

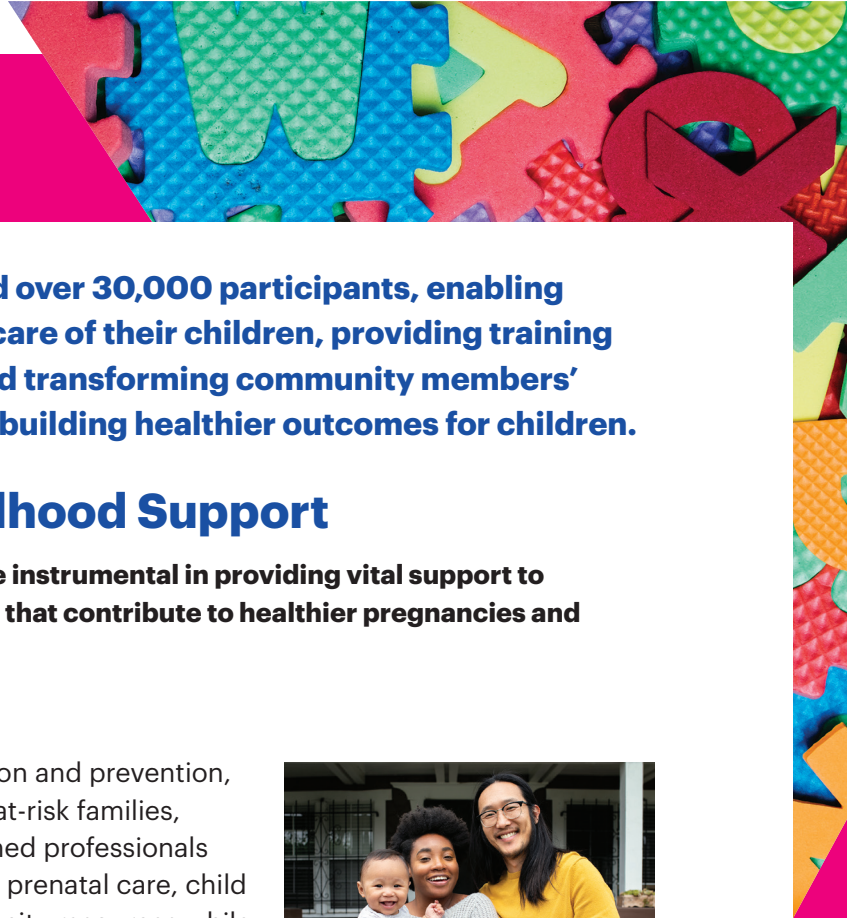
IMPACT REPORT

FY 2024



The Family Tree

A LifeBridge Health Group | Raising families up.



In fiscal year 2024, The Family Tree served over 30,000 participants, enabling parents to make profound changes in the care of their children, providing training and support to child care professionals and transforming community members' understanding of trauma as a step toward building healthier outcomes for children.

Prenatal through Early Childhood Support

The Family Tree's three home visiting programs are instrumental in providing vital support to prenatal families, offering guidance and resources that contribute to healthier pregnancies and positive outcomes for parents and children alike.

Healthy Families America

Healthy Families America focuses on early intervention and prevention, delivering comprehensive home visiting services to at-risk families, both during the prenatal and postnatal periods. Trained professionals conduct regular home visits, providing education on prenatal care, child development, parenting skills, and access to community resources while empowering parents with the knowledge and support necessary to give their children a strong start in life. This fiscal year, The Family Tree's Healthy Families program completed **371** home visits and enrolled **124** parents and children for these critical home visiting services.



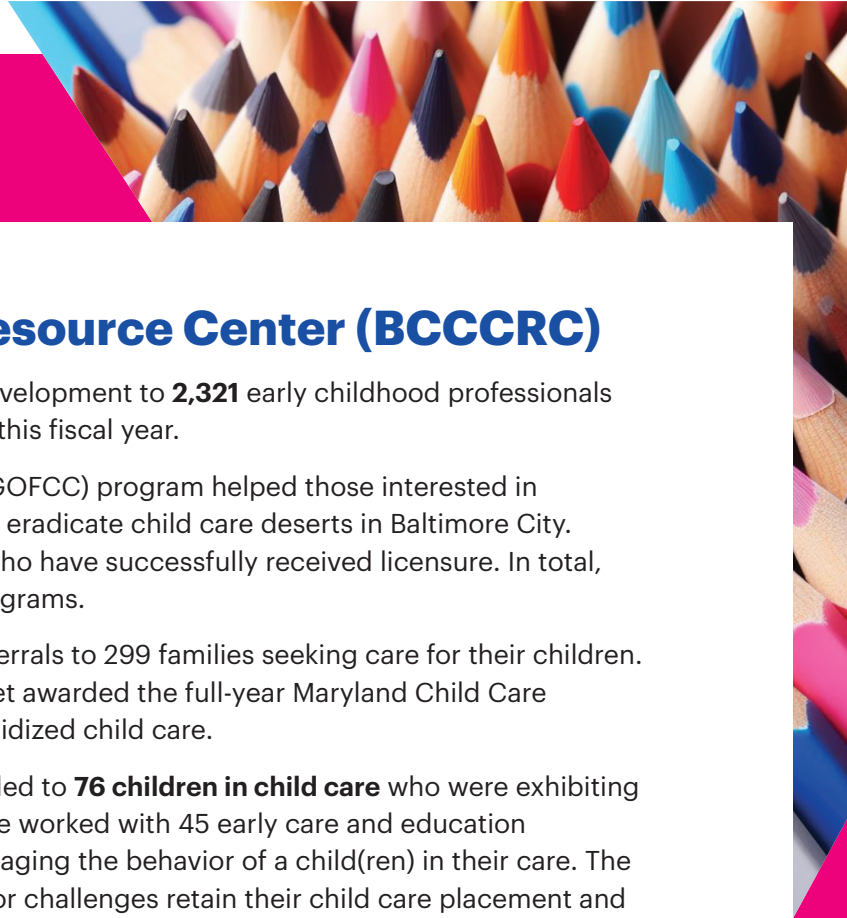
Parents as Teachers

Parents as Teachers underscores the significance of early childhood development by collaborating with parents to enhance optimal prenatal health and early learning experiences. Our home visitors provide personalized support tailored to the unique needs of each family, fostering positive parent-child interactions and nurturing the development of essential skills crucial for school readiness. This year, The Family Tree served **35** new children aged 0-3 under the model, supporting **30** families and completing **60** home visits.

Family Connects MD

Family Connects MD, a program developed at Duke University, upholds the belief that every family deserves support during the pivotal transition to parenthood. Through voluntary home visits to all families with newborns delivered at Sinai Hospital, regardless of income or background, the program ensures parents receive invaluable guidance on infant care, breastfeeding, and postpartum health. This proactive approach fosters healthy bonding and diminishes the risk of adverse childhood experiences. This year, the program provided services to **120** newborns and their families, supporting families during this critical phase of their journey into parenthood.





Baltimore City Child Care Resource Center (BCCCRC)

- The BCCCRC provided training and professional development to **2,321** early childhood professionals and fielded **9,125** requests for technical assistance this fiscal year.
- The Growing Opportunities for Family Child Care (GOFCC) program helped those interested in becoming family child care providers in an effort to eradicate child care deserts in Baltimore City. Currently, we are in cohort 2, with 19 participants who have successfully received licensure. In total, we have assisted **33** licensed Family Child Care programs.
- Family Resource Specialists provided child care referrals to 299 families seeking care for their children. The Resource Specialists also helped **43** families get awarded the full-year Maryland Child Care Scholarship, which enables families to receive subsidized child care.
- Behavioral health consultation services were provided to **76 children in child care** who were exhibiting behavioral differences or challenges. In addition, we worked with 45 early care and education programs/providers that were having difficulty managing the behavior of a child(ren) in their care. The program's goal is to help children with differences or challenges retain their child care placement and thus, their opportunity to learn. This fiscal year **97%** of children receiving services have retained their placement.



TRAINING AND DEVELOPMENT FOR 2,321 EARLY CHILDHOOD PROFESSIONALS



43 FAMILIES WERE AWARDED A FULL-YEAR MARYLAND CHILD CARE SCHOLARSHIP



STREAM IN A BACKPACK OFFERS NATURE-BASED AND OUTDOOR ACTIVITIES TO 66 CHILD CARE PROGRAMS

- Nature-based early learning opportunities were provided to **66** child care programs through our STREAM in a Backpack program, which incorporates Science, Technology, Reading, Engineering, Art, and Math into nature-based and outdoor activities. Our newly launched Infant and Toddler Little Explorers Baby STEM helps to incorporate Science, Technology, Engineering, and Math within **58** child care programs.
- BCCCRC hosted two events, the **Annual Emotional Wellness Conference and a Spring Childcare Appreciation event**. The conference's theme "Community is a Root of Well-being" was highlighted throughout the day and was amplified by the Keynote speaker, DJ Pryor. The Spring event drew over 100 early childhood professionals to Druid Hill Park to celebrate Provider Appreciation Day. Keeping child care professionals feeling motivated and recognized while providing opportunities to network has a profound effect on the strength of the child care community in Baltimore City.





Educating and Supporting Parents

Family Education Services

This year, our Family Education Services department successfully conducted **63 cycles** of our 4- week Pathways to Success parenting class curriculum. We welcomed **581 parents**, with an impressive **78%** (**457** parents) completing all sessions. Pre- and post-test assessments revealed significant improvements in parenting skills related to limit setting and involvement for **72%** of the participants who completed the program, highlighting the curriculum's effectiveness in empowering parents.

Our community workshops reached **755** participants, providing crucial education and support. Feedback from evaluations was overwhelmingly positive: 68% of participants indicated that the workshops exceeded their expectations, 65% found the classes helpful, and 69% would recommend them to a friend. These results underscore the significant impact and value of our community outreach efforts.

Additionally, we successfully piloted our new coparenting education curriculum, Cooperative Coparenting through Separation and Divorce. This pilot was conducted internally, inviting past parenting class participants to attend. The sessions were held virtually over nine weeks, with pre- and post-assessments administered to track outcomes.

Kids Care Plus

The Family Tree's Kids Care Plus program continues to be a vital support system for families with young children in the community. Offering free, licensed childcare services for parents with children ages two to twelve, the program provides safe, reliable and nurturing care while parents attend doctor appointments, job interviews, or manage other urgent responsibilities.



**FREE SHORT-TERM
CHILD CARE FOR CHILDREN
AGES 2-12**



**PROVIDED 4,500 HOURS
OF CARE TO CHILDREN
ACROSS BALTIMORE**



**LICENSED PROFESSIONALS
OFFERING A SAFE AND
NURTURING ENVIRONMENT**

This year, Kids Care Plus provided **4,500** hours of care to children across the Baltimore City metro area. In addition to offering immediate relief for families facing temporary childcare challenges, Kids Care Plus plays a crucial role in preventing child maltreatment. By connecting parents to high-quality childcare services, resources, and support systems, the program significantly decreases the risk of abuse and neglect, fostering a safer and more supportive community for all children.



Anger Management

This year, The Family Tree welcomed **65 new participants** to our 10-week STEM or Anger Management program. The STEM curriculum promotes simple techniques in emotional management and focuses on key skills frequently utilized in parent-child relationships such as impulse control, emotional awareness, emotional regulation, and appropriate emotional responses. And the results were impressive: **87%** of participants who completed the program demonstrated improvement in one or more of these critical areas. These outcomes underscore the program's success in equipping parents with the skills needed to manage anger and foster healthier family dynamics

Parenting Helpline

The Family Tree's Parenting Helpline has proven to be an invaluable lifeline for parents across Maryland, offering a comprehensive range of services and support both on the phone and through an online chat. The helpline assists community members in accessing parenting tips and advice, navigating the challenges of raising children and assisting with registration for Family Tree programs. This year, The Family Tree's Parenting Helpline, available 24/7, supported more than **1,400** parents throughout the state and provided over **1,500** referrals to The Family Tree and other community-based services.

Adverse Childhood Experiences Training (ACEs)

As Maryland's leader in preventing child abuse, The Shepard Training Institute at The Family Tree continues to provide essential technical assistance, skills-based learning, and evidence-informed training to caregivers, professionals, non-profits, community organizations, and state agencies. Our training programs enhance skills and knowledge in identifying child abuse, reporting maltreatment, understanding child development, and recognizing the impact of trauma on family systems.

Through initiatives like the ACE Interface Project, The Shepard Training Institute has educated over **850 community members** this year on the science of early adversity, the effects of childhood trauma on community wellness, and the transformative power of resilience. Adverse Childhood Experiences (ACEs) are traumatic events that occur during childhood and can have lasting impacts on health and well-being. By equipping communities with knowledge about ACEs, we aim to foster resilience and promote healthy child outcomes.

Building Community Awareness Through Events

Every holiday season, The Family Tree partners with various community-based organizations to distribute free holiday items to thousands of children and their families across the Baltimore metro area. This initiative also serves as an opportunity for community members to learn about our 24-hour parenting resource helpline and the range of direct services we offer. In December, with the support of 31 local partners, we shared agency literature, toys, and other resources with **2,535 local parents and caregivers**.

THANK YOU FOR BEING A KEY PART OF THE FAMILY TREE.

With donors like you by our side, we will continue to build safe, happy and healthy families and communities.

WANT TO CONTINUE SUPPORTING THE FAMILY TREE?

Scan to make a difference or visit familytreemd.org



2108 N Charles Street
Baltimore, MD 21218

24-hour Parenting HelpLine
800.243.7337



familytreemd.org