

ANNUAL REPORT

Fiscal Year 2017





Change is in the air...

Board of Directors Fiscal Year 2017

Jeff Stroop
President

Tricia McDowell
Secretary

Paul Steele
Treasurer

Lauren Curry
President-Elect

Betty Adams Green
Immediate Past President

Jacklyn Claire

Lauren Hansen

Clay Hart

Abhishek Mathur

Theo Morrison, Jr.

Caitlin Nossett

N. Jerre Richards, Jr.

Gracie Robinson Porter

Jennifer Shain

Phil Smith

John Spence

Stephen Young

As the new CEO and the new Board President for **The Family Center**, we're excited about the organization's future. This Annual Report reflects the solid foundation established by the past, including FY17, and we would not have made it to where we are today without your support! Thank you for being **The Family Center's** "change makers" as we strive to help individuals, families, and our community better understand how to raise children who can look ahead with hope and inspiration.

Learning from and celebrating the past also allows us to move forward and make strategic changes that will help **The Family Center** expand its role as Middle Tennessee's "family change agent." With this in mind, we're pleased to introduce our newly refined Mission Statement... **breaking multi-generational cycles of child abuse, neglect, and trauma by empowering parents to raise children who can then reach their highest potential.** Since children don't come with manuals and parents aren't required to have a license to raise them, we are here to provide understanding, education, and skills to parents who, in many cases, have familial or environmental challenges that affect their ability to make good parenting choices.

Watch for more information as we ramp up communications with our extended family of clients, volunteers, community partners, corporate and foundation funders, and individual donors. **The Family Center** is changing lives... changing families... and changing futures.

Thank you for being such an important part of our family!



Susan M. Galeas, MSW, MPH
CEO



Lauren Curry, Esq.
Board President

Know your ACEs

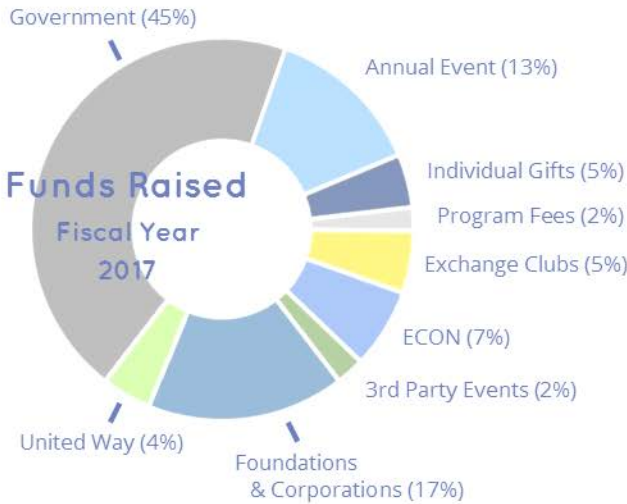
- abuse (sexual, physical, or emotional)
- neglect (physical or emotional)
- witnessing domestic violence
- household mental illness
- household substance abuse
- incarcerated family member
- divorce/ separation



because you're changing the story...

Lives impacted
1355
parents
& **2384** kids

668
parents from
the community
569
incarcerated
parents
118
parents struggling
with substance abuse



76%

of at risk parents
reduced
their likelihood
of abusing
& neglecting
their children

TOTAL REVENUE
\$965,352.00
& growing for FY18

as few as 3 ACEs

- 3x more likely to experience academic failure
- 5x more likely to have attendance problems
- 6x more likely to have behavioral problems

6+ ACEs

- at risk to have their lifespan shortened by 20 years
- 3x more likely to suffer from chronic illness as an adult
- 30x more likely to die by suicide

we're changing lives!

With a history of addiction and abusive relationships, Lara's mom is struggling. Lara often goes to bed hungry, is rarely bathed, and has no one when frightened or hurt. These are **Adverse Childhood Experiences (ACEs)**.

How do ACEs affect Lara?

Raised cortisol levels contribute to:



- increased activity in the brain's 'fear center' (amygdala)
- decreased development in the brain's 'reasoning center' (hippocampus) affecting learning, memory, and stress

These effects in her developing brain result in difficulty with decision making, judgment, and social interaction making it harder for Lara to succeed in school, build relationships, and make good life choices.

Lara's mom experienced her own ACEs in childhood challenging her ability to recover from adversity and make better choices. Constant states of stress make changes in our DNA that can be passed on for generations... Lara is genetically pre-disposed for low resilience.

Yet the past doesn't always define the future. The brain is resilient, new neural connections can be made... repairs that last for generations if parents understand their ACEs, learn new skills, and effectively nurture their children.

The Family Center is a '*change agent*' for Lara and her mom... changing how they view the world, respond to stress, learn, and grow together.

changing lives · changing families · changing futures

Our Change Makers

Originators—\$50,000.00+

TN Dept. of Children's Services
TN Dept. of Human Services
The Economic Club
of Nashville Charities

Influencers - \$25,000.00+

The Healing Trust
The Memorial Foundation Inc.
Exchange Club of Murfreesboro
United Way of Rutherford
and Cannon Counties

Activators - \$10,000.00+

Administrative Office of the Courts
CCA Charitable Fund of the
Community Foundation
of Middle Tennessee
Christy-Houston Foundation
The HCA Foundation
Kappa Delta, Delta Pi Chapter -
MTSU
Kharis Foundation
Murfreesboro Noon Exchange Club
Rutherford County
John Spence
St. George's Episcopal Church

Motivators - \$5,000.00+

Charity Circle of Murfreesboro
City of Murfreesboro
City of Murfreesboro-Community
Development Department
Dorothy Cate & Thomas F. Frist
Foundation
HCA/TriStar Health
Hillsboro-Brentwood Exchange Club
Joe C. Davis Foundation
N. Jerre and Denise Richards, Jr.
Richards and Richards Office
Records Management, Inc.
Terry and Linda Scholes
TrustPoint Hospital, LLC

Connectors - \$1,000.00+

Betty Adams Green and Jim Wooten
Steve Ainsworth
Paul and Lynne Anderson
Graham Baker
Baker Donelson Bearman Caldwell
& Berkowitz, PC
Mr. and Mrs. James Barr
Dr. and Mrs. Timothy S. Blackwell
Wendell Blankenship
Fernando Carvalho
The Cockayne Fund Inc.
The Community Foundation
of Middle Tennessee
Lauren and Spence Curry
Delek Fund for Hope
Ms. Dawn Eaton
Evening Exchange Club
of Donelson-Hermitage
Cindy Farringer
Chip Faught
Marty and Kerry Flanagan
The Frist Foundation
Jon Gaston
H. G. Hill Realty Company
Laura and Tom Hansen

Mr. and Mrs. Bennett Harrison
Clay Hart
Donald N. Holmes
and Deborah A. Smith-Holmes
Phil and Sharon Howard
Pamela Johnson
Teresa Kittrell and David Girard
Kroger
Mr. and Mrs. Neil V. Lambert
Doug and Tricia McDowell
Middle Tennessee Electric
SharingChange, Inc.
Monroe Carell Jr. Children's Hospital
at Vanderbilt
Pinnacle Financial Partners
Phillip and Dorothy Ponder
Gracie Robinson Porter
Publix Super Markets Charities
Reliant Bank
Rogers Manufacturing Co., Inc.
ROROS Foundation
Ben and Jennifer Shain
Sherrard, Roe, Voigt, & Harbison, PLC
The Siebert Family Foundation
Philip and Pam Smith
Paul and Jenny Steele
Jeff and Dana Stroop
T & T Family Foundation
The Tennessee Beer
and Wine Festival
Susan Travis-Paulsen
Two Rivers Ford
Lynn Wallace
Buddy and Mary Wooten
Mandy and Stephen Young

Ambassadors - up to \$999.99

Mr. and Mrs. Jim Adrian
AmazonSmile
Mr. and Mrs. Edward B. Barlow
Mary Beth Bauer
Dawn Bell
Mr. and Mrs. Stephen E. Blackmon
BluSky Publishers
Chad Bortorff
Harold Bouldin
Mr. and Mrs. John Brown III
Mr. and Mrs. Greg Burns
Diane and Lee Carter
Cartinhour-Woods Foundation
Gail Childress
Jacklyn Claire
Mr. and Mrs. Leslie Coble
Mr. and Mrs. Charles Cook
Jay Crawford
Steven Cummings
Paula DeBerry
Mimi DeCamp
Miles Dickinson
Cindy and Baird Dixon
Jennifer Drake-Croft and Justin Croft
Mr. and Mrs. Scott Ellis
Exchange Club of
Donelson-Hermitage
Exchange Club of West Wilson County
Christy Fancher
Nancy Forrester
Beverly and Rod Frank
Mr. and Mrs. Keith Frazier
Mr. and Mrs. Bruce Gill
Susan Gill
Jennifer Graham
Kim and Kelly Hamner
Michael Hayes
Jennifer and John Helmers

Mr. and Mrs. Van Hill
Laurie Hoffma and Ted Drozdowski
Carrie and Kristofer Hoffman
John Hood
Mr. and Mrs. Ron Howes
Kib Huddleston
Kathy Huddleston
Mr. and Mrs. Jim Humphreys
Mr. and Mrs. David Hunt
Steve Iler
Sean Johnson
Edward Johnston
Rhonda Keckley
Kendra Scott
John King
Jennifer Knowles and Chip Boles
Kroger Caring for the Community
Mr. and Mrs. Robert Laird
Mr. and Mrs. Robert Ligon
Ken Luton
Jack Lyle
Sandra and Patrick McClarty
Craig McGill
Liz McKenzie
Frank McKenzie
Mr. and Mrs. Donald McKenzie
Lauren Meeker
Leslie Merritt
Mr. and Mrs. Don Merritt
Theo and Erin Morrison
Mike Mueller
Nashville Public Library Foundation
Caitlin Nossert
Juliana Oberkirsch
April Oberlin
Christine Partch
Marilyn Phelps
Nancy and Charles Pigg
Dr. and Mrs. Wayne Potter
Mr. and Mrs. Richard B. Prevatt
Carolyn and David Price
Mr. and Mrs. Daniel Puryear
Susan and Ernie Rabideau
Christine T. Ragan
Evelyn Raines
John Rebrovick
Grace and Ryan Richards
Rufus E. Fort Family Advised Fund
of the Community Foundation
of Middle Tennessee
Christina Sanders
Mr. and Mrs. Charles Sanger
Margaret Schaefer
Betsy Schaffer
Audrey and Patrick Sherer
Marcie Smeck
Amy Smith
Mr. and Mrs. Cam Sorenson
Mr. and Mrs. Tom Steele
Louise Stevenson
Dr. and Mrs. Brian Stoddill
Mr. and Mrs. Bennett Tarleton
Tennessee District Exchange Club
Jeff Tietgens
Laurence Trabue Jr.
Mr. and Mrs. Charles Tygard
Frank Virgin
Sheri Weiner and Samuel K. Farmer
Nancy and Robert Wells
Mr. and Mrs. Axson West
Leigh Ann Whitehorn
Christie Wiemers
Julie and Tom Willett
Eleanor Lawson Willis
David Wilson
Donald Wright