



Manchester Office Statewide Headquarters
 464 Chestnut Street, PO Box 448, Manchester, NH 03105
 tel 603-518-4000 fax 603-668-6260
 toll free 800-640-6486 www.cfsnh.org

August 28, 2015

RE: 2016 Request for Town Funding
Amount Requested: \$3,500

Mr. Shaun Mulholland, Town Administrator
 Town of Allentown
 16 School Street
 Allentown, NH 03275

Dear Mr. Mulholland,

It takes a range of charitable and public funding sources for Child and Family Services (CFS) to serve the social service needs of NH citizens. We are extremely pleased that the town of Allentown recognized the importance of these efforts and has partnered with CFS to protect children, preserve families and strengthen communities with its annual grant.

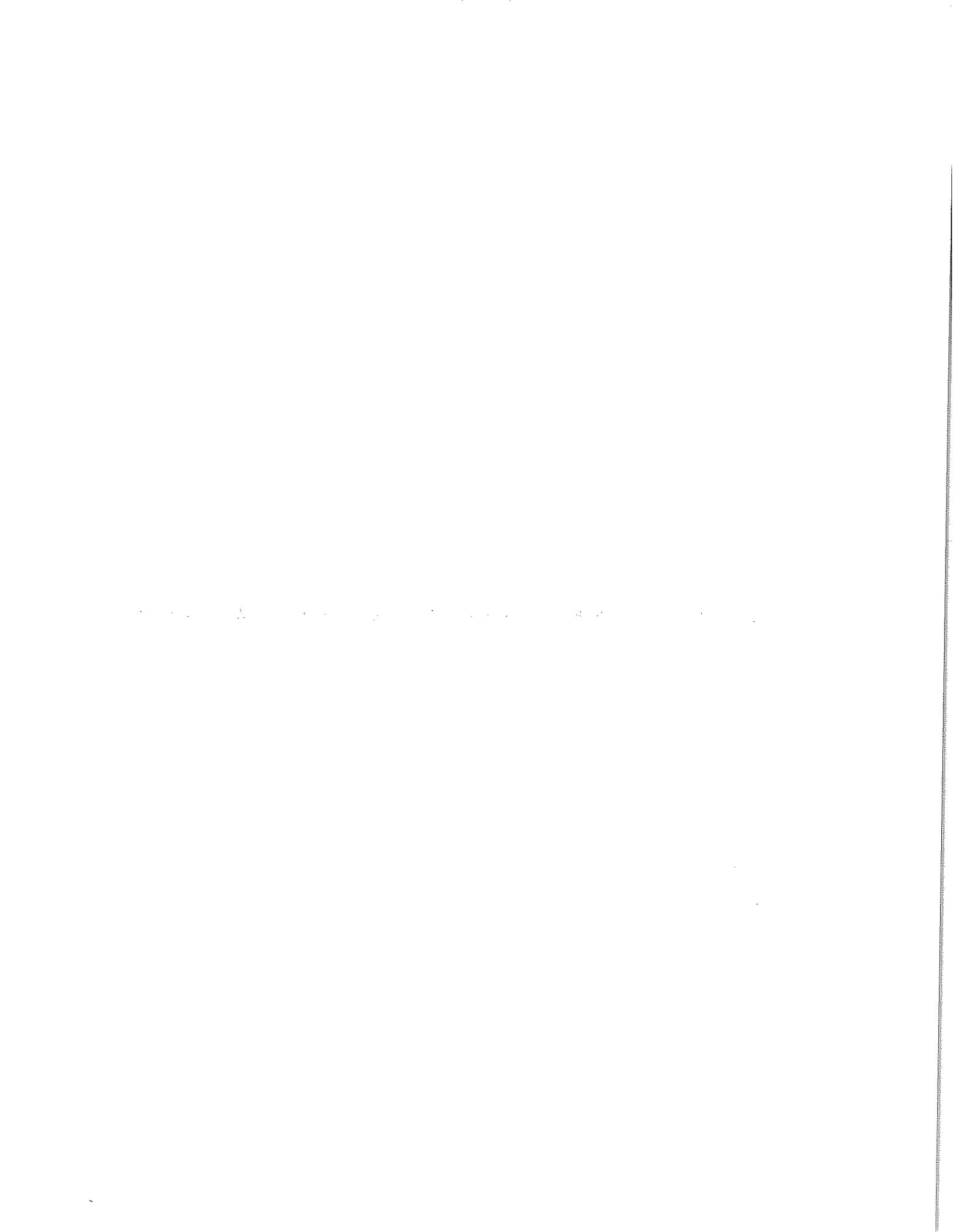
We are pleased to submit a request to the town in the amount of \$3,500 again this year to enable us to continue providing low cost, affordable family counseling and other services to residents who do not have insurance or whose insurance carries such a high deductible that accessing mental health and other supportive services the Agency provides is cost prohibitive. Your support makes it possible to offer these families our clinical support on a sliding fee scale.

We serve area children and their families through our office in Concord, Laconia and Manchester as well as in home, school and community settings. Several funding sources require us to demonstrate local matching funds to qualify for their grants. Local funding helps us to attract a range of public and charitable funds that completes the total funding necessary to serve the community. In the past year, we were able to leverage the town's allocation to deliver a range of free and reduced services valued at nearly \$33,000 serving 51 residents. Of that amount, \$4,000 was uncompensated, not covered by grants, insurance or client fees.

Below are our service statistics for June 1, 2014 – May 31, 2015. This report shows the unit cost for each service (unit = 1 hour) and how much in charitable revenue is needed to continue offering residents services such as these. The allocation by the town of plays a significant role in ensuring that our services remain affordable and accessible to all community members,

SERVICES PROVIDED TO THE RESIDENTS OF ALLENSTOWN BY CHILD AND FAMILY SERVICES

SERVICES	Individuals Served.	Number of Hours or Days or Service Provided	Value of Services Provided	Uncompensated Care Provided
Adolescent Substance Abuse Treatment	4	10	601.70	601.70
Day Treatment	2	28 days of service	2390.86	
Family Counseling	12	44	4400	1540
Family Support	16	74	8035.02	
Healthy Families	10	80	8745.60	



Parent Aide	2	119	3,800	
Elder Care/Independent Living (since 7/1/13)	5	219	5028.24	1876
TOTAL	51	546 plus 28 days	33,001.42	4017.70

In addition to the services we provided Allenstown residents last year, CFS has a wide array of services available to meet the needs of townspeople, whose mental health and social/emotional needs vary from year to year. We have enclosed a brochure, Changing Lives, which includes a brief description and referral information on all the programs available in your area.

Municipal funds leverage state and federal grants which often require a local match. CFS is able to utilize every \$1 contribution to bring in an additional \$4 - \$10 dollars in services to the community in federal and state funds, which is a significant return on investment for the town. Local funds also supplement insurance costs when the client seeking services is unable to afford the co-pay or to bridge the gap between what an insurer will pay and the actual cost of the service. For instance, an hour of clinical services costs \$100/hour. Our counseling programs involve a great deal of coordination and outreach to schools, pediatricians and other professionals. Insurances do not cover any of these ancillary costs, nor do they completely cover the actual cost of that hour of service. Private insurances and Medicaid reimburse at between \$48 - \$65 per direct contact hour. Charitable and municipal support help bridge that gap and make it possible for us to serve those who are least able to afford and most need these programs.

Our experience tells us that the services we provide to local residents not only indirectly reduce town expenditures, because they are affordable and accessible, but they improve the overall quality of life. CFS goal is to: Protect Children, Preserve Families and Strengthen Communities. We believe that a partnership between local municipalities and CFS will help achieve that mission. It is our hope that the town of Allenstown will join other towns by providing a grant to Child and Family Services at town meeting next spring.

Thank you for your support. If you have additional questions or would like us to attend a budget meeting, please contact me at 518-4130.

Sincerely,



Ruth B. Zax, CFRE
Development Director

CHILD AND FAMILY SERVICES - PROGRAM QUICK -GUIDE

Manchester Office
 Statewide Headquarters
 464 Chestnut St.
 Manchester, NH
 800-640-6486 or
 603-518-4000
www.cfsnh.org
 Email: info@cfsnh.org

Teen Resource Center
 99 Hanover St.
 Manchester, NH
 800-640-6486,
 603-518-4170

Keene Office
 29 Center St.
 Keene, NH
 603-357-8772

Colebrook Office
 107 Main St.
 Colebrook, NH
 603-237-4884

Concord Office
 103 No. State St.
 Concord, NH 03301
 603-224-7479

Dover
 728 Central Ave. #A
 Dover, NH 03820
 603-742-5662

Exeter Office
 9 Hampton Rd.
 Exeter, NH
 603-772-3786

Franklin Office
 841 Central St.
 Franklin, NH
 603-934-4885

Laconia
 719 North Main St.,
 Laconia, NH

Lancaster
 25 Main St.
 Lancaster, NH
 603-788-4172

Lakes Region Office
 95 Water Street
 Laconia, NH
 603-524-5835

Littleton Office
 28 Lafayette Ave
 Littleton, NH
 603-444-0418

Nashua Office
 112 West Pearl St.
 Nashua, NH
 603-889-7189

Portsmouth Office
 7 Junkins Ave. #2
 Portsmouth NH
 603-433-3109

Upper Valley Office
 W. Lebanon
 Village Plaza
 3 Atwood Ave.
 W. Lebanon, NH
 603-298-8237

Camp Spaulding
 125 River Road
 Penacook, NH
 603-753-9337
www.campspaulding.org

CHANGING LIVES

The science of compassion. The art of humanity.



STATEWIDE QUICK GUIDE TO CFS PROGRAMS & SERVICES 2014

Protecting Children
 Preserving Families
 Strengthening Communities - since 1850



Child and Family Services

A private, nonprofit ~ Advancing the well-being of children and families

CFS OVERVIEW: Child and Family Services of NH is a private, nonprofit that works to advance the well-being of children and families through an array of social services that includes following: child abuse prevention, intervention, treatment; mental health & family counseling; home-based family strengthening & support; runaway & homeless youth services; eldercare; transitional & independent living; foster care; substance abuse treatment; in-school social work; early intervention for children with developmental concerns; after-school programs; pregnancy counseling and prenatal supports; support for families with children who have chronic health conditions; adoption; summer camp; and a child advocacy program that works at the legislative level to protect the best interests of children. Through direct service practice and public policy initiatives, CFS is unique in its ability to guard the rights and serve the needs of New Hampshire children.

ADOPTION SUPPORT SERVICES

Adoptive Parent Services—

Homestudies for domestic and international adoptions; consultation and mediation.

Pregnancy Counseling/Birtparent Services—

Unbiased, confidential counseling for parents facing unplanned pregnancy; expert adoption planning services available.

Post-Adoption Search—Search and reunion coordination, including counseling and support for birth parents, adoptees and siblings.

EARLY CHILDHOOD – PRE-NATAL & DEVELOPMENTAL SERVICES

Early Supports & Services—Provides family centered early supports and services and therapies to infants and toddlers (birth to three) who have developmental disabilities; developmental delays, or who are at risk of developmental delays. Services are provided in the child's natural environment.

Healthy Families Home Visiting Program -

A home visiting program for low income pregnant women. A team of nurses, social workers, developmental specialists, health educators and home visitors provide a wide array of services to families to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships and optimal early childhood developmental outcomes.

SUMMER CAMP

Camp Spaulding—An overnight summer camp for boys and girls ages 8-14. Camp activities include arts & crafts, horseback riding, archery, canoeing, fishing, swimming lessons, hiking, field trips, activity days, campfires and high and low ropes courses.

ADVOCACY

NH Children's Lobby—

Improving the lives of children and families through legislative, judicial, and public policy initiatives. Members receive action alerts during legislative session.



CHILD AND FAMILY SERVICES - PROGRAM QUICK -GUIDE

PARENT EDUCATION /SUPPORT GROUPS/RESOURCES

Circle of Parents@—Parent-led support groups where parents can share information and experiences on a variety of topics such as parent-child communication, youth culture, school behaviors, conflict resolution, goals and expectations and more, in a nonjudgmental atmosphere. Facilitated by trained professionals, the groups are free of charge and accessible to all.

ASAT Parent Support Group—Serves adults living with the challenges of a young person who is involved with alcohol or drugs.

VARIOUS -- CFS offers a variety of groups for parents throughout the state. Each series focuses on a specific area of interest such as * divorce * children with special needs * teens * family finances * fatherhood, etc., and follow a different curriculum. New groups are being added all the time. Please visit cfsnh.org.

ParentLine—A toll-free "warm line" where callers can talk confidentially to a CFS counselor who answers questions on developmentally effective discipline techniques, ways of handling conflict or self-doubt and appropriate services and resources a parent may want to consider. ParentLine questions may be called in to 1-800-640-6486, or sent through email to parentline@cfsnh.org.

SENIOR & INDEPENDENT LIVING

Home Care—Helps frail seniors, individuals with disabilities and those recovering from illness or injury to maintain quality of life and independence in the comfort of their own home. Skilled and caring professionals including personal care service providers, licensed nursing assistants, a registered nurse, homemakers and companions assist in meeting clients' physical, emotional and environmental needs. Provides assistance with ambulation, nutrition, personal care, medication reminders and household maintenance.

CHILD AND FAMILY SERVICES - PROGRAM QUICK -GUIDE

FAMILY SUPPORT/PRESERVATION

Parenting Plus, Families Connecting— Emotional support and practical solutions in managing family life. In-home education and support helps to develop skills in areas of discipline, communication, budgeting, nutrition, conflict resolution and resourcefulness. Services can include part-time child care and short term overnight placement.

Family Resource Centers— A place for families to go for parent education, skill building, social networking, support, family activities, empowerment and to gain access to community resources.

Family Stabilization Program— Intensive short- term crisis stabilization for children or adults and their families following an acute psychiatric hospitalization and/or to prevent hospitalization. In-home services help parents, family members and other caregivers find practical solutions to crisis situations and learn new coping skills for solving family problems. Collaboration with involved professionals and case management services linking individuals and families to needed community resources.

Short-term Overnight Care—Provides voluntary, temporary overnight care to children of families who are faced with an emergency situation or crisis.

Parent Aide (Child Health Support Services)- Provides supervised visits for children and their parents, basic parenting education, family dynamic, and emotional support.

Partners in Health — Assists families who have a child (birth to 21) with a chronic health condition. Family-centered. Helps families to identify and access resources, and assists with school, insurance companies, medical providers and other resources/services.

Integrated Home Based Services (NH)
Intensive Family Based Services (VT)—

A short-term service designed to restore positive functioning in families that need multiple interventions. Home-based services include family therapy, tracking, and / or parent support.

FOSTER CARE & PERMANENCY

Permanency Solutions - (Individual Service Options)--A high intensity, multi-faceted program that is designed to facilitate permanence for at-risk youth. Tailors a variety of therapeutic, social and community-based services to the specific needs of a child and his/her family and endeavors to create a safe, stable, positive home environment for each child. Specializes in foster care placement and foster parent recruitment, training and support.

TEEN & YOUNG ADULT SERVICES

Runaway and Homeless Youth Program—
Crisis intervention for runaway & homeless youth, and those at risk of running away.

Street Outreach—Assistance to street youth, homeless youth and those at risk of homelessness.

Transitional Living Program—Safe, stable housing and supportive services provided to homeless youth ages 18-21. *Specialty TLP for those pregnant or parenting.*

Tracking— Provides therapeutic community services. Includes intensive tracking, supervision and mentoring of youth (ages 11-17).

Adolescent Substance Abuse Treatment-- An outpatient program for youth 12 - 21 (12-24 in Hillsborough County) who are experiencing problems with drug/alcohol use. Comprehensive screening, assessments, individual, family and group therapy is available.

Therapeutic Day Treatment Program—Intensive daily programs and treatment services for court-ordered youth ages 13-18, and their families. Designed to prevent costly residential placement.

SCHOOL-BASED SERVICES

An array of school based programs dedicated to ensuring positive academic and social outcomes. Focuses on substance abuse prevention, violence prevention, successful home and school partnerships, life skills training, positive peer leadership and goal development. Provides individual, family and/or group counseling and case management services. K - 12.

MENTAL HEALTH COUNSELING

Therapeutic counseling for children, youth, adults, couples and families. Help with child behavior challenges, problems in school, divorce, step-family adjustment, family violence, relationship conflicts, emotional complaints, stress, self-defeating behaviors, addictive behaviors, loss and trauma, anxiety, phobias, compulsions. Offers a full program of family life education groups.

Our professional team of licensed therapists have specialized training in working with children and families. Supervision meets the highest standards of the National Association of Social Workers and the American Association for Marriage and Family Therapy.

DRUG-ALCOHOL TREATMENT - COUNSELING

Substance Abuse Treatment-- State of the art treatment services for those who are experiencing problems with drug/alcohol use. Comprehensive screening, assessments, individual, family and group therapy is available.

