



ANNUAL REPORT 2022

July 1, 2022 – June 30, 2023



Kids Free to Grow

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Dear Friends,

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

We work hard to make a difference in children's lives, and we truly appreciate our partners in this endeavor. With the help of our supporters, we've educated over 80 parents and worked with over 2,700 students in local public schools across York County.

Kids Free to Grow works closely with our own Advisory Board, United Way, and Maine Children's Trust to conduct a yearly needs assessment for York and Cumberland County while using Maine Office of Child and Family Services data to direct our efforts. You may have seen us at one of many community events spreading our important message.

We'd like to especially thank the following businesses, funders and individuals who have been extremely generous in supporting Kids Free to Grow:

- Conaway Family Fund
- Elmina B. Sewall Foundation
- Ed and Linda Hodgdon
- David and Claire Genest
- Virginia Hodgkins Somers Foundation
- Sam L. Cohen Foundation
- Kennebunk Savings Bank
- Saco & Biddeford Savings Charitable Foundation
- William JJ Gordon Family Foundation
- Maine Children's Trust
- Connections for Kids
- United Way of Southern Maine

On Behalf of the Board of Directors, I would like to thank each of you who have provided Kids Free to Grow with the necessary funds to continue our meaningful work.

Warmly,

Adam Aucoin, CPA

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.

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 of support.

2022 Board of Directors

Dan Cote, President

Marc Lamontagne, Treasurer

Adam Aucoin

Andrew Laduke

James Jacques

Laura Campbell

OUR PROGRAMS

Kids Free to Grow conducts educational programs in schools throughout York and Cumberland County. In the 2021-22 school year, our programs reached over 2,700 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)

Professional Programs

- Strengthening Maine Families - This program supports childcare providers. Childcare 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

Amy Michaels, Community Educator

Christina Kenny, Community Coordinator

Sheri Morrison & Deb Fritzson, 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. We held our annual golf tournament in the Fall of 2021 and 2022.

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	2022	2021
Grant	\$274,039	\$249,631
Donations & Fundraising	\$35,074	\$20,284
Direct and Indirect Public Support	<u>\$22,677</u>	<u>\$20,736</u>
Total	<u>\$331,790</u>	<u>\$290,651</u>

EXPENSES	2022	2021
Program Services	\$280,717	\$263,904
Fundraising	\$3,806	\$4,507
Management and General	<u>\$14,606</u>	<u>\$8,710</u>
Total	<u>\$299,129</u>	<u>\$277,121</u>

OUR DONORS

Friends of Children Circle

Individuals who have committed \$1,000 or more

Conaway Family Fund

Congdon's

Jim Cummings

Ed & Linda Hodgdon

Joyce Pickard Camp Revocable Trust

William JJ Gordon Family Foundation

Kennebunk Savings Bank

P&C Insurance

Saco & Biddeford Savings Charitable

Foundation

Connections for Kids

\$500 +

Bangor Savings Bank

Jim Cummings

Harvard Pilgrim Healthcare

Open Net ME

Vital I/O

\$100 - \$499

Ralph & Suzanne Austin

Adam Aucoin

Baker Newman & Noyes

Berry Dunn

Anthony Correale

Bruce & Jan Fraser

Christopher Gable

Deborah Pepin Gelardi

Haley's Metal Shop

Sandra Janes

Brian & Yvonne Jumper

Marc Lamontagne

Kathleen Lee

Deborah Litalien

Wayne & Michelle Oosterman

David and Denise Pepin

J Douglas & Pamela Saurman

Betsy Stevens

\$1 - \$99

Amazon Smile

Anonymous

Pamela Belisle

George and Anna Mae Twigg

Grants

Burnham

Maine AEYC

Maine Children's Trust

Maine Community Foundation

Narragansett

Roy Hunt

Elmina B. Sewall Foundation

Simmons

Virginia Hodgkins Somers Foundation

United Way of Southern Maine

York Rotary

Municipal Supporters

Acton
Alfred
Biddeford
Buxton
Hollis
Kennebunkport
Lebanon
Limington
Shapleigh
Waterboro
Wells
York

Our Volunteers

Adam Aucoin
Melissa Beaulieu
Valeria Bembry
Marie Briggs
Dr. Amanda Brownell
Laura Buckley
Laura Campbell
Tony Correale
Dan Cote
Kelly DeMattia
Lee Ann Dodge
Tammy Dwyer
Melissa Galioto
Tracee Golet
Sarah Groom
Patricia Hall
Diane Hancock
James Jacques

Lauren Kay
Jen LaChance
Andrew LaDuke
Marc Lamontagne
Kathy Angel Lee
Stephanie Lefebvre
Molly Louison
Steve Mazza
Meaghan McAvoy
Virginia McCormack
Denise Merrill
Emily Miler
Kiersten Mulcahy
Liana Popkin
Jennifer Quimby
Danielle Rait
Kelly Roberts
Katherine Russum
Karen Small
Nate Stevens-Stone
Sarah Stowe
Kayla Vatsinaris



Prevent Child Abuse and Neglect by Empowering Families.



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