



Family Nurturing Center



Safe children
Thriving families
Nurturing communities

**ANNUAL
REPORT**
2022
2023



FROM THE PRESIDENT

WE STRIVE TO CREATE A NURTURING COMMUNITY FOR ALL FAMILIES

WE STRIVE TO END THE CYCLE OF CHILD ABUSE

2022 | 2023

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When Family Nurturing Center began nearly 45 years ago, we operated out of a volunteer's home. We offered a crisis hotline, staffed by caring volunteers.

Today, we provide services on both sides of the Ohio River with offices in Florence, Kentucky, and Cincinnati, Ohio. Our 80 specialized employees serve 12,000 individuals each year.

Their parents/caretakers bring them to Family Nurturing Center where they can release their pain, develop coping and confidence-boosting skills, heal from trauma and gain hope.

Their therapy takes as long as it takes. There's no magic number to how many sessions our participants need. Like them, each journey is unique. We're here for them as long as it takes. Our commitment to free services allows us the flexibility to counsel children and adults based on their needs without restrictions.

Together, we can care for the children who need us most and end the cycle of child abuse by cultivating safe children, thriving families and nurturing communities.

Warm regards,

Jane Herms, MSW
President/CEO
Family Nurturing Center

FINANCIALS

WE STRIVE TO BE GOOD STEWARDS
OF OUR RESOURCES
AND MAXIMIZE SUPPORT
TO CHILDREN AND FAMILIES

Family Nurturing Center is supported through contracts and grants from various government agencies, United Way of Greater Cincinnati, individual and foundation contributions, special fundraising events and in-kind contributions. We earn additional revenue by providing training programs to helping professionals.

Platinum
Transparency
2024

Candid.

Family Nurturing Center's Board of Directors and leadership team believe in being transparent about our finances and strong stewards of donations and grants we receive. To ensure funders know they can trust us across governance, financial

and operational dimensions, we invested resources into bringing our ranking on Candid's GuideStar to the Platinum status, the site's highest distinction.

Candid's GuideStar is a resource for donors. It enables organizations and individuals to verify and research potential grantees and to obtain, compare and analyze important information about organizations.



STATEMENT OF ACTIVITIES

Fiscal year ending June 30, 2023

REVENUE AND SUPPORT

Government Grants	\$4,128,747
Contributions	457,893
Nurturing Hope Campaign	82,320
Training Revenue	88,221
United Way of Greater Cincinnati	116,154
Special Events, net	93,011
In-kind Contributions	47,257
Other	87
Total Revenue and Support	\$5,013,690


EXPENSES

Program Services	
Direct Services Individuals & Families	\$3,451,499
Community Education	133,513
Training	73,358
Total Program Services	\$3,658,370
Supporting Services	
Management & General	\$511,934
Development	334,317
Total Supporting Services	\$846,251
Total Expenses	\$4,504,621

Change in Net Assets	\$509,069
Net Assets Beginning of Year	\$798,790
Net Assets End of Year	\$1,307,859



Safe children Thriving families Nurturing communities



A group of concerned citizens recognized the magnitude of child abuse in Northern Kentucky and gave life to Family Nurturing Center in 1979. The agency began with support groups and a 24-hour hotline as a resource to parents.

The grassroots effort grew in both scope and impact as Family Nurturing Center added services based on community needs. Gradually, the agency changed from a largely volunteer effort to a professionally staffed organization with an expertise in the prevention and treatment of child abuse and neglect.

Today, Family Nurturing Center's 80-plus specialized employees serve more than 12,000 individuals each year. With locations in Florence, Kentucky, and Cincinnati, Ohio, the agency provides **free**, high-quality programs and services that engage and educate families as well as those that focus on the totality of individuals. Family Nurturing Center provides:

- **Education and Training Services:** Group-based education focusing on community
- **Counseling Services:** Hope and healing for children and adults who've experienced childhood trauma
- **Parenting Time Visitation Services:** Safe interactions between children and their parents or other caregivers referred by Hamilton County Job and Family Services
- **Parenting Services:** Parenting support to help children and parents thrive
- **Holistic and Wellness Services:** Non-traditional services to help participants heal from trauma and live their best lives

It's estimated one in four children in Northern Kentucky/Greater Cincinnati will experience child abuse or neglect before their 18th birthday.

For children living in poverty, reports of child abuse are five times greater.

In Ohio, many professionals are required by law to report to the police any instances of child abuse and neglect.

In Kentucky, all citizens are mandated by law to immediately report any reasonable causes to believe that a child is neglected or abused.

It takes all of us to create a nurturing community.



The counties Family Nurturing Center serves in Kentucky and Ohio reported nearly 5,000 cases of child abuse in 2021. The nation saw a higher risk of child abuse and domestic violence along with increased needs for mental health services during COVID-19. In addition to adding strain to the healthcare system and everyday living, the pandemic pushed to the breaking point the safety net that had been put into place for victims of abuse and neglect. The impact continues today.

At any given time, more than 70 Northern Kentucky children are on the wait list to receive specialized counseling services from Family Nurturing Center.

Child abuse can be stopped.

Whether you work with youth, are a parent or are a community member, it is highly likely that someone you know or care for has experienced, or is currently experiencing, child sexual abuse. The statistics are staggering, but you can play a vital role in protecting children and ending the cycle of child abuse.

Family Nurturing Center offers free Stewards of Children, a revolutionary prevention program designed to teach adults to prevent, recognize and react responsibly to child sexual abuse. The free 2-hour training uses real people and real stories to show you how to protect children. It's offered online as well as to community and employee training uses real people and real stories to show you how to protect children. It's offered online as well as to community and employee groups.

Sign up for Stewards of Children at FamilyNurture.org.



 Kentucky		When you need help ...		 Ohio	
To report suspicions of abuse/neglect Weekdays: 859-292-6550 Nights/weekends: 877-KY-SAFE1		To report suspicions of abuse/neglect 513-241-KIDS		Parent help line: Dial 211	
Parent help line: 800-CHILDREN		Crisis hotline: 513-281-CARE			

EXPERTISE

WE STRIVE TO TREAT PEOPLE WITH THE RIGHT TYPE OF COUNSELING FOR THEIR TRAUMA



Jill Gay, LISW-S, LCSW, TRCC
Chief Program Officer

When a primary care doctor diagnoses a patient with heart disease, she refers the patient to a cardiologist. The doctor may be able to prescribe the right medications for the short term, yet she recognizes the patient requires specialized care for the long term.

The need for expert care holds true when someone experiences childhood trauma. The individual can make the greatest strides in healing and building resiliency skills when seeking specialized counseling.

At Family Nurturing Center, trauma counseling is our expertise. Our specialized, highly trained therapists each hold a Master of Social Work or Master of Counseling degree. We're committed to ensuring the therapists receive training, certifications and ongoing supervision in therapy models that will best serve our participants.

Cincy magazine named Family Nurturing Center the best in the region for Parenting Skills Classes in the Individual & Family Life category!

Evidence-based Practices

We follow evidence-based practices tailored to meet the unique needs of individuals and families impacted by trauma and abuse, promoting healing, resilience and positive family relationships.

- **Trauma-Focused Cognitive Behavioral Therapy** is a highly effective intervention for children and adolescents who have experienced trauma. It combines cognitive behavioral techniques with trauma-specific interventions to help individuals process traumatic experiences, manage distressing emotions and develop coping skills. The therapy involves both the child and their caregiver, emphasizing safety, trust and empowerment throughout the therapeutic process.
- **Child-Adult Relationship Enhancement** is a strengths-based approach that's designed to improve the quality of parent-child relationships. It focuses on enhancing positive communication, building emotional connections and promoting positive



discipline strategies. It aims to strengthen the parent-child bond, increase parental sensitivity and responsiveness, and improve child behavior and emotional regulation.

- **Combined Parent-Child Cognitive Behavioral Therapy** integrates cognitive behavioral techniques for both parent and child to address emotional and behavioral difficulties in children. It emphasizes skill-building, problem-solving and communication enhancement within the parent-child relationship. Targeting specific issues such as anxiety, depression, trauma-related symptoms and behavioral problems, it promotes positive parent-child interactions and overall family functioning.
- **Child-Parent Psychotherapy** is a dyadic intervention designed for caregivers and children prenatally to age 5 who have experienced trauma. It focuses on improving the parent-child relationship, addressing the impact of trauma on attachment and development, and promoting emotional healing and resilience. It utilizes play-based techniques, narrative approaches and parent engagement to support healing and recovery.

Case Management

Our Case Manager is the first point of contact for counseling referrals. She connects with all families and helps them engage in appropriate services and shares community resources with them as needed.

Each Thursday, she hosts “Connect FNC,” an opportunity for families to learn about all of our services.

Our therapists’ credentials*

Earned Pursuing

Master’s degree in Social Work or Counseling

7

-

Trauma Responsive Care Certified

7

1

Trauma-Focused Cognitive Behavioral Therapy Certified

5

2

Child-Parent Psychotherapy Rostered

6

1

Combined Parent-Child Cognitive Behavioral Therapy Rostered

3

-

To become certified or rostered in each modality requires extensive training and ongoing consultation calls.

Professional associations

Family Nurturing Center staff contributes to these collaboratives and groups:

- Face It, an initiative of Kosair for Kids
- Face It Public Policy Committee
- Kentucky Statewide Trauma Informed Care Steering Committee
- Northern Kentucky Nonprofits for Social Justice
- Multidisciplinary Teams in Boone, Campbell, Kenton, Gallatin and Grant counties
- Regional Youth Mental Health Workgroups
- Safety Net Alliance

PROGRAM OUTCOMES

WE STRIVE TO TREAT PEOPLE WITH DIGNITY,
HONESTY AND EMPATHY

LIVES HEALED Counseling Services

Counseling offers hope and healing for children and adults who have experienced childhood abuse. Using proven and effective trauma counseling models, the service supports a holistic family-centered approach to healing all ages from children through adults.

- 511 children and adults received either individual or group therapeutic services
- 86% of children in group therapy self reported a reduction in trauma symptoms
- 80% of parents with children in individual counseling feel better equipped to cope with their children's reactions to trauma
- 81% of children reported overall improvement in their functioning (home, school, friends)

CAPACITY INCREASED Professionals Trained

We provide training and consultation for other professionals to share knowledge, increase skills and support the replication of services in other settings. Areas of expertise: Nurturing Parenting, trauma-informed care and family-based consultation for other helping professionals.

- 245 professionals trained



CHILDREN EDUCATED Kids on the Block

Our education program, Kids on the Block, gives children and teachers the tools they need to recognize and report child abuse and bullying. Using life-size puppets, the program educates children about different types of child abuse, strategies to make schools safer and how to talk to their safe, trusted adults.

- 8,333 children and 617 adults attended 122 performances
- 98% of adults found the program helpful to children
- 90% of children increased or maintained their awareness of child abuse and bullying

FAMILIES THRIVING Nurturing Parents Program

And Parenting Enrichment Services

We teach parents how to adapt their attitudes, belief, and behaviors about parenting. Programs use family-based curricula that are proven to reduce child abuse and neglect, and improve healthy family function.

- 389 children and adults participated in parenting groups or individual parent coaching
- 83% of parents showed a reduction in risk for abuse, neglect and/or exploitation
- 89% of parents reported an increase in understanding how to support their children's resiliency

Carol Lapin, MSSW, our Nurturing Parenting facilitator, is a Master Trainer of Nurturing Parent Programs.

RELATIONSHIPS RENEWED Parenting Time Visitation

Parenting Time Visitation creates safe interactions between children in foster care and their parents or other caregivers.

- Provided 11,283 facilitated visits bringing together 1,456 children and their parents/caregivers. Number of individuals served doubled over prior year
- 95% of participants say their confidence has increased since learning new, positive parenting skills

ADULTS ENGAGED Stewards of Children

Our evidence-based curriculum training is designed to educate adults on ways to prevent, recognize and respond responsibly to child sexual abuse.

- 694 adults completed the program -- a 58% increase year over year
- 80% of participants understood more about agencies and organizations that can support victims and their families
- 92% of participants planned to talk to another adult about tools to prevent child sexual abuse



LIFE CHANGING

WE STRIVE TO EMPOWER CHILDREN

At 8 years old, Curtis Clemons attended a Kids on the Block program at his elementary school. It empowered him to tell his mother that a babysitter was abusing him. Curtis's courage led to other neighborhood children confiding in trusted adults that the babysitter had abused them as well.

Now a real estate agent, Curtis said he spent years trying to find the nonprofit that brought the puppets to his school and, ultimately, changed his life. He learned about Family Nurturing Center through a friend. Today, Curtis serves on the agency's board and shares his story to raise awareness and help others.

"The cycle of abuse is something that can be stopped," Curtis said. "My abuse happened 25 years ago yet it's a true testament to the work of the Family Nurturing Center that programs like Kids on the Block are still here today. It's vital we empower our children to recognize abuse and know what to do if it happens to them."

The free program gives Pre-K through fifth grade students and their teachers the tools they need to recognize and report child abuse and bullying.

"The puppets are more relatable to children and can tackle topics that are often difficult for children and adults alike to discuss," said Jane Herms, MSW, President/CEO of Family Nurturing Center. "The puppets are the same size as many



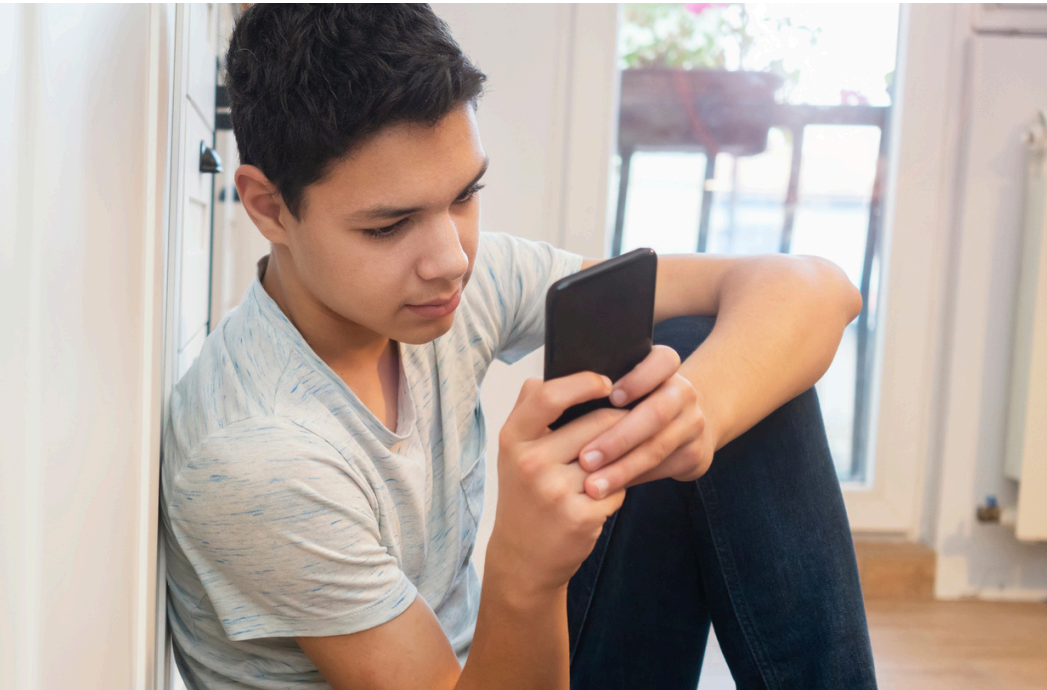
Curtis Clemons shares how Family Nurturing Center re-shaped his childhood.

young children and talk at a child's level, making them more relatable than adults. When the puppets share how someone hurt them, it frequently leads to children disclosing abuse that happened to them."

Junior League of Cincinnati, which selected Family Nurturing Center for a 3-year partnership in 2022, made one of the first grants to Family Nurturing Center to purchase puppets for its Kids on the Block program in 1986.

Kids on the Block free programming is made possible through grants from long-time funders, notably The Charles H. Dater Foundation, Jack J. Smith, Jr. Charitable Trust, The Charles and Ruth Seligman Foundation, Elsa Heisel Sule Foundation, Fiscal Courts in Boone, Campbell and Kenton counties in Kentucky and the Diocese of Covington.

TEEN SAFETY MATTERS



As Family Nurturing Center began implementing the Monique Burr Foundation Teen Safety Matters program, we recognized an opportunity to serve some of our region's most vulnerable youth. We reached out to a long-time partner that provides a psychiatric residential treatment program for teens. It became the site of one of our first Teen Safety Matters programs.

Andy Bernert, Kids on the Block Prevention Specialist for Family Nurturing Center, delivered the content to two groups; one to those identifying as males and the other to those identifying as females.

"The kids living in there have been exposed to or experienced many of the abuses that we cover in the Monique Burr Foundation Teen Safety Matters," Andy said. "Abuse has been so prevalent in their lives

that they believe it's part of everyone's everyday life. Fortunately, they have case managers and a caring staff who are counseling them through their trauma and coaching them on what life can be like."

Andy requested key staff members attend the Teen Safety Matters program with residents in case a topic triggered trauma or if follow-up conversations were needed. Additionally, their presence was imperative in the event of an abuse disclosure.

Often, children don't understand that what they've witnessed or experienced is abuse. During the Teen Safety Matters section on cyber safety, one 14-year-old boy struggled to understand why sending and receiving sexual photos is a crime.

"The boy couldn't believe that it's illegal for him to text nude photos to someone," Andy shared. "He asked, 'So it's still illegal if my girlfriend asked for those photos?' "

Andy explained that it's against the law to electronically send any photos of anyone under age 18 without clothing. Despite the explanation, the teen continued with follow-up questions.

"At one point he asked, 'Why is it wrong that she has those photos of me if I'm okay with it,'" Andy said. "We talked through why it's inappropriate and illegal, yet I could see by his expression that he still didn't understand. By collaborating with the agency's staff, they could carry the conversation forward and counsel the boy."

RESPECT

WE STRIVE TO TREAT PEOPLE WITH RESPECT AND FAIRNESS,
MAINTAINING THEIR CONFIDENTIALITY

Amanda* surprised Family Nurturing Center's Cincinnati staff when she stopped by with her youngest son and newborn daughter. Five years earlier, Amanda's voluntary visit would have stunned Maggie Spring, Director of Parenting Time Visitation Services.

The pair first met when Amanda's older son, Jack, was in foster care. The boy came to the agency to spend time with his mom. Parenting Time Visitation Services provides safe interactions between children in foster care and their parents and other caregivers. Hamilton County Job and Family Services (HCJFS) refers families to the program.

Family Nurturing Center staff guide the parenting time visits. Facilitators educate parents using evidence-based models that promote change and collaboration. They provide real-time coaching during visits. After visits, facilitators educate adults to strengthen their parenting and nurturing skills.

Amanda wasn't a stranger to the foster care system. Her parents lost custody of her when she was 8 years old. Amanda lived in multiple foster homes until her 18th birthday.

She felt a range of emotions when HCJFS placed the children in protective custody. She already had lost custody of two older sons to their father shortly after finishing a prison sentence.

Amanda's anxiety heightened before each visit with Jack. During intense situations, people who've experienced trauma can have a fear-based response. Sitting in the waiting room triggered

Amanda's fight response; fueling her fury.

As Amanda's anger escalated, staff asked Maggie to intervene.

Amanda recalled, "Everyone in other places always told me to 'calm down.' They didn't listen. They just wanted me to shut up.

"Maggie was different. She sat there as I raged. She waited until I calmed down before she spoke. No one had ever done that."

She knew Maggie cared. Maggie showed Amanda respect by listening to her concerns and talking them through. Change didn't happen overnight; however, Amanda grew to trust the team.

HCJFS ultimately terminated Amanda's parental rights. Another family adopted Jake.

Three years later, Amanda returned to Family Nurturing Center after HCJFS had removed her youngest son from her home.

Amanda again began working with facilitators during parenting time. Amanda said she learned accountability and other essential skills that enabled her son to return to her.

She's applying what she learned to create a new, nurturing life for her family. Amanda's pursuing custody of her older two sons. She wants them to know their siblings and become a family again.



GENEROSITY

Our supporters from July 1, 2022 – June 30, 2023

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OUR GENEROUS SUPPORTERS WHOSE GIFTS ENABLE US TO PROVIDE
FREE SERVICES AND PROGRAMS FOR CHILDREN, ADULTS AND FAMILIES



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- Department of Justice
- Fiscal Court of Boone County
- Fiscal Court of Campbell County
- Fiscal Court of Kenton County
- Hamilton County CARES Act
- Hamilton County Job & Family Services
- Kentucky Child Victims' Trust Fund
- Prevent Child Abuse Kentucky
- United Way of Greater Cincinnati
- Victim of Crimes Act

Thank to every individual and organization whose generosity furthered our mission

We're able to offer free services thanks to each of our donors. Whether the gift is \$25 or \$25,000, it makes an impact. Every donation we receive goes directly to serving the more than 12,000 people we help annually.

Donations allow us to continue to educate parents, provide vital free prevention and education services to children and adults, and serve children who have experienced trauma and adults who have experienced childhood trauma.

From a grateful parent

"The staff has been exceptional to my boys and me. Thank you for offering such a program.

"I didn't know where to go in the beginning of their trauma. After the initial call, I felt so relieved to have your help. The boys are now back to being kids again. Thank you."





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