



Celebrating Success

**How Your Support
Made a Difference**

**2010-11
ANNUAL REPORT**



Dear Friends,

The first 33 months of life are a vulnerable time. For infants and toddlers, abuse and neglect are incredibly damaging and can cause life-long challenges.

Children's Relief Nursery keeps children safe and families strong. We help children overcome this early damage and help families become healthy, nurturing places for children to thrive.

Thanks to all of our supporters, we make a difference in children's lives. In 2010-11, we helped 256 very young children in 198 families grow and learn.

In the spring of 2011, Children's Relief Nursery began reaching out to families in East Portland and in September we opened a new satellite nursery. Families in this area have had very few services available to them and they welcomed us with open arms. We expect to serve an additional 44 children there this year.

Children's Relief Nursery focuses on creating strong child-parent relationships. This provides a healthy foundation for the child's physical and emotional development. Long-term, our goal is to build a community where children are safe and encouraged to fulfill their maximum potential.

We appreciate your help in making these services possible.

For the children,



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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 1/3 of child abuse victims will later abuse or neglect their own children. (Prevent Child Abuse New York, 2003)
2. There were 11,188 unduplicated child abuse/neglect victims in Oregon in 2010, a 0.9% increase from 2009. Nearly 1/2 of the victims were children under 6. (DHS 2010 Child Welfare Data Book)
3. 68% of Oregon kids who were placed in foster care last year were removed from their homes for "physical abuse." (DHS 2010)
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. 22 children died from causes related to familial/caregiver abuse and/or neglect during 2010. 17 victims (77.3%) were age 5 and younger, demonstrating the vulnerability of this age group. 8 of these victims were younger than 1 year old. (DHS 2010)

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.

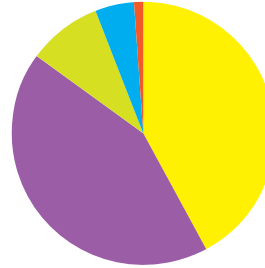
We help families eliminate these stressors so they can go on to sustain healthy, loving relationships with their children. That's the key to our success.

Audited Financial Summary

July 1, 2010 to June 30, 2011

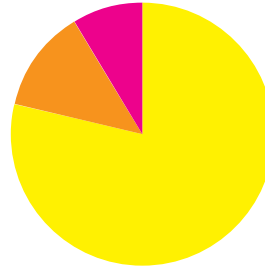
REVENUE

Federal, State, and Local Grants	\$ 654,009	●
Private Contributions and Grants	\$ 665,808	●
Special Events Net Revenue	\$ 143,049	●
In-Kind Contributions	\$ 74,377	●
Other Income (interest, dividends, and other)	\$ 17,297	●
TOTAL REVENUE	\$ 1,554,540	



EXPENSES

Program Services	\$ 1,336,144	●
Management and General	\$ 214,359	●
Fundraising	\$ 151,967	●
TOTAL EXPENSES	\$ 1,702,470	



NET ASSETS

Assets	\$ 3,087,694
Liabilities	\$ 769,171
TOTAL NET ASSETS	\$ 2,318,523



Children's Relief Nursery Makes Sense

Our cost per family in 2011: \$8,600.

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

Child-Parent Psychotherapy

Leading mental health practice for young children

One of our newest programs, Child-Parent Psychotherapy (CPP), led by CRN's Clinical Services Director, served 48 child/parent pairs. During this past year we also incorporated this proven practice into our work in the therapeutic classrooms, home visits, parent education, and all of our contacts with parents. This has improved the quality of services and led to innovations in individual approaches.

Foster Care Services

Working to reunite families whenever possible

CRN provided services to 51 foster children, their foster families and biological parents thanks to a grant from the Portland Children's Levy. We have been reaching out to all Dept of Human Services branches in Multnomah County and actively working with family court judges to share knowledge about childhood trauma and early intervention. During the past year, 11 children were reunited with their parent(s). Many of these families had been close to losing custody before CRN began helping them.

East Expansion

New site in SE Portland offers hope to more families

During the summer of 2011, CRN began serving families in East Portland with intakes, goal setting, home visits and mental health services. In the fall, services expanded to include a therapeutic classroom, Parent-Infant peer support group and respite services. In January 2012, our Parenting Class, *Make Parenting a Pleasure*, will begin.

CRN's East Site currently provides:

- Full CRN services for 25 children (16 families)
- Therapeutic Classroom for 9 children
- Parent-Infant Peer Support Group for 5 dyads*
- Child-Parent Psychotherapy (CPP) for 9 dyads* (7 of these dyads are children in foster care)

* A dyad is a group of two people (i.e. child + parent)



Service Outcomes

In 2010-11 we served 256 children in 198 families, providing:

- 1,250 Child-Parent Psychotherapy sessions
- 628 therapeutic class sessions
- 36 parent education sessions

80% of children in the therapeutic classroom grew to be on track developmentally for physical development, language and communication skills.

73% were on track for social emotional 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 Stories



Martin

When Martin first came to Children’s Relief Nursery, he was very young and unable to control his emotions. He did not respond to affection. One of our childhood experts worked with Martin’s parents to help them understand how to interact with their son in a way that would build a strong parent/child relationship based upon trust, warmth and encouragement.

Martin joined one of our therapeutic classrooms where he learned positive behaviors, how to express himself and play with others. His new ability to communicate enabled Martin to truly express himself for the first time in his young life. A child who was once silent, isolated and withdrawn is now part of the laughter and happy sounds that fill the Nursery.

Julie & Joseph

Every time Julie tried to leave, her abusive partner threatened to harm her and their toddler son, Joseph. Living without heat or working plumbing, with little food in the house, Julie and Joseph were like prisoners. Unlike other two-year-olds, Joseph knew only a few words. He cried constantly, and often seemed lethargic. One day, frustrated by Joseph’s crying, Julie raised her hand. She nearly hit her own child. Shocked and afraid of what she might do next, Julie finally found the courage to flee.



At the Children’s Relief Nursery, Julie found the help she needed to keep her child safe and rebuild their lives. For two years, case managers worked to find them stable housing, build Joseph’s language ability, teach Julie parenting and stress management skills, and restore the bond between mom and son. Today, Julie is working and Joseph is in kindergarten. Their apartment has heat and plumbing—and food in the refrigerator. Joseph laughs and plays like other kids his age. Life isn’t perfect. They are still poor, and there is still stress. But with the help of the Children’s Relief Nursery, Joseph is safe, and Julie has the skills she needs to keep her family together.



Lily & Jenn

When Lily was just 3 years old, she and her mom, Jenn, were frequently homeless and Jenn was addicted to prescription painkillers. Thankfully, a community health nurse referred Lily and Jenn to Children’s Relief Nursery.

They desperately needed the Nursery’s comprehensive, “wrap-around” services because their family was fragile. A Nursery case manager started working with Jenn, helping her learn how not to repeat her own family’s patterns. Lily caught up to her peers through intensive therapeutic classroom care.

It took Lily and Jenn 20 months in our program to get back on their feet, but after her graduation Jenn was driven to make a better life for her and her daughter. She now recognizes the critical role she plays in Lily’s young and vulnerable life.

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, 2010 through June 30, 2011

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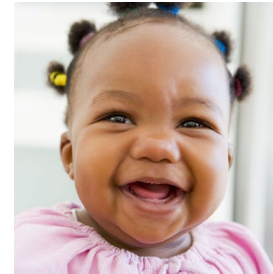
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Volunteer Spotlight

Leslie Horne, Elephant Classroom Volunteer

An internet search that probably included the terms 'children' and 'volunteer' led me to Children's Relief Nursery. I just felt compelled to work with young children, to truly help make a difference in a young life. Once I read more about the mission and commitment, I knew I'd be lucky to serve. My volunteering began in August as an aide in one of the three to four- year old classrooms.

A favorite part of my volunteer morning is helping the kids off the bus and carrying toddlers to their room or holding little hands on the way to class. There is such promise to the start of the day, even when some arrive with teary eyes.



From there it is a whirlwind of activity - playtime, breakfast, outside time, music...

It is a joy to see the progress the kids make - they will sing along with our Friends and Clean Up songs - even though they haven't quite figured out the words. They look after their classroom friends, and help pick up their toys. They are in a loving, calm environment while at CRN and I am so fortunate to be a part of that.

I am in constant awe of the teachers, CRN staff and fellow volunteers - their energy, love, and genuine concern for the kids and their families is inspiring. I feel like I do make a difference every day that I'm in the classroom, but I am a small part of this very big picture to keep children safe and families strong.



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Volunteers

In 2010-11, 158 volunteers served CRN, amounting to over 10,000 hours of time, energy, and enthusiasm. Based on a standard rate of \$8.50 per hour, that's the equivalent of a \$85,000 donation!

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Thank you.



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