



PARENT TRUST
FOR WASHINGTON CHILDREN



2024 Impact Report



Kids Can't Wait

Dear Parent Trust Families and Partners,

This year, on August 28th, a STUNNING event occurred. It stopped me in my tracks. Our U.S. Surgeon General wrote a very unexpected article in the New York Times entitled:

“Surgeon General: Parents Are at Their Wits’ End. We Can Do Better.”

Our U.S. Surgeon General took a tremendous risk. He told millions of people that HE has a hard time being a parent of his two young children -- that parenting is the hardest job he has ever done.

The U.S. General’s report stated: ***“48% of parents are experiencing overwhelming stress...A pro-family America requires a cultural change. One that envisions parenting as a societal good and therefore is the responsibility of the entire society. Parenting is sacred work.”***

Parenting is work! And it is sacred work. Finally, a national leader was shouting out this truth: If we care about kids and care about child abuse and want to prevent all the bad things that we hear about constantly on the news (school shootings, suicides, drug addiction, homelessness) we must do a better job of supporting parents from the first day of their child’s life - ***before tragedy strikes.***

I heard about the U.S. Surgeon General’s report everywhere – meetings, radio, news, comedy shows, at church, talking to neighbors. And during all of these conversations.... I have never been prouder to be part of the Parent Trust Team.

Together with YOU

We are doing exactly what our U.S. Surgeon General believes is desperately needed to make America a better place for EVERYBODY.

**Together with you, we help 15,000 people each year.
Together with you, we help families before tragedy strikes.
We can’t do it without you. Families can’t wait.**

With deep gratitude,



Linda L. McDaniels, MSW
Executive Director

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Babies Can't Wait



“I had an experience with a pretty rough family growing up...It was hard. I feel more confident now that I will not repeat the mistakes of my father.”

Family Help Line Services:

**89,352
Contacts**

How many times families connected with us this year!

"I feel less alone. I got so much information from you! Now I know I have someone on my side."

Our Family Help Line provides support via phone, email, text, social media, on our website, and through our statewide resource database.

Our calls are three times as long as the average call length for most community information and referral lines!



Circle of Parents Groups:

**3,421
Sessions**

Parent Education and Support Group Sessions this year!

"It helps me thru the day on days I just wanna give up and leave recovery and treatment. This program encourages me to stay."

Our Facilitators and Parent Leaders facilitate groups that serve new parents, parents recovering from substance addiction, and parents overcoming homelessness.

Our groups meet in Seattle, Bellevue, Everett, Yakima, Spokane, and online.

Our groups meet in treatment centers, at community agencies, and online - wherever parents need us!

Expectant/New Parent Services:

Our Technology Access Program brings our classes to families, where they are when they need us by providing laptops, broadband, and parent education and support to families in need.

Parents in our classes this year!

**3,757
Parents**

"We are so in love with our baby, and the class helped us get on the same page as a couple."

Our in-person and online classes cover all aspects of early parenting, including, labor, birth, and infant care and safety. We offer special classes for dads, adoptive families, and families preparing for siblings.



Child & Teen Services:

We screen parents (moms and dads!) for Postpartum Depression/Anxiety - and provide ongoing support and treatment referrals.

Professionally conducted developmental and social emotional screenings for kids under 6, combined with one-on-one custom parent coaching sessions.

**210
Sessions**

"This program is easy to sign up for, supportive, and most importantly free. So many parents could use the help this program provides."

SMART:
Stress Management &
Relaxation Training

High School Students attended a SMART class!

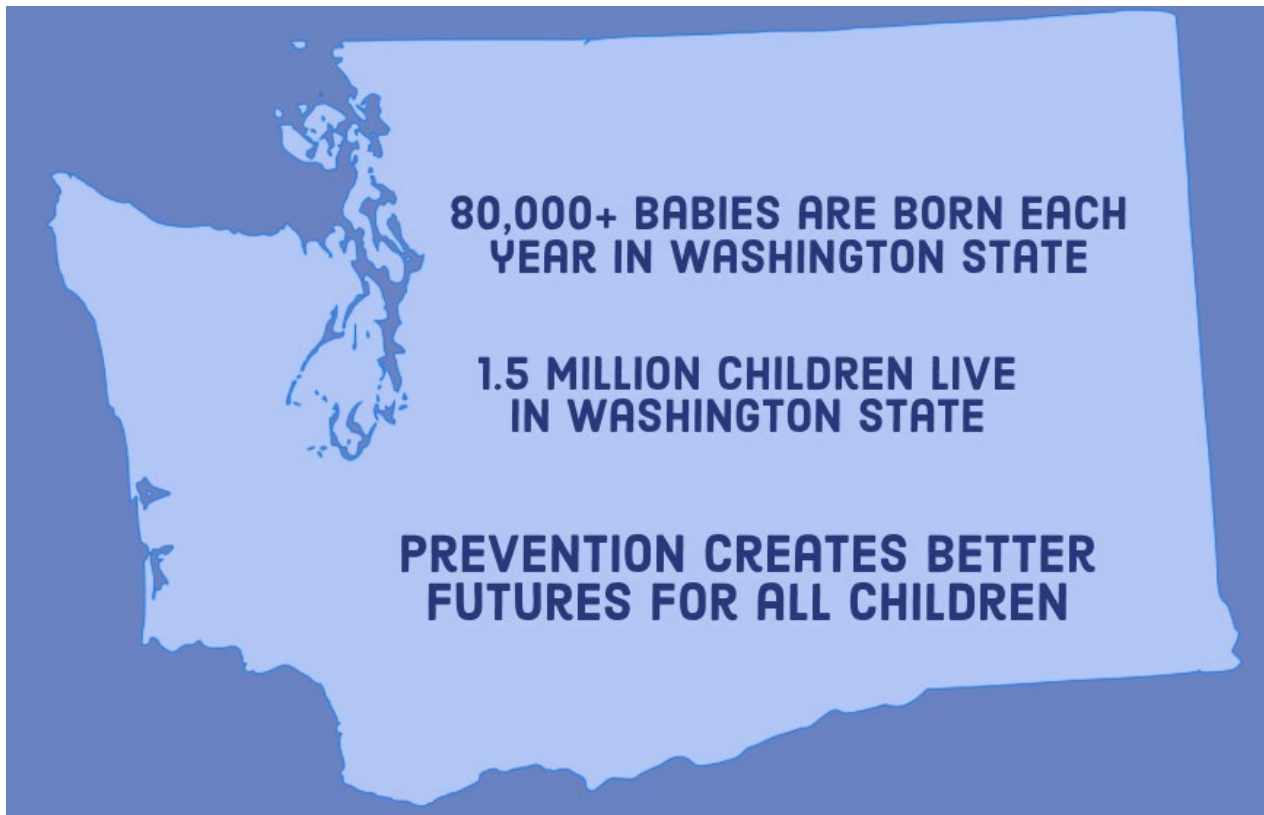
**553
Students**

Families Can't Wait

Parent Trust is a statewide nonprofit dedicated to ensuring that every parent has the knowledge and skills they need to raise healthy, thriving children.

We equip parents and caregivers to raise safe, healthy and strong children

We seek to create transformational change by partnering with parents to prevent child abuse and neglect, while building a positive framework that allows families to heal and thrive.



Prevention Changes Lives

Our work is based on decades of research detailing the specific types of parent education and supports (known as the Protective Factors) that keep children safe and families thriving even under difficult circumstances.

Parents do not intend to be abusive and/or neglectful. Many parents lack resources, education, and support – and when under stress, cannot break the behavior patterns formed in their own childhoods.

Together we can change this – together we can keep kids safe and families strong.

2024 Financials

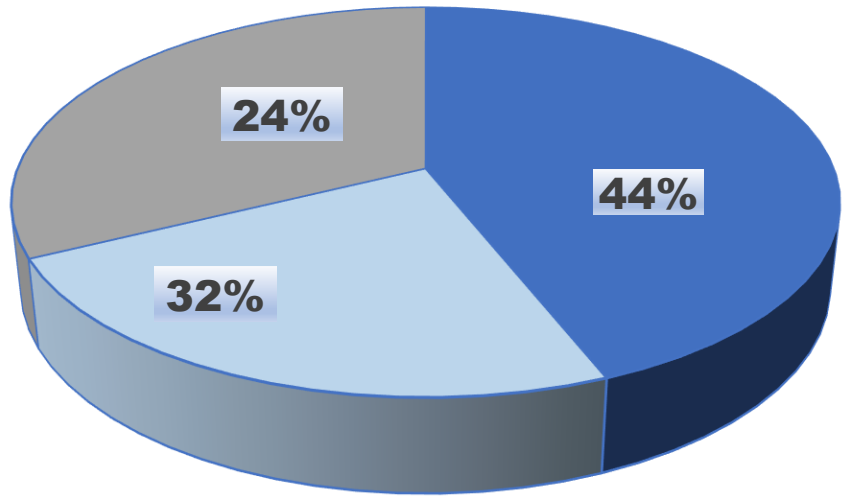
Total Support and Revenue:

State Contracts: 44%
\$ 515,968

Program Service Income: 32%
\$ 379,113

Grants and Donations: 24%
\$ 279,405

Total:
\$1,174,486



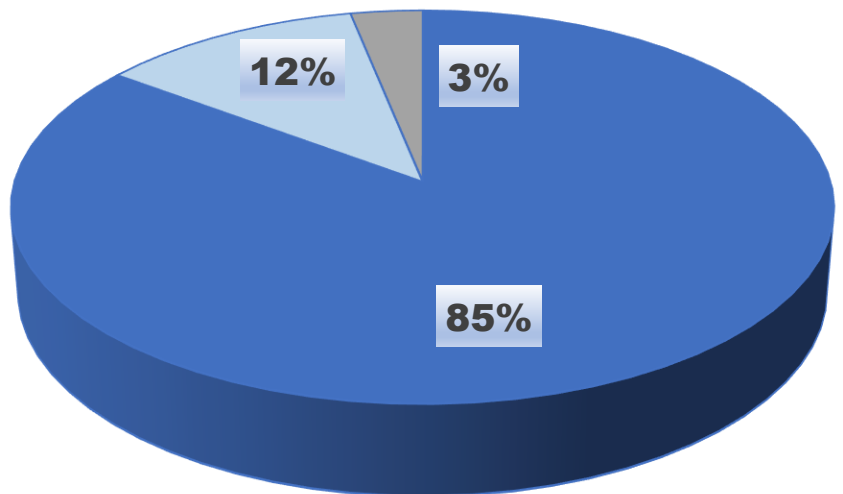
Total Expenses:

Program Services: 85%
\$ 1,000,369

Administrative Expenses: 12%
\$ 137,315

Fundraising Expenses: 3%
\$ 37,590

Total:
\$ 1,175,274





"I've never understood how to be a normal family – until I became part of the Parent Trust group."

"Thank you for listening to my struggles with parenting. Just having someone to listen helps so much and makes me a better dad."

"These classes should be available to every parent having their first child. It's essential info!"

National and Local Affiliations:

Prevent Child Abuse America
Essentials for Childhood Workgroup
Circle of Parents® National Network
Children’s Alliance
Child Welfare Advocacy Coalition
International Childbirth Education Association

United Way of Central Washington
Washington Family Support Network
Washington State Department of Children, Youth & Families
Washington State Health Care Authority

Our Campaigns and Publications:

Parent Trust is a nonprofit lead, working in partnership with the Washington State Department of Children, Youth & Families, on these public service campaigns:

“Speak Up When You’re Down” – Postpartum Depression/Anxiety Awareness:

[English Brochure PDF>>](#)

[Video>>](#)

Providing critical information about postpartum depression/anxiety to new parents.

“Have a Plan” – Shaken Baby Syndrome Prevention:

[English Brochure PDF>>](#)

[Spanish Brochure PDF>>](#)

[Video>>](#)

Educating the public about preventing Shaken Baby Syndrome/Abusive Head Trauma.

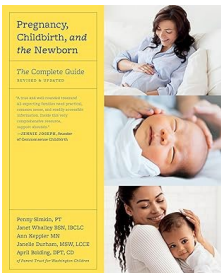
Infant Safe Sleep Campaign:

[More Information on Infant Safe Sleep >>](#)

Ensuring that all parents of infants receive lifesaving information on safe sleep for babies.

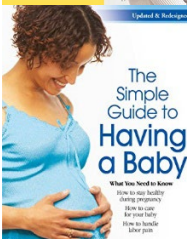
Our Books:

Available from our Amazon Associates Store



[Pregnancy, Childbirth and the Newborn >>](#)

New Edition!! Parents and medical providers love our best-selling comprehensive book because it puts all the latest information every parent needs in one place.



[The Simple Guide to Having a Baby >>](#)

Our simple guide is perfect for expectant parents who are short on time and want an easy-to-read book with concise, basic information.

Individual & Family Supporters 2024

Bridget Alan
Mollie Albrecht
Jessica Almy
Britt Anderson
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Tom Armstrong
Val Artamonova
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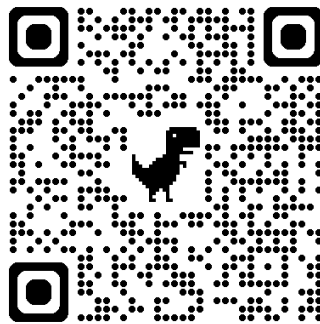
Sandra Welander
Katie Wenger
Janet & Doug Whalley
Aaron Williams
John Wittgenstein &
Jerriann Sullivan
Jessica Wray
Judy Wright
Sue & Pat Yang

Thank you for supporting Parent Trust!

If we have inadvertently omitted your name, please accept our sincere apologies, and let us know by emailing information@parenttrust.org. We are so grateful to all our donors and supporters and do our best to produce an accurate report!

Visit our website to learn more:

www.parenttrust.org



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Commission

Vitalogy Foundation

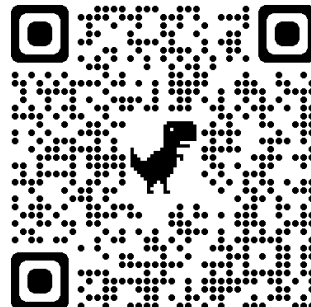
Thank you for supporting Parent Trust!

You can donate on our website at parenttrust.org or text the word 'donate' to 855-933-3771 or mail your donation to us.



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FOR WASHINGTON CHILDREN

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