Dear Friends,

As an agency that has served Connecticut for over forty years we have been confronted with many challenges. Last year, as always, we met the challenges presented by the COVID 19 pandemic with a spirit of dedication and determination. Our model of service is hands-on: we meet our clients in their homes and that one-on-one contact is essential. And while we all wish the restraints imposed by the pandemic were no longer a factor, our staff is ever mindful of the continuing impact on our work. We move forward, optimistic about the changes we can make and mindful of the effect and changes the pandemic has had and continues to have on our mission.

One of the upcoming changes and challenges we now face is the 2022 retirement of our Executive Director, Cheryl Burack. Cheryl has been the Executive Director for thirty-four of our forty-four years. She has steered the agency through all challenges with empathy and grace, ever conscious of our mission, and it is time for Cheryl to move onto the next phase of her life and time for the agency to work on filling the very big shoes she will be leaving behind. While we are very sad to see her go we are committed to finding a new Executive Director that will continue the good work and move the agency forward.

To that end we have engaged the services of an executive search firm to aid in this process. Over the next few months, the firm will work with the Board and most importantly our staff to assess our needs and continue the mission of Family Centered Services.

Our Mission, Values and Vision will continue to guide us in the work we do. We look forward to helping families establish safe and nurturing homes despite the challenges we face.

Dear Friends,

What a journey this has been! Since my first meeting with the agency’s founder, Jean Adnopoz, I understood the legacy that was being built in the community and the responsibility that came with it. Services for children were fragmented and Jean and her colleagues understood that multidisciplinary collaboration and coordination would increase the effectiveness of services. Our programs represent partnerships with health, law, law enforcement, education, child protective services and behavioral health, working together to empower families to understand and meet the needs of their young children and claim the benefits of community resources. This work will continue with the next generation of dedicated professionals who want all families to be safe and nurturing places where children can succeed. With thanks and gratitude to our colleagues, friends, funders and Board of Directors, I will watch the continued evolution of Family CT with excitement.
The pandemic has found many people in a state of isolation, worry, as well as physical and emotional distress. For individuals who are victim to intimate partner violence, these attributes can be all too familiar—global pandemic or not. High levels of stress surrounding loss of jobs during this time, the inability to escape constrained houses, children being home from school, lack of healthy coping skills and increased substance abuse have played into the raising rates of domestic violence cases. U.S. studies show that domestic violence incidences increased 8.1% once lock-down requirements were established (Council on Criminal Justice, 2021).

In addition, the barriers to reporting domestic violence increased as well. Mandated reporters such as social workers, teachers, and doctors no longer had the same access to families to be able to recognize possible abuse taking place at home. Providers having to meet individuals virtually lessen the ability to fully access and evaluate the situations these families were in (Evans, Lindauer, & Farrell, 2020). Unreported domestic violence cases are already common so with the pandemic, this was exacerbated.

Being a clinician at Family Centered Services and working with families experiencing domestic violence, I was able to talk with clients about their situations during the pandemic. With increased stress, came increased aggression. Many clients were unable to identify abusive behaviors occurring within their relationship, and instead attributed unhealthy and abusive behaviors to extreme stressors occurring in these confinements. In addition, clients who struggled with having appropriate coping skills were unable to self-soothe and found themselves in situations where they felt a strong sense of hopelessness. Not being able to have regular outlets caused clients to dive even deeper into their unhealthy relationships. As a clinician it was important to teach clients that stress does not equate to violence or any form of abuse. Helping perpetrators recognize and find effective ways to manage their emotions has been found to be effective among clinicians at Family CT. These skills can be used to handle both routine stressors that these families experience as well as ways to cope with the residual effects of the pandemic.
New in 2021!

Family Centered Services of CT, Inc. has made a successful application to the CT Office of Early Childhood for a new home visiting program to improve healthy births for children and mothers, improve child development and parenting practices and reduce child maltreatment. Program eligibility will include parents of children prenatally-age five, with priority given to enrolling caregivers prenatally or with children up to six months of age; mothers and fathers under the age of 20; and/or women from racial/ethnic backgrounds who are more likely to experience adverse birth outcomes, including Black, American Indian and Alaska Native women.

Family CT and its subcontractors The Children’s Community Programs of CT, the New Haven Health Department, and The Early Head Start Home Visiting Program at Team, Inc. will implement the Parents as Teachers (PAT) home visitation program model and serve 240 families/year. The vision of PAT is that all children will develop, learn and grow to realize their full potential and believes that parents are their children’s first and most influential teachers. PAT is relationship-based and parenting-focused and lends itself to the development of positive childhood experiences, with emphasis on parent-child interaction, development-centered parenting, and family well-being; on strengths, capabilities and skills; and on building protective factors within the family. Home visiting is one component of the PAT program, which also includes group connections, health, hearing, vision and developmental screenings for children, and referral and linkage to other needed resources.

Some families will be referred to Clifford Beers Child First program for trauma-focused parent-child psychotherapeutic intervention and to CT Community Doulas for childbirth and postpartum education and lactation support. We are delighted to lead this multi-agency partnership!
For the past nine years Family CT has held a walk to raise awareness of domestic violence each October. The very first walk was held in 2009 and was conceived and organized by the staff of the Neighborhood Victim Advocacy Program (NVA) and the Intimate Partner Violence-Family Assessment Intervention and Response Program (IPV-FAIR). On a designated Saturday in October all would meet and after listening to brief remarks by an invited guest speaker, we would march down Orange St. in New Haven carrying banners with slogans or statistics about DV and its effect on children, families, and the community. After the walk we would gather for raffles prizes, Subway sandwiches and ice cream.

This year we were faced with the choice of not holding our event due to the pandemic or finding a new and creative way to get our staff, board members and community supporters involved in a safe and fun way to raise awareness. But how to do that? In the end, we decided to hold a virtual “Walk, Run, Ride” event. Since we had no experience running a virtual event, we secured the Walker Group to help us plan and strategize a social media campaign on the theme of “Race, Culture & Domestic Violence”. We created weekly themes and offered prizes for social media posts showing pictures related to the themes. We also had prizes for the most money raised by an individual and the most money raised by a team. We developed a web page related to the event where we posted resources about “Race, Culture & Domestic Violence” and most exciting of all, Jackson Katz, a world-renowned authority on gender violence, recorded a talk for us that was posted to our website. Dr. Katz’s speech was the highlight of our campaign and is available on our website. Our 10th Annual Walk, Run & Ride to end Domestic Violence was our first virtual event and its success may lead to more virtual events in our future. If you would like more information about our two programs that work with victims of Domestic Violence please check out our website: www.familyct.org.
Neighborhood Victim Advocacy
Safety planning, psychoeducation, court accompaniment and assistance with the criminal justice process for child and adult victims of domestic violence, sexual assault, child abuse, elder abuse and hate crimes. A Saturday morning Children’s Empowerment Group is held for children who have witnessed domestic violence or experienced abuse.

Intimate Partner Violence - Family Assessment Intervention Response
Restoring, repairing and healing family relationships after domestic violence through safety planning, dyadic therapy, parenting education, and Fathers for Change program. *DCF referrals only

Teen Outreach Program
School-based services for teens ages 12-17 to increase school success and protect youth from risk factors that contribute to teen pregnancy and school failure. *The program is offered during the school year and is limited to students in participating schools.

Child Passenger Safety Program
Mobile fitting station ensures each child is safe in the car. A Certified Passenger Safety Technician provides in-home education on correct installation and how to secure their child. Many families are provided with a new car seat. *Referrals for current Family CT clients

Parenting Support and Parental Rights Initiative
Therapeutic services to parents with psychiatric disabilities, providing education about parental rights and responsibilities, mental illness, and symptom management, development of temporary guardianship plans as needed, and work to strengthen and preserve families. Services ensure that children are best cared for and mothers and fathers are capable of healthy parenting and are knowledgeable about their child’s needs.

Baby & Me CT
An early childhood home visiting program supporting caregivers as they learn about their child’s development, health and safety, and getting their child ready to start school. PAT provides personal visits customized for each family. PAT focuses on families with children from the prenatal stage through age five and specializes in working with young parents and first-time parents.

Intimate Partner Violence - Family Assessment Intervention Response
Restoring, repairing and healing family relationships after domestic violence through safety planning, dyadic therapy, parenting education, and Fathers for Change program. *DCF referrals only

Parenting Support Services
Strengthens families through home-based parenting skills instruction and simple and practical strategies to help parents confidently manage their children’s behavior, prevent problems developing and build strong, healthy relationships.

Multisystemic Therapy - Building Stronger Families
Intensive treatment for families experiencing parental substance use in addition to child abuse or neglect. Through a strength-based approach and collaborative problem-solving, MST uses evidence-based treatments to address substance use, trauma, family relations, and behavior modification. Case management provided to help families meet basic needs and improve utilization of community resources. *DCF referrals only

Caregiver Support Team
In-home clinical interventions to kinship, foster and pre-adoptive families to prevent the disruption of placements and recognize the effects of trauma, grief and loss on children and families. *DCF referrals only

South Central Medical Home Initiative for Children and Youth with Special Health Care Needs
Care coordination to link children and youth with special health care needs and their families to services and resources to achieve good health.

Family-Based Recovery
Strength based in-home services for families with children ages birth to three, who are affected by substance use. Services include substance use treatment, case management, and parent-child psychotherapy. *DCF referrals only

.updated: 11/30/2021

Most services are free, bilingual (English/Spanish) and home-based.
235 Nicoll St., New Haven, CT 06511 | www.familyct.org | 203-624-2600
2020-2021 Financial Supporters

We are grateful for the generosity of individuals, businesses, organizations, community groups, foundations and funders. If anyone has inadvertently been left off this list, please accept our apology and let us know.

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City Missionary Association of New Haven, Inc.
CT Department of Children and Families
CT Department of Mental Health and Addiction Services
CT Department of Public Health
CT Department of Social Services
CT Office of Early Childhood
CT Office of Victim Services
The Community Foundation for Greater New Haven
The Ethel & Abe Lapides Foundation
The Friends of Jimmy Miller
The GoodCoin Foundation
The United Way
Who We Served

July 1, 2020–June 30, 2021  1606 Families Served

Reason for Referral

- Foster/Kinship Care: 39%
- Teen Pregnancy Prevention: 28%
- Care Coordination: 20%
- Parenting/Abuse/Neglect: 20%
- Intimate Partner Violence: 16%
- Other: 5%

Race

- Asian: 39%
- Unknown: 28%
- Biracial: 27%
- Hispanic: 3%
- White: 3%
- Black: 1%

Age:

- Children Served: 52%
  - 13-17: 35%
  - 6-12: 13%
- Birth-5: 13%

- Adults Served: 46%
  - 46-64: 46%
  - 30-45: 28%
  - 22-29: 14%
  - 18-21: 12%
<table>
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<th>Income</th>
<th>Amount</th>
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<td>Department of Children and Families</td>
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<td>Department of Public Health</td>
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<td>Department of Mental Health/Addiction Services</td>
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<td>Office of Early Childhood</td>
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<td>Subcontracted with New Reach</td>
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<td>Misc Income</td>
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<td>Fund Raising &amp; Special Events</td>
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<table>
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<tr>
<th>Expenses</th>
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<td>Fund Raising &amp; Special Event Expenses</td>
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<td><strong>TOTAL</strong></td>
<td><strong>4,648,465</strong></td>
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</table>
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West Haven, CT

Our Mission
Family Centered Services works with families to ensure they are safe and nurturing places where children can succeed.

Our Vision
We envision a world of healthy families, where children grow up to be confident and caring adults and contributing members of their community.

Our Values
We believe all children have the right to live in a safe, nurturing environment, free from violence, abuse, and neglect.
Dedicated Staff

Administrative Staff
Keisha Barnes, Administrative Assistant
Cheryl Burack, M.S., Executive Director
Jacquelyn Farrell, LCSW, Assistant Director
Kara Rotheram, BS, Finance Director

Caregiver Support Team
Sophie Caldwell, LMSW, Program Director
Sandy Gonzalez, LMSW
Lindsay Molina, LMSW
Laura Rainey, M.Ed
Marie Watson, MSW
Jazmynn Jakubczyk, MPH

Family-Based Recovery
Katherine Babb, LCSW, ICAADC, Program Director
Joshua Hurlburt, BS
Corey Larkin, LMFT-A
Ruth Montgomery, LMSW

Baby & Me CT
Jessica Palmer, LMFT, Program Manager
Abigail Berkson, LCSW, Clinical Supervisor
Delcy Castro, AS
Noreen McElroy, BA
Debreeda Pearson, BS

Intimate Partner Violence – Family Assessment Intervention Response
Johanna Piper, LCSW, Program Director
Bryanna Cotto, BA
Ashley Hernandez, MS
Jaime Thorne, LMSW
Theresa Pichulo, B.A.
Talyah Uslianer, LMSW

Multisystemic Therapy – Building Stronger Families
Alix Pierce, LPC, Program Director
Christine Conway, MSW
Trudy Granston, BA

Neighborhood Victim Advocacy
Gisela Taveras, BSW, Program Director
Yoselin Coyotl, BS
Melissa Masayda, M.S.
Alivia Roseboro, M.S.
Brittany Kennedy

Parenting Support and Parental Rights Initiative
Geanella Lara, LMSW

Parenting Support Services
Irene Clementino, M.A., Program Director
Brittney Bauer, BA
Tyisha Minnifield, BA
Trevaun Ricketts, BS
Ashley Robinson, BA
Sarah Tracey, BA

South Central Medical Home Initiative
Jodi Baloga, LCSW, Program Director
Crystal Ayala, M.S.
Rachael Stamat, LPN (Middlesex Health)

Teen Outreach Program
Raycean Wright, BS, Program Director
Allison Beaulieu, MPH
Family Centered Services of CT

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