



Celebrating Success:

**How Your Support
Made a Difference in 2009-10**

Dear Friends,

All children deserve a healthy, safe environment and the right to have their basic needs met. Children's Relief Nursery works with families to ensure just that.

Thank you for supporting this critical mission. Together, in 2009-10, we made a difference in the lives of 174 children from 138 families. That's 174 fewer children who will become a statistic about child abuse. CRN is keeping children safe and families strong.

In the past year, parents grew to understand the critical role they play in their babies' development. We taught parents how to cope with stress and manage anger. And, they developed concrete parenting skills they'll always have, even beyond their graduation from CRN. Parents also learned how to nurture themselves, so that they can nurture their children.

And, importantly, we worked directly with infants and toddlers to overcome negative experiences and developmental delays that have impeded their formation as young children. They learned how to play and interact with other kids, readying them for kindergarten and a life of success and happiness.

Every day, CRN is a vital safety net for families who are experiencing risk factors that lead to abuse and neglect.

Thank you for making this important work possible.

With many thanks,



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The Reality of Child Abuse and Neglect

And How We Are Making Portland Families Stronger

Five Facts You Wish Weren't True

1. Nearly a third of child abuse victims will later abuse or neglect their own children. (Prevent Child Abuse New York, 2003)
2. There are over 67,000 annual reports of abuse & neglect in Oregon. Nearly half of the victims are children under 6. (DHS 2009 Child Welfare Data Book)
3. 49% of Oregon kids who were placed in foster care last year were removed from their homes for "threat of harm." 31% were removed due to neglect. (DHS 2009)
4. Nearly 1/3 of all child abuse and neglect cases in Oregon are found in homes where domestic violence is already present. (DHS 2009)
5. Last year in Oregon, 13 deaths were related to child abuse and neglect. 11 of those victims were age 5 or younger. (DHS 2009)

Reversing the Statistics

The best solution to child abuse and neglect is to prevent it from happening in the first place. That's why CRN works with children in the first, most important years of life: from zero through age four.

We help parents by giving them the parenting skills they need to nurture their children during the early stages of brain development, so they can grow up to be thriving adults.



Parental Stress Can Lead to Child Abuse or Neglect

Most families experience stress at one time or another. But some stress factors, especially when they are combined, can contribute to child abuse or neglect. We work with families to eliminate these stress factors, so they can focus on meeting the needs of their children.

Some of the risk factors CRN families face include: parental history of abuse or neglect; drug/alcohol addiction; lack of stable housing or homelessness; lack of parenting know-how; unemployment or lack of income; depression or mental illness; poverty; social isolation; and domestic violence.

We help families eliminate these stressors so they can go on to sustain healthy, loving relationships with their children. That's the key to our success.

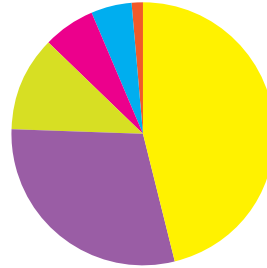
Audited Financial Summary

July 1, 2009 to June 30, 2010

REVENUE

Federal, State, and Local Grants	\$ 838,549	●
Private Foundations	\$ 532,260	●
Special Events Net Revenue	\$ 214,631	●
Corporations and Individuals	\$ 112,855	●
In-Kind Contributions	\$ 92,100	●
Other Income (interest, dividends, and other)	\$ 22,302	●

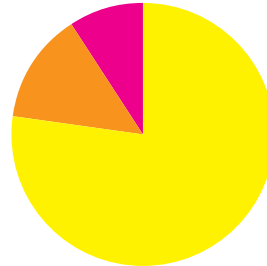
TOTAL REVENUE **\$ 1,812,697**



EXPENSES

Program Services	\$ 1,329,434	●
Management and General	\$ 231,208	●
Fundraising	\$ 157,034	●

TOTAL EXPENSES **\$ 1,717,676**



NET ASSETS

Assets	\$ 3,305,515
Liabilities	\$ 839,062

TOTAL NET ASSETS **\$ 2,466,453**

INCREASE IN NET ASSETS **\$ 95,021**



Children's Relief Nursery Makes Sense

Our cost per family in 2010: **\$9,634**.

By comparison, it costs nearly **\$24,000** per year to support a child in foster care.

We are grateful for generous support from



Investing in our future

**portland
children's
levy**

What Your Support Helped Achieve

Positive Year End

In what has been one of the most difficult economic cycles of the century, we finished the fiscal year “in the black” with almost \$100,000 excess revenue to expenses. Contributing to the positive balance sheet were grant revenues that exceeded projections; annual fundraising goals that more than met budget; and expenses that were trimmed below budgeted expectations.

Learning Through Collaboration

The first Child Parent Psychotherapy (CPP) year long Learning Collaborative came to an end this October. Led by CRN's Clinical Services Coordinator, this group of community clinicians met twice a month for a year to learn, discuss and support each other in the use of the CPP approach to working with parent/child pairs who have experienced trauma. During this past year we were able to lead the way in having CPP become an evidence based practice in Oregon and it is now a recognized practice in the field.

Building Bridges

CRN has begun to provide services to foster children, their foster families and biological parents thanks to our grant from the Portland Children's Levy. And, we have been reaching out to all DHS (Department of Human Services) branches in Multnomah County. As such, we have enhanced our mutual communication and involvement with families in the child welfare system. This will ultimately lead to our ability to serve a greater number of clients. We have also been actively working with family court judges to share knowledge about childhood trauma and early intervention.

Our New Look

After more than a year of work - and countless hours of time contributed by volunteers, consultants and staff - we launched a new logo and graphic identity. The highlight to these efforts came with the unveiling of our new website (www.crn4kids.org) in September.

Service Outcomes

In 2009-10 we held:

- **4,352** home visits
- **107** Child Parent Psychotherapy sessions
- **628** therapeutic class sessions
- **124** parent/child class sessions

88% of children in the therapeutic classroom grew to be on track developmentally for social emotional skills. **86%** were on track for language and communication skills.



Our Commitment

We work with children in the first, most important years of life.

Our mission is to keep children safe and families strong.

Our vision is to end child abuse and neglect in our community.

Client Success Story

Jeanette, Jason, and Their Twins

Jeanette and Jason realized they were pregnant in their mid to late 30's. Neither of them had planned to have children and certainly hadn't considered doing so together. Jeanette had completed her high school degree and had found temporary work as a receptionist over the years. Jason, a veteran of the first Gulf War, had long been diagnosed with Post-Traumatic Stress Disorder. This hindrance to his mental health made it difficult for Jason to obtain and keep employment and housing, resulting in debt and poor credit. Although able to sustain themselves, they wondered if they could afford to care for a family. They also questioned the stability of their new relationship and how they would manage the responsibilities of parenting while still in the process of getting to know each other.

The two were soon surprised by the news that they would be having twins. When Nicholas and Savannah arrived Jeanette and Jason quickly realized that caring for twins was more complicated and stressful than they had anticipated. Their relationship began to dissolve under the pressure, combined with a lack of sleep and insufficient finances. Jeanette and Jason fought often and ended their relationship several times. Jeanette was depressed and overwhelmed; Jason was disconnected; the children were unable to regulate their emotions.

By the time Jeanette and Jason found Children's Relief Nursery (CRN), everything in their lives had deteriorated.

All that remained was a strong determination to learn how to stay together



as a safe and healthy family. When Nicholas and Savannah were assessed by one of CRN's Early Childhood Specialists, the children were expressing social and emotional delays, including aggression, avoidance and hyperactivity. Neither child had language skills within the typical developmental range for their age.

Nicholas and Savannah were placed in the therapeutic classrooms, where they learned how to interact with peers and each other without hitting, throwing toys, screaming or crying. Their language skills quickly improved and soon they were communicating verbally. With his new ability to express his needs, Nicholas became less hyperactive. Likewise, Savannah was frustrated less easily, became more self confident and let go of her need to shut out the world.

Although Nicholas "graduated" at age 3, Savannah benefited from extra support and received speech therapy through early intervention specialists. With staff encouragement and modeling, Savannah also began to engage with peers more readily. Savannah has since graduated. Although the twins no longer visit the Nursery daily, Jeanette and Jason use respite childcare

services to help when they are in need of a safe place for Nicholas and Savannah while they attend appointments or need a break.

Regular home visits with a case manager allowed for a constant dialogue and support regarding the children's development and general family support. Through this process, Jeanette and Jason learned about what is developmentally appropriate for their children and how to support their children's growth. Jeanette attended the "Make Parenting a Pleasure" class and Jason attended both a Father's Group and a Parent/Child Play Group with the twins. As a result of their participation in these services, Jeanette and Jason are more confident and nurturing parents.

The twins recently enrolled in Head Start to begin the process of becoming school-ready. The family is on a wait list for affordable housing and Jeanette plans to attend PCC this fall. Although Jason was recently diagnosed with congestive heart failure, the family has learned to cope with the stress of his illness as a result of tools and skills learned at CRN.

Most importantly, the family, as a unit, is strong and confident. Jeanette recently summarized her process of learning how to parent when she said, "There was a time when I just wanted them all to go away. Now all I want to do is stay home and play with my family."

Your Gift Gives Every Family...

Access to These Critical Services

Therapeutic Classrooms

We work on developmental needs and social/emotional skills in a classroom setting. The teacher-child ratio is a low 1:4, and even lower with trained volunteers. (Typical preschools are 1:8).

Parent/Child Classes

These popular classes make parenting skills feel more concrete. Parents practice new tools in class with teachers, so they can later apply them at home. We teach anger/stress management, positive discipline techniques, and being responsive to a baby's or child's cues.

Home Visits

Between one and four times per month, we visit with clients in their homes to look at play spaces, assess interactions between family members and children, provide counseling and assess progress toward goals.

Concrete Goods and Resources

Donated goods help get families the things they need but might not be able to afford: books, educational toys, food, clothes, winter coats, toothbrushes and much more.

Mental Health Counseling and Psychotherapy

We meet the individual mental health needs of parents and children in these one-on-one sessions. And for those dealing with the after-effects of trauma or negative experiences, we work with parents and children together to heal and rebuild the critical bond of trust.

Respite Childcare

Childcare is provided to give parents time to focus on getting basic needs met, such as self-care and house cleaning, court appointments, mental health counseling, etc. When parents' basic needs are met, they can focus on the needs of their children.

Art & Music Programs

Every child can sing, play an instrument, or create art. At CRN, kids have the opportunity learn through art and music when they might not be able to at home.



From Intake...

When we enroll a family, case managers assess a family's risk factors for abuse and neglect, help set realistic goals for improvement and determine the best services for that family.

...To Graduation!

Children flourish when family stress is reduced and the parent becomes more emotionally available to the child. Families "graduate" from CRN after they meet their goals and reduce stress factors.



Thank you! Your Gift Makes a Difference.

The following list recognizes monetary gifts and pledges received July 1, 2009 through June 30, 2010

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Portland Children's Levy

Gifts of \$100,000 to \$299,000

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Volunteer Spotlight

Eugene Voyton

His friends tell us he's one of the busiest people they know, but Eugene Voyton always seems to make time for the Nursery. He is ready to help when we're low on diapers or formula, or if we need assistance with the adopt-a-family program. Wanting to get involved with an organization in his own backyard, he found the Nursery about two years ago through an ad in the newspaper.



Since then, Eugene has become a committed volunteer and loyal donor, and has referred a number of his friends and fellow Lodge members to CRN. In fact, the Oddfellows Lodge has become deeply engaged in and committed to the work we do. The members are supportive in so many ways – through in-kind donations, financial contributions and they even have a sewing group making clothes and toys for the children in our therapeutic classrooms.

Asked why he is passionate about the Nursery, he replied, "How can you not be passionate about the work CRN does?!" Eugene is a wonderful example of a community member who truly cares for the people in his own backyard. Thank you, Eugene, from your friends at Children's Relief Nursery!

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We are thankful for the many other donors who contributed gifts under \$100 as well as gifts-in-kind. Each and every gift counts!

Volunteers

In 2009-10, 150 volunteers served CRN, amounting to over 5,200 hours of time, energy, and enthusiasm. Based on a standard rate of \$17.90 per hour, that's the equivalent of a \$93,223 donation!

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Thank you.

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