



FamiliesFirst

2018 ANNUAL REPORT





Families First

**STRONGER FAMILIES.
STRONGER COMMUNITIES.**

We were founded more than 180 years ago by caring people in Indianapolis - people who wanted to be there for their neighbors in their time of need. And Families First is here today, thanks to you, for those who need care, hope, and guidance - for everyday life or in times of crisis.



MISSION

To create healthier communities by strengthening families and individuals during life challenges and changes.

VISION

A community of healthy, capable and loving families.

PASSION

Families First believes that strong families are the foundation of a healthy, productive society.

THANK YOU

We're grateful for your support. We provide the counseling, education, crisis intervention, and other tools that help people get through the obstacles they face in their lives. We do it for those who are struggling to maintain mental health; working to be better parents; trying to break their addictions; recovering from domestic and sexual violence; trying to decide what to do next or how to keep going in the world at all.

1,367

INDIVIDUALS RECEIVED OUTPATIENT TREATMENT TO HELP THEM OVERCOME ADDICTION OR SUBSTANCE USE DISORDERS.

1,628

FAMILIES RECEIVED FAMILY PRESERVATION SERVICES IN THEIR HOMES TO OVERCOME DIFFICULTIES THAT PUT THEIR CHILDREN AT RISK.

4,077

MEN, WOMEN AND CHILDREN AFFECTED BY DOMESTIC VIOLENCE RECEIVED CRISIS INTERVENTION, ADVOCACY AND SUPPORT TO BREAK FREE FROM ABUSE AND FIND HOPE AND HEALING.

19,472

PHONE CALLS AND TEXTS TO THE CRISIS AND SUICIDE INTERVENTION HOTLINE WERE ANSWERED BY VOLUNTEERS WHO PROVIDED SUPPORT WHEN OUR NEIGHBORS NEEDED IT MOST.

29,900

PEOPLE RECEIVED SERVICES WITHIN A SIX-COUNTY AREA OF CENTRAL INDIANA WITH TWO SERVICE LOCATIONS.

LEADERSHIP



RONI FORD
BOARD CHAIR



DAVID SILER
PRESIDENT/CEO



NICK ALFORD
VICE CHAIR



NANCY DILLON
VICE CHAIR



DOUG FICK
VICE CHAIR



VIRGINIA LIPPERT
VICE CHAIR



RYAN HENDRICKSON
TREASURER



ERIK ZIMMERMAN
TREASURER



CHRISTINE COOK
SECRETARY

JAN LINDEMANN
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PAM OWENS
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DIRECTOR

CHRIS YORK
DIRECTOR

BRAD BOYD
DEAN

DAVID MAAS
DEAN

TOM PECK
DEAN

ROSE POPOVICH
DEAN

CAROL RISTING
DEAN

JANE ANN STAUTZ
DEAN

JANE WATSON
DEAN

MARK WINZENREAD
DEAN

A MESSAGE FROM THE PRESIDENT & CEO

David Siler

There are times in our lives when we can plan for change and times when circumstances require us to change, whether we're ready or not. Families First faced an enormous "ready or not" in 2018, when in early February, the stewards of the English Foundation Building informed me that they would need our space for their own use.

For quite some time, we had outlined a plan to someday relocate to new space. Families First was one of the original tenants of the Building when it went into operation in 1953 and it had served our staff and clients very well for decades, so there was little urgency for change. Urgency was thrust upon us, so we had to accelerate our plan.

This reminded me of the unexpected disruptions that our clients face that lead them to our doorstep. The sudden need for adaptation and change can be very unsettling and take us beyond our own capacity to find equilibrium. That is the exact space in which Families First steps in to help. Many of our clients, because of generational poverty, mental illness, arrested emotional development due to abuse or neglect, etc. have limited coping skills for major life challenges and changes. We're privileged to be a resource to teach new skills and ways of relating to others and the world which lead to more healthy adaptations.

As an agency, we're blessed to be part of a supportive community, with an excellent staff, a committed board, and generous donors that have stepped up to make our own transition a success. We thank Central Indiana Community Foundation and the United Way of Central Indiana for their support by ensuring that we can continue to meet the growing demands of our community and serving even more families.

Our next transition is to determine how we can move from being a tenant to an owner.



AARON

Aaron drank alcohol for 23 straight years. It began in college. After college, he married and had two children, but his drinking never stopped. After 14 years of marriage, he went through a divorce and his drinking became more of a death wish than an escape from reality.

A dangerous incident in the home led to a day he'll never forget, when the Department of Child Services removed his kids from his home. He turned himself in and spent two days in jail. He was facing two years of not seeing his son, age 8, and daughter, age 14. In fact, he didn't see them for 6 months.

Aaron volunteered to the Judge that he wanted to seek help. While on probation, he was referred to Families First's Parenting Education and the Substance Use Intensive Outpatient Program.

At first, Aaron didn't really care about the classes. He thought he was a good parent, and didn't 'need' to be taught. But as his withdrawals began subsiding, his attitude began taking a different turn. He realized he was learning a lot and even started to enjoy and look forward to his classes.

The program for substance use was eye-opening. Like everyone else, he didn't want to be there. He had no hope. He didn't know what it would be like to feel good or have hope. Aaron said he was halfway through the program when he finally "realized somebody cared- Families First."

At the completion of his therapy, Aaron used tools from Families First to mend his relationships. Now, his kids can't wait to come over. He takes them grocery shopping and they enjoy cooking meals together. His daughter is sending him "goodnight I love you Dad" text messages.



Today, Aaron gives back to his community by volunteering his time and energy to The Mentor Group at Families First. This is an opportunity that allows him to help his fellow peers, who are currently receiving services, by organizing social activities for their "new normal", being a role model, and offering hope.

Aaron says that if it wasn't for Families First, he wouldn't have received the help he didn't know he needed. The sliding scale fee meant Aaron didn't have to pay for services, and although he's grateful, he said it's more than the money. It's lives being saved. "My kids are going to have a dad because someone cares."

SARAH

Ten years ago,
Sarah was raped at the age of 18
at the end of her senior year in high school.

She had showed up for what she thought was a social gathering, but quickly realized she was the only one invited. She became trapped and felt her life was in danger. She had to do what he wanted, or she knew she would not survive. Sarah was forced. She felt physically and emotionally crushed. She had been raped. Later that night, she went back to her family's home and went straight to her bedroom, closed the door, and cried.

Sarah spent 10 years hiding from her secret. She lived her life, and thought it was her best life - but was just running away from her past and her suppressed emotions. After learning she was pregnant, Sara decided to move back to Indiana to get additional support from her family. But moving back to her hometown forced her to face buried emotions.

Sarah began doubting herself as a mother, a partner, and a person. Her emotions finally came to a boiling point one evening when she had a panic attack. It was then that she realized that she needed help.

Without insurance, Sarah didn't know what resources were available to her. But then, she found Families First.

At the beginning of her therapy, Sarah was very depressed and physically inactive to the point that she could hardly change her clothes at the end of the day. But slowly, through therapy, Sarah found her happy self again.



Sarah says she is finally able to be herself and is truly happy with who she is as a person, a mom, a wife, a friend. Today she has confidence and has taken control of her professional career by going back to school to create a stronger, healthier future for herself and her family.

TESTIMONIALS

Families First launched behavioral care for "Great Families 2020," a four-year initiative of United Way of Central Indiana to improve family stability for vulnerable children and their parents living in five Indianapolis neighborhoods. Great Families 2020 focuses on early childhood education and family economic stability, while Families First provides supportive services with the goal of strengthening their mental health and enhancing their social support networks.

Emerging Leaders Council (ELC) was launched as a way for young professionals to volunteer to make a difference while also building their skills and networks. ELC advises Families First leadership on matters pertaining to young adults, advances the mission of Families First through community service projects, and provides financial support for programs.

"I have been coming for counseling and I love it. It has changed my life. I have been to many counselors over the years and I've never felt like this before."



"Being here helped me realize that my life is a whole lot more important than I thought. I'm making better choices in life, without drinking, and I'm accomplishing my goals."

& HIGHLIGHTS



“After years of treatment centers, working with Families First changed my life and I finally feel hope, joy and opportunity.”

A new substance use disorder support system was launched. “The Mentor Group” is composed of individuals who have successfully completed Families First’s substance use education & outpatient treatment program and are dedicated to staying sober and helping current clients in recovery. The mentors give their time to help peers through the stresses of day-to-day life .

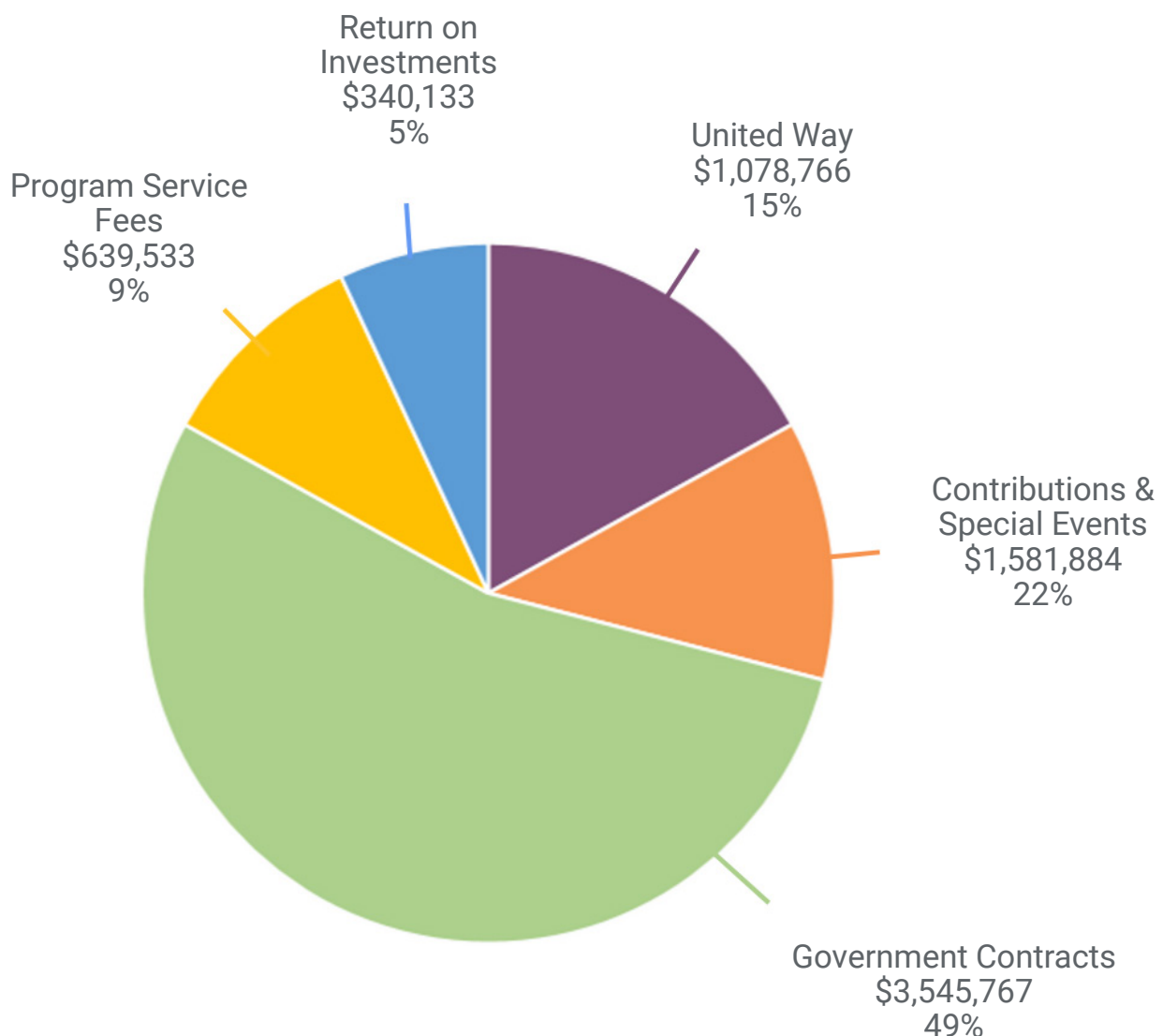
Sexual Assault Survivor Services (SASS) program expanded with a grant from the Indiana Criminal Justice Institute Sexual Assault Victim Assistance Fund. SASS now offers 24-hour rape crisis response at four area hospitals and via hotline for rape and sexual assault survivors. In addition, Families First launched two new support groups for adult and teen female-identifying survivors.

A record number of businesses and volunteers (14 companies and 57 volunteers) helped make Gift Lift a success: 341 adults received multiple gifts.

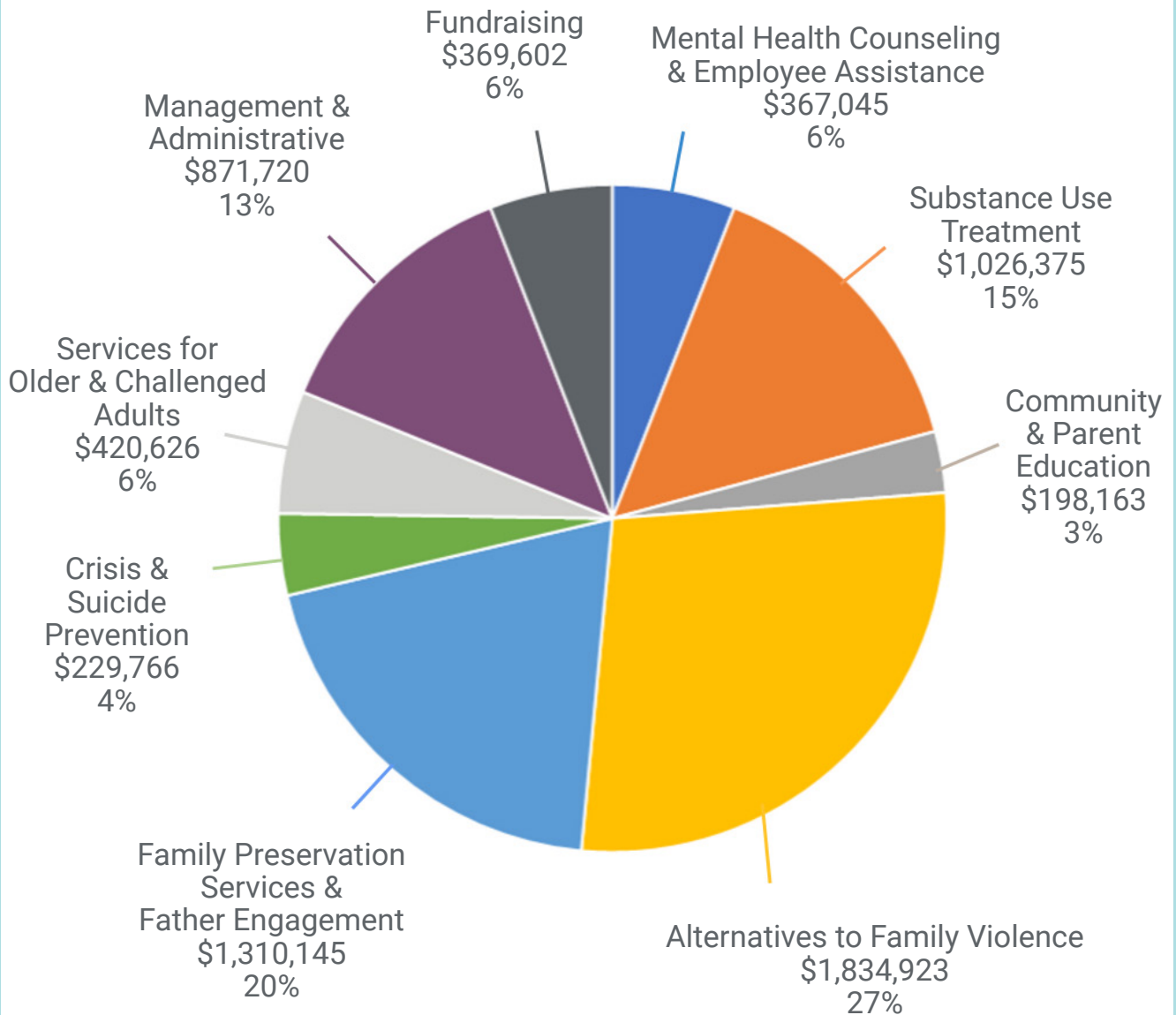


FINANCIAL OVERVIEW

REVENUE BY SOURCE:



EXPENSES BY PROGRAM



2018

TOTAL REVENUE: \$7,186,083

TOTAL EXPENSES: \$6,628,365

CONTACT US

Have a question?

Want more information about a program or service?

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United Way agency

