A Message From Our Director

The Family Place – a place for people!

One question that I’m asked regularly is, “Who can come to The Family Place?” My answer is simple: everyone! The Family Place serves people. Children. Teens. Adults. Parents. Couples. Elderly. All variations of family systems. It doesn’t matter if you are in immediate need for support, or if you are simply looking for a way to strengthen your family. The Family Place is here for you! This 2018-2019 annual report highlights some of the ways we have impacted our community, with your support, over the past year.

There are many ways The Family Place supports people. Parents have brought in their child struggling with shyness for a class that helps reinforce what is being taught at home. People going through a divorce have found help here. Parents who have experienced difficulties in their childhood who are mentally sorting through thoughts and experiences that are impacting how they function day-to-day. Parents looking to navigate the world of social media and how that impacts their children. Children and/or adults struggling with depression and anxiety. New parents who want to start off on the right foot with their children. We focus on building family strengths and preventing children from being hurt. We are here for you!

I have been enormously blessed and honored to be associated with The Family Place throughout the duration of my career. After 25 years of service, I am thrilled to announce in my “twilight years” I will be taking on a new role as Chief Relationship Officer for The Family Place, effective August 2019. I am so pleased to pass the mantle of Executive Director to Sheryl Goodey, PhD. Sheryl has a wealth of knowledge, experience and a strong belief in our mission of Strengthening Families and Protecting Children. I am eager to work alongside Sheryl, along with our staff, interns, board members and volunteers to continue to make a collective impact on our community.

-Esterlee A. Molyneux, MS
Community Impact

**Total Clients Served***

20,356

*Number reflects duplication due to clients using multiple services

**Revenue**

- 62% Grants (government & foundation)
- 17% Private/Individual Donations
- 11% Events
- 6% Corporate Donations
- 4% Services & Investments

**Expenses**

- 65% Programs
- 15% Administration
- 10% Fundraising
- 10% Mortgage/Capital Investments

72% Program services focused on prevention

28% of services focused on intervention

**Therapy Served**

598

**Education Served**

16,014

+32% from last year

**Kid's Place Served**

3,096

1,227 children cared for during a crisis

**Starfish Children's Shelter Nurtured**

48

15 less than last year!

**Trauma Resiliency Project Served**

599

“I save children because I help The Family Place!”

-Denny, Employee’s 6 Year Old Child
Success Story:
This past year, a valued supporter and generous donor to The Family Place encouraged us to increase our efforts to help teens at risk of suicide. According to Utah’s Public Health Data Resource (IBIS), suicide was the leading cause of death for Utahans ages 10-17 and 18-24 in 2017.*

Distraught and discouraged for her 12-year-old son, a mother came to The Family Place for help. The reality of blending families can be difficult in the best of circumstances and their step family situation had become locked in conflict as her son fell in to depression and began contemplating suicide.

By bringing this family in for therapy, the therapist was able to connect with the 12-year-old, helping him learn to express himself and feel heard and cared for. Mom was also better able to understand what her son was feeling and learn how to handle her reactions differently.

Six months down the road the 12-year-old is using learned coping skills to deal with issues and conflicts in a safe and non-harmful way. Mom is working through past trauma and learning how better to deal with conflicts in the family, and both parents are working on ways to effectively deal with marital conflict without involving the children. All report significant improvements and hope for the future; a major victory and potentially a life saved.

*https://ibis.health.utah.gov
A Message From Our Department Head:

Healing, resilience, and empowerment: essential to strong families and safe children.

Therapy can play a critical role in facilitating healing, resilience, and empowerment for families and children. But serving families with diverse circumstances requires diverse ways of supporting this valuable service. Without the help of generous donors united with a common desire to nurture healing, resilience, and empowerment in families, many families will not receive therapy, no matter how necessary. This leaves children in vulnerable home environments and families in great distress. If you wish to help, consider donating to our sliding fee scale fund. These funds go to reducing the cost of therapy to families based on income and family size. This allows families to be responsible for their own care while opening the door for services they might not be able to obtain otherwise. It stretches your contribution further, while building an anonymous, unspoken partnership between donor and family.

The Family Place therapy team expresses its deep appreciation for those who have supported our services in any way, including donating to our cause, referring families in need, and giving our terrific staff words of encouragement. Thank you for your kindness!
**Success Story:**
For years we’ve given out small cards with our information and the body safety rules taught in our Kids Empowered presentations. The purpose was to help reinforce these ideas at home. Recently the Kids Empowered team was considering discontinuing the use of the cards and doing something different. Then a call came in from a 7 year old girl that changed everything. She asked, “How can I get away from my mom and dad forever?” She continued to disclose that abuse was taking place CURRENTLY in her home and she hadn’t known who to call. Then she remembered a card she received at school. She used the information on the card and called The Family Place to get help. Our staff called the police who then went to her home to ensure she was safe. Because of this experience, the Kids Empowered team plans to continue handing out the cards in every classroom presentation. This simple card made a difference for that one!

**Clients Served By Education**
- **2015:** 6,770 children, 8,653 adults
- **2016:** 8,653 children, 8,511 adults
- **2017:** 8,511 children, 10,822 adults
- **2018:** 10,822 children, 16,014 adults
- **2019:** 16,014 children, 16,014 adults

**Session Hours**
- **2015:** 0 children, 14,670 adults
- **2016:** 14,670 children, 18,485 adults

**Classes Provided:**
- Kids Empowered
- Mental Health First Aid
- Positive Parenting Class
- Courses for Inmates
- Stepfamily Education
- Kids Summer Camps
- Grow Program Home Visiting
- Spanish Parenting Class
- Infant Massage
- Communities Empowered
- Strengthening Families Activities in Spanish

**Total Served:** 16,014
A Message From Our Department Head:
The Education Department has had a phenomenal year! The staff has grown and in return we have been able to serve more individuals, providing them with education to improve upon their strengths. We all have a passion for this incredible work that we are so privileged to be part of. It’s the Education Department’s greatest desire to help people and provide information that will build upon the great strengths of others. We are so grateful for those individuals who trust us with their amazing stories of resilience and strength. The Education Department provides very important services and invites everyone to participate in increasing their knowledge regarding all the ups and downs families experience.

Jen Daly
EDUCATION DIRECTOR
THE FAMILY PLACE
Kid’s Place ★

What We Do:
Our Kid’s Place provides support for parents and a fun environment for kids. For parents who are in a state of crisis, such as an emergency or other high stress situation, they can bring their children (11 and younger) to The Family Place for safe child care services at no cost. We offer this service 24 hours a day and seven days a week. The Kid’s Place also provides scheduled weekly child care to give parents time for self-care or to attend to medical or therapy appointments. While the children are in our care, they participate in specialized activities like yoga and art experiences designed to help them build coping skills and resilience.

Hours of Care

<table>
<thead>
<tr>
<th>Year</th>
<th>Hours of Care</th>
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<tbody>
<tr>
<td>2017</td>
<td>23,225</td>
</tr>
<tr>
<td>2018</td>
<td>29,531</td>
</tr>
<tr>
<td>2019</td>
<td>38,206</td>
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3,096 total served

954 families receiving scheduled weekly care

1,277 children cared for during a crisis

Success Story:
A mother who was a victim of abuse sought the Kid’s Place for help with her children. One of the children was a victim of sexual abuse. The mother said, “I couldn’t be more grateful for you and the Kid’s Place staff for helping me co-parent my kids. Because of you guys, I have someone to support me, to bounce ideas off of and work with to help my kids. There have been times when I felt like giving up and I come to The Family Place and there you are with your support staff smiling reminding me that I can do this.”
Starfish Children’s Shelter

What We Do:
The Family Place provides shelter for children who are removed from their homes by law enforcement or the Department of Child and Family Services until other housing arrangements can be made. When children are brought to our Starfish Children’s Shelter, our skilled clinicians immediately evaluate the children’s mental health. Many of the children are severely traumatized and must undergo therapy to overcome the trauma. It is our priority to provide these children with a nurturing and homelike environment where they can be safe and begin healing.

Success Story:
Law enforcement arrived at a home and heard a child yelling, “Wake up Mommy! Please wake up!” Upon entering the home they found the mother unresponsive due to a drug overdose. The toddler and her baby sibling were brought to the Starfish Children’s Shelter in the middle of the night. Staff were here to provide a loving and nurturing environment for the children so the mom could get the help she needed.

A Message From Our Department Head:
Working as the Kid’s Place Director for the past year has been a life-changing opportunity for me. The Kid’s Place is the heart of The Family Place. It is our privilege to provide a safe, nurturing, trauma-informed environment for children from all walks of life. Every child that passes through our doors also enters our hearts and we are able to connect and make a difference. It has been insightful to see our shelter hours decrease, while there is a substantial increase in Kid’s Place hours. Prevention is key in helping strengthen families and protect children.

Krista Useche
Kid’s Place Director
The Family Place

Children Nurtured in the Starfish Children’s Shelter

<table>
<thead>
<tr>
<th>Year</th>
<th>Clients Served</th>
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<tbody>
<tr>
<td>2015</td>
<td>67</td>
</tr>
<tr>
<td>2016</td>
<td>69</td>
</tr>
<tr>
<td>2017</td>
<td>54</td>
</tr>
<tr>
<td>2018</td>
<td>63</td>
</tr>
<tr>
<td>2019</td>
<td>48</td>
</tr>
</tbody>
</table>
Trauma Resiliency Project

Success Story:
One mother was touched through a parent-child activity in a rural area. She participated with her children in reading activities, listened to her children express their feelings about different topics, watched them go through an obstacle course, and helped them make a glitter jar to help calm themselves when their feelings were unsettled. After learning more about the services provided at The Family Place, she confided in a staff member that her child had had some trauma occur recently in her life, and asked whether The Family Place could help her child. She had obviously been holding a great burden without knowing how to help her child, and felt great relief at the knowledge that she might be able to receive support and healing at The Family Place. The issues she discussed made her quite vulnerable, and she tearfully asked for help. The staff member normalized her child’s reactions, helped the mother understand that she was a great support to her child, and helped her realize that healing and recovery are entirely possible with support. This knowledge helped to lift a burden and give the mother hope for her child.

599 Total Served

Trauma Screenings

Refugee & Military Families Receiving Trauma Informed Services

clients served

clients served

0 500 1,000 1,500 2,000 2,500

444 542 2,250

31 69 113

Year 1 Actual Year 2 Actual Year 5 Goal Year 1 Actual Year 2 Actual Year 5 Goal
Resilience Conference:
The Resilience through Caring Connections (RC²) Collaborative, chaired by The Family Place, hosted its first annual Resilience through Caring Connections (RC²) Conference on June 12, 2019. There were 225 professionals, parents, and community members in attendance at the inaugural event where they received in-depth information on resilience in regard to topics including suicide, opioid abuse, LGBTQIA issues, Adverse Childhood Experiences (ACEs), and many more. Keynote speakers included USU basketball great Gary Wilkinson who shared his own personal story of resilience and Lieutenant Governor Spencer Cox who powerfully described the importance of Utah’s efforts to become a trauma-informed state, and our communities’ role in that venture.

A Message From Our Department Head:
The Trauma Resiliency Department promotes resilience after trauma as well as the prevention of trauma when possible. This department is funded by a 5 year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). We work with children and their families who have experienced trauma to help facilitate recovery after trauma and teach parents skills to support the ongoing resilience of their children.

We have the distinct pleasure of working closely with the Kid’s Place, Education, and Therapy departments, and have provided training in the Attachment, Regulation, and Competency (ARC) framework to all staff at The Family Place. Staff in each of The Family Place departments have been trained to use concrete strategies to support the regulation and recovery of children and families who have experienced trauma as a result of this project. Using a parallel process, we facilitate staff, parent, and child competency to ensure positive outcomes for all families. In addition, we provide community training for professionals, parents, and community members to increase their knowledge about and competency in dealing with trauma.

Vonda Jump Norman, PhD
TRAUMA RESILIENCY PROJECT DIRECTOR
THE FAMILY PLACE
Advancement ★

Up to the Highest Height

The 14th Annual Blue Ribbon Benefit Dinner & Auction broke attendance and fundraising records for The Family Place!

- 520 guests
- 282 event sponsors and in-kind donors
- $161,000 raised to support our programs and services

Steppin’ Up for Kids

420 pairs of children’s shoes were displayed on the steps of The Cache County Courthouse to represent each substantiated case of child abuse or neglect in Cache County in 2018. Esterlee Molyneux, Executive Director of The Family Place, Sam Malouf, CEO of Malouf Sleep, and Amanda Dickson of KSL Radio spoke on the importance of The Family Place’s mission to strengthen families and protect children. This yearly event is held in conjunction with National Child Abuse Prevention Month.

1,212 volunteers

Volunteers

- Board of Directors
- Circle of Friends
- Local Businesses
- University Partners
- Church & Civic Groups
- Families
- Individuals

Types of Events

FREE, FAMILY FOCUSED

COMMUNITY

FUNDRAISING

62% Grants (government & foundation)

17% Private/Individual Donations

11% Events

6% Corporate Donations

4% Services & Investments

Revenue

Steppin’ Up for Kids

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A Message From Our Department Head:
The Family Place Advancement Department is committed to ensuring that every member of our community knows WHO we are and WHAT we do at The Family Place. Our goal is to develop events and opportunities that promote and support our mission of strengthening families and protecting children, and we invite ALL to participate.

Technology is an ever-present part of our daily lives and Google is often where we turn for answers to our problems and questions. I invite you to “bookmark” our website, TheFamilyPlaceUtah.org on your device and go there often for information and resources to help strengthen your family. A new, updated website was launched this year with a focus of sharing our mission and making our services more available and beneficial to our community. Our presence and offerings on all social media platforms has also been enhanced. Please follow us on Facebook, Instagram, Twitter and Pinterest for information, updates and ideas to help you along your parenting journey.

Get involved! Mahatma Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” We could not effectively do what we do at The Family Place without the veritable army of volunteers who call and walk through our doors each day asking how they can help. We are so grateful to all who volunteer their time and talents to make The Family Place what it is. Your help in advancing our mission is critical to our success!

Wendi Coombs
ADVANCEMENT DIRECTOR
THE FAMILY PLACE

Fly with The Family Place
In celebration of Utah Family Month “Fly with The Family Place” brings families together to strengthen family relationships. This free family event includes dinner, games, and kite flying for the whole family.

Volunteer Hours

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<thead>
<tr>
<th>Year</th>
<th>Volunteer Hours</th>
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<tbody>
<tr>
<td>2017</td>
<td>10,286</td>
</tr>
<tr>
<td>2018</td>
<td>10,597</td>
</tr>
<tr>
<td>2019</td>
<td>12,903</td>
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$184,429 saved through volunteer service
Be Kind Utah
ONE MILLION WAYS IN FORTY DAYS

Our Be Kind Utah movement is an initiative designed to increase and build awareness of acts of kindness throughout the state of Utah. The goal was to record 1 million acts of kindness in 40 days during Utah Family Month.

Campaign objectives:
• Increase compassion in Utah communities
• Support Utah’s effort to become a trauma-informed state by bolstering emotional resilience
• Strengthen community bonds by developing empathy, respect, and humanity among community members
• Provide community members with support by providing information about resources

Ways You Can Help

- Monthly Giving Program
- Volunteer
- Snacks for the Kid’s Place
- One Time Gift
- Stock Gifts
- Event Sponsorships
- Planned Giving

Thank you to all our donors and sponsors who are making a difference for children and families!
2019-2020 Call to Action

Support the addition of a fenced-in playground for our Smithfield Kid’s Place | $95,000
• Make a donation to contribute

Join our monthly giving program
• Visit our website at TheFamilyPlaceUtah.org/Donate to set up your recurring donation in the amount of your choice

Be Kind
• Participate in our Be Kind Utah campaign during Utah Family Month and all year long

Notes
the Family place

Strengthening Families & Protecting Children

435.752.8880 | TheFamilyPlaceUtah.org