



PARENT TRUST

FOR WASHINGTON CHILDREN

2021 – 2022 Impact Report



Babies Can't Wait

Dear Parent Trust Families and Partners,

So.....I have this whole PILE of articles and blogs and webinars that I truly mean to read/watch/memorize about “non-profit fundraising models” and “bullet-proof communication plans” and “getting ahead of donor fatigue”.

But instead.... I want to share what really makes my heart sing:

- One of our Moms crying during a Zoom meeting saying, “I just want Parent Trust to be there for other moms who need you!” as she gives an amazingly generous donation. (She made me cry too.)
- One of our Dads saying that on a scale of 0-10 he feels like an 11 after taking our class for new dads with 8 other Dads-to-Be. He is brimming with energy and hope -- “Everybody should take this class. We got this!”
- Giving a laptop to one of our amazing Parent Leaders because now she wants to go back to school and become a social worker who makes life better for other families who, like her, are dealing with homelessness. She is already bringing other families to her Parent Trust group. They fondly call her “Mother Theresa.”
- All of you who believe in Parent Trust year after year, who send us loving donations and emails of encouragement and funny pictures and inspiring quotes and bad jokes.

Parent Trust serves an average of 15,000 people across the state every year.

80,000 babies are born in Washington State each year.

80,000 chances to help a family get off to a great start.

The numbers are important, but even more important is the care and support that is happening between the people who make up those numbers.

That is what makes us strong. *Babies can't wait. Families can't wait.*

Together, we CAN take care of each other, and we can both give and receive support.

What really inspires me and makes me open my work computer at 7:45 AM to write this letter is all of YOU – the Parent Trust Extended Family who truly believe in “**the magic of prevention**” – helping each other BEFORE tragedy strikes.

In deep gratitude,



Linda L. McDaniels, MSW
Executive Director

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Kids Can't Wait



“ Sometimes you feel like you’re the only one going through something. Thank you for making me feel not alone.”

“We don’t have a handbook to see how to be a good parent. Sometimes we just need support and Parent Trust has that. ”

“Parent Trust is important to me because it gives me a safe, comfortable place where I can meet with other parents who offer support and advice when I need it most.”

Family Help Line Services:

**49,000
Contacts**

How many times families connected with us this year!

"I was in such a panic. I'm so glad I called. You listened to me and helped me figure it out.."

Our Family Help Line Program provides support via phone, email, text, social media, on our website, and through our statewide resource database.

Since the onset of the pandemic, calls to our Family Help Line have increased in length, and require more follow up from our Parent Coaches.



Parent Support Groups:

**2,200
Sessions**

Parent Education and Support Group Sessions this year!

"I love Parent Trust because we are treated like human beings. We support and encourage each other to be better people and better parents together."

Our Facilitators and Parent Leaders facilitate groups that serve new parents, parents recovering from substance addiction, and parents overcoming homelessness.

Our groups meet in Seattle, Bellevue, Everett, Yakima, Spokane and online. We serve parents through every stage of recovery.

Our groups meet on Zoom, in treatment centers, at community hubs - wherever parents need us!

Expectant/New Parent Services:

Our Technology Access Program brings our classes to families, where they are when they need us by providing laptops, broadband, and parent education and support to families-in-need.

Parents in our classes this year!

"I found the parts on shaken baby syndrome and perinatal mood disorders particularly eye opening. Very positive experience."

Our classes cover all aspects of labor, birth, and infant care and safety. We offer special classes for dads, adoptive families, those expecting multiples, and families preparing for siblings.

**3,500
Parents**



Child & Teen Services:

SMART:
Stress Management &
Relaxation Training

High School Students attended a
SMART class!

**990
Students**

We screen parents for Postpartum Depression/Anxiety - and provide support and treatment referrals.

"I have always struggled with dealing with emotions in healthy ways, and these strategies will be very useful to me."

Professionally conducted developmental and social emotional screenings for kids under 6, combined with one-on-one custom parent coaching sessions.

**240
Sessions**

Families Can't Wait

Parent Trust is a statewide nonprofit dedicated to ensuring that every parent has the knowledge and skills they need to raise healthy, thriving children.

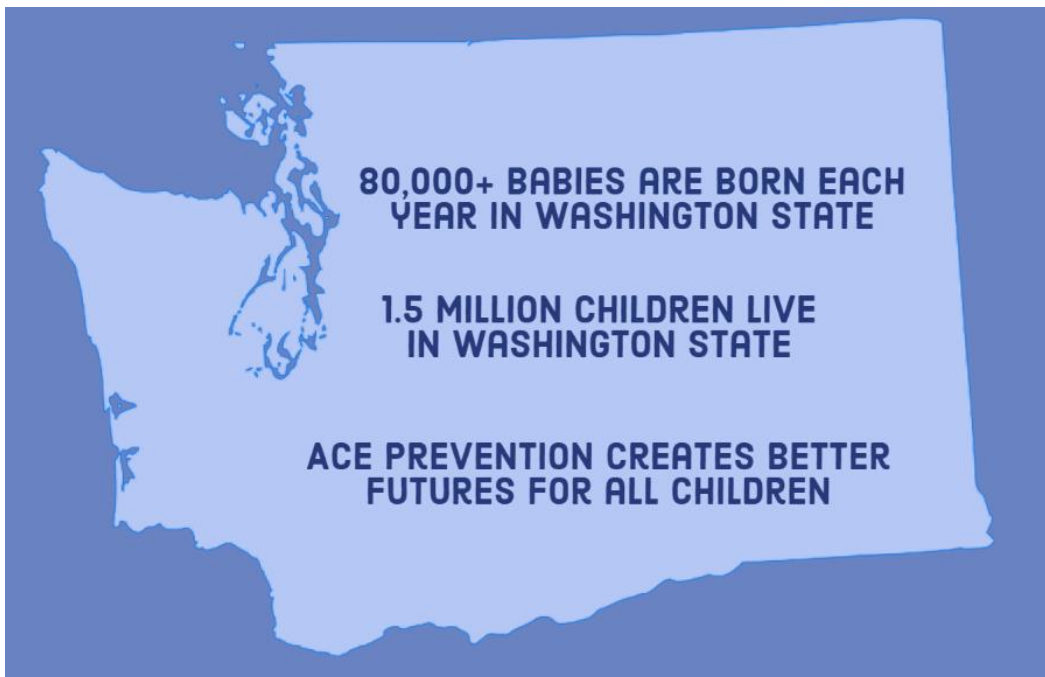
We equip parents and caregivers to raise safe, healthy and strong children.

Our research-based programs prevent child abuse and neglect while ending the generational cycle of Adverse Childhood Experiences (ACEs). We help families build better futures – and keep kids out of foster care. All parents deserve support.

ACE Prevention Changes Lives

Adverse Childhood Experiences (ACEs) significantly increase a person's risk of health, social, and economic problems throughout their lives. ACEs cost our society billions of dollars every year.

ACEs affect every family, and every aspect of our lives.



- Our work is based on decades of research detailing the specific types of parent education and supports (known as the Protective Factors) that keep children safe and families thriving even under difficult circumstances. We help families heal from the ACEs they carry.
- Our outreach focuses on families who face the cumulative effects of generations of battling ACEs on their own - parents recovering from addiction, parents with low income, and parents who experienced child abuse and neglect as children.

We believe in the magic of prevention – giving families the help and support they need BEFORE a crisis occurs.

2021 – 2022 Financials

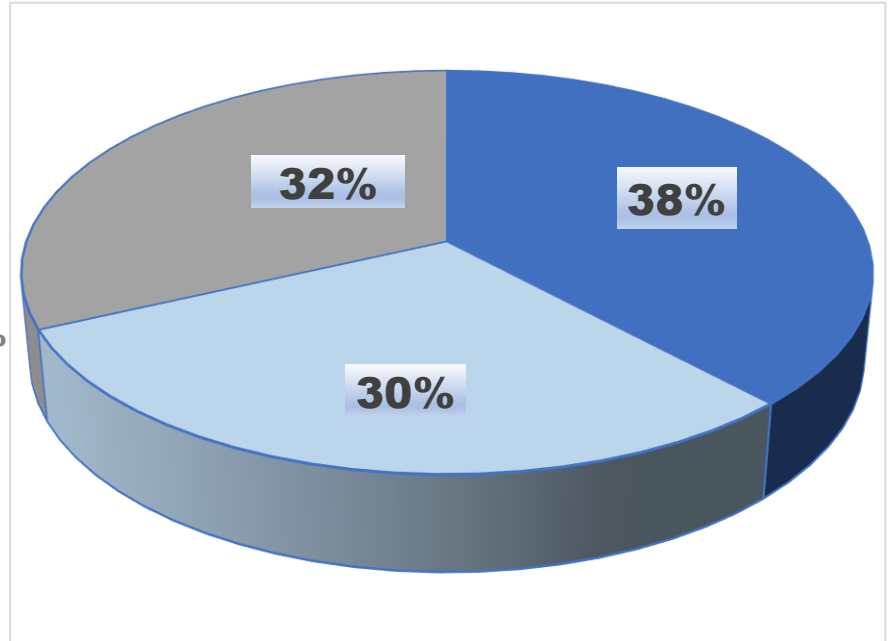
Total Support and Revenue:

Government Contracts: 38%
\$ 433,329

Grants and Donations: 30%
\$ 342,754

Program Service Income: 32%
\$ 363,273

Total:
\$1,139,356



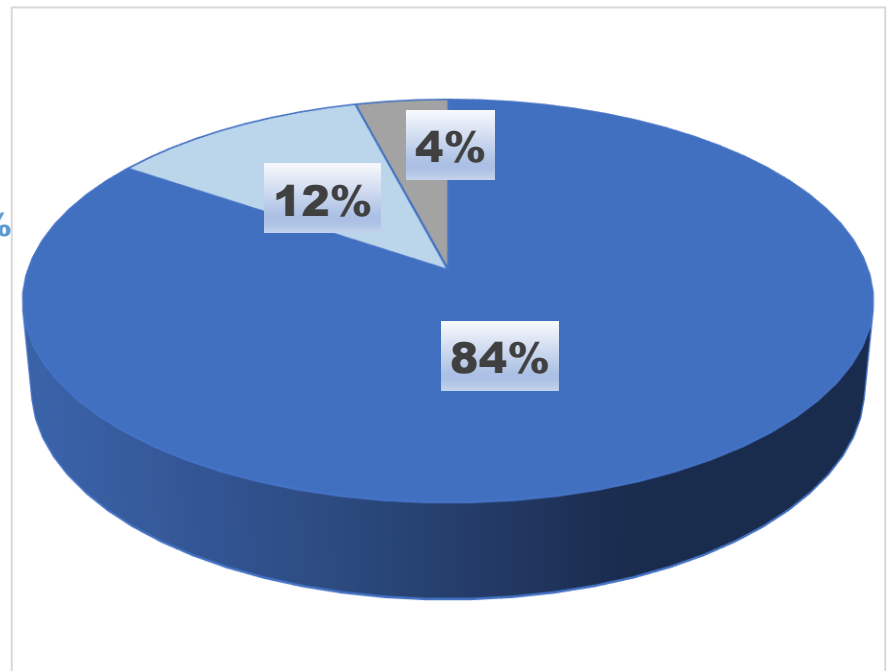
Total Expenses:

Program Services: 84%
\$ 862,670

Administrative Expenses: 12%
\$ 116,844

Fundraising Expenses: 4%
\$ 41,648

Total:
\$ 1,021,163



“Parent Trust has given me courage, strength and hope in my new parenting skills.”



“I had so much anxiety, but after attending these classes the amount of confidence I have gained is incredible. ”

“I feel supported and heard in my struggles as a first-time parent. ”

National and Local Affiliations:

Prevent Child Abuse America
CDC Essentials for Childhood Steering Committee
Circle of Parents@ National Network
Children's Alliance
Child Welfare Advocacy Coalition
Family Resource Center Work Group

International Childbirth Education Association
United Way of Central Washington
United Way of Snohomish County
Washington State Department of Children,
Youth and Families
Washington State Health Care Authority

Our Campaigns and Publications:

Parent Trust is a nonprofit lead, working in partnership with the Washington State Department of Children, Youth, and Families, on these public service campaigns:

“Speak Up When You’re Down” – Postpartum Depression/Anxiety Awareness:

[English Brochure PDF>>](#)

[Video>>](#)

Providing critical information about postpartum depression/anxiety to new parents.

“Have a Plan” – Shaken Baby Syndrome Prevention:

[English Brochure PDF>>](#) [Spanish Brochure PDF>>](#) [Video>>](#)

Educating the public about preventing Shaken Baby Syndrome/Abusive Head Trauma.

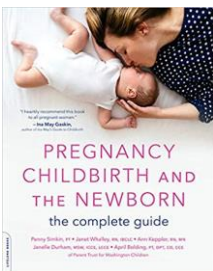
Infant Safe Sleep Campaign:

[More Information on Infant Safe Sleep >>](#)

Ensuring that all parents of infants receive lifesaving information on safe sleep for babies.

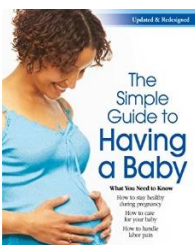
Our Books:

Available from our Amazon Associates Store



[Pregnancy, Childbirth And The Newborn >>](#)

Parents and medical providers love our best-selling comprehensive book because it puts all the latest information they need in one place.



[The Simple Guide To Having A Baby >>](#)

Our simple guide is perfect for expectant parents who are short on time and want an easy-to-read book with concise, basic information.

Individual & Family Supporters 2021-22

Steve Abramowicz
Kathe Allison
Kathleen Allison
Marcine Anderson
Anitha Anne
Karen Bachelder
Sherry Bailey
Deb Baker-Brownell
Janet Barnes
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Lisa Carroll
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Summer-Reiger**
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Joan Sauter
Sayer-Ruckstuhl-Wright
Family
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Jocelyn Scheintaub
Kevin Schuda
Anne Sherley
Dianne Shiner
Nancy Shore

Sonia Siegel Vexler
Penny Simkin
Jeanne Smart
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Kathy Zeisel

Thank you for supporting Parent Trust!

If we have inadvertently omitted your name, please accept our sincere apologies, and let us know by emailing information@parenttrust.org. We are so grateful to all our donors and supporters and do our best to produce an accurate report!

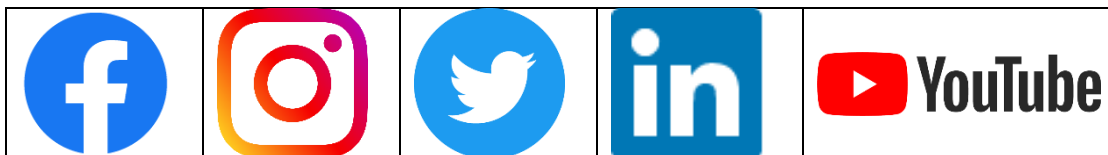
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www.parenttrust.org

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True Blue Strategies

UGH

**United Way Central
Washington**

**United Way Snohomish
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Commission**

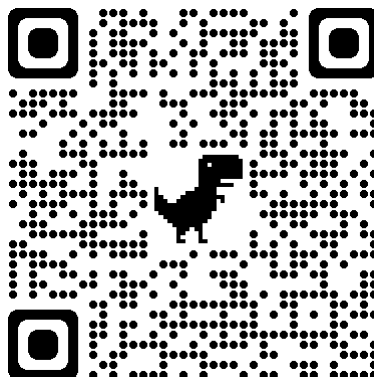
Thank you for supporting Parent Trust!

You can donate on our website at parenttrust.org or text the word 'donate' to 855-933-3771 or mail your donation to us.



PARENT TRUST
FOR WASHINGTON CHILDREN

**2200 Rainer Ave. S
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