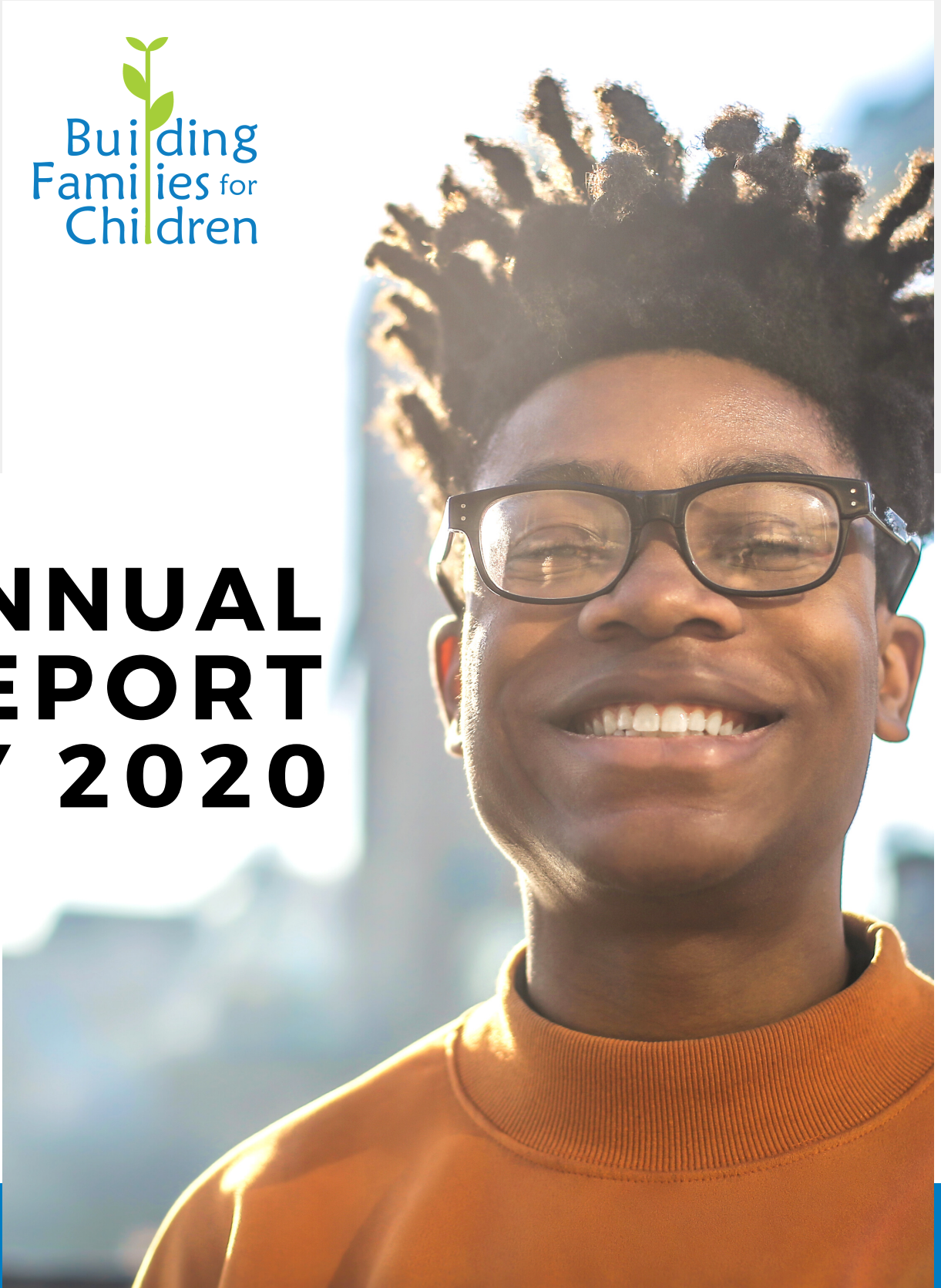




ANNUAL REPORT FY 2020



WWW.BUILDINGFAMILIESFORCHILDREN.ORG

CELEBRATING 100 YEARS

Since 1920, Building Families for Children has been providing essential services to Maryland's most vulnerable children and families. This report provides a glimpse of the work that's been done and the lives that have been impacted during the last year. The faithful support of numerous churches, community partners, donors, foster parents, and volunteers makes it all possible!



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“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.” Psalm 1:1-3

Dear friends,

Building Families for Children exists to share the love of Christ by helping Maryland's most vulnerable children thrive in families. As we enter our 100th year as an organization, we remain committed to the truth found in Psalm 1:1-3. Children that thrive are surrounded by men and women whose delight is in the law of the Lord. From our staff, to our foster families and host homes, to our board, to the incredible volunteers that help us collect, organize and distribute resources, we remain committed to seeking God's guidance in order that we may share God's love! One does not have to look far in 2020 to see places where the enemy is striving to destroy but despite that, Jesus came to see us thrive.

As you read this report, we want to start by saying thank you. Most of you have already been involved with our mission and you are the reason that we are able to fulfill the calling that we have been given. We also want to ask for your increased help. As you continue to pray for, volunteer in, and financially support Building Families for Children, will you also consider increasing the number of times that you share about the work that we are doing? With the challenges ahead, we need more hands and feet than ever who are serving on our board, through our Safe Families for Children program, and throughout the organization.

I look forward to connecting with you and others that are interested in helping us serve Maryland's most vulnerable children.



Sincerely,

Shaun Smithson

Shaun Smithson

President of the Board of Trustees

SERVING CHILDREN SINCE 1920

Building Families was founded in 1920 to ensure that children were cared for in families, rather than in orphanages, where our founders believed they were most likely to get the love and support they needed to thrive. Today we hold fast to that belief, and continue this important work by mobilizing the community and providing trauma-informed care.



MISSION

To share the love of Christ by helping Maryland's most vulnerable children thrive in families.



VISION

A safe, nurturing family for every child. A supportive, thriving community for every family.



VALUES

Christ Centered

Family Focused

Community Minded

Strengths Based

Integrated

Stewardship

To learn more about our values, visit buildingfamiliesforchildren.org/overview



CHOSEN TREATMENT FOSTER CARE

The name CHOSEN stands for Children of Special and Exceptional Need. Our treatment foster care program is contracted with the State Department of Human Services to serve vulnerable children in foster care.

ABOUT CHOSEN

CHOSEN provides family-based care for children in treatment foster care who, due to childhood trauma, require more than the basic care and support that regular foster care provides. By training certified foster parents to understand how trauma affects the brain, and equipping them with the tools and support they need, children who are the most likely to be placed in an institutional setting are able to grow and thrive in a family!

Every child in our CHOSEN program has a history of trauma that impacts their needs, development, and behavior. Unfortunately, studies have shown that youth in foster care have poor long-term outcomes when compared with peers. They are more likely to drop out of school, become teen parents, and experience homelessness. So what can be done to help our most vulnerable children? Our treatment model, extensive training and support for foster parents, advocacy for permanency, and Independent Living Classes are breaking the generational cycles of trauma, poverty, and isolation.

The treatment model we use is Trust-Based Relational Intervention® (TBRI®), an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the approach incorporates attachment theory, sensory processing and neuroscience, the heartbeat of TBRI® is connection.

DEMOGRAPHICS

GENDER: 59% Female, 41% Male

RACE/ETHNICITY: 54% African American, 31% Caucasian, 8% Hispanic, 7% Multi-Racial

AVERAGE AGE: 13 Years Old



IMPACT STORY

Natalie, like all children in foster care, endured great hardships early in life. She was abused and eventually removed from her home by the State at age 11. She felt sad, confused, and afraid of the future.

The journey of healing from childhood trauma is winding and complex. There have been many highs and lows for Natalie. Earlier this year she slipped into a dark and difficult place. She stopped taking her medications consistently, dropped out of her college classes, and lost her part-time job. Her foster parents and social workers worried about what would happen she turned 21 and aged out of foster care in the fall. Many high-risk youths like Natalie become homeless. Natalie was worried too; she found herself feeling sad and afraid of the future again.

Raquel, her BFC Treatment Social Worker, stepped in to provide the extra support Natalie and her foster parents needed to turn things around. Raquel started by looking for an independent living program that offered affordable housing and some additional supports. Next, she set regular meetings with Natalie to help her learn how to manage personal finances, find a full-time job, and create a system that empowered Natalie to manage her medications and therapy appointments on her own. During one of their meetings someone asked if the two of them were sisters and Natalie replied, "I wish!"

Over time, Natalie began to grow in confidence and her feeling of dread turned into excitement for the future! Today she has a full-time job that she loves, and she has secure housing through an independent living program for the next 5 years. She's able to manage it all and enjoy her life because she's learned how to advocate for herself and make her mental health a priority. We are so glad that Natalie was able to change course. She is strong, she is loved, and she is capable of amazing things!

CHOSEN AT A GLANCE



71 Youth served

21 Youth who achieved permanency goals (**2** adoptions/guardianship, **5** youth moved on to independent living situations, **14** reunified)

88% of foster parents reported making a positive difference in the lives of the youth in care

Foster parents reported a decrease in negative behaviors stemming from childhood trauma in **72%** of youth served



SAFE FAMILIES FOR CHILDREN® (SFFC)

Safe Families for Children® mobilizes a network of compassionate volunteers to wrap support around families facing crisis. These relationships provide the safety net many vulnerable families need to keep children out of the State foster care system and achieve long-term stability.

ABOUT SFFC

When crisis strikes, many of us rely on relatives and friends for support. But for some parents, this is not an option, which leaves them vulnerable. SFFC mobilizes a network of compassionate volunteers to circle around families in need. Host Family volunteers provide a safe, temporary home for children. This allows parents to focus on crisis situations, like homelessness, without worrying about losing parental custody. Family Friend and Family Coach volunteers provide an extra layer of support for both the Host Family and the parents receiving help. This Circle of Support provides the safety net many vulnerable families need to keep children out of the foster care system. Relationships formed through SFFC are long-term, so the next time crisis strikes, parents have someone to call!

The key components of SFFC are:

Parents facing crisis situations maintain full custody of their children when they voluntarily place them in our care. Children stay with safe, loving, thoroughly screened volunteer families for an average of 6 weeks.

Volunteers form a Circle of Support around families in need. While some volunteers host children, others provide mentoring, resources, and other help so that the parent can focus and achieve their goals, ultimately leading to the reunification of the family.

Churches play a central role. We engage the faith community to recruit and support volunteers, as well as to refer families in need.

Community Partners are a critical part of the support network we wrap around families in crisis. From housing to mental health services and addiction treatment, SFFC's community partners provide additional services needed to help families achieve long-term stability.

DEMOGRAPHICS

GENDER: 51% Female, 49% Male

RACE/ETHNICITY: 66% African American,
20% Caucasian, 7% Hispanic/Latino, 7% Asian

AVERAGE AGE OF CHILD HOSTED: 7 Years Old



IMPACT STORY

After giving birth, Carla placed her newborn with an adoption agency, knowing she had 30 days to change her mind. As much as she loved her sweet baby, she knew the temporary place she was staying in only had room for her two older children. Working full time, raising children, and not having a permanent place to live all contributed to her feelings of hopelessness. But when her son pleaded for her to keep the baby, she found a renewed sense of strength and power.

With only one week left to find another way, Carla learned about our Safe Families for Children (SFFC)® service. At first, she was skeptical. She wondered why a stranger would care enough to host her child for six months until she could get on her feet. When she met the Martins, SFFC's volunteer host family, she knew—they served because they loved God and loved others.

During the hosting, Carla worked hard, secured an apartment, and was reunited with her baby, Angel. The beauty of SFFC is that although the hosting has ended, the relationship continues. Not only do the families get together regularly, but Carla has asked the Martins to be Angel's godparents. Seeing the love in Carla's eyes when she holds Angel has brought indescribable joy and strengthened the sense of purpose everyone involved in this vital ministry has. Without SFFC, Carla and Angel would have been separated for a lifetime.



From left to right: Angel and the Host Home siblings, Chase, Sean, Autumn, and Olivia.

SFFC AT A GLANCE

45 Children hosted for a total of **785** nights of hosting

Average length of stay **17** days

15,605 Volunteer support hours

100% reunification with biological family

Referrals: **37%** self-referral, **23%** local Departments of Social Services, **13%** community organizations, **11%** hospitals, **8%** churches/faith-based organizations, **5%** friends, **3%** schools

Primary reason for hosting: **38%** medical health/hospitalization, **35%** mental health, **6%** financial crisis, **6%** homelessness, **2%** drug/substance abuse treatment, **13%** other crisis



THERAPEUTIC FAMILY SERVICES (TFS)

Our therapists work with children of all ages and their caregivers to address emotional and behavioral difficulties resulting from trauma. We help families of all types (adoptive, foster, and biological) to connect, heal, and thrive together!

ABOUT TFS

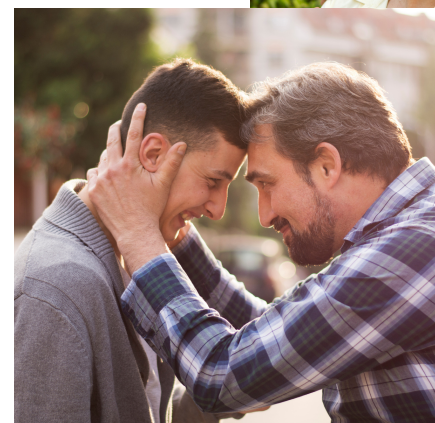
Childhood trauma makes a lasting impact on the brain, hindering a child's ability to learn, grow, and form healthy attachments with others. We help families of all types (adoptive, foster, and biological) to connect, heal, and thrive together! Our therapists' approach is based on the principles of Trust-Based Relational Intervention® (TBRI®), a holistic, attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children. Additional therapeutic interventions like mindfulness, Theraplay, Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Emotional Freedom Techniques (EFT) may also be integrated into treatment.

Caregivers are actively involved in each therapy session. Both caregivers and children learn the TBRI® principles and skills so they can use them at home and enjoy lasting, positive change in their relationships.

We also hold Therapeutic Day Camps throughout the year to further engage families.

"Naturally, we want to lead our children to security and healing, but too often we discover that we do not know the way there for ourselves. The undeniable reality is that, just as with our children from hard places, our past affects our future, but the good news for us and our children is that the past does not determine our future. We must never forget that we are loved by God who is capable and intent on putting the broken pieces of our lives back together and bringing healing to our deepest wounds."

— Dr. Karyn Purvis, co-creator of Trust-Based Relational Intervention®



DEMOGRAPHICS

GENDER: 68% Female, 32% Male

RACE/ETHNICITY: 39% African American,
39% Caucasian, 7% Hispanic/Latino, 7% Asian,
8% Multi-Racial

IMPACT STORY

Before beginning treatment through BFC's Therapeutic Family Services at age 17, Ted had endured much hardship. He was abandoned by his birth mother and cared for by his father until his sudden death when Ted was 13 years old. He was left in the care of his grandmother and had an extremely hard time coping with the grief associated with his losses. His grandmother eventually told him he couldn't stay and a cousin took him in, but his cousin later left him in a psychiatric hospital which resulted in his placement in foster care.

Ted's therapy at BFC targeted the symptoms of his trauma which included grief, anger, low self-esteem and poor emotional regulation. He was easily angered, quickly withdrew from relationships, and had difficulty connecting with peers because of his fear of rejection.

During family therapy, our in-house therapist Kwajera Jackson, LCSW-C, utilized Trust-Based Relational Intervention® (TBRI®) to build a foundation of trust, felt-safety, and connection between Ted and his foster mom, an essential first step. In individual sessions, Kwajera used Cognitive Behavioral techniques to re-frame his negative beliefs about himself, and Eye Movement Desensitization and Reprocessing (EMDR) treatment to address his extensive trauma.

Ted has made drastic improvements in treatment! Today Ted demonstrates the ability to use self-regulation strategies and communication when he is upset. Rather than acting out or withdrawing, he goes for a walk or to an identified safe space to process until he is ready to talk. These changes have allowed him to build healthy relationships, which will continue to protect him and enrich his life!

We're proud to report that despite all of the adversity he's faced, Ted recently graduated from high school and acquired a job. He remains connected to his foster mom as he navigates his journey toward independence!



TFS AT A GLANCE

34 Families served: **12** CHOSEN Treatment Foster Care, **3** Safe Families for Children®, **19** community

1 Therapeutic Day Camp with **14** children and **12** parents

83% of those surveyed reported less parental stress after receiving services

586 Sessions completed: **425** family sessions and **143** individual sessions

LIST OF DONORS

\$10,000 - \$15,000

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GRANTS



Howard County Community Service
 Partnership: \$29,836



United Way of Central Maryland:
 \$9,000



Community Foundation of Howard
 County: \$5,000



The Horizon Foundation of Howard
 County, Inc.: \$600

FINANCIALS

ASSETS

Cash	\$	399,015
Investments		677,618
Accounts Receivable		158,800
Prepaid Expenses		10,610
Property and Equipment, Net		8,175
TOTAL ASSETS	\$	<u>1,254,218</u>

LIABILITIES AND NET ASSETS

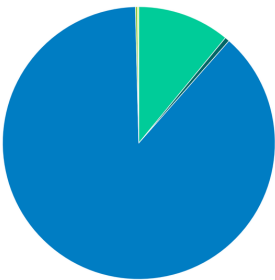
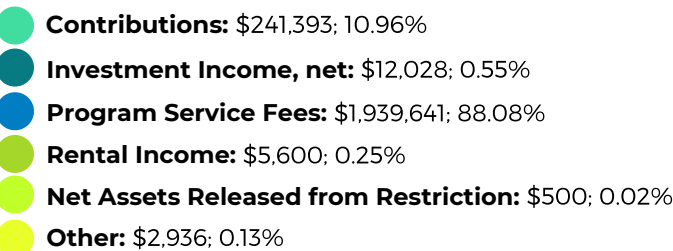
LIABILITIES		Liabilities
Accounts Payable	\$	64,856
Salaries Payable		43,171
Vacation Payable		54,491
Deferred Revenue		8,725
Note Payable		193,700
TOTAL LIABILITIES	\$	<u>364,943</u>

NET ASSETS		Net Assets
Without Donor Restrictions	\$	766,043
With Donor Restrictions		123,232
TOTAL NET ASSETS	\$	<u>889,275</u>

TOTAL LIABILITIES & NET ASSETS	\$	<u>1,254,218</u>
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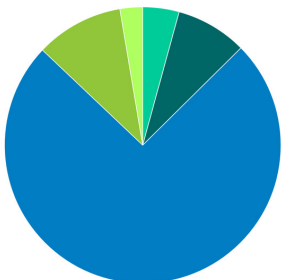
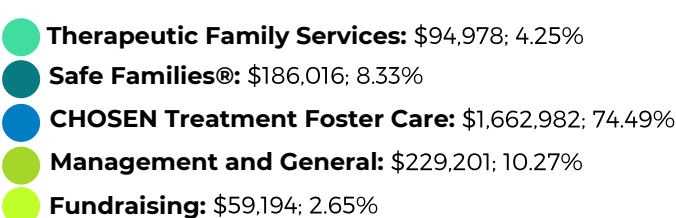
REVENUE

\$2,202,098



EXPENSES

\$2,232,371



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