

Building Families for Children

FY23 Annual Report



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Letter from the President of the Board of Trustees

Dear Friends of Building Families for Children,

As we prepare our annual report, it allows us to reflect on the work and service Building Families for Children has experienced and provided over the past year. The year 2023 can best be described as a year of change, challenge, and blessings. Building Families for Children was blessed to bring Mrs. Tricia Sakles on as Executive Director. Mrs. Sakles has been with BFC for more than 20 years, holding numerous leadership positions, and demonstrating an in-depth knowledge of the organization. The Board of Trustees unanimously approved and welcomed Mrs. Sakles as Executive Director to lead the organization. Another big change that occurred was an agency move to a new location in Columbia that offers considerable savings to the organization, allowing the agency to be better stewards of the resources that God provides through you. BFC has had numerous challenges due to the economy and difficulty with staffing. However, God is Great! According to God's timing, BFC has received grants, donations, and other opportunities, such as the agency move, all of which provided the resources needed to continue to serve many of Maryland's most vulnerable children. As I said, God is Great!

Once again, we would like to thank each of you for your continued support through prayer, time, and financial gifts. BFC remains positioned to continue to serve as a house to share the Good News for the families and children we serve. As Matthew 18:20 says, "For where two or three are gathered in My name, I am there among them." Matthew 7:24-25 discusses the importance of Christ being our footers and firm foundation. "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock."

While BFC provides a safe, nurturing, and therapeutic environment for healing and reconciliation, it serves a greater role because our families receive the message of Christ. This is due to your continued commitment and partnership. Our values allow for the gospel to flow through everything we do to those that we serve because Christ is our rock and cornerstone (Matthew 21:44). Hebrews 3:4 and Genesis 1 remind us that God is the Builder of heaven and earth. BFC had a challenging year due to shortages in therapeutic staff and some declining revenues connected to our tough economy. However, these challenges only create a stronger resolution to lean on faith and prioritize our spiritual posture more fully in Christ. Psalm 127 states, "Unless the LORD builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain. In vain you rise early and stay up late, toiling for food to eat-- for He grants sleep to those he loves. Sons are a heritage from the LORD, children a reward from Him." Reference points such as these reassure us of God's presence and the importance of our reliance on our faith in his provisions.

You have blessed BFC with your faithful prayer and giving of time and resources. We can remain strong advocates for Christ because of these generousities. Your gifts allow us to serve and share the love of Christ with many children and families each year. Thank you, and we prayerfully request you continue to support and grow the Building Families for Children ministry. Your generosity of partnering, referring, volunteering, and giving is the catalyst to serve Maryland's most vulnerable children and families with an eternal focus. Building Families for Children is being driven by the Will of God as we aim to follow His direction to serve others as His Son, Jesus, served us. As 1 Corinthians 13:7 says, "Love always protects, always trusts, always hopes, always perseveres."



Sincerely,

Dr. Steven W. Burnett
President of the Board of Trustees
sburnett@mcdaniel.edu

Letter from the Executive Director

Dear Friends of Building Families for Children,

As I look back on my 22 years at BFC, I find this last year to be significant. We experienced a lot of changes, including a change in leadership as I stepped into the Executive Director role last April, a move to a new location in October, and we underwent a Strategic Planning process where we refined our mission, vision and values. Throughout these changes, we have remained steadfast in our commitment to serving those who need our help, and to providing quality and effective services.

BFC’s mission is to help Maryland’s most vulnerable children and their families thrive by providing trauma-focused supportive services with Christ-like love and compassion. It is with this mission in mind—as well as a focus on our core values of Christ-Centeredness, Family Focused, Stewardship, Partnership, Innovative, Evidence-Based Practices, and Justice, Equity, Diversity, and Inclusion—that we enter 2024.

As we close out our 103rd year, I am grateful for every colleague, board member, volunteer, foster parent, donor, church, and community partner who has given time, energy, and resources to support BFC. On behalf of Building Families for Children, we thank you for your ongoing support!



Sincerely,

Tricia Sakles
Executive Director
tricia@buildingfamiliesforchildren.org



Above: Dr. Steve Burnett, Tricia Sakles, Brianna Jeffries, and Tracy Lane participate in a nurture group activity at a staff and board retreat held at City on a Hill Community Church in June 2023.

Agency Overview & New Mission, Vision, Values

Building Families for Children is a faith-based nonprofit with a mission to “help Maryland’s most vulnerable children and their families thrive by providing trauma-focused supportive services with Christ-like love and compassion.”

We believe that every child deserves to grow up in a safe, supportive family. Since our founding in 1920, we’ve continued to provide services that make that a reality for many children in Maryland! We currently provide trauma-informed care through three programs: CHOSEN Treatment Foster Care, Safe Families for Children®, and Therapeutic Family Services.

During our Strategic Planning process in FY23, our staff and board of trustees refined our Mission, Vision, and Values. While our scope of work remains the same, our updated Mission, Vision, and Values more accurately reflect our foundation of faith and how that guides the work we do.

Mission

To help Maryland’s most vulnerable children and their families thrive by providing trauma-focused supportive services with Christ-like love and compassion.

Vision

Safe and supportive families for every child to help them thrive in community and life.

Values

Christ-Centeredness

Family Focused

Innovative, Evidence-Based Practices

Partnerships

Stewardship

Justice, Equity, Diversity, Inclusion





CHOSEN TREATMENT FOSTER CARE

About CHOSEN

CHOSEN At a Glance

Youth Served: 34

Youth Achieved Permanency Goals: 6 (4 moved to independent living situation)

Parents (with placements) reporting satisfaction with the difference they are making in the lives of the youth they have served: 100%

Parents reporting a decrease in negative behaviors stemming from childhood trauma since placement: 63%

We saw an increase in stability this year as evidenced by a 58% reduction in critical incidents!



Through our Children of Special and Exceptional Need (CHOSEN) program, we provide 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. We train foster parents to understand how trauma affects development and equip them with tools and support so the children who are the most likely to be placed in an institutional setting are able to grow and thrive in a family!

Studies show that many 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 preparation for independence are breaking the generational cycles of trauma, poverty, and isolation.

Trust-Based Relational Intervention® (TBRI) is the attachment-based, trauma-informed intervention we use to meet the complex needs of vulnerable children. While TBRI is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI is connection.



Demographics

Gender: 53% female, 47% male

Race/Ethnicity: 50% African American, 25% Caucasian, 10% Hispanic, 15% Multi-Racial

Ages: 1-5 15%, 6-10 29%, 11-15 32%, 16-18 18%, 19-20 6%

Impact Story: CHOSEN Treatment Foster Care

Lucy was just four years old when she entered our CHOSEN Treatment Foster Care program in March 2022. Lucy is diagnosed with Autism Spectrum Disorder and struggles with sensory issues, social interactions, emotional regulation, and fine motor coordination. A lot of teamwork went into getting Lucy the support she needed to thrive. BFC treatment social workers, Lucy's foster parents, various therapists, and Safe Families for Children® volunteers worked together to ensure Lucy received the services she needed to thrive. During the year-and-a-half she was in foster care, Lucy made so much progress!

When we first met Lucy, the only foods she would eat were chicken nuggets and fries because of her sensory issues and difficulties with textures. Lucy was enrolled in a regular feeding clinic that she attended with her foster dad, Brian. Brian learned cognitive reinforcement strategies to keep Lucy focused and modeled desired behavior for her during the clinic and at home. They practiced mealtime routines, including giving her plenty of warning with countdowns before meals. Through the meal clinic and her supportive foster home environment with Brad and his wife Amy, Lucy became comfortable with eating over 40 additional foods! Over time, Lucy expanded her palate to include new favorite foods like chicken wings, broccoli, and cheese.

Lucy also attended the Achievements Therapeutic Day Program through the Kennedy Krieger Institute. Through that program, Lucy learned and practiced emotional regulation and using her words to communicate her needs. Lucy also had opportunities to learn appropriate social interaction and even form friendships within her small group. She also worked with an Occupational Therapist twice a week to help strengthen her fine motor skills. Through Occupational Therapy, Lucy learned how to hold a pencil and paintbrush and use them to draw and color. Brad and Amy also enrolled Lucy in swimming lessons and took her to church. Because of her progress in the various therapeutic support programs, Lucy transitioned from only going to school for half a day to attending the entire day. That was a big deal for Lucy; she loved her teachers and enjoyed going to school.

Lucy's story is a testament to the power of love, support, and dedication. The support Lucy received extended beyond just therapy. Lucy's biological mom, Kelly, was engaged with many of Lucy's therapeutic interventions, including attending family therapy together. During family therapy and regular visits, Kelly and Lucy practiced skills to rebuild connection and ensure a smooth transition back home. Kelly also worked with a support team of her own. A group of approved volunteers from our Safe Families program formed a Circle of Support around Kelly to ensure she had an extended family-like network to rely on when she needed help. The Safe Families volunteers helped Kelly transfer many of Lucy's services to their home county so that Lucy could continue making progress outside of foster care.

Lucy was reunified with Kelly in November 2023, and we are happy to share that they are both doing great!

Please note: Names have been changed to maintain privacy.



SAFE FAMILIES FOR CHILDREN[®] (SFFC)

About Safe Families for Children®

SFFC At a Glance

Children Hosted: 13 (1001 nights total)

Average Length of Stay: 97 days

Referral Sources: 45% Self-Referral, 19% Department of Social Services, 17% Community Agencies, 8% Medical Facility, 4% Schools, 3% SFFC Volunteers, 1% Mental Health Services, 3% Other

Total Number of Volunteer Hours: 25,406

Parents Indicating Improvement in the Area of Social Supports: 100%



When crisis strikes, many of us rely on relatives and friends for support. For some parents, this is not an option, which leaves them vulnerable. Safe Families for Children® (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 parents have someone to call if a crisis strikes again.

The key components of SFFC are:

Parents facing crisis situations voluntarily place children in our care.

Volunteers form a Circle of Support around families in need. Some host children while others help parents achieve stability.

Churches recruit and support volunteers, as well as refer families in need.

Community Partners provide additional services needed to help families achieve long-term stability.



Demographics

Gender: 69% male, 31% female

Race/Ethnicity: 70% African American, 23% Caucasian, 7% no response

Average Age: 8

Impact Story: Safe Families for Children®

In the spring of 2023, the Safe Families for Children® team received a referral from the Department of Social Services for Angela, a single mother with four young children facing housing insecurity. With no family support network, and struggling to provide for her children, Angela feared she would be forced to surrender the children to DSS, where they would enter the foster care system. Angela shared with her Safe Families Family Support Coordinator, Tara, that she felt defeated. Tara saw past the hopelessness and recognized that Angela had a tenacious spirit and a strong will to succeed.

During the three months that Angela's family was being helped, the Safe Families team put out a call to our approved volunteers. Five different volunteer families wrapped around Angela and her children to provide help and support. While the children were hosted and cared for by one of the volunteer families, Angela was able to focus on work and saving enough funds to provide for her family. She was also able to secure stable housing! Safe Families volunteers donated beds for the children, ensured the family had all the necessary home essentials, and helped move everything into Angela's new home—including her children!

Through this Circle of Support, a hallmark of the Safe Families for Children® program, Angela now has an extended family-like support system. Host families provide child care and respite for the children. Angela also has people she can rely on for emotional support and encouragement. One family recently accompanied Angela to a custody hearing so she wouldn't have to face it alone.

Nine months ago, Angela saw no alternative but to give up her children. Today, she has a home, and is finishing her first semester at Morgan State University! She has a support system of people who love her and her children unconditionally. Angela's experience with the loving and supportive community in Safe Families for Children® has reinvigorated her spirit. Her confidence has grown. Angela is empowered to make the best choices for her family, and is looking forward to all the possibilities awaiting them!

Please note: Angela's name has been changed to maintain privacy.



THERAPEUTIC FAMILY SERVICES (TFS)

About Therapeutic Family Services



TFS At a Glance

Families Served: 10

Sessions Completed: 244

“The goal is to see the precious child that exists beneath the survival strategies and to let them know that we see them.”

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

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!

Childhood trauma makes a lasting impact on the brain, hindering a child’s ability to learn, grow, and form healthy attachments with others. 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. Our therapists may also integrate other interventions and tools into treatment to best serve each client. In addition to TBRI, some of the other modalities our therapists use in treatment are:

Mindfulness

Theraplay

Cognitive Behavioral Therapy

Eye Movement Desensitization and Reprocessing (EMDR)

Emotional Freedom Technique (EFT)

Caregivers are actively engaged 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're looking for additional therapists to join the TFS team so we can help more families on the journey to connection and healing.

Learn more online at: www.buildingfamiliesforchildren.org/employment

Financial Donors

\$10,000-\$20,000

INDIVIDUALS

Anonymous (1)
Mr. and Mrs. G. Stewart Eidel
Mr. and Mrs. William E. Ely

CHURCHES

Lake Shore Baptist Church

\$5,000 - \$9,999

CHURCHES

First Baptist Church of Beltsville

\$2,500 - \$4,999

INDIVIDUALS

Anonymous (1)
Mr. and Mrs. Jason Float
Ms. Karen Osae
Dr. Louis and Dr. Carol Owens
Mrs. Jane Ann Welch

CHURCHES

Jessup Baptist Church
Grace Community Church
LifePoint Church
LifePoint Legacy/Orphan Ministry

ORGANIZATIONS

The Benevity Community Impact Fund AKA
American Online Giving

\$1,000 - \$2,499

INDIVIDUALS

Mr. and Mrs. Chris Adornetto
Mr. and Mrs. David W. Childs, Sr.
Mr. Anthony and Mrs. Emily Farace
Mr. and Mrs. Willem Folkerts

Mr. John Glennon
Rev. Robert H. and Mrs. Karen Gerstmyer
Mr. Blake Langford
Mr. C. Ray Mann
Mr. and Mrs. Harold L. Moore, Jr.
Mr. Arthur T. Queen

CHURCHES

Emmanuel Baptist Church of Gambrills
Long Green Baptist Church
Mt. Airy Baptist Church
South Columbia Baptist Church

ORGANIZATIONS

APL Federal Credit Union
Becton, Dickinson and Company

\$500 - \$999

INDIVIDUALS

Anonymous (1)
Mr. and Mrs. Erik Apahnis
Ms. Nancy L. Beck
Dr. Steve Burnett
Ms. Linda Callahan
Mr. Young Ho Choi
Mrs. June P. Holland
Mrs. Monlisa L. Smith-Johnson
Mrs. Tania Alvarez-Kemper
Mr. and Mrs. Jorge Marini
Ms. Gwyneth Meyer
Mr. Timothy Moore
Mr. Matt and Mrs. Carlye Page
Mr. and Mrs. Robert Palmer
Mr. and Mrs. John W. Rosbrugh, Jr.
Ms. Shirley Schrier
Mr. and Mrs. Jeff Shusterman
Mr. and Mrs. Charles A. Simpson, Jr.
Mr. and Mrs. Shaun Smithson
Mr. Michael Spencer
Mr. Mark Widmeyer
Mr. and Mrs. Richard L. Wiseman

Financial Donors, continued

CHURCHES

Carsins Run Baptist Church
Catonsville United Methodist Church
Colonial Baptist Church
Elvaton Baptist Church
First Baptist Church of Suitland
Loch Raven Baptist Church

\$100 - \$499

INDIVIDUALS

Anonymous (1)
Ms. Alexandria Arnold
Mr. and Mrs. Ryan Hayleck
Mr. John Brian Atwood
Mr. and Mrs. Ralph Koch
Mr. Fred Kramer
Ms. Isabelle H. Fenner
Mr. Patrick Dempsey and Ms. Jennifer Bukowitz
Ms. Karyn P. Keating
Mr. and Mrs. Wayne F. Francischetti
Ms. Veronica Gilbert
Mrs. Barbara M. High
Mr. and Mrs. Bruce W. Woodford
Ms. Hetal Soni
Mr. and Mrs. David Childs, Jr.
Mr. and Mrs. Stephen G. Kiel
Mrs. Kimberlee Glinka
Mr. and Mrs. Frank H. Clark, Jr.
Mr. and Mrs. Patrick Mitton
Ms. Denise Morgan
Chanel Grant
Ms. Sarah Powell
Ms. Susanna Shapiro
Ms. Anika Grant
Mr. Trevor Hoffman
Mr. and Mrs. Donald L. Bennett
Mr. and Mrs. Daniel Esters
Mr. and Mrs. Tom Graf
Mr. and Mrs. Brian T. Jones
Mr. and Mrs. Stanley J. Kraska, Jr.

CHURCHES

Calverton Baptist Church

Canton Baptist Church
Colesville Baptist Church
Elkridge Baptist Church
Glen Burnie Baptist Church
Inner Light Family Ministry
White Plains Baptist Church

ORGANIZATIONS

Amazon Smile
Found and Favor LLC
Frontstream
Glen Burnie High School FLIP Club
Lisa M. Ott, LCSW-C, LLC
Panda Restaurant Group
Pledgeling Foundation
United Way of Central Maryland

Up to \$99

INDIVIDUALS

Anonymous (1)
Mr. Ricardo Allen
Ms. Dorothy E. Baker
Mr. Jonathan Barnes
Mr. Robert L. Bates
Ms. Aritee Bond
Mr. and Mrs. Richard C. Britt
Mrs. Elnora Holmes
Ms. Doris M. Howard
Ms. Linda Love McCormick
Ms. Melissa Mohip
Ms. Leizl Pesebre
Mr. Zachary Piercy
Ms. Julia L. Rankin
Mr. Jordan Robin

CHURCHES

Glenn Dale Baptist Church

ORGANIZATIONS

Costco Wholesale #200

Grants



Howard County Community Service Partnership

\$41,626



Thank you to our donors and grantors for your ongoing support and generosity!

Become a Monthly Donor

We would like to invite you to officially become a **Family Ally** through our monthly donor program. As a Family Ally, you will join a special community of givers who are helping break the devastating cycle of trauma through your ongoing support. Your gifts help to sustain our continuum of services and to make a positive impact on more children living in *safe, supportive families*.

We will send an annual giving receipt for tax purposes in January. You can cancel or make changes to your monthly schedule at any time. Should you have any questions regarding the Family Ally program, please do not hesitate to call Julie Rankin at 410-872-1050 or email juliel@buildingfamiliesforchildren.org.

Here's how you enroll:

The most efficient option for setting up your monthly giving is using the secure Givebutter platform on our website. Visit www.buildingfamiliesforchildren.org/donate. You can set it up using your direct debit, often referred to as ACH or EFT, from your bank account or by using a debit or credit card.

You can also text the phrase **donatebfc** to **53-555** to launch the secure Givebutter platform, and follow the prompts to set up your monthly donation.

To find out about more ways to get involved in our mission, please check our website for updates. You may also sign up to receive a digital copy of our monthly newsletter at www.buildingfamiliesforchildren.org.

Financial Position

Assets

Cash.....	\$	138,857
Investments.....		734,166
Accounts Receivable.....		115,204
Prepaid Expenses.....		62,792
Furniture and Equipment, Net.....		20,275
Right-of-Use Asset.....		29,728
TOTAL ASSETS.....	\$	<u>1,101,022</u>

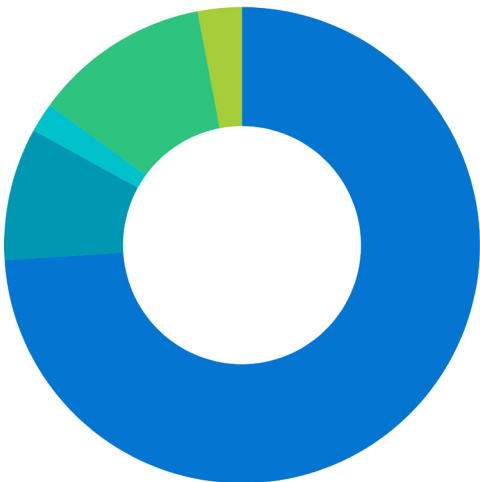
Liabilities and Net Assets

LIABILITIES		Liabilities
Accounts Payable.....	\$	72,414
Accrued Salaries and Benefits.....		48,136
Deferred Revenue.....		2,167
Lease Liability - Office Space.....		29,728
TOTAL LIABILITIES.....	\$	<u>152,445</u>
NET ASSETS		
Without donor restrictions.....	\$	843,066
With donor restrictions.....		105,511
TOTAL NET ASSETS.....	\$	<u>948,577</u>
TOTAL LIABILITIES & NET ASSETS	\$	<u>1,101,022</u>

Expenses

Total Expenses: \$1,912,693

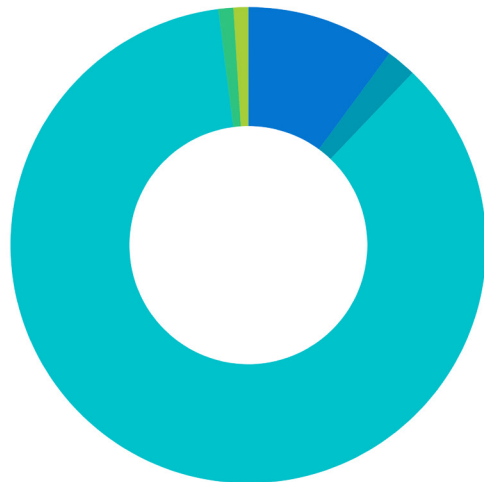
- CHOSEN: \$1,427,770
- Safe Families for Children: \$168,259
- Therapeutic Family Services: \$33,991
- Management and General: \$229,081
- Fundraising: \$53,592



Revenue

Total Revenue: \$1,887,190

- Contributions: \$195,217
- Investment (loss) Income, Net: \$37,756
- Program Service Fees: \$1,605,173
- Rental Income and Other: \$8,472
- Net Assets released from restriction: \$40,572



Current Board and Staff

Staff

Tricia Sakles

Executive Director
tricia@buildingfamiliesforchildren.org

Tia Blue-Owens, LCSW-C

Program Director, CHOSEN
tia@buildingfamiliesforchildren.org

Kristen Carrasco

Marketing Director
kristen@buildingfamiliesforchildren.org

Judy Garrett

Office Manager
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Dawn Simon, LBSW

Intake Coordinator, CHOSEN
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Rhonda Murray

Volunteer Coordinator, Safe Families
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Gabi Anderson

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Jim McCaffrey

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Tara Anderson

Program Director, Safe Families
tara@buildingfamiliesforchildren.org

Julie Rankin

Operations Administrator
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Tracy Lane, LCSW-C

Recruitment & Certification Manager, CHOSEN
tracy@buildingfamiliesforchildren.org

Jasina Wise

Family Support Coordinator, Safe Families
jasina@buildingfamiliesforchildren.org

Kaylin Murray

Administrative Assistant, CHOSEN
kaylin@buildingfamiliesforchildren.org

Board of Trustees

Dr. Steven Burnett, Ed.D., President

Member of Crossroads Westminster

Mr. Stew Eidel

Member of Crossroads Westminster

Ms. Trina Harvey

Member of Real Life Church

Ms. Darla Trigger

Mr. Jeff Shusterman, Vice President

Member of LifePoint Church

Mrs. Michelle Gibbs

Member of Crossroads Westminster

Mrs. Emily Scott

Member of Church at Covenant Park

Pr. Shane Valenstein

Lead Pastor at City on a Hill Church

Join our Board of Trustees

Ready to Make a Lasting Impact?

BFC is looking for dedicated, passionate, effective community leaders who are ready to further serve their communities by joining our Board of Trustees. Serving on the board is a rewarding opportunity to demonstrate Christ's love not only in word, but also "with actions and truth" (I John 3:18). Your time and expertise will make a lasting impact on the lives of children and families facing crisis.

If you are interested in exploring board membership, please contact Board President Dr. Steven Burnett at: sburnett@mcdaniel.edu



Key Responsibilities

The BFC Board of Trustees plays an essential role in fulfilling the agency's mission. Some of the key responsibilities include:

- Determining how the organization carries out its mission.
- Establishing policies that ensure BFC continues to provide services that effectively meet the needs of the community and best practices are followed.
- Acquiring and allocating resources to support vital services.
- Assuring effective stewardship of the Agency's assets and finances.

Qualities & Characteristics of our Board Members

BFC seeks board members who are passionate about the organization's mission, vision and values, reflect the demographics and/or represent the interests of the community BFC serves, and meet the following criteria:

- Relevant governance, business, or other professional experience.
- Familiarity with and access to community leaders, political representatives, and other relevant local organizations.
- Willing to fundraise and connect the agency with other resources.
- Christians who align with the agency's Statement of Faith.

Commitment

Board members are elected for three-year terms. During that time, board members are committed to:

- Attending at least three of four general board meetings annually.
- Serving on at least one committee.
- Making an annual financial donation to the agency commensurate with one's ability.



Building Families for Children, Inc.
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www.buildingfamiliesforchildren.org

 buildingfamiliesforchildren

 buildingfamilies

