



Spring 2023

Connection

CEO MESSAGE



It's been a few months now since we vacated our central office building while it's under renovation. Amazingly, with the dedication and hard work of our staff, we've maintained service to our clients and continued programming uninterrupted during the transition. And now, we're looking forward to moving back into a safe, healthy,

and welcoming space in the summer of 2023!

The building renovations are becoming a reality with the tremendous support of so many individuals and

organizations that have invested in our space and in our future. Thank you to everyone—at every level—who has donated! Of course, there's still time to give if you have not already. To make a contribution, visit FSMV.org/BuildChange.

Our Campaign to Build Change, and in fact our entire organization, has benefited from the leadership of Gary Sidell, our Board President, who we are pleased to be honoring at our Spring Gala on Thursday, May 11, 2023. See inside for more details. I hope to see you there!

Warmly,

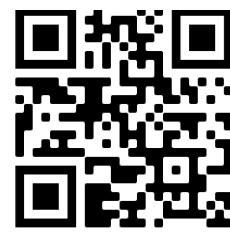
Elizabeth Sweeney
Chief Executive Officer

CAMPAIGN UPDATE

In 2019, Family Services began the Campaign to Build Change to raise funds for the renovation of its central office building in downtown Lawrence and to establish an Impact Fund to be used for crisis response, new initiatives and sustaining impactful programs. With a slight delay in 2020-2021 (to accommodate a global pandemic), the campaign has made remarkable progress and the building renovations are now nearing completion. And yet, we still have just under \$200,000 left to raise. If you have not yet given, or are inspired to make an additional gift to the campaign, please visit FSMV.org/BuildChange or scan QR Code at right. Read more inside this issue.



— CAMPAIGN TO —
BUILD CHANGE



BOWL A STRIKE FOR KIDS

Family Services' 15th annual **Bowl a Strike for Kids** was a **tremendous success!** Over 200 bowlers had a lot of fun with this year's Disney theme, threw down some competitive bowling, and raised more than \$75,000 to support Family Services of the Merrimack Valley's youth mentoring programs! Thank you to everyone who participated and supported.

Each year, Bowl a Strike for Kids raises awareness and much-needed funds for mentoring, enabling us to serve the young people most in need of a caring, adult role model.

Special thanks to our event lead sponsors: **Enterprise Bank, Institution for Savings, LCW CPAs, Merrimack Valley Credit Union, Morse Technologies** and **Windo-ver Construction**. Great mentors change lives... and so did you!



YOUNG PARENTS

Parenting is not easy! When a young person becomes a parent during adolescence or early adulthood, the challenges are even greater. Completing their education becomes more difficult, going through the regular milestones of teenage life gets complicated, and managing relationships and self care can seem impossible.

Family Services' young parent programs help parents navigate all these challenges and more. Program staff work individually with parents to set and achieve goals, and work with young parents as a group to create a positive peer support network. And sometimes to just have a little fun!

Over the last few months, Family Services' Young Parenting participants had fun at a paint night and a flower planting night for their monthly wellness sessions! This spring, staff will facilitate a group program focused on budgeting and money management. Participants will learn tips and tricks for managing financial challenges and being prepared for their futures. We all know the toll financial hardship can have on mental health, so we're happy to also have one of Family Services' mental health clinicians also join the group to talk about skills for coping with financial stress.



One Year after the Launch of 988

July marks the one-year anniversary of the launch of the national 988 Suicide and Crisis Lifeline. Family Services expanded its existing lifeline in July 2022 to become the local Lifeline center, answering the calls to 988 from Essex County since the launch.

“Ramping up our capacity to answer every call 24/7/365 was a huge undertaking,” said Jenny Ngo, Family Services’ Lifeline Director. “But we have an incredible team of employees and volunteers who are providing compassionate and caring support to people in their darkest hours. It is our honor to do this work.”

While awareness of the 988 Lifeline is growing, there remains some misunderstandings and misconceptions. Below are Lifeline FAQs that help explain its purpose and impact.

988 FAQs

What happens when I call 988?

A trained crisis counselor answers the phone, listens to the caller, understands how their problem is affecting them, provides support, and shares resources if needed.

Does calling the Lifeline really work?

Yes, the Lifeline works. Numerous studies have shown that most Lifeline callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to a Lifeline crisis counselor.

Will EMS or the police be sent if I call?

The primary goal of the Lifeline is to provide support for people in mental health-related distress or suicidal crisis in a manner that is helpful to them. The vast majority of those who call the Lifeline do not require any additional interventions besides a caring person to talk to. While rare circumstances may warrant a response from police or EMS (for example, when a suicide attempt is in progress), the 988 response is always intended to promote stabilization and care in the least restrictive manner. In fact, fewer than 2% of Lifeline calls require voluntary or involuntary connection to emergency services like 911.

Is 988 available in other languages and for those hard of hearing or blind?

The Lifeline currently provides services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 other languages. Text and chat are currently available in English only. The Lifeline currently serves TTY users by dialing 711 then 1-800-273-8255 and is in the process of expanding to video phone service to better serve deaf or hard of hearing individuals seeking help.



THREE DIGITS, ONE CONNECTION

If you or a loved one are having emotional distress or thoughts of suicide, call 988 to connect with a lifeline specialist for support.

GALA EVENT

Join us on May 11



Event Honoree, Gary Sidell

It's not too late to join us on May 11, 2023 for our Spring Gala! At this year's Gala, we're so pleased to be honoring **Gary Sidell**. Gary has been a business and community leader in Greater Lawrence for many years, carrying on the legacy of his family, which has been making the city of Lawrence strong and more vibrant for decades.

Family Services has had the honor of Gary's involvement in our organization for 20 years as a member of the Board, a volunteer mentor, President of our Board of Directors, and Co-Chair of our Campaign to Build Change. Join us as we honor this heart of gold.



WHEN: Thursday, May 11, 2023 6:30-10:00 p.m.

WHERE: Andover Country Club

WHAT: Heart of Gold Spring Gala honoring Family Services' Board President, community volunteer, local businessman, and genuine heart of gold, Gary Sidell. Dinner & Spirits, Silent & Live Auction.

WHAT ELSE: Sponsorship opportunities available and auction item donations welcome!

HOW: To purchase tickets and/or sponsor the event, visit FSMV.org/Spring-Gala or scan the QR code.

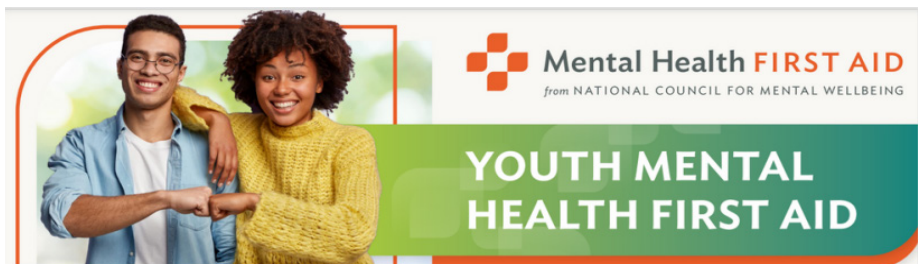


TRAININGS AVAILABLE

Family Services is pleased to now be a provider of **Youth Mental Health First Aid (YMHFA)** trainings!

YMHFA is a nationally recognized curriculum that helps adults learn how to recognize and support youth who may be experiencing mental health challenges, and most importantly how to connect them with care. The trainings cover signs and symptoms of mental illness in young people ages 12 - 18 including anxiety, depression, eating disorders, and substance abuse, and equips trainees with the skills to help.

Family Services is providing monthly trainings available



virtually and in person. Trainings may also be provided on-site at your organization. To register, visit: FSMV.org/Training.

ALERT: If you are a teacher, school staff, coach, camp counselor, youth group leader, parent or any adult who works with or cares about youth, **this training is essential!**

BUILDING CHANGE!



CAMPAIGN TO BUILD CHANGE

As a result of the Campaign to Build Change, amazing improvements are being made to our central office building in downtown Lawrence: a new HVAC system for health and comfort; renovated client spaces for group programming and individual counseling; energy efficiencies; safe and secure spaces. All this and more is becoming a reality!

Thank you to the 130+ individuals, businesses and foundations that are making this vision a reality. If you have not yet made your gift, there is still time to help us reach our goal. Visit FSMV.org/BuildChange.



BEFORE: *Not a welcoming environment to come for help and healing!*



CURRENT: *This duct work is going to keep us warm (or cool, weather dependent)*



COMING SOON: *warm & welcoming reception area*

THANK YOU to the following generous, committed and caring leadership donors who have invested in the Campaign to Build Change!

\$250,000-\$1,000,000

Anonymous

Lynne Capozzi & Don Bulens

Richard & Lolli Sumberg

The Stevens Foundations

Gable Family Fund

Diane Huster

Kurt & Martha Mittelstaedt

Mark & Deb Pasculano

John & Ann Riley

The Rogers Family Foundation

The Sidell Family

Watts Water Technologies

\$100,000 - \$249,999

Anonymous

Amelia Peabody Foundation

Jeffrey & Cynthia Burbank

Richard & Nancy Haak

\$10,000-\$24,999

Andover Home for Aged People

Catherine McCarthy Memorial

Trust Fund

Foundation M

Birgit Girshick

Connie LeMaitre

Eric & Michelle Macaux

Margaret M. Collins Charitable

Trust

Joanne Quinlan-Roberts &

Thomas Roberts

Raytheon

Reading Cooperative Bank

Saab Family Foundation

Schneider Electric

Webber Family Foundation

Anita & James Worden

\$50,000-\$99,999

Anonymous

Stephen & Catherine DeSalvo

Institution for Savings Charitable

Foundation

Ted Lowrie & Kathleen McShane

Moderna Foundation

Pentucket Bank

Kathy C. Stevens

Brad & Noni Yount

\$25,000-\$49,999

Anonymous

The Army Charitable Trust

Bill & Jackie Bannister

DCU-Digital Federal Credit Union

Enterprise Bank



Become A CASA Volunteer

Lend your voice.



Over 41,000 children in Massachusetts experience abuse and neglect each year. Family Services' Court Appointed Special Advocates (CASA) program makes sure each one has a voice in the child welfare system.

Join us and change a child's story.

LEARN MORE

FSMV.org/volunteer-with-casa



Join new CASA volunteer training this May, 2023!

Address Service Requested

FSMV.org
Lawrence, MA 01840
430 North Canal Street



Non Profit Organization
U.S. Postage
PAID
Lawrence, MA
Permit #210