

DEAR FRIENDS,

What an incredible 2023!

Thanks to your generous support, Maine Children's Home (MCH) made a significant impact across the state of Maine:

Empowering young parents and fostering healthy parenting

Providing winter essentials to children in families facing financial hardship

Offering valuable training to educators and caregivers

Supporting birth and adoptive parents in important decisions

Facilitating thousands of mental health counseling sessions to nurture better outcomes for clients and families

We are proud of these services that address crucial socioeconomic and family-related issues such as: child welfare, poverty, parenting education, and Maine's mental health crisis. **However, we are eager and fully prepared to do more.**

In 2023, with Senator Angus King's support, we secured \$525,000 in congressional spending, propelling our response to the mental health needs in our community. This funding will enhance our clinical counseling center, services,

and program offerings by the end of this year.

Looking ahead, we'll introduce Targeted Case Management (TCM) and individualized support to help children and youth achieve stability and their unique life goals.

We will remain committed in 2024 to expanding our programs in ways that align with our mission:

To build and strengthen families, instilling hope for the future and a better quality of life

As you peruse the impact of MCH in the following pages, know that your support is integral to this success. Every contribution, big or small, fuels positive community change. Thank you for standing with us in meeting our community members where they are, as your support and love make a lasting difference.

With gratitude,

Leo H. Berube
Leo Berube
MCH Board President

Candace A. Murrin
Candace Marriner, LCSW, MBA
MCH Executive Director

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Photo at right: Journey Program Director Alaina Wolman holds one of the babies of a program participant during a Halloween gathering on the MCH campus.



REACH + IMPACT

In 2023, we reached hundreds of children, youth, and families in nearly **170** towns across the state of Maine.

OUR WORK IN 2023

SUPPORTING YOUNG PARENTS

We supported **47%** more young parents and pregnant youth!

More pregnant and parenting young people were provided prenatal, parenting, and life skills education through our Journey Program, helping them make informed choices and build healthy foundations for themselves and their families.

We reached **14 towns** across **five counties** with our young parent support.

SHARING JOY + WARMTH WITH FAMILIES

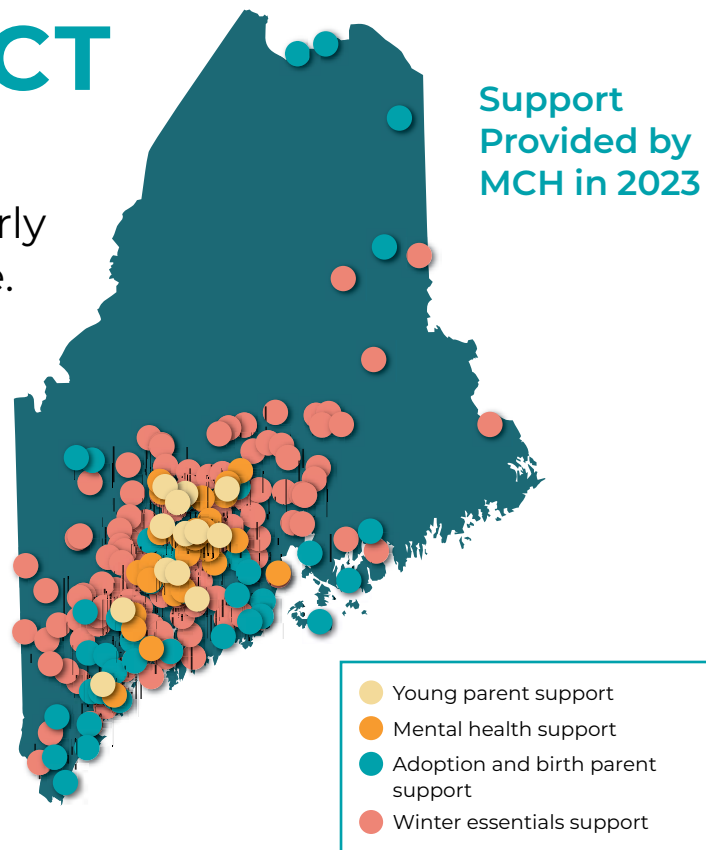
We provided winter essentials to **1,181 children** from **541 families!**

Our winter essentials / Christmas Program reached **141 towns** across all **16 counties** of Maine. Every child received a box of brand new warm clothing, boots, books, toys, games, and more.

GUIDING TOWARD HOPE AND HEALING

We provided **5,571 therapy sessions** to clients in **31 towns** across Maine

Our clinical counseling program — Family Counseling Center — is a state licensed outpatient mental health program and facility that provides counseling to individuals, couples, children, and families. The staff of the center are licensed clinicians qualified by their credentials, experience, and passion for mental health support.



HELPING BIRTH PARENTS + ADOPTIVE FAMILIES

We provided adoption and birth parent services in **45 Maine communities** and **three countries** outside the United States.

The path to adopting a child is a long process that can often take more than five years. The team of social workers in our Family Adoption Program helped finalize **13%** of its adoption cases, while supporting the other **87%** on each step of the adoption journey.

SHARING POWERFUL CAREGIVER TOOLS

We provided **344 educators and caregivers** with trainings for supporting Maine kids.

Our trainings from our Connected Families Project reached **13 schools** across **three counties** with valuable workshops that help nurture environments where kids can thrive.

STORIES

MCH Therapist: *When a child walks through our door, they know someone is here to support them*



Therapy serves as a crucial space where children feel a vital sense of mattering and understanding. Recently, we recorded an interview with an MCH staff member Samantha Turner, who is a Licensed Master Social Worker, to share her explanation of the importance of therapy and “safe adults” in the lives of children. This is what Samantha had to say:

Many children who come to the counseling center at MCH are navigating disruptions in both their social and family life. Some adolescents grapple with a heavy sense of hopelessness, leading to antisocial interactions, feelings of disconnection from their community, a sense of insignificance, or even thoughts of self-harm and suicide.

The presence of a compassionate adult, like a therapist, in a child’s life allows for hope and early interventions that can profoundly alter the course of their lives. For those children lacking consistent support, therapy at MCH becomes a safe place where a trusted adult is always ready to guide them through life’s challenges.

In my work with children, my deepest aspiration is that our therapy sessions equip them with the resilience and skills needed not only for their current struggles but also for the challenges they may encounter in the future. In an initial session with a young client, I often playfully express that I want to be “out of a job.” By this I mean: I genuinely hope that our sessions empower them to become their own strongest supporters, fostering lasting positive change in their life.



TOOLKITS FOR WELL-BEING

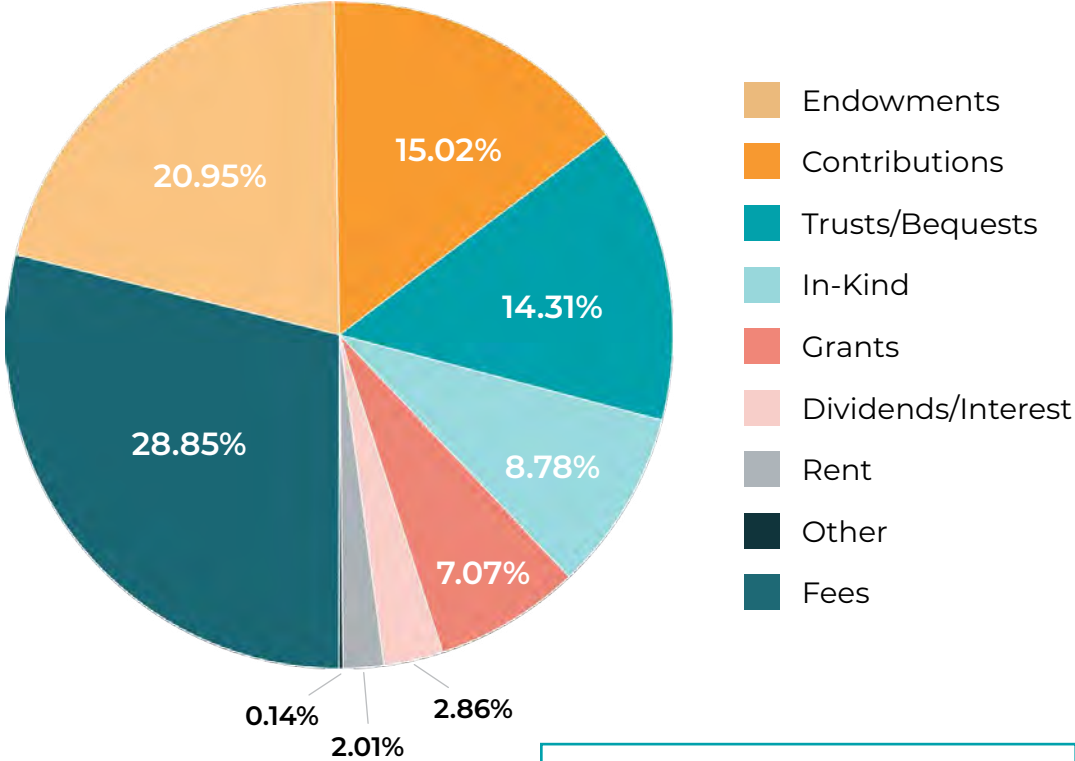
Every year, our winter essentials program — Christmas Program — packs hundreds of boxes of brand new warm clothing, games, books, and toys for families facing financial hardship during the winter months.

Every family is offered a **Well-Being Toolkit** sponsored by the New Balance Foundation. This coloring booklet is full of playful activities for practicing healthy habits, such as staying hydrated, eating fruits and veggies, exercising, and practicing mindfulness.





FINANCIALS



Revenue Generated: \$2,498,609
Operating Expenses: \$2,120,743

MARDEN'S RED STOCKINGS

Every year, Maine's bargain store Marden's organizes their Red Stocking Program, a fundraiser for our winter essentials program — Christmas Program

In 2023, Marden's customers and the Marden's family raised more than \$61,000 through their Red Stocking Program.

The estimated value of a box of winter essentials is around \$300 per child, which means that Marden's Red Stocking fund supports more than 200 boxes full of winter essentials for Maine kids.

FINANCIAL SUMMARY

Maine Children's Home utilized unrestricted endowment funds to support organization cash flow and to invest in much needed campus upgrades and repairs. In-Kind support is reported as revenue but is a non-cash transaction. Expenses were up in 2023 from 2022 with increases in staff salaries, increased occupancy costs (heat, electricity), and strategic investments in community and donor engagement.



Photo: The team of Maine Children's Home in the summer of 2023.

WHAT'S AHEAD

TARGETED CASE MANAGEMENT

In 2024, we are offering Targeted Case Management (TCM) and individualized support to identified adults and children to help them meet their unique life goals. In TCM, a case manager works closely with these individuals to: assess their situation; create a support plan that addresses their needs; advocate for services within the individual's plan; and evaluate the effectiveness of the individual's support plan.

THERAPY KITS

Our clinical counseling program Family Counseling Center is working with local organizations including the Waterville Rotary Club and The Friends of Maine Children's Home to put together therapy kits for young counseling clients to use during sessions. The kits include items such as: stress relief tools, affirmation cards, snacks, fidgets, and tools for expressing themselves.

EXPANDING SUPPORT FOR FAMILIES IN NEED

Our winter essentials program — Christmas Program — has historically served families with children ages 0 to 12 during the winter months. In 2024, we are expanding the age limit to include youth ages 17 and younger. We are also planning to provide other essentials throughout the year such as seasonal clothing items and accessories that support active and outdoor play for kids whose families face financial hardship.

WE TURN 125 IN 2024

Over the past 125 years, MCH has evolved from a physical refuge for children to a multifaceted organization that provides compassionate and personalized community and office-based support to hundreds of individuals statewide. Throughout the year, we will be celebrating what we've become and our vision for building more resilient communities for another 125 years.



REMODELING FOR A BRIGHTER FUTURE IN MAINE

After a request by Senator Angus King was approved in 2023, we were awarded \$525,000 of congressional spending to support our renovation project designed to confront Maine's mental health crisis. The project will be completed this year and involves the addition of trauma-informed and sensory spaces for our clinical counseling center.

"I am so grateful for organizations like MCH that are working hard to support the health of our families and the future of our communities."

- Senator Angus King



THANK YOU TO OUR SUPPORTERS!

BEQUESTS

\$100,000+

Alice E. Emery

\$50,000+

David Lewis Toothaker

\$25,000+

Hazel Cole

\$500+

Arline Julia

BOARD GIVING

\$14,256

MCH Board of Directors

COMMUNITY GIVING

\$50,000+

Marden's Stores and Family

\$5,000+

Kennebec Savings Bank
Sappi

\$3,000+

Waterville Rotary Club
Wal-Mart
Widow Sons - Band of
Brothers

\$1,000+

Central Masonic Lodge #45
AF & AM
Emerson Toyota
Rick and Judy MacKenzie
Friends of Maine Children's
Home
New England Grange
Building Inc.
Belfast Masonic Lodge #24
Damon's Beverage (Temple
Front Assoc.)
Corvettes North
Messalonskee Lodge 113
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Group

\$500+

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Weeks and Sons Well
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Zimba Company Inc

\$300+

Congregational Church of
East Sumner
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Benton storage units
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St. John's Happy Knitters

\$100+

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Cooper Hat Holdings
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Strictly Roofing

SullCo
Waterville Education
Association
Wicked Good Flies

CORPORATE GIVING

\$2,000+

Toyota Matching Gift
(Emerson)

\$1,000+

The Reny Charitable
Foundation

\$100+

Hannaford Charitable
Foundation

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Crockett
Tom and Judy Quinn
Vicki and Michael Smith

IN-KIND GIFTS

Not included in the list above are in-kind gifts to Christmas Program. Generous donors gave **\$220,179** worth of gifts to the winter essentials program in 2023.



WAYS TO GIVE DONATE ONLINE

MaineChildrensHome.org/donate



DONATE BY MAIL

93 Silver Street
Waterville, Maine
04901

VOLUNTEER

MaineChildrensHome.org/volunteer

CONNECT

Our website expands on the work that we do to help strengthen families in and beyond Maine. We keep our community updated on our blog and social media accounts.

MaineChildrensHome.org



[@mechildrenshome](https://www.instagram.com/mechildrenshome)





Maine Children's Home
93 Silver Street
Waterville, ME 04901

125 YEARS

of nurturing children,
youth, and families

125 YEARS of building community

