



PARENT TRUST
FOR WASHINGTON CHILDREN

2023 Impact Report



Babies Can't Wait

Dear Parent Trust Families and Partners,

So.....2023 was a tough year. People keep asking me, "With EVERYTHING that is going on in the world, do you really think that prevention of child abuse should be a priority?"

Yes, I do.

I have worked with thousands of families. I have read tons of research. I have attended funerals that broke my heart. Tragedies that could have been prevented.

TRUE prevention is all about helping REAL families TODAY.

Like David, an overwhelmed Dad who called our Family Help Line because the mother of his child was in trouble and David was contacted and told he needed to take custody of a child he hardly knew - through no fault of his own.

We asked David, ***"What do you need?"***

David said, ***"I need to know how to take care of my baby."***

Your support means that Parent Trust could immediately jump in with support and services. No waiting lists or impossible fees. Because of your support, David has custody of his baby. They are doing good.

In the real world, this is how prevention works;

- ❖ Step #1 - David did a great job of asking for help. That was not easy for him. But he did it.
- ❖ Step #2 - Parent Trust stepped in to help David learn how to care for his baby and create a loving, positive family. Not a perfect family. A real family - who needed help TODAY.
- ❖ Step #3 - YOU make prevention possible. Thank you for believing in Parent Trust – for believing that it is ALWAYS better to PREVENT tragedies from happening in the first place.

So.... when people ask you, "Do you really think prevention should be a priority?"

**Please help us answer with a loud and strong "Yes, we do!"
Families can't wait.**

With tremendous gratitude,



Linda L. McDaniels, MSW
Executive Director

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Kids Can't Wait



"Parent Trust
helped me
recognize the hurts
of my childhood. I
won't pass them
onto my kids."

Family Help Line Services:

**55,994
Contacts**

How many times families connected with us this year!

"I really appreciate reaching a real person. You've been more help than anyone I've talked to in months."

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

We launched a new website and statewide resource database in 2023, to help families find the information they need as quickly as possible!



Parent Support Groups:

**2,657
Sessions**

Parent Education and Support Group Sessions this year!

"Parenting is one thing. Homelessness is another. Parenting through homelessness is a totally different thing."

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

Our groups meet in treatment centers, at community agencies, and online - wherever parents need us!

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

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!

**3,850
Parents**

"This class made me feel so much more confident about keeping my baby safe."

Our in-person and online classes cover all aspects of labor, birth, and infant care and safety. We offer special classes for dads, adoptive families, and families preparing for siblings.



Child & Teen Services:

We screen parents (moms and dads!) for Postpartum Depression/Anxiety - and provide ongoing support and treatment referrals.

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

**226
Sessions**

"I love this program. I'm so grateful to have found it. I lost my mom at 25 and don't have any close relatives to talk to about parenting."

SMART:
Stress Management &
Relaxation Training

High School Students attended a
SMART class!

**381
Students**

Families Can't Wait

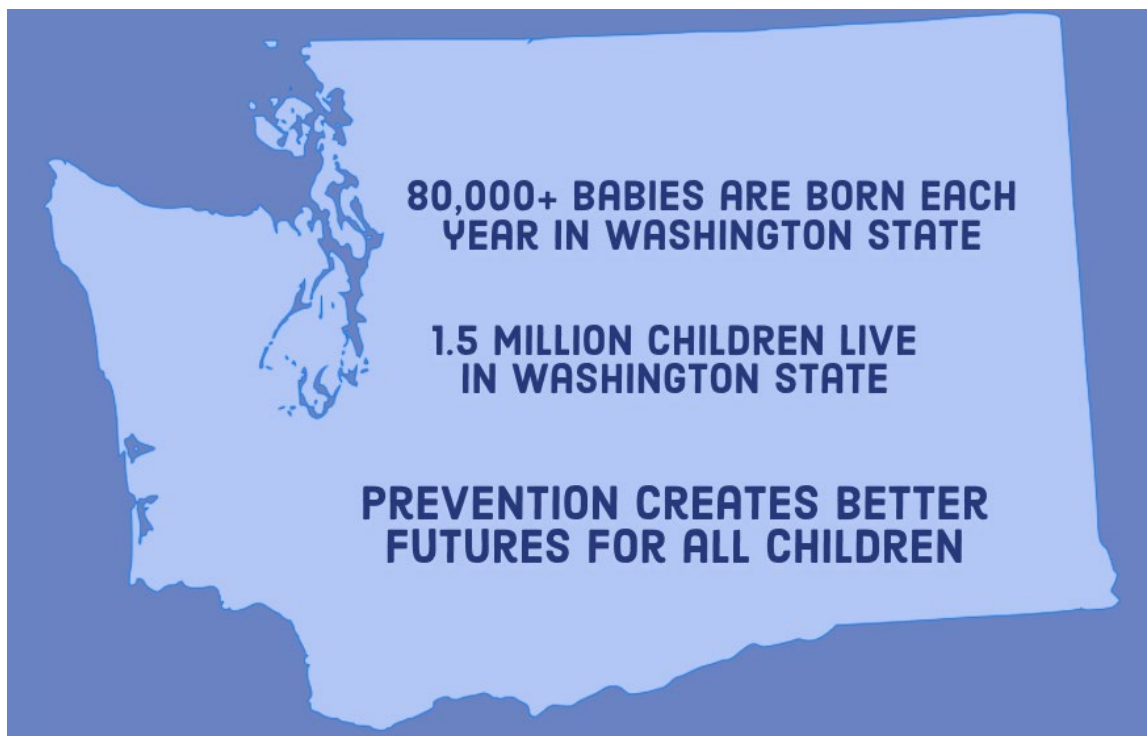
Parent Trust is a statewide nonprofit dedicated to ensuring that every parent has the knowledge and skills they need to raise healthy, thriving children.

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. We help families build better futures – and keep kids out of foster care.

Prevention Changes Lives

Adverse Childhood Experiences significantly increase a person's risk of health, social, and economic problems throughout their lives. Child abuse and neglect costs our society billions of dollars every year. There is no way to measure the suffering of each child in the moment, or across their 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.
- Our outreach focuses on families who face the cumulative effects of generations of battling generational trauma on their own - parents recovering from addiction and/or homelessness, parents with low income, and parents who experienced child abuse and neglect as children.

***Prevention means giving families the help and support they need
BEFORE a crisis occurs.***

2023 Financials

Total Support and Revenue:

Government Contracts: 49%

\$ 522,999

Program Service Income: 31%

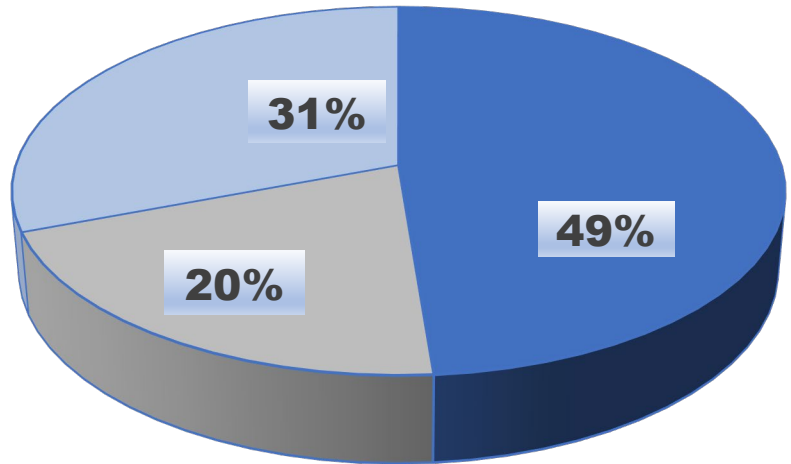
\$ 329,966

Grants and Donations: 20%

\$ 220,264

Total:

\$1,073,229



Total Expenses:

Program Services: 86%

\$ 953,424

Administrative Expenses: 11%

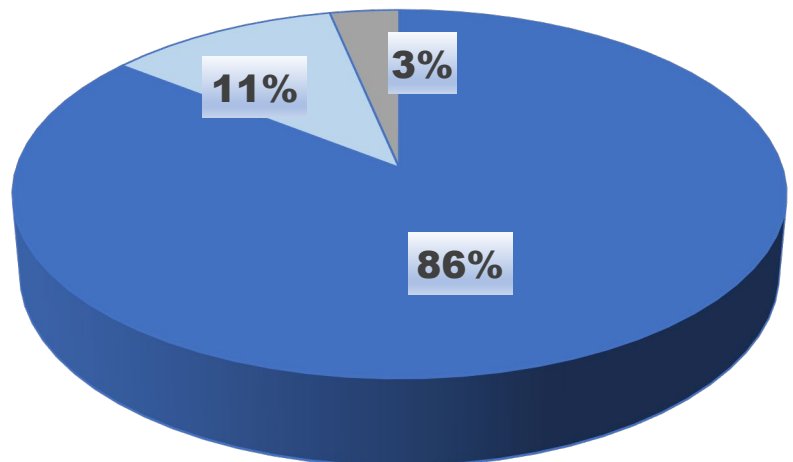
\$ 123,808

Fundraising Expenses: 3%

\$ 36,926

Total:

\$ 1,114,158





"I felt like I was getting parenting knowledge from someone who felt like my own family member."

"We've hit so many deadends. Just being able to talk to someone has helped alot."

"I am so thankful for everyting Parent Trust offers."

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 & 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 & 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.

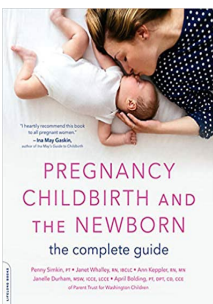
Infant Safe Sleep Campaign:

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

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

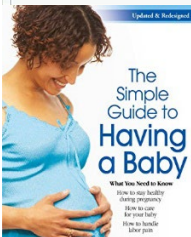
Our Books:

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 2023

Steven Abramowicz
Mollie Albrecht
Jessica Almy
Justin Anderson
Anitha Anne
Tom Armstrong
Val Artamonova
Karen Bachelder
Deb Baker-Brownell
Janet Barnes
Joey Baxter
Jonathan Baxter
Luis Benitez
Diane Berk
Laurie Bernbaum
Dana Bettinger
Sarah Blodgett
Brooke Blue
Gretchen Boehm
Lisa Bove Young
Iggy Brady
Craig Brauff
Heather Bridges
Justine Bridgman
Laura & Bill Brown
Libby Bubitz
Sharon Buck
Mark Buckley
Lisa Callan
Cassie Carroll
Kathy Carson
Alan & Janan Carter
Christian & Angela Chabot
Rocky Chang
William Cheung
Christi Clark
Sharon Cremin
Melissa Danberg
Tan Dang
Nipuna Dasi
Barbara Decker
William Dennis
Joanna Diallo
Thelma Dirkes

Laura & Jeremy
Dwyer-Lindgren
Connor Eagan
Jack Edgerton
Michael Einhorn
Erik Engstrom
Jess Flynn
Pam Foote
Stacy Fortney
Jane Fraser
Sandra Fried
Annie Garrett
Elizabeth Ghormley
Meg & Peg Gluth-Bohan
Shannon Gooding
Erica Greenberg
Bob & Bonnie Gregson
James Gregson
Lyndsay Grelecki
Charlotte Grimes
Joey Gulino
Cody Hall
Edie SonneHall
Allison Harr
Jonathan Houser
Robert Haworth
Sandra Heathershaw
Michelle Hebner
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Blythe Keller
Michelle Kim

Ken Klettke
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Adrienne Kosewicz
Susan Kuhn
Ellen Kuwana
Darryl Laferte
Gavin Lambie
Dee & Gary Lawrence
Margarita Medina & Emma
Le Du
Michelle LeSourd
Catherine Lord
Mary Jean Lord
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Twyla Lucas
Demarcus Luckett
Jon MacDonald
Sarah Mace & Doug Wolfe
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Genjo Marinello
Matt Maring
Lynn Marshall & Kaustuv Das
Ashley McCready
Linda McDaniels & Jon
Baxter
Briannah McDonald
Sam McKagan
John J. McKetta
Mary Jane McRory
Jerry Metcalf
Sally J Metcalf
Joshua Metzger
Konrad Miernowski
Dorothy Miller
Liz Miller
Eleanor Moore
Kristyn OConnor
Rachel Ostrander
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Eric Pearson
Julian Perez

Tara Perino
Adam Perkiomaki
Dan Peterson
Kate & Josh Pollock
Marni Port
Rachel Powell
Danielle Pratt
Jessica Radomski & Kevin Lindeman
Shivani Rawat
Dale Reiger & Teri Jo Summer-Reiger
Repanich Family
Andrew Repanich
Dave & Barb Repanich
Jeff Repanich
Jeremy Repanich
Rolf Robe
Katie Rodriguez
Mary Ann Rohrer
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Ruckstuhl Lebastchi Wright Family

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Libby Sanders
Sayer Ruckstuhl Wright Family
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Jocelyn Scheintaub
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David Sokal
Christine Stoll
Mackenzie Stout
Karissa Sultemeier
Lisa Swei
Yuka Takamiya
Gazel Tan
Jared Theis
Alison Tibbals

Melissa Tibbals-Gribbin
Isabella Tobon Valencia
Beth Tragus-Campbell
Cathy Tsai
Kenneth Turner
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Shea Tuttle
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Drew Weber
Katie Wenger
Janet & Doug Whalley
Monica Wilson
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Jessica Wray
Judy Wright
Russell Wycoff
Morgan Youngs
Lara Zarowsky

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!

Visit our website to learn more:

www.parenttrust.org

or

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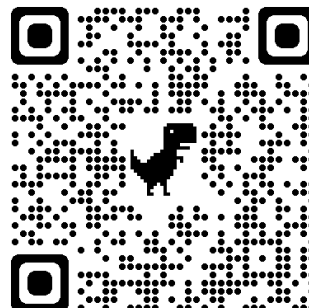
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Thank you for supporting Parent Trust!

You can donate on our website at parenttrust.org or
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donation to us.



2200 Rainer Ave. S
Seattle, WA 98144



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