



# ANNUAL REPORT 2019

July 1, 2018 – June 30, 2019

## Kids Free to Grow

Kidsfreetogrow.org  
207-985-5975

57 Portland Road, Suite 4  
Kennebunk, ME 04043



# TABLE OF CONTENTS

Welcome \_\_\_\_\_ 3

Our History \_\_\_\_\_ 4

Mission

Board of Directors

Our Programs \_\_\_\_\_ 5-6

Parenting Programs

School Based Programs

Professional Programs

Community Awareness Programs

Current Staff and Advisors \_\_\_\_\_ 6

Financial Highlights \_\_\_\_\_ 7

Our Donors \_\_\_\_\_ 8-9

Donors

Grants

Honor Roll of Giving

Municipal Supporters

Volunteers

**Hello All,**

Kids Free to Grow is a small non-profit in Kennebunk Maine with a BIG Mission to prevent child abuse and neglect by empowering children and families in York County.

When looking back over this past year 2018-2019, Kids Free to Grow has worked diligently to serve parents, providers and children of York County. We've educated over 2,500 students in local public schools in 15 towns across York County. Over 494 fifth and sixth graders were taught about "Break the Silence," 576 students completed "Personal Body Safety and Empathy," and 1,500 students learned about Healthy Relationships. Parents learned and engaged in more effective parenting skills through evidenced-based parenting curriculums and in turn improved their social connections with other parents in the classes. Kids Free to Grow worked closely with our own Advisory Board, United Way, and Maine Children's Trust to conduct a needs assessment for York County and utilized DHHS data to direct our efforts. Kids Free to Grow participated in United Way rallies, Hall of Flags at the State Capital, Period of Purple Crying National Campaign and taught professionals.

We believe that true generosity is inspirational and for that reason alone, your financial investment is deeply worthwhile. We would like to especially thank the following business, funders and individuals who have been extremely generous in supporting Kids Free to Grow:

- Andrew and Elizabeth Mantis
- Connections for Kids
- Elmina B. Sewall Foundation
- Ed and Linda Hodgdon
- Kennebunk Savings Bank
- Maine Children's Trust
- Department of Health and Human Services, State of Maine
- Maine Community Foundation, The York County Children's Aid Society Fund
- Narragansett Number One Foundation
- P&C Insurance Company
- Saco Biddeford Savings Institute
- Sam L. Cohen Foundation
- United Way of York County
- The Virginia Hodgkins Somers Foundation
- William JJ Gordon Family

For this year – 2020, I encourage you to reflect on the quality of being humane, and think about generously supporting non-profits with BIG missions. On Behalf of the Board of Directors, I would like to thank each of you who has provided Kids Free to Grow with the necessary funds to continue our meaningful work.

Regards,

**Daniel Cote**

*President, Board of Directors*

*Kids Free to Grow, Kennebunk, Maine*

## Our History

Kids Free to Grow (The York County Child Abuse & Prevention Council) was established in 1978 by Marilyn Anderson, a child protective supervisor for York County at the Department of Human Services. She began by speaking at the Congregational Church in Saco, Maine. After a heartfelt speech, a group of professionals emerged who shared a similar commitment to the safety of children in York County. It was then that the Council was established.

From 1980-2001, the Council became incorporated and Marilyn Staples was hired as Director. From 2001-2006 Kate Stern served as Executive Director and moved the agency in 2002 from the basement of a dentist's office in Biddeford to a Kennebunk location and changing the name in 2004 to the Child Abuse Prevention Council of York County. The Board of Directors evolved from 24 members and over 80 volunteers to a more sophisticated model of board governance. From 2006-2008 Susan Lamb took the reins as Executive Director and developed the Friends of Children and other important funding resources. Then in 2008 Laurie DuPaul became the Executive Director serving until the summer of 2012. She undertook to develop a fresh face for the agency, changing the name to its current Kids Free to Grow. Without an Executive Director for most of 2012, the committed Board of Directors stepped in to run the agency.

In 2013 an innovative affiliation with Connections for Kids, a fully licensed mental health agency in Portland, Maine was created. Genevieve Gardner, LCSW the experienced Executive Director of Connections for Kids was named Executive Director of both agencies. This unique affiliation continues and provides the agencies with the opportunity to combine resources and create a strong non-profit network.

## Mission

Kids Free to Grow is a small non-profit in Kennebunk, Maine with a big mission: to prevent child abuse and neglect by empowering children and families in York County.

### *2019 Board of Directors*

Dan Cote, President

Marc Lamontagne, Treasurer

Adam Aucoin

Terry Bennett

Laura Campbell

Tony Correale

## OUR PROGRAMS

Kids Free to Grow conducts educational programs in schools throughout York County. In the 2018-19 school year, our programs reached over 7,000 children, families and professionals working with children.

### Parenting Programs

- Parent Café - This parenting group helps parents to build protective factors, promote deep individual self-reflection and provide peer-to-peer learning.
- Active Parenting and Parenting 0 to 5 - These Active Parenting programs emphasize cooperation, self-esteem, and responsibility and promote non-violent discipline.
- Nurturing Parenting Program - This parenting program is held in a group setting in which parents or caregivers learn and develop skills such as empathy, self-worth, empowerment, roles and expectations and how to discipline with dignity.

### School Based Programs

- Empathy & Healthy Relationships - Kids Free to Grow utilizes books, video, songs, and activities to help children develop empathic skills and practices. (Pre K - grade 2)
- Personal Body Safety - Kids Free to Grow offers age appropriate educational opportunities to help young children understand personal safety. ( Pre K - grade 4)
- Healthy Relationships Project - This program offers a healthy sexuality education and child abuse prevention curriculum for children. ( Pre K - grade 8)
- Break the Silence - A short DVD is shown where kids speak out about abuse by telling their own stories. This is designed to empower students to obtain help for themselves or a friend in need. Students also take part in a facilitated group activity. (Grades 5-6)

### Professional Programs

- Strengthening Maine Families - This program supports child care providers. Child care providers learn to approach parents as the expert, to listen openly to concerns and ideas and to work together with parents to find answers to questions and concerns about child development. This approach fosters more trusting relationships between providers and parents while helping parents develop stronger parenting skills.
- Mandated Reporter Training - We offer training to a variety of professional and non-professional groups who are mandated reporters. We educate those who work with children about the laws regarding reporting, how to report, and why it is important to do so.

## OUR PROGRAMS (CONTINUED)

### Community Awareness Programs

- **Period of Purple Crying** - This campaign supports medical professionals with parental education about normal, yet frustrating periods of crying common in infants. Purple hats are distributed to parents along with education utilizing the acronym PURPLE (Peaking, Unexpected, Resists soothing, Pain-like face, Long Lasting, Evening) to help prevent Shaken Baby Syndrome.
- **Pinwheel Gardens** - Kids Free to Grow facilitates the sprouting of Pinwheel Gardens throughout the county as part of the National Pinwheels for Prevention Campaign. Awareness and action to support children and families in healthy development practices lends to the prevention of child abuse and neglect.
- **Infant Safe Sleep** - Infant Safe Sleep is an educational presentation for parents and caregivers on creating a safe sleep environment for infants to help reduce the risk of Sudden Infant Death Syndrome (SIDS).
- **Community Outreach** - Kids Free to Grow attends community fairs and events to support parents and distribute informational materials on available services and parenting tips.

### *Current Staff and Advisors*

Genevieve Gardner, Executive Director

Patrice Leary-Forrey, Program Director

Shannon Briggs, Community Coordinator

Alissa Wigglesworth, Community Educator

Sheri Morrison, Accountant

Kathy Angel Lee, Grant Writer

# FINANCIAL HIGHLIGHTS

Grants to support our programs continue to be difficult to secure and United Way dollars are spread more thinly throughout the community. Because of weather considerations, our annual golf event fundraiser was postponed in 2019, resulting in an overall decrease of revenue of 10%.

We have been working hard to continue to maximize the impact of each dollar received by decreasing overhead costs and increasing the percentage of each dollar going directly to program services.

REVENUE	2019	2018
Donations & Fundraising	\$5,555	\$31,255
Direct and Indirect Public Support	\$22,565	\$25,202
Grants	\$190,043	\$187,097
Total	\$218,163	\$243,554

EXPENSES	2019	2018
Program Services	\$213,176	\$223,450
Fundraising	\$2,004	\$9,385
Management and General	\$6,640	\$8,105
Total	\$221,820	\$240,940

# OUR DONORS

## Friends of Children Circle

Individuals who have committed \$1,000 or more

Ed & Linda Hodgdon

Andrew & Elizabeth Mantis

### \$500 +

Guy Campbell

Connections for Kids

Harvard Pilgrim Health Care

Kennebunk Savings Bank

Kozak & Gayer

P&C Insurance

Saco & Biddeford Savings Charitable  
Foundation

### \$100 - \$499

The Aucoin Family (Adam, Kyla, Gabriel & Harper)

Ralph & Suzanne Austin

Baker Newman & Noyes

Berry Dunn

Customers of Cummings Market

Bruce & Jan Fraser

Deborah Pepin Gelardi

Haley's Metal Shop

Hannaford Supermarket

Kathleen Lee

J Douglas & Pamela Saurman

South Congregational Church, Kennebunkport

Betsy Stevens

### \$1 - \$99

Amazon Smile

Dorothy Argenziano

L. Dianne Barbour

Christopher Gable

Cecile & Hobart Harnden

David & Lisanne James

Bill & Holly Kany

Marc Lamontagne

Conner & Wendy Moore

Sarah Smith

Bill Soucy

Janet & Randy Underhill

### Grants

Sam L. Cohen Foundation

William JJ Gordon Family Foundation

Maine Children's Trust

The York County Children's Aid Society Fund  
of the Maine Community Foundation

Narragansett Number One Foundation

Elmina B. Sewall Foundation

Virginia Hodgkins Somers Foundation

United Way of York County



## Municipal Supporters

Acton  
 Alfred  
 Buxton  
 Hollis  
 Kennebunk  
 Kennebunkport  
 Lebanon  
 Limington  
 Newfield  
 North Berwick  
 Shapleigh  
 Waterboro  
 Wells  
 York

## Honor Roll of Giving (inkind donors)

Amtrak Downeaster  
 Cape Arundel Golf club  
 Cape Neddick Country Club  
 Casco Bay Lines  
 Maine mariners  
 Maine Red Claws  
 Ogunquit Lobster Pound  
 Olympia Sports  
 Portland Sea Dogs  
 Portland Stage  
 Portland Symphony Orchestra  
 Spurling Fitness  
 Stonewall Kitchen  
 StoryLand

## Our Volunteers

Adam Aucoin  
 Terry Bennett  
 Dan Bonior  
 Marie Briggs  
 Laura Campbell  
 Dan Cote  
 Tony Correale  
 Deb Dunlap  
 Dyer Library Knitting Group  
 Nicole Eagle  
 Tracee Golet  
 Tiffany Greco  
 Lucas Labbee  
 Marc Lamontagne  
 Kathy Angel Lee  
 Stephanie Lefebvre  
 Molly Louison  
 McArthur Library Knitting Group  
 Laura Overton  
 Jennifer Quimby  
 Raw Center Knitting Group  
 Sanford Knitters  
 Kelly Smith  
 Trafton Knitters  
 Cheryl Walker

***“No act of kindness, no matter  
 how small, is ever wasted.”***

***Aesop***



**Prevent Child Abuse  
and Neglect by  
Empowering Families.**



***57 Portland Road, Suite 4, Kennebunk, ME 04043***

***207-985-5975***