



F ▶ M I L Y
FOR W ▶ R D

safer, healthier relationships
for children and families

BETTER INSIGHTS
BETTER OUTCOMES

2018 Annual Report

DEAR FRIENDS,

Growth and transformation continue to define who we are at FamilyForward and most importantly, how we help.

Our overarching philosophy is based in the Neurosequential Model of Therapeutics (NMT), developed by Dr. Bruce Perry of the ChildTrauma Academy. NMT is a trauma-informed, developmentally sensitive approach to understanding the impact of a child's history on their current functioning. With this information, our Developmental Trauma Center clinicians empower kids like Sophie (p. 7) and their caregiving networks to address challenges and move in the direction of hope. Guided by NMT, FamilyForward's comprehensive services support the child, family, and broader community.

Our newly launched Strategic Plan anchors and guides the work we do to advance safer, healthier relationships for children and families. Developed by our Governance Board in partnership

with staff and facilitated by consultants, this important plan navigates our journey forward. I'm grateful for their leadership and dedication – not only to FamilyForward, but to making our community stronger. And with your continued support, we'll accomplish the many goals outlined for our next five years. I look forward to sharing milestones with you!

As you know, there are families struggling all around us. They might be our neighbors, coworkers, or friends – families like the Jacksons (p. 5). Our Community Services team helps strengthen family units and build paths away from isolation through comprehensive coaching and therapy, taking things one step at a time...together. Your commitment to FamilyForward helps us serve our community with compassion, acceptance, and respect.

I'm proud that we serve vulnerable children and teens, parents and caregivers, women who have survived domestic

violence, and children with developmental disabilities. Our highly skilled staff and strong partnerships position FamilyForward to utilize innovative tools and practices to formulate better insights and achieve better outcomes for children and families. Thank you for joining us on the journey!

GRATEFULLY,

Karen



Karen Nolte
Chief Executive Officer

“Our therapist at FamilyForward is amazing. She grabbed my hand and I didn’t even know she grabbed it. She assisted me with taking the time out for my son and for myself. She made my son feel safe. She played an amazing part in where my son and I are at now.”



EXECUTIVE TEAM

Karen E. Nolte, LCSW, Chief Executive Officer
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VISION

FamilyForward leads the community in providing innovative solutions for advancing safer, healthier relationships for children and families.

MISSION

FamilyForward moves vulnerable children in the direction of hope by delivering comprehensive therapeutic and educational services to support biological, foster, and adoptive families.



“Life’s journey is never complete.”

TAKING STEPS TOWARD POSITIVE CHANGE

Crystal and Steve Jackson, along with their four kids, found themselves struggling in their new, too-small rental home when they moved to St. Louis. Relations with the children’s new school quickly grew strained when three of the four children began to regularly miss class due to illness.

Things began to spiral out of control when the school referred the Jacksons for services because there was concern that the family was at risk.

With no one to turn to for help, Crystal was afraid of losing their children. “One day, we passed by FamilyForward’s sign and I remember thinking that with a name like that, it must be a place where families like us could get help.”

FamilyForward’s Community Services help families address challenges related to safety, social connectedness, and stability. Through comprehensive coaching and therapy, the Jackson family was able to develop social supports within their community and learn how to cope with stressors more easily.

For the first time, Crystal was able to address her personal history of abuse and how it affected her parenting. The children learned more about their chronic illnesses, as well as their educational rights and responsibilities. Together, the Jacksons developed safer, healthier ways to support each other.

When asked what she would tell a parent whose family is struggling with the pressures of everyday life, Crystal said: “Life’s journey is never complete. You can change and have something so much better for your family than what you have now.”

BETTER INSIGHTS

The human brain develops more rapidly between 0 and 5 years old



than during any other subsequent period

For a child who experienced prolonged trauma



those core brain structures formed to survive adverse experiences



This child is at high risk

for emotional, behavioral, and relational difficulties

INDIVIDUALIZED TREATMENT PROMOTES HEALING AND PREVENTS FUTURE, LONG-TERM PROBLEMS FOR THE BROADER COMMUNITY.

BETTER OUTCOMES

FamilyForward utilizes therapeutic interventions that can



positively impact brain development

creating opportunities for safer, healthier functioning



and improved relationships for the child and family

CHILDREN AND FAMILIES SERVED

987 **DEVELOPMENTAL TRAUMA CENTER**

FamilyForward is site certified in the Neurosequential Model of Therapeutics (NMT) by the ChildTrauma Academy. Assessment, treatment, and parent education services engage the child, family members, teachers, therapists, and other professionals. FamilyForward's Therapeutic Preschool serves children ages three to five who have experienced early adversity, utilizing trauma-informed, developmentally sensitive interventions.

651 **COMMUNITY SERVICES**

Coaching and mentoring to address family stressors such as safety, shelter, unemployment, and parenting. Individual, family, and group therapy provided in-home and in-office using evidence-based practices.

498 **REDEVELOPMENT OPPORTUNITIES FOR WOMEN (ROW)**

Advocacy and financial literacy services for women who have been impacted by domestic violence and economic hardship. Empowering women and their families to build safety, skills, economic security, and hope for the future.

421 **FOSTER CARE**

Foster care case management, as a member of Children's Permanency Partnership. Recruitment, training, and licensing for foster and adoptive families.

61 **CARE FOR CHILDREN WITH DEVELOPMENTAL DISABILITIES**

FamilyForward Children's Homes provide long-term, 24-hour residential care and short-term, 24-hour respite care for non-ambulatory children ages 0-21 with developmental disabilities and significant medical needs.

Numbers represent direct clients served through programs in 2018.



UNDERSTANDING THE IMPACT

The first thing we noticed was Sophie's speech impairment. When she spoke, she only used partial words in a halting, stunted way. Her difficulty speaking and daily tantrums were clear indications of emotional trauma. Sophie was unable to self-regulate and control her impulses the way people expected. She was in her second preschool and second foster care placement when her frustrated caregivers turned to FamilyForward for help.

Our trauma assessment of Sophie utilized a comprehensive and respectful approach to understand her development and the impact of her childhood trauma. The assessment provided realistic expectations and a clear treatment plan based on Sophie's individual needs. Today, only months after the initial assessment, we have already seen a tremendous improvement in Sophie's speech and behavior - *allowing her to move forward.*

6,198 children and family members served by FamilyForward in 2018



859 children benefited from our holiday gift drives



7,000 community members reached through resource fairs, conferences, trainings, and presentations



Year-round donations provided necessities and tangible support to the families we serve

“There is no limit to what we can do together.”

— FamilyForward Program Supervisor

469 volunteers

2,795 volunteer hours logged



Client kids and teens were prepared for the new academic year with generous and stylish school supply donations



First FamilyForward Founders Day celebrating our core values: to be out front, whole hearted, and rock solid in everything we do

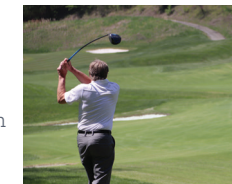


OUR MOST RECENT EVENTS



The mission moves forward with our annual dinner auction, The Rocket Ball. Known for out-of-this-world experiences, this fun and meaningful event draws business leaders, community partners, and the most generous St. Louisans to celebrate and support FamilyForward’s work to move vulnerable children and families in the direction of hope. Over 500 guests attended in 2019 and together, we raised more than \$520,000 – an unprecedented sum, which enables our staff to help families overcome trauma and work toward a brighter future.

Beautiful weather, outstanding golf, and great company have defined our annual golf tournament, Drive the Change. Support from 2019 event sponsors and over 160 golfers totaled more than \$110,000, which goes a long way to help FamilyForward advance safer, healthier relationships for children and families.



Thanks to events like these, FamilyForward’s comprehensive services can support the child, family, and broader community. Stay up to date at familyforwardmo.org/events. Hope to see you soon!

We are responsible stewards of an organization with a long and proud history of service. Reliable, trustworthy, and hard-working, we do whatever it takes to advance safer, healthier relationships for children and families.

We budgeted an operating loss for 2018, the first full year since the April 2017 merger that resulted in FamilyForward. This loss was budgeted to be offset by investment gains, but a stock market downturn late in 2018 caused investment losses for the year. These unrealized losses were completely recovered early in 2019.

FamilyForward's 2019 operating budget is \$11,605,198. We will continue to move vulnerable children and families in the direction of hope.

2018 FINANCIALS

REVENUE	Contributions	1,430,950
	Special Events	415,391
	United Way	525,974
	Total Public Support	2,372,315
	Program Service Fees	8,737,197
	Investment Income and Miscellaneous	(748,901)
	Total Public Support and Revenue	10,360,611
EXPENSE	Program Services	10,013,462
	Administrative Services	1,225,027
	Development Services	552,304
	Total Expenses	11,790,793
NET ASSETS	Change in Net Assets	(1,430,182)
	Net Assets, Beginning Balance	17,507,364
	Net Assets, Ending Balance	16,077,182

THANK YOU!

Our donors and Guardian Society members enabled FamilyForward to serve 6,198 children and family members in 2018.

\$100,000 & ABOVE

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GUARDIAN SOCIETY

The Greg Echele Guardian Society recognizes individuals who make significant and ongoing financial contributions to FamilyForward. The name honors Greg Echele, Family Resource Center co-founder and 28-year Chief Executive Officer, who retired in 2016. We are proud to recognize Greg, who devoted his career to the prevention and treatment of child abuse, neglect, and family violence.

*Denotes Guardian Society Member

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