big Sisters).
- About 40% of a teenager's waking hours are spent without companionship or supervision. Mentors provide teens with a valuable place to spend free time.
- Mentors teach young people how to relate well to all kinds of people and help them strengthen communication skills.

MENTOR from Page 1 »

whatever Aubrey needs at the moment. This may include help with schoolwork, boosting self-confidence, or maybe just someone to listen to her troubles or collaborate on her dreams.

Aubrey describes the most important qualities a mentor can have: "Be there. Listen. Be nonjudgmental. Care."

With Sam, "I can talk about anything," says Aubrey. "Life. She's helped me deal with people dying. She helps me focus on my future. When I'm feeling down, she teaches me how to look on the brighter side. And she's a good role-model."

And Aubrey seems surprised to learn that her mentor learns a lot from her in return.

"Really?" she beams.

"Early on, there was a time when I couldn't make our mentoring session," says Sam. "Aubrey was very upset about it, and rightfully so. Everyone lets her down. I wouldn't do that again." For Sam, the mentor, it was a lesson in the importance of commitment.

A student at the UNH School of Law, Sam has also learned about unconditional love. "As much as Aubrey's been through, being let down, she still loves her mom. She still has hopes that they'll be together some day."

Sam also recognizes the challenges Aubrey faces in her life...challenges that overshadow the typical trials and tribulations of youth but that can foster resilience.

"She worries about different things from what you and I did at 16. You know, 'My hair! Mom, can I use the car! Boys! Clothes!' I can be having the sh _ _ iest day, come here, and realize how lucky I am."

Sam and Aubrey have grown really close and they truly believe in each other. In fact, each thinks about the other beyond their scheduled meetings. When Sam went to Colorado, she sent Aubrey some postcards. Meanwhile, Aubrey hand-crafted a beautiful jewelry box for Sam.

"And she's really smart," says Sam of Aubrey. "Aubrey's fear is if she gets out of here before she finishes school, she won't. It's almost like she craves the structure. She sees the importance of it and doesn't want

the outside distractions to get in her way."

Having worked a lot with kids, as a camp counselor and then a substitute teacher, Sam aspires to be a public defender. Aubrey points out that Sam's work as a mentor within the Sununu Youth Services Center will provide her with a perspective that will serve her well in that field.

"Did I mention...she's really smart," reiterates Sam.

In fact, for young girls who are going down the same path as she, here's Aubrey's advice: "Life is too short to worry about the small stuff. I worried about what people thought of me and where did it get me...in here, wasting part of my life away."

"It's tough being in here," Aubrey continues. "You can't be yourself. There's no respect. Oh sure, you get some counseling, but when I have time with my mentor, I feel free. I can tell her anything and it's okay. I tell the girls coming in here...a mentor is worth it!"

As she watches her mentor on the dance floor, who's making her laugh, Aubrey's big brown eyes well up with tears. "She loves me for me. I haven't felt that in a really long time."

With support and encouragement from Sam, Aubrey will undoubtedly attain her goals, which reach well past her numbered days at SYSC.

"I want to graduate this year, and next year, maybe travel and spend time with my parents. Then, I want to go to college and become a Spanish interpreter," she says.

And beyond their mentor-mentee relationship, Sam and Aubrey have forged a friendship that they plan to carry on long after Aubrey gets released. The inspiration they draw from each other gives each one hope for brighter days ahead.

"She's the future," says Sam. If you have the chance (to mentor) it's only one hour a week. Why not?"

Interested in becoming a mentor? Contact Rachel at 391-9984, Rachel.DeVita@goodwillnne.org.

This mentoring program is a collaboration between Goodwill of Northern New England - Goodguides™ program and Child and Family Services of NH.



MENTOR

ONE hr/wk
ONE yr ONE life

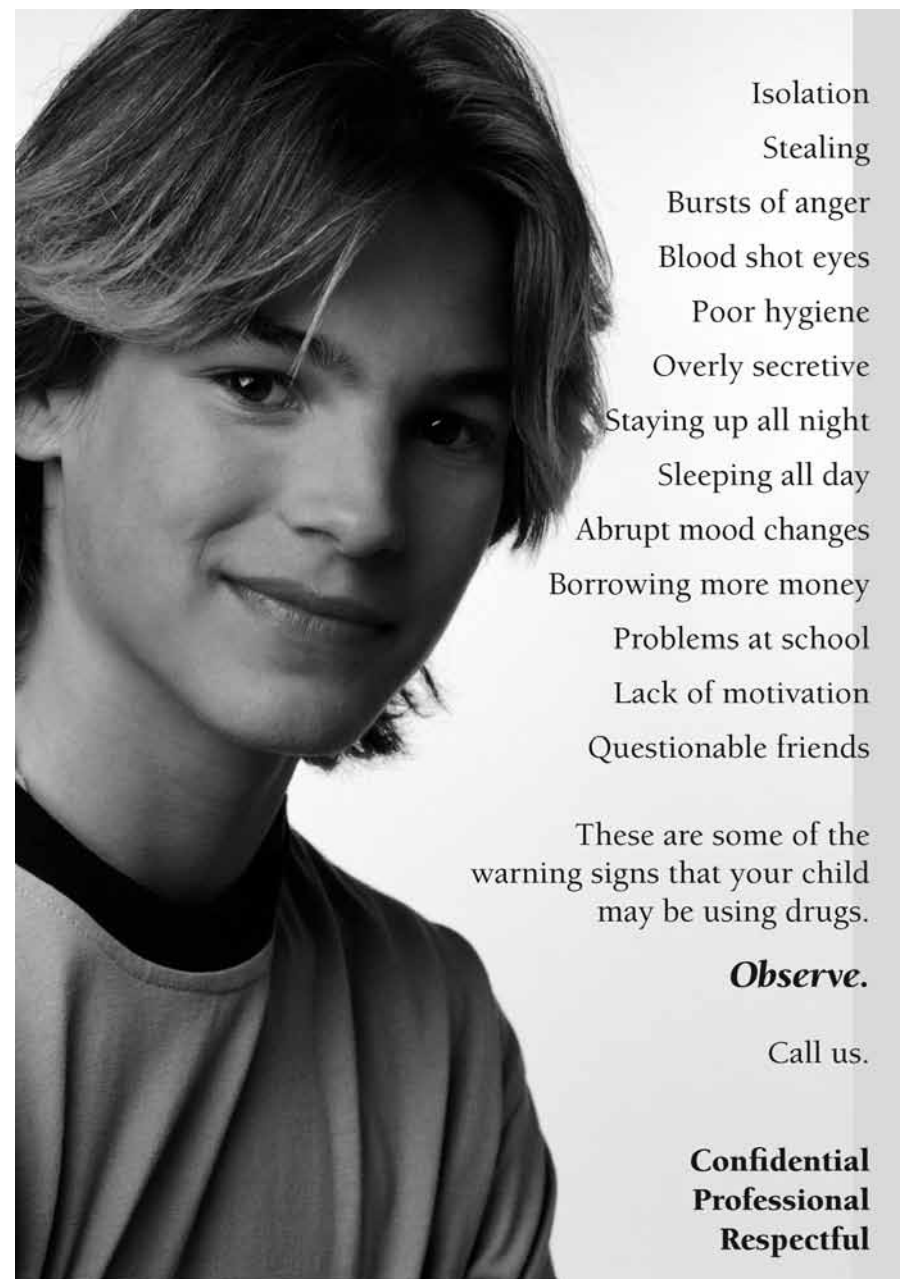
Mentor a local youth who is at risk

Come as you are.
Leave better.

391-9984

Goodwill GOODGUIDES™

 Child and Family Services



Isolation
Stealing
Bursts of anger
Blood shot eyes
Poor hygiene
Overly secretive
Staying up all night
Sleeping all day
Abrupt mood changes
Borrowing more money
Problems at school
Lack of motivation
Questionable friends

These are some of the warning signs that your child may be using drugs.

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THE ADOLESCENT SUBSTANCE
ABUSE TREATMENT PROGRAM

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Child and Family Services
a private nonprofit since 1850

NEGRON from **Page 1** » respect is why she's formed lasting bonds with these girls.

"She just turns them around," Galligan said. "She just makes them part of her family. You would never even know they're a foster family."



Foster parents from throughout NH turned out at Camp Spaulding to show their appreciation for UNFI (United Natural Foods). UNFI donated gifts to assist children in foster care. Pictured here (l-r): Jay, Kyanna and Stacy Negron, Michelle Galligan of CFS, Amanda and Rich Johnson, Heidi Sundeen, Ray and Kendra McDonald, Jon Eaton (CFS case manager), and Louise and Jack McGourty.

Galligan is hopeful that she'll be able to find more families like Christina's now that Child and Family Services is the newly contracted recruitment and retention agency for the state of New Hampshire.

"We're honored. We're going to give a lot more kids a chance to be in a foster home," Galligan said of working with the state. "We're throughout the whole state so we'll have the ability to [have a wide reach]. We've been doing this since 1850. Hopefully that'll help us bring in more foster homes."

Christina said she purposely aligned herself with Child and Family Services because she and the agency share the same fostering philosophy: that a foster child should have the same kinds of experiences and opportunities that their peers have.

"We, as a family, also strive to provide that to each of the girls who come to live with us," Christina says. "The benchmark we use for accomplishing this is: 'Would we let our own child do this?'"

Making the child part of their family is just one of the ways Christina helps the girls adjust and thrive in foster care. She says she asks each girl what they want from a family; honors their customs and traditions; and doesn't allow preference of one child over another.

And it's paid off. Their first foster child is now a freshman at Gordon College, working part time, and teaching swim lessons. Another is happily married with children of her own.

"Hearing the success stories is wonderful," Christina says. "Having the girls visit for holidays and birthdays is even better."

While in some ways, Christina may seem like Superwoman, Galligan says there are all different kinds of children who need foster homes—from infants to adolescents, ones who need a temporary weekend respite to those who need long-term placement—and different families to fit those different needs. In fact, she says anyone can be a foster parent, with the right amount of love and a desire to help children. One foster child said Christina was the first person to make her a lunch every day for school. That small act made a huge difference in helping that child feel like she was worth something.

"If you've got a big heart, a loving home, and desire to help a child, that's all you really need," Galligan says.

There were an estimated 408,425 children in foster care in the United States on September 30, 2010

There are approximately 1,000 children in foster care in New Hampshire

In New Hampshire, 46% of foster children are girls and 54% are boys

505 children entered foster care in New Hampshire in 2009

The average age of a foster child is 9

For most foster children, the main goal is being reunited with their families

Children in foster care are five times more likely to have posttraumatic stress disorder than the general population

Source: Adoption and Foster Care Analysis and Reporting System (AFCARS) FY 2010 data; New Hampshire Division of Children, Youth and Families; KidsCount.org

PEOPLE'S UNITED COMMUNITY FOUNDATION

Awards \$12,000 to CFS



Michael Ostrowski, president/CEO, Child and Family Services, and Dianne Mercier, New Hampshire president, People's United Bank and vice president, People's United Community Foundation

The People's United Community Foundation, the philanthropic arm of People's United Bank, recently awarded a \$12,000 grant to Child and Family Services to support intensive transitional living education for 17-21 year olds who are aging out of foster care. The curriculum helps to promote self-sufficiency and a successful transition to adulthood.

"People's United Community Foundation is pleased to partner with Child and Family Services to help them promote their transitional living education program," says Dianne Mercier, New Hampshire president, People's United Bank and vice president, People's United Community Foundation. "Helping young adults become self-sufficient is a crucial step in their path to becoming successful adults, which can only help improve their chances later in life."

"People's United has been actively engaged in a range of community improvement efforts from their participation in the United Way campaign to grants like this one to CFS," says Mike Ostrowski, president/CEO of Child and Family Services. "This grant gives us the opportunity to address an almost hidden problem of transitioning youngsters from foster care to adulthood. We are grateful for People's United Community Foundation's willingness to invest in the future of young adults. They are definitely part of the solution to some of our communities' pressing problems."

Established in 2007, People's United Community Foundation was formed to help support programs and activities that enhance the quality of life for citizens in the communities that People's United Bank serves. With special emphasis on programs designed to promote economic self-sufficiency, education and improved conditions for low-income families and neighborhoods, the funding priorities of the Foundation include: community development, youth development, and affordable housing.

WHY NOT YOU?

I can say "No" in three languages.
I can say "THANKS" in one.

YOU have a heart
YOU have humor
YOU have a home

Why not consider fostering?

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cfsnh.org/fostering

Child and Family Services

CFS Programs & Services

ADOPTION SUPPORT SERVICES

Adoptive Parent Services

Homestudies for domestic and international adoptions; consultation and mediation.

Pregnancy Counseling / Birthparent Services

Unbiased, confidential counseling for parents facing unplanned pregnancy; expert adoption planning services available.

Post-Adoption Search

Search and reunion coordination, including counseling and support, for birth parents, adoptees and siblings.

Infant Adoption

Awareness Training Project

Training for healthcare and social service professionals in the benefits of incorporating the adoption choice into their work with pregnant women.

ADVOCACY

NH Children's Lobby

Improving the lives of children and families through legislative, judicial, and public policy initiatives. Members receive newsletter and action alerts during legislative session.

EARLY CHILDHOOD DEVELOPMENTAL SERVICES

Early Supports & Services

Provides family centered early supports and services and therapies to infants and toddlers (birth to three) who have developmental disabilities, developmental delays, or who are at risk of developmental delays.

TEEN & YOUNG ADULT SERVICES

NH Youth Mentoring

in partnership with Goodwill. Mentoring and wrap-around services for youth leaving the Sununu Youth Services Center.

Runaway and Homeless Youth Program

Crisis intervention for runaway & homeless youth, and those at risk of running away.

Street Outreach

Assistance to street youth, homeless youth, those at risk of running and at risk of sexual exploitation due to their lifestyle.

Transitional Living Program

Safe, stable housing and supportive services provided to homeless youth ages 18-21.

Transitional Living - North Country

A specialty transitional living program that provides safe, stable housing and supportive services to homeless women 18-21 who are pregnant or parenting.

Upper Valley Youth Court

An alternative approach to juvenile justice in which youthful offenders are sentenced by a jury of their peers.

Turnabout

Intensive tracking and supervision of adjudicated youth (ages 11-17).

Group Home

Intermediate level residential care in Concord, NH. Serves youth 13 - 19 who cannot live at home. Treatment includes milieu therapy, counseling, therapeutic recreation, and independent living preparation. Emergency overnight and short term crisis care provided.

Adolescent Substance Abuse Treatment

An outpatient program for youth 12 - 21 who are experiencing problems with drug/alcohol use. Comprehensive screening, assessments, individual, family and group therapy is available.

Therapeutic Day Treatment Program

Intensive daily programs and treatment services for court-ordered youth ages 13-18, and their families. Designed to prevent costly residential placement.

SCHOOL-BASED SERVICES

An array of school based programs dedicated to ensuring positive academic and social outcomes. Focuses on substance abuse prevention, violence prevention, successful home and school partnerships, life skills training, positive peer leadership and goal development.

COUNSELING

Therapeutic counseling for children, youth and adults, couples and families. Help with child behaviors, problems in school, divorce, step-family adjustment, family violence, relationship conflicts, emotional complaints, stress, self-defeating behaviors, addictive behaviors, loss and trauma, anxiety, phobias, compulsions. Meets the highest standards of the National Association of Social Workers and the American Association for Marriage and Family Therapy.

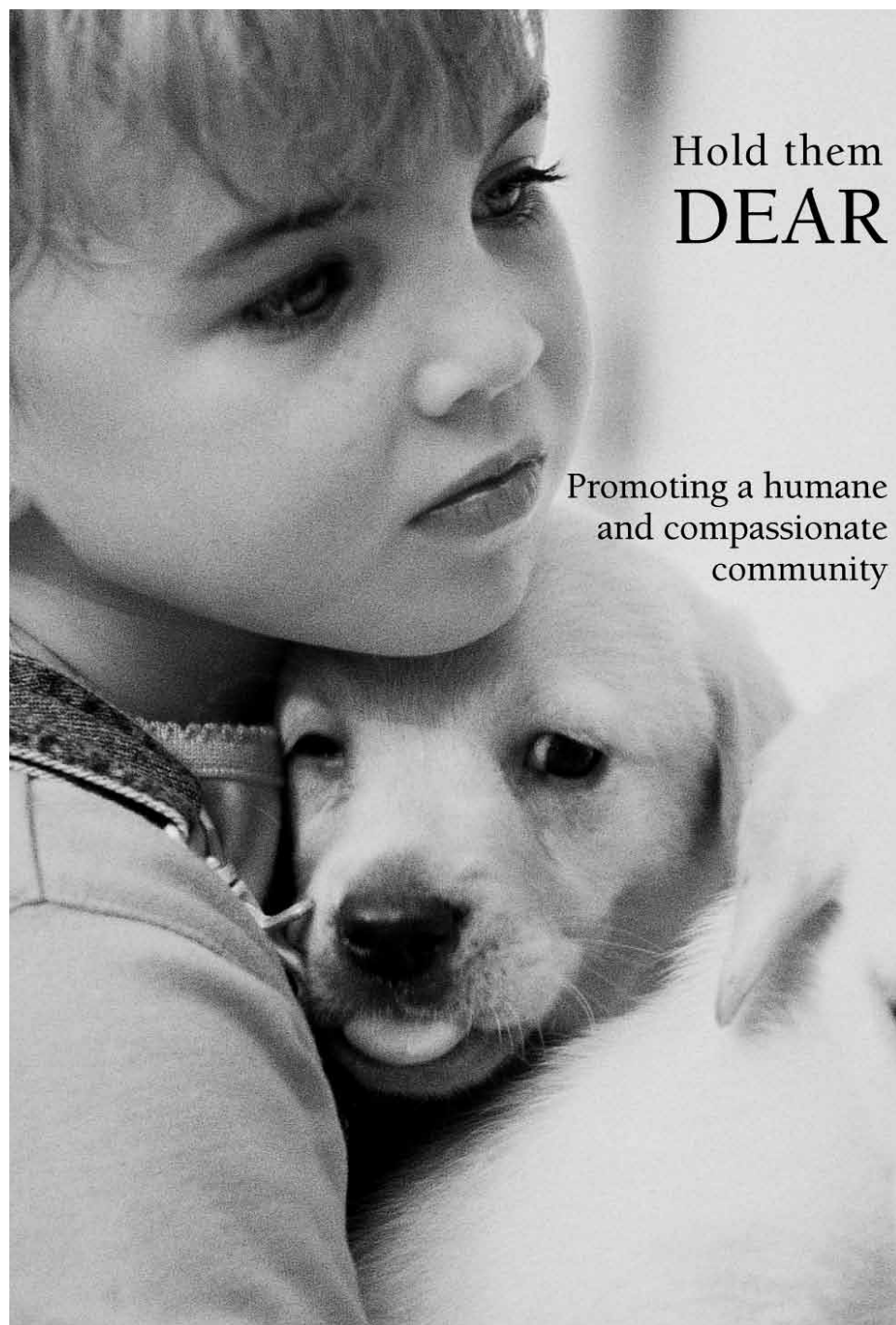
Healthcare for the Homeless

Family Mental Health Services — Partnership with Families First Health and Support Center. Provides community-based counseling and support to homeless families in the Seacoast

FAMILY SUPPORT/PRESERVATION

Family Resource Centers

A place for families to go for parent education, skill building, social networking, support, family activities, empowerment and to gain access to community resources.



Hold them
DEAR

Promoting a humane
and compassionate
community



Child and Family Services

1-800-640-6486 ■ www.cfsnh.org

Education & Support Groups

CFS offers a variety of groups for parents throughout the state. Each series focuses on a specific area of interest such as divorce, children with special needs, teens, family finances, fatherhood, blended families, etc., and follow a different curriculum.

Healthy Families

Home Visiting Program

A home visiting program for low income pregnant women. Provides a wide array of services to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships and optimal early childhood development outcomes.

Parenting Plus, Families Connecting

These programs offer emotional support and practical solutions in managing family life. In-home education and support helps to develop skills in areas of discipline, communication, budgeting, nutrition, conflict resolution and resourcefulness.

Reach Services

Provides short-term homecare assistance to families dealing with serious illness.

Resident Services

Provides on-site services to residents of low-income housing complexes. Includes social, enrichment, health/wellness and family strengthening services in order to increase self-sufficiency.

Parent Aide

(Child Health Support Services)

Provides supervised visits between parents and children and offers practical help with parenting and household management.

Partners in Health

Assists families who have a child (birth to 21) with a chronic health condition.

Integrated Home Based Services (NH) Intensive Family Based Services (VT)

A short-term service designed to restore positive functioning in families that need multiple interventions.

Permanency Solutions

(Individual Service Options) A multifaceted program that tailors a variety of therapeutic, social and community-based services to the specific needs of a child and his/her family. Serves high risk families and children with special needs. Facilitates reunification and/or permanence.

Foster Care

Finds foster families/homes for children in need. Provides training, on-going support, respite care, resources and assistance with practical, financial, health, social and educational issues.

Circle of Parents®

Parent-led support groups where parents can share information and experiences on a variety of topics.

Fatherhood Initiative

A partnership between CFS and the NH Department of Corrections to help incarcerated fathers to improve parenting skills and prepare them for life with their family once they return to the community. Also, helps reduce recidivism.

ParentLine

A toll-free "warm line" where callers can talk confidentially to a CFS counselor who answers questions on parenting issues. Call: 1-800-640-6486

Information & Referral

Helps to connect people to services and resources in their communities. Call: 1-800-640-6486

ELDER & INDEPENDENT LIVING

Home Care

Helps frail seniors, individuals with disabilities and those recovering from illness or injury to maintain quality of life and independence in the comfort of their own home. Skilled and caring professionals assist in meeting clients' physical, emotional and environmental needs.

SUMMER CAMP

Camp Spaulding

An overnight summer camp for boys and girls ages 8-14. Camp activities include arts & crafts, horseback riding, archery, canoeing, fishing, swimming lessons, hiking, field trips, activity days, campfires and high and low ropes courses.

COMMUNITY PARTNERSHIPS

Deployment Cycle Support Program

A military-civilian partnership designed to assist service members and their families before, during and after deployment. Provides mental health counseling, home-based family support, transportation, housing, emergency financial assistance, child care and respite services, employment assistance, help with accessing and navigating healthcare system, and more: Lead agency: Easter Seals

Community Health Initiative

Integrates behavioral and primary healthcare. Makes services accessible to families in need. Partners: Manchester Community Health Center, Health First in Franklin and Families First Health Center in Portsmouth.

Healthcare for the Homeless

Primary healthcare, mental health and substance abuse services to people who are homeless. Seacoast. Lead agency: Families First.

Childcare Collaborative

Clinical assessment and consultation services to teachers and parents helps to mainstream more children into childcare programs. Partner: Portsmouth Community Childcare Center and other childcare centers on an individual case basis.

Collaborative Post-Adoption Services

Support for families adopting children through DCYF who were victims of abuse/neglect. Partner: Casey Family Services.

North Country Collaborative

Family support network of Gorham Family Resource Center, Weeks Medical Center, Upper Connecticut Valley Hospital and Northern Human Services.



'Tis the SEASON...give & be glad

FAIRPOINT COMMUNICATIONS presents our 13th annual holiday radiothon to benefit local children! December 8 & 9, 9am - 6pm. Broadcast LIVE from the Mall of NH!

Bid on items you won't find anywhere else -- VIP packs to concert & sporting events, celebrity memorabilia, original art, vacation getaways, adventure experiences.

Donate money anytime at www.cfsnh.org, or, call it in during the event! Take up a collection at work. Get your friends, family, co-workers, schoolmates into the spirit! And present your your check on the air!

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"I always wondered why
somebody didn't do
something about that.
Then I realized I was somebody."

~ Lily Tomlin

ALL in the FAMILY



Reflections of Camp Spaulding Summer '11



Happiness



Nature



Feats



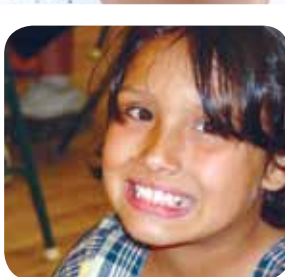
Imagine



Memories



Adventure



Friends



Possibilities