

Changes Parent Support Network

Annual Report
2006

January 2007

The CHANGES Parent Support Network empowers parents and communities experiencing destructive, violent and out-of-control adolescent behavior. We achieve this through structured self-help support and educational programs that promote positive behavioral and cultural changes.

Board Chair Report

2006 In Review

Changes Board of Directors had many challenges and projects to oversee this last year. This year was full of innovation and growth for **Changes**. As a working board we held monthly meetings and many members held positions in or chaired a variety of committee meetings related to the business of **Changes**. In January we held elections for the outgoing officers and incoming new members to the Board. Our current secretary and treasurer remained in position while the positions of Chair and Vice Chair were filled. The Board finished work in the month of January by donning aprons and serving our auction donated dinner at the home of the recipients and their guests.

Registration fees were increased and the Articles of Association for group representation was updated and put in place for this year. After an absence of over five years a new chapter was started in Snohomish County in the South Everett area in late February. While the Board spent most of 2005 with rotating meetings held at various group locations. We settled in for this year at Group Health on Seattle's Capital Hill. As a centralized location it serves both the board and group members in ease of meeting access. We have used this location in the past a hope to continue use into the future.

In March we approved the go ahead into a new flyer outline and the Marketing committee began moving forward on this project while the Membership committee went to work on membership retention. The hunt was on for a new Program Director. The Board approved the hiring of a new program director and began notification to the local groups to fill the job opening. The Auction committee went to work on setting the date for this year's dinner fundraiser and the workings for updated letters of donation solicitations. The results of last year's fundraising dinner was successful and encouraging, though our mail out solicitations did not bring desired results. The board will continue to look at additional ways of increasing monetary funding to the organization. Besides mail out, dinner/auction and local group donations, our Executive Director continues to submit requests for grants from various cities and organization that contribute to not for profit groups.

As a way to get the word out on our organization the Board has sent out videos and dvds to the local chapters and interested parties. The introduction to **Changes** portion is 4 1/2 minutes long and the testimonials portion is 12 minutes long. Along with the updated flyers, business cards, other handouts, newspaper advertising and an article written about **Changes** this year we have had numerous requests to present the program to various schools, police and other professionals.

In May we had some new members appointed to the Board as a couple of members retired and in June a new Treasurer was elected. We began going outside the local chapters to find a new program director. Reports to the board from the dinner/auction fundraiser committee that the theme for the auction and a recipient for the family advocate award were chosen. Grants were submitted to various south county cities as reported to the Board by the Executive Director. The membership committee released for posting on the web site the statistics report on the success of **Changes** programs.

Resumes were reviewed at the July Board meeting and a Person approved for the position of Program Director was hired. The Executive Director sent out a newsletter and the Board approved a contract to present to the Executive Director for continued contractual employment through early 2007. A proposed retreat was tabled in August and an Orientation training and a social event picnic were approved and set. A Representative training was set for November based on the Program Director being ready by then to present the program.

Full steam ahead on **Changes** dinner/auction fundraiser, Board and committee members sent out invitations and visited groups to promote our big fundraiser of the year in September and early October. Set for October 21st the business of putting on this event becomes the main focus for **Changes** Board and chapter members as we finalize the auction donations and dinner arrangements.

After the success of the October fund raising ends the focus on training come back into the forefront. The representative training was rescheduled for Dec 4 and had a great turnout. Along with our Board and Chapter trainings Changes continues to co-sponsor along with the City of Redmond Eight (8) two to three hour long Saturday seminar events where guest speakers present topics that are open to the general public to attend.

The success of **Changes** in helping parents and the community come together to bring about proactive dynamics in their household and positive behavior changes with their kids is a proud achievement. As we continue to market ourselves to the community and serve the local group chapters to bring about changes for the families throughout the Puget Sound area, the Board of Directors wishes to thank all the volunteers for their time and all others that donate and support our organization.

It has been a pleasure serving as the Board Chair this year and I look forward to continuing service to the Board of Directors of **Changes** in the coming year.

Dennis Dudder

From the Executive Director

2006 In Review

Changes Parent Support Network, CPSN, had a strong year with its focus on opening a new chapter in Snohomish County, adding new members to its board, hiring a new program director and continuing its fundraising.

The primary goal for CPSN over the past year has been to increase its outreach to the community and to create a stronger base from which to improve parenting. The biggest accomplishment came with the opening of the new chapter in Everett. The chapter opened in February 2006. With the opening, CPSN saw a great recognition from the Snohomish community counterparts. Virginia Day and Tim Cowan provided a seminar that previewed the Changes program to many service people within the area. It has ultimately provided a stronger connection between Changes and its community.

CPSN has maintained a strong working board throughout the year. The board accomplished many goals which included the development of the new position of a program director and hiring that position, changing the marketing/membership committee into two separate committees and continuing the fifth annual dinner auction. CPSN ended the year with eight board members.

The 2006 Family Advocate Award celebration, dinner auction was held at the Bellevue Red Lion Inn on October 21, 2006. The family advocate award was given to retired King County prosecutor, Nicole Nyblod. The auction was received well by current members and the community.

Changes Parent Support Network managed to apply for four grants through the city of Redmond, city of Des Moines, city of Kent and city of Federal Way. Many of the cities are currently finalizing their recommendations for approving funding to applicants. We have heard from the city of Des Moines, in which we will be receiving a \$1000 grant for the 2007 year.

Changes Parent Support Network continues to strive each day with the hopes of complete outreach and responsibility to the community.

Lisa Mallory

Changes Parent Support Network Marketing Committee

The Changes Marketing Committee has had a busy year. The initial focus was to update and standardize the marketing materials, focusing on one identity for the organization. We updated the brochure, created business cards, a Powerpoint presentation, distributed an e-mail friendly version of the logo to members, and created an electronic corporate letterhead.

We printed over 5,000 copies of the brochure. Changes members distribute the brochure to various service providers and agencies who deal with troubled parents. We requested at various times of the year that each Changes member give brochures to three pediatricians, school counselors, or other service providers who might come in contact with parents in need of Changes.

We printed business cards for board members and other key members of the organization. In addition, we printed business cards for each chapter, so that individual members can give them to parents they meet who may be potential Changes members.

Members of the Marketing Committee made phone calls and sent e-mails to various school organizations and health care professionals throughout the Puget Sound area. Some notable results were invitations to present to the Mukilteo and Seattle middle-school and high-school counselors in the fall of 2006. The presentations were quite successful. As a follow-up to the Mukilteo presentation, we have been invited to present at the Mukilteo Parent Awareness Night in February 2007. Additional presentations are planned early in 2007 for Shoreline and Highline districts as well as the Kirkland police department's victim's advocacy group and the Seattle Mental Health Eastside Family Resource and Support Group in Bellevue.

We created a Powerpoint presentation this year about Changes to help presenters provide an organized and consistent story when they talk about the group.

To help promote Changes to a wider audience, we created a 3x5 card and a bookmark for general distribution.

We are currently preparing public service announcements that will be distributed to various media early in 2007.

Freda Cook

**Changes Parent Support Network
Membership Committee**

The Membership Committee met on June 8, July 6, July 27, and August 31 this year. Committee members include Teru Lundsten (Chair/Seattle Chapter), Sheila Stanton (Eastside Chapter), Gary Streile (Seattle Chapter), and Sharone Valbush-Scott (Des Moines Chapter). The committee's primary goal is to retain more members once they have joined Changes, through fostering program consistency and providing opportunities for members of different chapters to meet one another.

Toward that end, the committee organized the following events:

Orientation seminar (August 5). Organized by Teru Lundsten, led by John Orozco, attended by 17 people from 4 chapters. Purpose: to train more veteran members to provide orientation of new members on their first night.

Picnic (September 16). Organized by Sheila Stanton, attended by at least 50 people from all 5 chapters. Purpose: entirely social.

Rep-Tec seminar (December 2). Organized and led by Program Director Doug Graves, attended by 24 people from all 5 chapters. Purpose: to train new and current representatives on the fine points of the Changes program.

In addition, the committee focused on the following areas:

Statistics. Curtis Fukushima, Seattle Chapter member and Vice Chair of the Board, analyzed membership statistics obtained through Gary Streile's comprehensive membership survey of 2004. Curtis also telephoned people who have attended Changes briefly and did not return, to find out why not. The committee discussed Curtis' findings in detail, using them as a guide.

I-teams. Deemed critical in retaining new members; improvement needed. I-team mentors are now pre-designated and prepared rather than chosen haphazardly on the spot.

Hotline. Deemed critical in getting callers to attend meetings; improvement needed. Re-routed.

Finally, the committee also streamlined various administrative details.

Teru Lundsten