Because kids don’t come with instructions
To our Fairbanks Community:

Each year I write a letter to you about the wonderful work we do here at the Resource Center for Parents & Children. This year I sat here for a while pondering on what to report to you. In the past year, we have seen many changes around our Community, our State and Nationwide. The Local and Nationwide news has not been short for headlines, and while some days seem better than others, I think that we can all agree that our economy and times in Alaska are not going to get any easier.

Just as I’m staring at this screen lost in my train of thought, in wanders this little boy, he must be around three years old. He’s running and I can hear his mother chasing him. He looks at me and stops suddenly, now he doesn’t know what to do, run into the office or face mom? I sit and wonder with anticipation but alas, it looks like turning around and facing mom is a much better option and so he goes back to his mother who picks him up lovingly and tickles him.

The feelings that little image stirs is what I wish I could capture and add to this letter to you, because that’s what keeps me coming back, day after day to this amazing organization.

At RCPC we truly care about kids, families, and a healthy and happy Community! We know our resources are limited, but we also know that the needs for parental guidance far outweigh our limitations. In the past year, we concentrated our efforts on community outreach and family support services and achieved several goals:

- Increasing our parenting classes from 8 to 14 sessions without a summer break
- Expanded our home-visitiation services
- Increased our social media outreach by creating a new easier to navigate website (www.rcpcfairbanks.org)
- Worked with community partners which allowed for more breastfeeding classes
- Expanded our Christmas gifts donation program which allowed us to provide gifts to 8 families in need
- Increased our nutrition outreach efforts, and started cooking classes featuring healthy meals
- With increasing numbers of children being seen, the Stevie’s Place staff redesigned our victim support and advocacy efforts, so families can have ongoing access to advocates for assistance, education and support
- Stevie’s Place assisted with child abuse investigations that resulted in major prosecutions by providing forensic interviews, extensive victim support and advocacy, and expert testimony during grand jury and criminal trials.
- Our Clinical Counseling program was able to provide counseling services to clients that otherwise would’ve been on a waiting list elsewhere, due to the shortage of providers in our Community.
- Started a Milk Donation Outreach Center
- Provided Parent Pit Stops at several Community events including the Midnight Sun Festival and Golden Days
- Hosted a -SpankOut Day – in April at the public library, this is a free program that offers parents effective discipline alternatives. This event was a tremendous success.
We have been able to expand our services, even in these tough times, by implementing measures to cut costs. Our wonderful staff is always coming up with ideas and solutions to saving tax-payer dollars and hard-to-come-by donations. Our goal is to ensure that the funds received are used for our clients and services and we accomplish this goal by keeping our administrative expenses low.

So, as the headlines can sometimes seem grim at times, I’m happy to report that here at RCPC the news is hardly that. With the wonderful contributions of hard working staff and management, the service and financial support of an engaged Board of Directors, the countless labor hours of volunteers and interns, and you our Community Supporters, we’re are able to do amazing things here at RCPC and will continue to do so, because now more than ever our community needs us. Parenting is a tough job, and kids do not come with instructions, and that’s why we’re here, to help parents and provide the resources they need to be the best parents they can be!

The headline news for RCPC is that with tough times we only grow stronger and are more motivated than ever to continue to be here!

Thank you,

J. “Scooter” Welch
Child Abuse and Neglect Statistics in 2015

17,000 Reports to OCS of individual children identified as potential victims of child abuse and neglect

1 in 10 Alaskan children identified as potential victims of child abuse and neglect

An average of 5 reports to OCS per hour of child abuse and neglect received

12 reports, on average, per day received by OCS of confirmed child abuse and neglect

2,226 Confirmed cases of child abuse and neglect.

Chart will not add to 100%; OCS reports can include multiple forms of abuse and neglect

80% Neglect

30% Mental Abuse

20% Physical Abuse

13% Sexual Abuse
The symptoms of child abuse and neglect vary, but can include:

- Sudden changes in behavior or school performance
- Difficulty concentrating or problems learning
- Consistent anxiety, as though preparing for something bad to happen
- Absence of adult supervision
- Extreme compliance or passivity
- Disclosure of maltreatment
WIC
Women Infants & Children

Our WIC office served an average of 3,200 clients each month in fiscal year 2016!

WIC Mission
To safeguard the health of low-income women, infants, and children up to age 5 who are at risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.
Program benefits include more than food.

WIC benefits are not limited only to food. Participants have access to a number of resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

Am I eligible?

Pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who meet certain requirements are eligible.

WIC Facts

• If you participate in another assistance program you may be automatically income-eligible for WIC.

• Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.

• More than half of the infants in the U.S. participate in WIC.

• WIC participants support the local economy through their purchases.

• WIC works with farmers markets to help increase participant access to provide fresh, locally grown fruits and vegetables.
Breastfeeding Peer Counseling

The Breast Feeding Peer Counselor program counseled breast feeding mothers 3,156 times in 2016

Breastfeeding Promotion and Support in WIC Includes:

- Anticipatory guidance, counseling, and breastfeeding educational materials
- A greater quantity and variety of foods
- Longer participation in the Program
- Breastfeeding aids such as breast pumps, breast shells, etc.
- Trained staff
Focus on breastfeeding.
Even though breast milk is the most nutritious and complete source of food for infants, nationally less than 30% of infants are breastfed at 1 year of age. A major goal of the WIC Program is to improve the nutritional status of infants; therefore, WIC mothers are encouraged to breastfeed their infants, unless medically contraindicated. Pregnant women and new WIC mothers are provided breastfeeding educational materials and support through counseling and guidance.

Support Meetings
The program offers a variety of group support meetings and offers online support through social media, links can be found on the RCPC website www.rcpcfairbanks.org

Peer Counselors Count!
New mothers can be successful meeting their breastfeeding goals with the loving support of family, community and healthcare providers. Numerous studies show that peer counselors have a dramatic impact on breastfeeding initiation and duration rates because they give new mothers what they need most, a trusted friend who has been there.
Family Education Services

In Fiscal Year 2016

The Reunification Program works with the Office of Children’s Services and families to work toward reunifying families and were able to serve 46 families.

The Family Support Program began enrolling and delivering home visiting services to families. 11 families (18 adults and 27 children) are enrolled and utilizing these services. This program was also able to participate in 8 community outreach events and reach out to more than 380 community members.

The Community Education Services offered 5 different parenting classes throughout the year, provided 14 play group meetings, and 12 support group meetings, and provided community outreach at 18 community and program outreach events and were able to reach out to more than 1000 community members.
Parenting Classes Offered

- Scream Free Parenting
- Strengthening Families Program
- Circle of Security
- Cuddle Cure
- Positive Solutions

Play Group and Support Group Meetings

- 14 Community Play Group Meetings
- 4 Autism Support Group Meetings
- 8 Grands Raising Great Children Support Group Meetings
Clinical Services

Licensed Clinical Social Worker
Meghan Maroney

This program provides trauma-informed crisis intervention, individual therapy, and family therapy to children and families.
Trauma-informed approach and trauma-specific interventions address trauma’s consequences and facilitate healing.

Six Key Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, Voice and Choice

Cultural, Historical, and Gender Issues

Trauma-specific intervention programs generally recognize the following:

- The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery.
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety.
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers.
Stevie’s Place
Child Advocacy Center

Stevie’s Place provided a neutral environment and performed the forensic interviews and/or forensic physical evaluation for 331 allegations of abuse in fiscal year 2016.

The CAC is a facility-based program to provide forensic interviews and medical exams in a child-friendly setting when there is reason to believe a child has been sexually abused, serious physical abuse has occurred, or when children may witness a violent crime. A children’s advocacy center also offers support and information to the non-offending caregiver in order to reduce the trauma experience by the child and family. The facility ensures that investigation of abuse occurs in a neutral environment. The CAC brings together a multi-disciplinary team of trained professionals to offer comprehensive services.
Approach

A child-focused approach is used and works to prevent further victimization of children and works to protect the child from experiencing trauma created by the protective and legal services.

Referrals

Referrals to Stevie’s Place for forensic sexual abuse evaluations are made by a law enforcement agency, Office of Children Services (OCS), Tribal Family & Youth Services (TFYS) or local physicians and mid-level health care providers located in the Fairbanks North Star Borough and within “D” Detachment boundaries of the Alaska State Troopers.

Outreach

Stevie’s Place staff participated in 20 different outreach trainings in fiscal year 2016. Each community outreach is a unique opportunity to increase community knowledge and awareness in ways to recognize and prevent child abuse. Every person can do something to prevent abuse and protect the children in our community.
RESOURCE CENTER FOR PARENTS AND CHILDREN, INC.
Statement of Financial Position
As of June 30, 2016

<table>
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<tr>
<th>Assets</th>
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<tr>
<td>Unrestricted cash, undesignated</td>
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<tr>
<td>Unrestricted cash, designated by board of directors</td>
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<td>Restricted cash</td>
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<td>Prepaid expenses</td>
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<td>Property and equipment, net of accumulated depreciation of $475,463</td>
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<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$719,383</strong></td>
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## Liabilities

<table>
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<th>Liability</th>
<th>Amount</th>
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<td>Accrued wages</td>
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<td>Accrued payroll taxes and benefits</td>
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<td>Accrued leave</td>
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<td>Deferred revenue</td>
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**Total Liabilities**  
209,888

## Net Assets

### Unrestricted

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<th>Type</th>
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<td>Undesignated</td>
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### Temporary restricted net assets

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<td>United Way</td>
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<tr>
<td>Family Services</td>
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<tr>
<td>Stevie’s Place</td>
<td>30,000</td>
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</table>

**Total Net Assets**  
509,495

**Total Liabilities and Net Assets**  
$719,383
Board of Directors

Steve Meckel, Board Chair

Steve has lived in Fairbanks since 1985. He earned a B.B.A in accounting from UAF in 1993 and received his CPA license in 1995 while working for Cook & Haugeberg, CPAs. Steve’s first association with RCPC was as a client in the early 90’s and his positive experience with the agency motivated him to later join the board where he has served since 2011. His favorite pastimes include hiking, hunting, fishing and relaxing with his family and friends at his cabin on the Tanana River.

Matthew Tallerico, Vice Chair

Matt is a long time Fairbanksan, He is an Associate Attorney at Gazewood & Weiner P.C. He specializes in criminal law, child in need of aid, and social security/disability cases. Matt has been serving on the Board of Directors for RCPC since 2012. He is an enthusiastic supporter of RCPC’s mission and is supportive of the outreach efforts the agency carries out.

Kristin Baysinger, Secretary

Kristin was born and raised in Fairbanks, and attended Lathrop High School and UAF. She has worked for SMG of Alaska at the Carlson Center for 19 years, the last three years as General Manager. She has been on the RCPC Board of Director’s since 2012, and along the way has volunteered at many other local organizations. In her free time, Kristin enjoys spending time her family, cooking, fishing and traveling to their favorite Alaskan locations.
Board of Directors

Karen Clark, Treasurer

Karen is a lifelong Fairbanksan. She previously served on the FNSB Economic Development Commission and the board for United Way of the Tanana Valley. She is currently VP/Controller at Denali State Bank and is also on the Finance Committee for the Fairbanks Children’s Museum.

Marjie Richards

Marjie Richards has been a Board Member for RCPC since 2012. She is a long time resident of Fairbanks. Marjie is a registered nurse and currently works as a Care Coordinator at FMH. At RCPC, she focuses on staff wellness and looks for ways to make the staff feel rewarded for their efforts. She organizes the agency’s annual picnic and often just surprises the staff by providing them lunch. She enjoys helping and bringing joy to others and it shows through her belief and support of RCPC’s mission.

Amy Bender

Amy is a Paralegal and currently working for Gazewood & Weiner, P.C. She has been a Volunteer Board Member since February of 2016. Amy loves to help families and better the lives of children. She is involved in many aspects of our fundraising efforts including our annual event, TIPS. She’s enthusiastic and her contributions couldn’t have come at a better time for RCPC.
RCPC came into Denise’s life during the summer of 2008, when she had 2 kids under 2: one a nursing newborn, and the other a mischievous 16 month-old who learned quickly to take advantage of the times his little sister occupied mom’s time. The parent-led support group at RCPC became a welcome resource and a source of comfort because as prepared as you think you may be “kids don’t come with instructions.” In 2011, when asked to consider joining RCPC’s Board of Directors, Denise jumped at the chance to give back. Born and raised in Fairbanks, Denise enjoys spending time outdoors with her family and watching her children compete in local sports.

A special thank you to Denise Irish For all of your years of service!
RCPC Fundraiser 2016
TIPS for Kids Casino Royale

Celebrity Waiters
- Kelly “Ripa-Part” Boswood
- Ashley “Ashkik’ R” Fernandez
- Tina Peterson Ferringer
- Amanda Odom
- Kasey Johnson
- Brenda Sperl Riley
- Trooper Scot McAfee
- Trooper Kamau Leigh
- Lydian “Santa’s Sweet Enforcer” Nelson
- Melissa “Camo Cazi” Sonnek
- Adam Powell
- John Denny
- Darbi Ryan
- Stephani Woodard
- Kaian “Mini Fridge” Stark
- Amanda Straight
- Amy Chausse
2016 Donors
Thank you!

- Alaska Children’s Alliance
- Alaska Children’s Trust
- Alaska Laborers Union
- Alaska Nanooks
- Alexandra Senson
- Auto Trim Design
- Carlson Center
- Chena Hot Springs Resort
- Cindy Creek
- Country Kitchen
- Dallas Ferguson
- Debbie Bayer
- Denali State Bank
- Doyon, Ltd.
- Elks Lodge
- Expressions In Glass
- Fairbanks Concert Association
- Fairbanks Daily Newsminer
- Fairbanks Gold Mining Inc.
- Fairbanks Memorial Hospital
- Fairbanks Roller Girls
- Gary Sawdy D.D.S.
- Gunderson Lutheran
- James Boswood
- Jose Body & Paint
- Karla Taylor-Welch
- Kinross Gold Corporation
- Lularoe - Sarah Nolan
- Lynden Inc
- Manuel Munoz
- Mt McKinley Bank
- Mr. Mirth’s Laughter Yoga
- Nikole Curry
- Pick Click Give
- Ravn Air
- Richards, Johnson & Granberry
- Seekins
- Shauna Ballen
- Shauwn Lundgren
- Tanana Valley Clinic
- Turtle Inc.
- United Way of the Tanana Valley
- Usibelli Coal Mine
- Wright Air Service
Lend a helping hand!
There are so many ways you can help us help

Donate your time, arts & crafts supplies, new toys

Or donate monetarily through the link at www.rcpcfairbanks.org or mail a check (payable to RCPC) to:

RCPC
726 26th Ave Suite #2
Fairbanks, AK 99701

Name:___________________________________________________
Address:________________________________________________
Phone:________________ E-Mail:___________________________
Signature:_______________________________________________
Total Gift $________________ Please send receipt: Y___ N ___
Notes:___________________________________________________

Your contribution is tax deductible to the fullest extent allowed by law.