





Ignite a Spark of Hope!



At America's Preferred Home Warranty (APHW), we celebrate and support the efforts of **Child and Family Charities**, and we invite you to join us with your own Spark of Hope.

When a child or teen has a dangerous or abusive home life, most don't know where to turn. Many try to survive on the streets in poverty, and desperation can lead to sickness, fear, drugs, imprisonment, or worse.

But you can spark hope.

Child and Family Charities offers so many resources to help children, at-risk youth, and families in the mid-Michigan area. This organization provides a full spectrum of support to over 7,000 children, youth and families each year, from working with foster parents to distributing food, and providing beds to sleep in, clothing, basic life necessities, and much more.

Whether you donate time, money, or supplies, you are sparking hope.

"Child and Family Charities works very hard at taking care of disrupted families and children, kids who are out there with nobody—It just touches my heart."

*- Randy Caltrider
President, APHW*

Visit ChildandFamily.org today to learn how your Spark of Hope could light someone's way.

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FROM OUR
CHIEF EXECUTIVE OFFICER

Julie Thomasma, Ph.D.

Dear Friends,

Greetings! This past year has been one for the record books in so many ways. We have been challenged to the very core of who we are as a people, as a community and as a nation. Our agency has equally been tested to rise to meet the increased needs of those most vulnerable among us. Even though it may not have always been easy, Child and Family Charities' supporters, volunteers and staff rose to the challenge.

True to our mission, Child and Family Charities evolved to meet the changing needs of our community. Our teams shifted and adjusted services to reach children and families in new ways. With safety protocols in place, our residential services at Angel House and Kevin J. Moody Youth Shelter continued 24/7, round the clock services. In many cases, we continued in-person services as needed and required for the health and welfare of the children we serve. However, most services expeditiously shifted to virtual formats, and our clinical teams initiated several programs to respond to requests from our community. Expanded and new services included our substance abuse prevention programs, suicide prevention, mental health services, teacher support and training, as well as trauma training for our staff, businesses and our non-profit partners. In addition, we added a Family Resource Coordinator position to ensure a prompt response to every request for assistance. Our Coordinator connected families to community resources, and made food deliveries with basic need items (diapers, formula, personal hygiene products, etc.). This outreach effort extended to children and youth who needed school supplies, technical equipment, and software to meet their educational needs.

I could go on and on! Please take some time to read through this report which also highlights many of this year's achievements.

Join me in celebrating the work that has been done and continues because of your help and support.

In gratitude,

A handwritten signature in black ink that reads "Julie Thomasma".

CHILD AND FAMILY CHARITIES

BRIGHTER FUTURES

LEGACY FUND



Donors who have established gifts to Child and Family Charities through their estates and other planned gifts will become part of our Brighter Futures Legacy Fund Society. Based on the size and type of gift, donors will receive a personalized membership certificate, recognition in our Legacy Fund materials, and our website. We will respect your wishes if you prefer to remain anonymous.

With your planned gift, you provide **HOPE** to children and families for a **better**, **happier**, and more **fulfilling life**.

Did you know that the Brighter Futures Legacy Fund can strengthen your personal legacy?

Make a gift now or in your estate plans to help save lives. By supporting the Brighter Futures Legacy Fund you are joining a family that believes all children need to be safe, secure and loved.

Every gift enables us to target and help the specific needs of our community's most vulnerable residents—our children.

That's why we want to share information about the ways you can make a charitable gift — one that many Child and Family Charities supporters have found brings peace of mind, along with a deep satisfaction in their hearts.

By making an outright gift to the Brighter Futures Endowment Fund or a commitment to give in the future, we promise to continue your legacy to create Brighter Futures for children and youth in our community.

YOUR GIFTS CAN LAST FOREVER

Within the Brighter Futures Legacy Fund, a gift will provide a sustainable payout that continues doing good in the world after your lifetime. More options are available for gifts of larger amounts, allowing you to further fulfill your Brighter Futures Legacy.

Best of all, you receive the satisfaction of knowing that beyond your lifetime, you will continue making it possible for Child and Family Charities to be there to strengthen and support children, families and individuals as they evolve and grow in a changing community.

WHAT WILL BE YOUR LEGACY?

IRA Qualified Charitable Distribution:

Generally, a qualified charitable distribution is an otherwise taxable distribution from an IRA owned by an individual who is age 70½ or over that is paid directly to a qualified charity. You may designate Child and Family Charities as the recipient of this distribution directly.

Provide for a Bequest in your Will or your Trust:

You may choose to include a gift of a specific dollar amount or a percentage of your assets. You may add a bequest through a simple codicil or amendment naming Child and Family Charities.

Your Retirement Plan:

Simplify matters for your loved ones and designate Child and Family Charities as the beneficiary of all or part of what remains in your retirement accounts, leaving more tax-favored assets to your heirs.

Life Insurance:

Turn Life Insurance into a lasting legacy by making Child and Family Charities the beneficiary of all or part of life insurance policies.

YOUR LEGACY IS OUR PROMISE



OUR MISSION

To strengthen and support children, families, and individuals as they evolve and grow in a changing community.

OUR VISION

To be a leader in human services, recognized for excellence in practice, collaboration, and advocacy on behalf of vulnerable populations.

OUR VALUES

TEAMWORK

Work well together to achieve an outcome by valuing each team member's opinion and contribution through effective communication and support.

RESPECT AND DIGNITY

Treat all people with value and worth with awareness for situations and actions that have an impact on them. Truly listen to others and treat people with kindness, courtesy and politeness.

INTEGRITY

Actions are supported with best practices, transparency, thoughtfulness and strong ethics. Be accountable and take ownership for actions.

TRAUMA FOCUSED CARE

Create a space with cultural, emotional and physical safety guided by strength based approaches, choice and empowerment, preparation and collaboration, confidentiality, and empathy.

INCLUSIVITY

Include all people and embrace differences with full acceptance and maintaining a safe and welcoming environment for everyone. This is achieved through self-awareness and a willingness to actively listen, seek to understand and adapt to different needs.

EXCELLENCE

Always strive to exceed expectations and provide outstanding services with evidence based practices and collaborative approaches.



2019–2020

PROGRAM DATA



Angel House

- **40** Teen Mothers
- **35** Infants and Toddlers
- **7** Teen mothers completed HS or GED and **2** went on to college courses
- **40%** moved to independent living
- **10%** reunified with family
- **82%** improved independent living skills
- **82%** improved their parenting skills

Behavioral Health

- **631** individuals served in the clinic
- **257** individuals received Mental Health Counseling
- **320** youth and adults received Substance Abuse & Misuse Disorder Treatment
- **94** children received Mental Health Counseling through Project Peace (Attwood Magnate School)

Child Welfare

- **250** children served
- **65** adoption finalizations
- **34** reunifications
- **190** inquiries for foster homes
- **34** new homes licensed
- Provided **70,938** total days of foster care

Child Abuse Prevention (CAPS)

- **99** Children served through Family Growth Center
- **1,546** lunches distributed
- **194** parents received Medicaid outreach
- **19** adults and **26** children received SNAP-Ed classes
- Foster Care Supportive Visitation for **64** families
- **92%** of parents improved parenting skills
- **103** families received food or household assistance items

Gateway Youth Services

- Outreach to **4,611** youth and **269** adults
- **1,293** referrals
- **307** case management services
- **150** youth in counseling services
- **264** youth received housing services
- **99%** of youth improved life skills
- **90%** of youth exited to safe and stable housing
- **86%** of transitional living youth enrolled in school or had completed their diploma
- **68%** of young parents enrolled in school or had completed their diploma

Juvenile Justice

- **205** first time youth offenders helped in Teen Court
- **884** youth trained as peer jurors
- **453** students served in the Truancy Reduction Program
- **44** families participated in Strengthening Families Workshops
- **119** youth Early Intervention groups for youth
- **44** Prime for Life prevention groups held for youth
- **124** youth and families received Intensive Case Management services

Mid-Michigan Trauma Collaborative

- All Child and Family Charities staff trained in Trauma Informed Care 101
- **200** Waverly Community School staff and teachers trained in Trauma Sensitive Remote Learning
- **215** Lansing School District staff and teachers trained in Trauma Sensitive Remote Learning
- Published **21** various articles focusing on Community Trauma: Navigating a Pandemic
- Virtual support groups for CFC staff
- Provided **16** NEAR Science and ACEs trainings to various community providers

2019–2020

PROGRAM DATA





A little girl who was
four years old when
she first came to
Child and Family
Charities.

Lilly

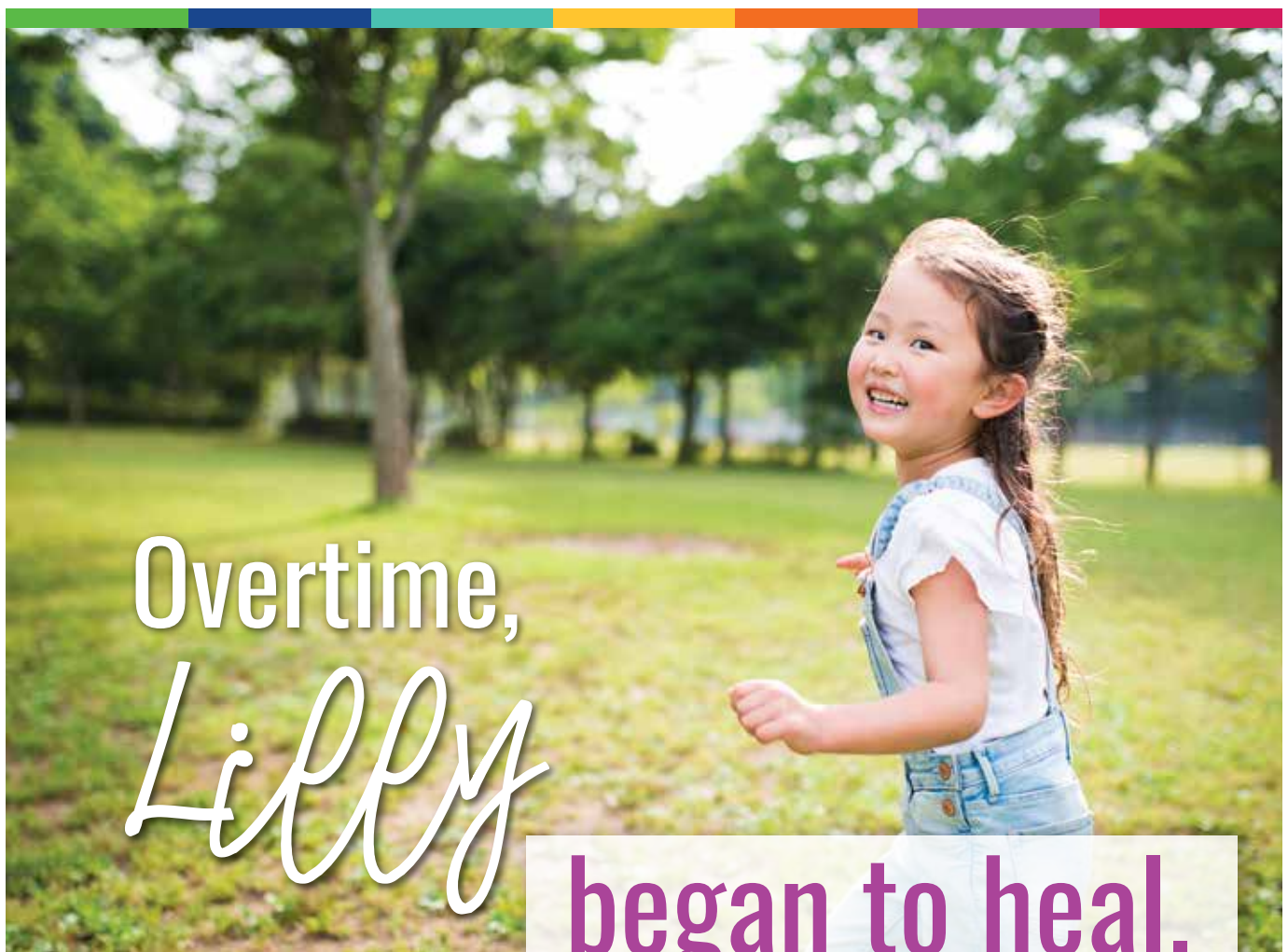
Lilly had been removed from her mother due to neglect and her father had not been in her life. She was separated from her older sister who had served as her protector ever since she was born. Because of this, Lilly was having a great deal of difficulty trusting and being able to express her feelings without hitting, stealing, shutting-down or telling “fantastic stories,” which she would use to avoid facing the truth. She desperately wanted to change the reality of her life up to that point.

Lilly was initially terrified of the dark, being left alone and insects. Her birth mother sporadically visited her in the family visitation rooms at Child and Family Charities, often promising to see her the following week; but, those promises were frequently broken. Her father emerged and visited on occasion; however, he stopped coming to see her altogether after only a few months. This would leave Lilly feeling abandoned, hurt, confused and angry. Consequently, Lilly’s “acting out” behaviors spiked during this time in her life.

Because of many reasons, mostly due to a lack of care on the part of the parents, the courts ruled to terminate both of Lilly’s parents’ rights to be her caretakers.

Because Lilly had so many symptoms of the trauma she had been experiencing, she and her foster parents began to make weekly visits to a therapist at Child and Family Charities.

Eventually, Lilly was adopted by her foster parents. Lilly’s new parents diligently worked with her during weekly mental health sessions. Her therapist used many techniques proven to help children like Lilly, such as play, art and music to teach her how she could talk about her feelings and get her wants and needs met instead of feeling alone and getting into “trouble” for attention. She began to differentiate when things were “real” versus “fake” (e.g. being told “no” didn’t mean “I don’t love you”).



Lilly learned to verbalize that it wasn't because of something that she did or didn't do that kept her parents away from her, most of all that it wasn't her fault or that she wasn't good enough.

Lilly is now 8 years old and can readily name a wide range of feelings and practices how to deal with them, both using adult support and when alone. She is bright, empathetic, thoughtful and quite humorous.

Lilly says, "I want to be a doctor when I grow up so that I can help other people, or, maybe grow plants and take care of them to make things pretty."

Sometimes, Lilly struggles, maybe a little more than the average kid. But, we know that with the love, kindness and constancy of her new "forever family," Lilly will realize her dreams and reach her potential. **She is a thriving, beautiful and outgoing little girl.** We are proud of Lilly and her family and thankful that Child and Family Charities could be there for her as she met the challenges she faced.

Project PEACE Success -

A Letter from a CFC Therapist

As the Mental Health Therapist assigned to Attwood New Tech Magnet School in Lansing, MI, I have experienced successes with students who would not have had the resources except for being a part of the

Project PEACE initiative.

Troy is an 11-year-old boy who exhibited concerning behaviors to his teacher and his mother. Concerns from Troy's teacher prompted a referral for him to me for help. Troy's mother also wanted school-based services for him, as well. Troy began therapy with me every week. Troy's issues included aggression, anger outbursts, attention, disruptive behavior, emotional swings, fighting, and isolation/withdrawn. The teacher's goal for Troy was to have functional and healthy interactions with others.

As Troy continued working with me throughout the school year, Troy's teacher reported that, "Troy has made considerable strides towards trying to manage his anger. I see him use self-managing strategies..." and "There has been a steep reduction in physical altercations and the intensity of his anger outbursts. Overall, Troy has made improvements in all of my concern areas."

Troy has started to develop greater control of his anger and does not react as quickly or intensely when angry or frustrated. In addition, Troy has started to talk about his painful emotions and experiences and has expressed confidence about his ability to overcome problems or stress.

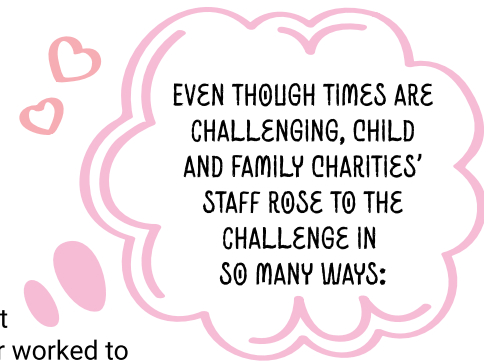
The Project PEACE grant has provided valuable services to students during their school day as evidenced by Troy's improvements and I am grateful to be a part of this important community-based program.

Treatment plan goals for Troy included expressing anger through appropriate verbalizations and healthy physical outlets. Thus significantly reducing the frequency and intensity of temper outbursts.

Linda Ketchum, MA, LPC
CFC Mental Health Therapist

CFC Accomplishments

through the 2020 Covid-19 Pandemic



Our agency added a Family Resource Coordinator position ...

to help meet the growing needs of our community for basic support during the pandemic. Additionally, the Family Resource Coordinator worked to provide over household goods, clothing, winter wear, 2,500 holiday gifts to 450 children, youth and families, over 70 holiday meals and more! We obtained a grant from the Community Foundation for this new position and it has made a powerful impact on the lives of those struggling during the pandemic.

We moved our programs to an on-line virtual format ...

as soon as the Stay-Home, Stay-Safe orders were implemented. While the COVID-19 pandemic presented several logistical challenges, our programs continued to operate. Teen Court began conducting virtual Accountability Hearings in April. Our Strengthening Families Program workshops went virtual in July and we worked with the developer of Too Good for Drugs to offer programming in a virtual format as well.

Our Behavioral Health program ...

offered screening, assessment, and therapy both socially distanced in-person and virtually. Behavioral Health also hired two new therapists to meet the behavioral health needs of the community during the pandemic. Therapists are supporting our schools in new ways, recognizing the need to support parents, students and teachers.

There were 28 adoptions finalized this year ...

Child Welfare started supervised parenting time programs for Ingham County Friend of the Court and in Eaton and Clinton Counties. Inquiries to become a foster parent were up significantly, with over 100 inquiries and added 20 new licensed foster parents. Staff facilitated in-person and virtual visits with families and ensured the safety of all of the children in our care.

Juvenile Justice was awarded a grant ...

through Michigan Department of Health and Human Services (MDHHS) to launch the Positive Pathways for Youth Program, a pilot and collaboration with MDHHS and MSU Data Team to analyze over-representation of youth participating in diversion services, connecting them to mental health prevention services and providing parenting resources, via Strengthening Families for youth ages 7-17.

Two Angel House residents graduated ...

from high school this year and three residents transitioned to independent living programs. Our staff kept all of our teen girls and babies safe and entertained at home this year.

All of our residential programs have really risen ...

to the occasion by keeping children and youth safe through increased cleaning, sanitizing, and following COVID protocols. Although the pandemic was raging, our Supportive Community Housing for Youth Program safely moved an additional 15 youth into apartments this fall with wrap-around support services. They also transitioned four youth to take over their own leases.

CFC obtained funding to focus on youth suicide prevention ...

and treatment for youth who are experiencing suicidal thoughts. We know that suicide rates are up, as are mental health concerns. Through a grant by Blue Cross Blue Shield of Michigan, The Michigan Health Endowment Fund, The Children's Foundation, and The Flinn Foundation, we have trained our therapists in Collaborative Assessment & Management of Suicide (CAMS) and the Zero Suicide Model. Only nine awards were made throughout Michigan. CFC was the only organization in mid-Michigan to receive this funding.

We met the increased need for food ...

by making food deliveries to current clients of the agency and community members. We were able to do this work with the support of the Delta Dental Foundation, Hastings Mutual, and the Greater Lansing Food Bank.

- > 1,500 lunches were prepared for families in need by Family Growth Center staff since the pandemic started.
- > Over 150 families requested help with food or household items and all requests were fulfilled.
- > Over 175 families in need received Thanksgiving baskets filled with everything for a great meal.

It is with gratitude

to the following corporations and foundations that assisted in our support during the pandemic in 2020 are:

America's Preferred Home Warranty

Jackson

Michigan State Federal Credit Union

Blue Cross Blue Shield (2021)

Delta Dental

Ford Motor Company

Capital Region Community Foundation

Flagstar Bank

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THANK YOU!

To the many donors who supported our mission through
financial contributions during fiscal year 2019-2020.
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Child and Family Charities would like to

thank our Igniting Hope Giving Society Members.



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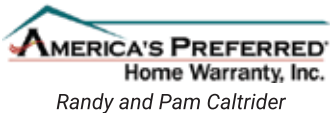
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Community Referral Networkers
Congregation Sharrey Zedek
Country Stitches*
Dart Bank
Delta Dental Foundation
Denny Moore and Linda Ellsworth Moore, Realtors
Doberman Technologies
Eastbrook Homes

Exchange Club of Lansing
Financial Strategies Group, Inc
Flagstar Foundation
Ford Motor Company*
Gestamp US Hardtech
Groovy Donuts*
Hastings Mutual Insurance Company
Charitable Foundation
Hoffman Photography*
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LAFCU
Mason Area Community Fund
Mayotte Group Architects*
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The Commons Church
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West Michigan Partnership for Children

**Indicates In-Kind Donors*

2020 CFC AWARDS

STAFF AWARDS

YEARS OF SERVICE

Julie Thomasma (5 years)
Frankie Turner (15 years)
Liz Gonzalez (25 years!!!!)
Korey Wheeler (25 years!!!!)

LEADERSHIP AWARD

Kelly Haynie-Urech

ABOVE AND BEYOND AWARD

Manuela Kress

EXCEPTIONAL SERVICE AWARD

Neal Perry
Angela Bunker

THE NEW EMPLOYEE WITH DISTINCTION AWARD

Anna Boateng
Mikey Austin

YOUTH SPECIALISTS OF THE YEAR

Jen Woods
Kiersten Walsworth

UNSUNG HERO

Sasha Donahoo

COMMUNITY AWARDS

Child and Family Charities
2020 Extend Your Reach Award



 **JACKSON®**

Child and Family Charities
2020 Resilience Hero Award




Child and Family
Services of Michigan, Inc

Child and Family Charities
2020 Resilience Award



Raquell Rivera

CONGRATULATIONS



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CFC18860 05/21

BUILDING BRIGHTER FUTURES TOUR

PROGRAM FOR YOUTH



Want to learn more about Child and Family Charities?

Attend or Host

a Building Brighter Futures Tour! Our Visionary leader, tour guide, past clients, and staff will take you on a 1-hour informational tour where you will get an inside look at the services Child and Family Charities provides to the community.

Past participants have called the experience **inspirational,** **highly impactful,** **eye-opening,** **and more!**

Tours can be held virtually, at our offices, or at yours! Contact Emily Marsh at emily@childandfamily.org to sign up.

Volunteers

are the heart of Child and Family Charities.

*Whether you are a parent,
caregiver, or have never
worked with children,*

you can make a difference in your community.



Child and Family Charities Board Member, Michele Hoffman of Hoffman Photography, won the Capital Area United Way Volunteer of the Year Award. Michele has dedicated over ten years of service to Child and Family Charities and many other local organizations.

Congratulations Michele!

Looking to volunteer?

Please contact Emily Marsh, Development Associate, Child and Family Charities



Emily@childandfamily.org



248.392.5310



childandfamily.org/volunteer



**Through 6 divisions
and 28+ programs...**

**We invite you to
visit our website
childandfamily.org**

In 2020, Child and Family Charities helped over 8,000 abused, neglected and at-risk children, youth and families locally through our programs and services. Your support is vital to our success.

Angel House Division is a foster care residential program in a home-like setting providing support, independent living and parenting skills as well as community resources, and relationship-building for pregnant and parenting teen mothers and their babies.

Behavioral Health Division offers mental health counseling, emotional health therapy, and substance use disorder therapy for children, adolescents, adults and families and many more programs within the community. Additionally, CFC provides the Mid-Michigan Trauma Collaborative.

Child Abuse Prevention Services Division provides the Family Growth Center respite child care program, leads the Children's Trust Fund local council, provides Medicaid Outreach, and administers the Make a Change! a nutrition and physical activity program supported by the Michigan Fitness Foundation.

Child Welfare Division provides foster care and adoption, licensing and recruitment and supervised visitation. This critically needed service also provides support for families of origin, foster families and adoptive families—ensuring safe and loving homes for abused, neglected and vulnerable children and youth.

Gateway Youth Services Division provides services to homeless, traumatized and at-risk youth through Street Outreach, the Kevin J. Moody Youth Home shelter & residential program, Housing programs for homeless young families and independent youth aging into adulthood, Open Table—program for community volunteers to help youth age into adulthood and more programs for vulnerable youth in our community. The program also has a 24/7 hotline for youth and families to use in times of crisis.

Juvenile Justice Services Division helps teens through Teen Court avoid formal adjudication, promotes restorative justice, and allows high school teens to volunteer as peer jurors. The T.E.A.M. Truancy Reduction program is designed to help families who are struggling with truancy issues. The Prime For Life and Intensive Case Management programs help at-risk youth overcome challenges. Our Strengthening Family Program helps families become more successful. Other community prevention programs that are a part of this division assist families and youth succeed through adversity.

If you are interested in [foster parenting](#), [volunteering](#), or [learning](#) more about our programs, consider signing up for a virtual tour where you will hear from former clients and staff about the effectiveness of our services.



517.882.4000



4287 Five Oaks Drive
Lansing, Michigan 48911



childandfamily.org