

# CELEBRATING 30 YEARS



**THE EXCHANGE CLUB  
PARENTING SKILLS CENTER**

# OUR MISSION

The Mission of the Center is to break the cycle of child abuse and neglect by providing home based remedial and preventive intervention to abused and/or neglected children or those considered to be "at risk" and their families.

## UPCOMING FUNDRAISING EVENTS TO SUPPORT

**April**

Child Abuse Prevention Month

**May 6th**

Norwalk Exchange Club Wine Tasting  
Stew Leonard's

**May 8th**

Easton Golf Outting  
Whitney Farms Golf Course, Monroe

**May 28th**

Stamford Golf Outting  
Sterling Farm's

**September 29th**

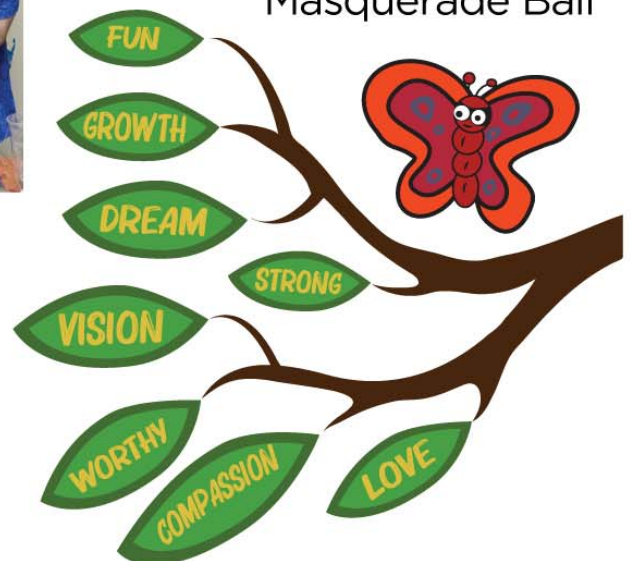
New Canaan Exchange Club  
Golf Outting  
Country Club of New Canaan

**Nov. 14**

Award Winning Masquerade Ball



In our Nation, an average of 5 children die daily at the hands of their caretakers. Along with abuse, most children die from "neglect" and other preventable causes such as sickness, poverty, and hunger.



## OUR STORY

Celebrating its 30th Anniversary, HELP for KIDS keeps Fairfield County children safe while working to build stronger and more resilient and loving families. The 501(c)3 organization has assisted over 10,000 local children since its founding and serves hundreds of at-risk families every year. Its parent educators work closely with individual families to provide research-based, home-centered, multi-lingual intervention programs and to teach safe-parenting an approach that is highly-effective at halting the cycle of child abuse and neglect. HELP for KIDS serves over 200 families a year from a multicultural population with children 0-18 years old and has worked with over 10,000 children and their families in our community. The staff offers assistance every hour of every day. HELP for KIDS was previously known as "The Exchange Club Parenting Skills Center."

The families typically served are those at risk of or already experiencing child abuse or neglect such as families with failure-to-thrive infants or shaken baby syndrome or dependent children from ages 0-18 that are exhibiting behavioral indicators of child abuse or neglect. All programs at the Center are strength based, have been piloted, field tested and are proven as evidence-based

practices known for their effectiveness in treating this horrific problem. The Center is AAA accredited nationally by the National Exchange Club Foundation for highest achievement and best practices.



## A MESSAGE FROM THE CENTER

Our experience over the years has taught us that just as no two families are the same, no two solutions are the same. Our strength-based approach is highly flexible, and is based on the rock-solid, research-based foundation that every person, and every family, has the capacity to change, and to flourish. Our philosophy is based on the National Exchange Club Foundation's philosophy of creating a strong America, safe communities, and unified people.

All staff are Bachelor's or Master's level professionals who are cross trained/certified in all programs and are culturally diverse, representing the populations we currently serve. In keeping with applicable state and federal regulation, the Center's policy and procedures represent the National CLAS standards.

The Center's programs focus directly on contextual factors such as poverty, single parenthood, family

violence, mental health or addiction issues, patterns of abuse that can increase stress, weaken the illicit abusive behaviors. The primary goal of the Center is to provide intervention strategies for families who are at-risk for abuse or who abuse their children, in an effort to stop the cycle of child abuse. Children remaining with their families, communities, and building sustainable positive parenting habits is key to

their ability to flourish and engage in their lives with a higher level of life satisfaction.

The foundation of our services is understanding that human behavior is multi-dimensional, both positive and negative life events impact and influence behaviors.

Using ACES information and current research in neuroscience, the program focuses on helping individuals to broaden and build upon their strengths, replacing old violent habits with new strength-based strategies. Science shows us this created new neuro-pathways and once the new habits are practiced for the duration of the program, the new habits is sustainable. Every level of the agency is trained in strength-based approaches to service delivery. Staff have received Trauma Informed training - the knowledge in trauma informed care provides the staff with knowledge and understanding of how to care for clients who have experienced trauma and how it affects their physical and mental health.



## PROGRAMS

Without intervention and treatment, the scars of child abuse and neglect last a lifetime and become a cycle passed on to the next generation. To combat child abuse in our Fairfield county region, The Exchange Club Parenting Skills Center provides a wide variety of comprehensive cultural responsive services in English, Spanish and Creole.

# HOPE • EDUCATE • LOVE • PROTECT (HELP)

### *(HELP) for Kids Program,*

A home-based intervention program using an evidenced-based home visiting model. Research indicates that this program reduce parental stress, depression and anxiety, increase parental mastery, increase parental engagement and parenting skill, reduces aggression and assault toward children.

- Crisis intervention service includes;
- Crisis Response Services
- Bilingual Community Services
- Services for Families With Special Needs
- Referral/Case Management Services

### *Hope Educate Love Protect (HELP) for Kids 24:7*

Dad Program, home-visiting curriculum based program focuses specifically on the importance of the father's role in the family, based on research indicating that a positive presence by the father has a direct relationship to and significant impact on the health, wellness and future promise of the children and the family.



### *Differential Response System*

Community Support for Families is a home based program offered in collaboration with The Bridgeport Child and Family Guidance Center. It promotes the safety and wellbeing of children and their families by focusing on wraparound services that connect families to community support services and resources.

### *Supervised Visitation Program*

Provides visitation for families where children are in foster care and in need of reunification.

- Various Group format programs are also offered where one-on-one service is not available.

### *Exchange Club's Remarkable Success with Dads in Home Visits*

For more information:

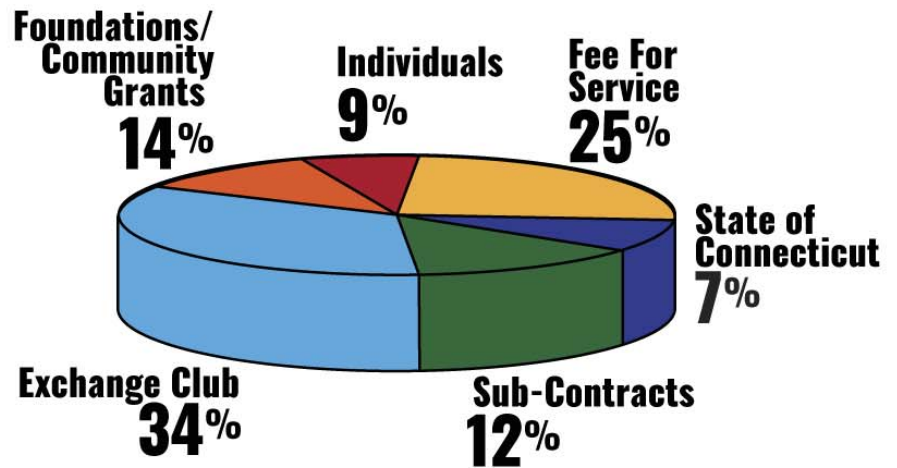
[www.fatherhood.org/fatherhood/exchange-clubs-remarkable-success-with-dads-in-home-visits](http://www.fatherhood.org/fatherhood/exchange-clubs-remarkable-success-with-dads-in-home-visits)



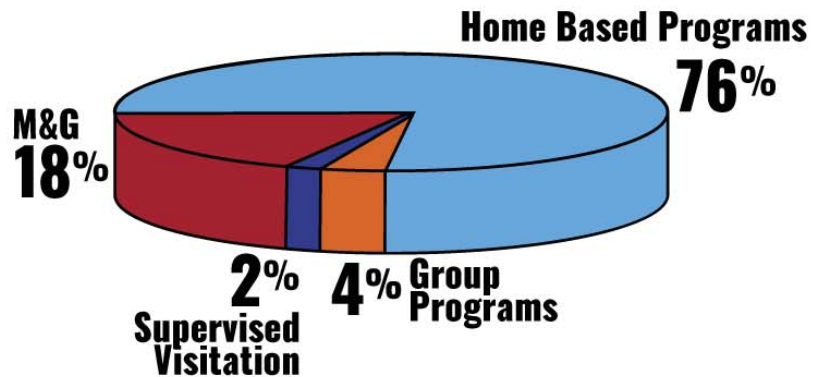
# GIFTS, SUPPORT AND REVENUE

Your donation has changed a child's life forever.. When you donate to this organization you are helping to change everything for a child. Your donation will help a child in crisis with access to life's basic needs, such as nutritious food, water, health care, a roof over their heads and educational opportunities. Your donation will go towards helping the child and their families build relationships that replace violent tendencies with nurturing and care. Without intervention and treatment, the scars of child abuse and neglect last a lifetime and become a cycle passed on to the next generation. A donation given to prevent and treat the trauma of child abuse and neglect will create new positive traditions and the quality of life will improve for everyone involved making it a gift that keeps on giving for generations to come. All donations to the Parenting Skills Center support programs that stop the cycle of child abuse and neglect for children and their families. Your donation also helps the community as the Center's average cost is \$2,500 for each family it strengthens. In comparison, the Federal & State government spends an average of \$40,000 per child in the Foster Care system per year. Together we can improve the lives of many children and their families!

## REVENUE



## EXPENSES



## HOW YOU CAN HELP

*Visit Us Online*

*We greatly appreciate your gifts from Donor Advisor Funds, individual stocks, and contributions made directly from your IRA to our Charity.*

*Thank you so much in advance for your continued support.*





# THE **EXCHANGE CLUB** PARENTING SKILLS CENTER

## **Center Staff:**

Olympia Arnold MS  
*Interim Director*

Kristin Matte  
*CFO & Development Director*

Jennifer Garcia  
*Office Manager &  
Parent Educator*

## **BS Parent Educators:**

Lilia Angarita  
*Coordinator*

Sonia Morales

Nicolas Navarro

Bettie Joseph

## **Support Staff:**

Harry Adamakos, PhD  
*Consultant*

*Supervised Visitation  
Workers & Group Facilitators*

Valerie Mondesir  
Stella Guitandjiev

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