



FY21 Annual Report

ABOUT FAMILY SERVICES OF THE MERRIMACK VALLEY

For over 168 years, Family Services has been solely focused on the mental health and well-being of Merrimack Valley residents. We deliver a wide range of high-quality, evidence-based programs that reach 7,000+ local children, teens, and adults each year. With a compassionate and culturally sensitive approach, we guide individuals as they work to build healthy and productive lives.

This work is carried out in three core areas of service:

- **Youth Development** programs help young people navigate the difficult stage of adolescence by recognizing and building on their strengths. Through mentoring, life skills training, pregnancy prevention, and child advocacy programs, Family Services ushers children and youth onto the path of success.
- **Parent Education** programs provide individual and group support to help parents and caregivers understand child and adolescent development, gain skills for responding to challenging behaviors, and offer opportunities to nurture and care for all family members.
- **Emotional Wellness** programs assist people who have experienced trauma or are struggling with depression, anxiety, and other mental health issues that require professional help. Through a wide array of prevention and treatment services, we enable people to achieve emotional wellness for today, and hope for the future.



A Message From Our CEO

This last fiscal year, Family Services' saw lots of ups and downs as we, like others, continually adjusted to the shifting levels of risk posed by the pandemic. There were times that felt like things were becoming "normal" again, only to have the sense of crisis reemerge. It's been a reminder of the value of the work we do at Family Services, and the core mission that underlies all of the services we provide. We brought our mission to life again in 2021 through a variety of programs and services. We saw children and families display astounding resilience in the face of the pandemic and the emotional, social, and economic hardships its entailed. We also saw the toll the pandemic has taken on families and communities, and we have recommitted to providing high quality, evidence-based, compassionate care and support to everyone who needs a helping hand.

The generosity and commitment of our donors, volunteers, and partners has helped us stay resilient and optimistic throughout the past year. We are indebted to the donors, volunteers, and staff who gave time and treasure to support our mission during this difficult year. **Thank you!**

Sincerely,



Elizabeth Sweeney, CEO

FY 2021 MEASURES OF SUCCESS

90 staff members,
405 volunteers, and
899 donors positively impacted the lives of children and families across **43** cities and towns.

1,601

individuals and families provided with child and baby care items, holiday meals, financial assistance, and school supplies.

“My mentee is fully **engaged** in her college search and **thriving** in so many ways! - Mentor



675 workshops and trainings held, including youth leadership groups, parent education classes, and emotional wellness group support.



“Thanks to my mentor I have been able to open up and have more **self-confidence**. I have found a true friend that has provided **guidance** when I need it most. To think that I almost rejected having a mentor! Thank you for allowing me to have this experience.” - Mentee

14,700 calls answered on suicide prevention helpline.

310 youth matched with adult mentors to serve as a positive adult role model and spent over **4,246** hours on recreation, academic assistance and emotional support.

12,692

in-person and telehealth mental health sessions conducted.



1,509 parents and caregivers took time out of their busy lives to complete parent education classes and individual coaching.

To fulfill its mission and help individuals overcome obstacles and reach their full potential, Family Services offers a broad array of programs in three areas of service: youth development, parent education and emotional wellness.

Parent Education programs support parents and caregivers as they nurture and care for children of all ages, giving them the knowledge, skills and opportunities to learn about healthy child development, household management, and tools for navigating challenging times.



Emotional Wellness programs help individuals of all ages build resilience so that they can face life's challenges with the knowledge, skills, and tools needed during trying times. FY 21 emotional wellness programs included: Elder Outreach, Employee Assistance Program, Counseling Center, Therapeutic Mentoring, Samaritans of Merrimack Valley, Psychological First Aid.

Youth Development programs help young people navigate the difficult stages of early adolescence and young adulthood, helping them uncover their strengths and skills to avoid risk behaviors and stay on track toward personal and academic success. FY21 youth development programs included: ARISE Life Skills, Adolescent Sexuality Education, Personal Responsibility Education Program (PREP), Amigos Mentoring, Youth Achieving Resilience, Stand & Deliver, Big Friends Little Friends, Court Appointed Special Advocates (CASA).



FY21 LEADERSHIP

Staff Leadership Team

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Lori Howe, *Chief Operating Officer*
Karen Manzi, *Human Resources Director*
Linda Moynihan, *Chief Financial Officer*
Elizabeth Sweeney, *Chief Executive Officer*

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Advisory Board

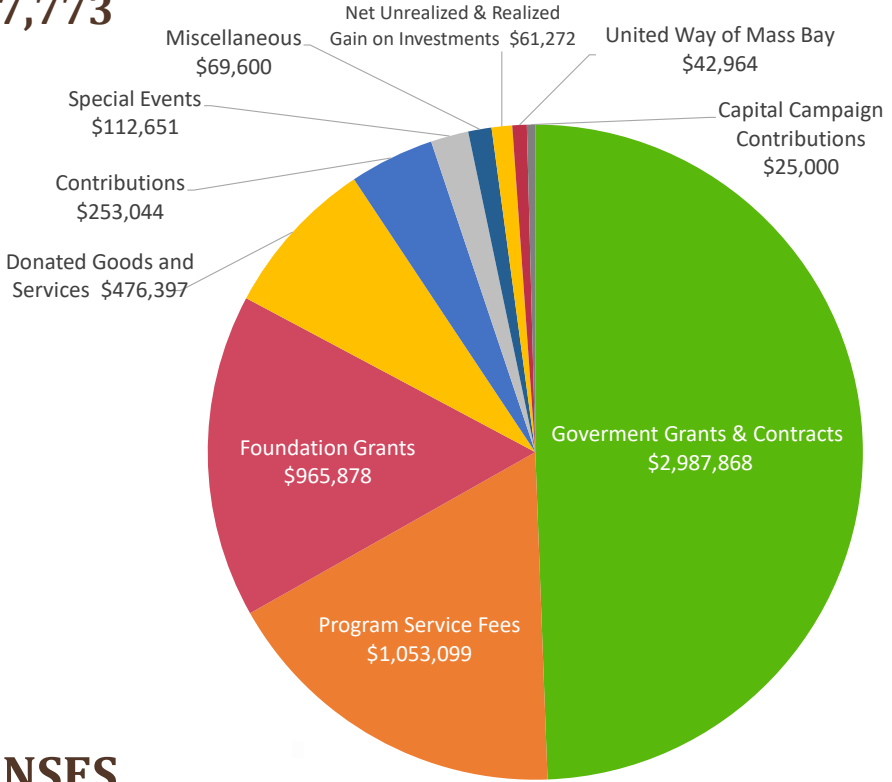
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FINANCIAL STABILITY

The following represent financials for the period October 1, 2020 - September 30, 2021. To view the complete audited financial statement, visit FSMV.org/publications

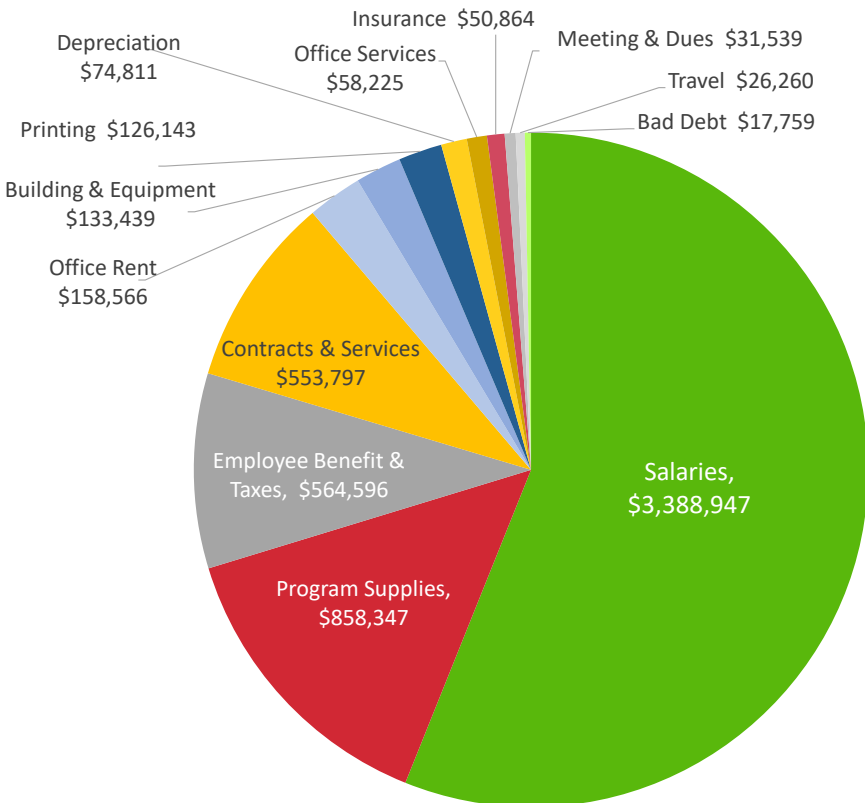
REVENUE

\$6,047,773



EXPENSES

\$6,043,293



THANK YOU!

Our deepest thanks go to the following donors who invested in our community by making a donation to Family Services during our 2021 fiscal year! Donors listed include those who made cash and in-kind donations, as well as grants and event support during the period 10/01/2020 - 9/30/2021. We apologize for any omissions or mistakes. Please contact our development department with any corrections: 978-327-6639.

Visionary (\$20,000.00 +)

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