



The Difference You Made

REAL LIVES. REAL CHANGE. REAL IMPACT.

January 2024

There are hundreds of Delaware children and families who began 2024 filled with hopes and embracing opportunities they didn't think were possible a year ago. Your generous support in 2023 provided the help they needed right when they needed it.

Through the stories and data shared in this letter, you will see the difference you made. Nestled amongst these notable milestones are countless other achievements. The moment a first-time pregnant mom's confidence grew as she felt her baby kick, the morning a preschooler marched happily into his classroom knowing his favorite teacher was there, the afternoon a child and their parents stood in a courtroom to become a forever family, the evening a father and teenage son learned to listen, communicate, and understand each other better. These are real lives, real change, real impact. All because of you.

On behalf of all the children and families whose lives and futures your generosity has impacted, THANK YOU! I hope you continue to be as determined as we are to invest in programs and supports proven to help when, where, and how it is needed.

With gratitude,

Kirsten Olson, CEO, Children & Families First

Home-visiting supports for pregnant moms helped

166

babies be born healthy.

100%

of families improved their parenting skills and parent-child relationships with help from Parenting Education classes.

4488

children from birth to five had a great school year with the help of Head Start Early Childhood Education programs.

Foster Care helped

70%

of kids leaving our care get the lifelong stability they need through reunification with their birth families or adoption.

321

families stayed together and grew stronger with the help of Family Assessment & Intervention Response case management.



For the first time I didn't feel like I was a burden to anyone.

Micah struggled with panic attacks for what felt like a lifetime. They started in first grade and although he tried to hide them, by middle school they were significantly disrupting his daily life and ability to focus on his schoolwork.

Reaching out for help, Micah's parents learned his school offered in-school supports through a therapist called a Behavioral Health Consultant.

While he was hesitant and shy at first, it didn't take long for Micah to recognize that the individual counseling and group sessions at school gave him a safe space to express his fears and anxieties.

The support and understanding helped him navigate the challenges of adolescence with less fear and panic. Better, they empowered him to embrace opportunities with newfound resilience and confidence. And no one was more proud, than he was of himself, when he stood on the stage in that year's school play!

Students and families in

30

public and charter middle schools were able to get free mental health help from Behavioral Health Consultants.

878

students, grades K through 5, were engaged and ready to learn with the help of individualized supports from Community Schools.

You helped me get out of a place I was stuck in for years.



Rochelle could always see that the same things she grew up with - overwhelmed and stressed out parents, school attendance issues because she was sick but had no access to healthcare, isolation from her peers - were negatively impacting her own kids. She wanted something different for them and for herself, but she didn't know how to find it.

When the Seaford Community of Hope opened a family resource center in her apartment complex, she found the lifeline she and her kids needed.

With the guidance and encouragement of caring staff, she was able to build a network of supports. An after-school homework club for her kids, an on-site food pantry and community garden, a mobile health van offering check-ups and immunizations, and once a month community dinners.

Best of all, she met other mothers in her neighborhood just like her. Mothers determined to break cycles of instability and grateful to have one another for support.



Seaford Community of Hope hosted

189

activities to help families get the supports and resources they needed.

