

Just as we know that each and every child is unique, so are the needs of every family. There is no one-size-fits-all solution to helping families, particularly ones with the most significant challenges, and the scope of services that Forty Carrots provides is a testament to that truth.

Reducing childhood abuse and neglect means that not only are we helping to break negative generational cycles, we are creating new cycles of healthy relationships and behaviors that will continue for generations to come. When we have more children raised in safe homes, with the advantage of rich early learning experiences, society will have more productive adults who in turn raise their children in positive, nurturing, supportive ways. This is the result Forty Carrots' programs are achieving.

This past year marked a milestone in Forty Carrots' history. The purchase and renovation of our second building, and the addition of a science center to our current preschool, became a reality because of an incredible amount of support from many constituents. Their generosity allowed us to fully fund and complete this project in less than one year. Thank you to all our philanthropic partners who support our work in so many ways and who have a deep commitment to children and families in our community.

With Gratitude,

Michelle Kapreilian Executive Director



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Jane Bennett, Ariane Dart, Kim Githler (Emeritus), Anna Nekoranec, Nick Roberts, Jeff Steinwachs (Emeritus), Jena Wilson

Forty Carrots Family Center 2015 - 2016



ABOUT Forty Carrots Family Center



MISSION

Forty Carrots Family Center is a nonprofit organization dedicated to strengthening families through educational programs for parents, children, and professionals in the field.

VISION

All parents will provide their children with experiences and environments that are emotionally and physically safe so that they can grow into capable, responsible, respectful young people.

CORE Components



PARENTING EDUCATION PROGRAM

Providing information, skills and support to families from all walks of life, including some of our community's most at-risk.

MENTAL HEALTH SERVICES

Offering Child and Family Therapy for individuals and families, as well as therapeutic groups at our free community outreach partner locations.

NATIONALLY ACCREDITED (NAEYC) PRESCHOOL

Preparing children for success through high-quality education, taught by qualified teachers integrating the latest research and best practices.



COMMUNITY OUTREACH PARTNERS

2015-2016

Alta Vista Elementary Parent University

Booker Middle School

CYESIS Teen Parent Program at North Port High School

CYESIS Teen Parent Program at Riverview High School

First Step Mothers & Infants Program

Manatee County Public Libraries

The Ringling Museum

Safe Place and Rape Crisis Center (SPARCC)

Salvation Army

Sarasota County Public Libraries

Sally & Sam Shapiro Babies and Children's Medical Center

SOLVE Maternity Homes

TAPP Teenage Parent Program, Manatee Public School System

Visible Men Academy

100% FREE
SERVICES OFFERED
SARASOTA & MANATEC COUNTIES

2015-2016 BY THE NUMBERS







93% CLIENTS RECEIVED FREE SERVICES

27 COMMUNITY PARTNER LOCATIONS

149 HOMELESS CLIENTS SERVED

CHILD & FAMILY THERAPY

61%

IN THERAPY SERVICES

85%
CLIENTS SERVED
FROM SINGLE PARENT
HOUSEHOLDS



PARENTING PROGRAM

1081

FREE
PARENTING EDUCATION
& MENTAL HEALTH CLASSES

NUMBER OF FAMILIES TURNED AWAY FROM PARTNERS IN PLAY CLASSES AT THE PUBLIC LIBRARIES

340 SARASOTA 116

88%

CHILDREN WHO PARTICIPATE IN PARTNERS IN PLAY AND ARE NOT ENROLLED IN PRESCHOOL

PRESCHOOL

CHILDREN SERVED IN PRESCHOOL





When a judge intervenes in a family situation—whether for a parent's single bad decision or to address a cycle of abuse and misconduct—Forty Carrots is one of just a handful of community organizations sanctioned to provide court-ordered parenting classes. Here, that legal duty becomes a vital opportunity to reach at-risk parents who otherwise might never have access to professional parenting resources and the hope and stability they bring.

The eight-week parenting education series, Circle of Security™, is a research-based early intervention program. Specially trained Parenting Educators encourage class members to apply lessons to their own lives, discussing their experiences as parents and what they went through themselves as children.

The parents warm to the group camaraderie, scribble notes, and nod their heads at new understandings of parent and child relationships, discovering shared perspectives. An older mother congratulates a 21-year-old classmate on her story of patience with her newborn. A previously detached father, prompted by a question from the educator, lights up as he describes a moment when he was able to pause, contemplate his toddler's behavior and then compose a loving, positive response.

For parents who have made mistakes, this is their opportunity to understand why changing their behavior is the first step in breaking what is often a multigenerational cycle of negative parenting patterns. Lessons learned within this series reverberate through generations of local families and the community as a whole.



- FREE TO ALL PARTICIPANTS
- LED BY SPECIALLY TRAINED AND CERTIFIED PARENTING EDUCATORS
- STATE SANCTIONED TO PROVIDE COURT-ORDERED INTERVENTION
- ► RESEARCH-BASED CIRCLE OF SECURITY™ CURRICULUM



The day at school. The evening at work. The late-night homework. The crying baby. Parenthood is daunting at any age. For a teenager already living in poverty and struggling to overcome their own childhood trauma, caring for a child affects every moment of an already stressful and confusing life. Young parents still want to be good parents, but they need help. Forty Carrots' Teen Parent Program is an educational oasis in these teenagers' hectic days. Holding young infants or tending to a toddler, the students spend time with their children while sharing stories of success and struggle. A 17-year-old mother worries aloud about her month-old daughter not sleeping through the night. "What am I doing wrong?" Forty Carrots Parenting Educators and Therapists explain the baby's natural development and provide guidance for improving the sleep routine—real-world problem

Teen parents are reached through partnerships with Manatee and Sarasota Public School System.

solving that also empowers the teen in her parenting journey. But this exchange is about much more than just one girl. The rest of the class, too, feeds into the discussion. Some of these teens are going through the same thing

with their own infants and now realize how normal they are; others with older babies remember similar struggles and offer their own advice, fueling a sense of camaraderie, confidence and accomplishment:

"We've been there. We did it. You can do it, too." Each of their stories becomes a life lesson. The classes are an infusion of knowledge as well as comfort—two things that can make all the difference for a young parent and the life of their child.

PROGRAMS PROVIDED:

- Parenting Education
- Trauma Informed Care
- Infant Mental Health
- 75 TEEN FAMILIES SERVED
- 1218 UNITS OF SERVICE (PARENT & CHILD ATTENDING)
- ▶ 160 PARENTING EDUCATION CLASSES
- 75 MENTAL HEALTH CLASSES



"This is the first time in my life I've been sober."

Michelle, sitting with her year-old daughter, speaks with the openness and calm resolve of someone who knows how far she's come. "I want more."

Once homeless and addicted to heroin and crack, Michelle turned to Sarasota's First Step Mothers & Infant Program and Salvation Army when she was still pregnant. At both of those programs, Forty Carrots Parenting Educators and Therapists were there to guide her.

"When you're at the bottom, you really see who's there, and most of the time, it's nobody. A lot of family had turned their backs on us, we didn't have a lot of friends," but in the Forty Carrots classes she says, "We would sit in a room with our babies and they made me feel so comfortable. They encouraged us to open up to each other, because a lot of us were in the same boat."

Michelle, who now lives in a Gillespie Park apartment and works fulltime, has enrolled in GED classes with the aim of starting college in February. She credits the Forty Carrots educators with helping her deal with her issues and navigate her daughter's first year.

"There was no way I was going to use drugs and leave her to be in the streets, so that's why I tried to apply everything that I learned into my everyday life now, because I don't want to forget where I came from, because I could easily fall back." As she looks to a brighter future, she still remembers the songs she learned in those parenting classes, the ones she still sings to her daughter.

"When you're at the bottom you really see who's there, and most of the time, it's nobody. We would just open up to each other in the Forty Carrots class."





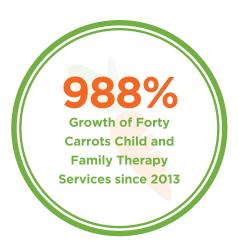
A child's development hinges on everyday experiences. But young children and their parents don't always have the tools to navigate challenges within the home, school or social environments. With the help of a Mental Health Licensed Therapist, families can confront these early obstacles with knowledge, comfort and confidence, building a solid foundation for life.

1 in 5 children living in the United States

experiences a mental health disorder in any given year.

SOURCE: Centers for Disease Control and Prevention

In 2013, Forty Carrots launched its Child and Family Therapy services with 2 Therapists. Today, after 988% growth and a new building for increased capacity as well as privacy, 5 Therapists, supported by an Intake Coordinator and a Clinical Supervisor, provide myriad services to all sorts of families—including those who otherwise would not have the ability to pay for professional assistance.



Therapy services vary according to the needs of the individual. Children may need help managing academic or social stress, coping with longstanding family issues like abuse or illness, or navigating transitions like moving or divorce. Others simply need help exploring debilitating worries, fears or sadness. Regardless of a child's background, when stress interferes with normal life, family therapy provides everyone with tools to cope and thrive.

Today, the Child and Family Therapy program's expanded capabilities mean reaching even more families in need, including those from Forty Carrots' free Community Outreach partners. Mothers in the Teen Parent Program in the Sarasota Public School System can continue to receive services after graduation or during summer months. Families leaving the Shelter Program at Safe Place and Rape Crisis Center (SPARCC) can seek out continued therapy—often at no charge. During these significant and often stressful transitions, Forty Carrots' family therapy services make a vital difference in immediate and long-term mental health.







At The Preschool at Forty Carrots, our degreed and highly qualified teachers are knowledgeable about the latest research and best practices in early childhood education and child development. Teachers understand that children have a strong disposition to explore and discover, and that is why they focus on setting a classroom environment and developing lesson plans that build on their natural curiosity, enabling children to interact, question, connect, problem solve, communicate, reflect, and be positively challenged.

This kind of authentic learning extends beyond the classroom to each student's home by sharing their customs and culture; to the community by extending the learning beyond the four walls of the classroom utilizing the extensive opporunities that the Sarasota community has to offer; and to the nation and the world, by exposing our young students to global opportunities with the support and knowledge of experts, special guests, and the use of technology.

To reinforce this learning, this year The Preschool at Forty Carrots initiated a variety of experiences inside and outside our walls. The children absorbed the new experiences with specially planned visits to Embracing Our Differences, The Ringling Museum and Florida Studio Theatre. They also benefitted from in-house visits from Mote Marine and a series of special presentations by local children's book authors.



Dedicated to the highest level of educational quality, The Preschool at Forty Carrots maintains a rigorous voluntary accreditation from the National Association for the Education of Young Children (NAEYC) which sets high, measurable standards in ten distinct categories:

Relationships, Curriculum, Teaching, Assessment of Child Progress, Health,
Qualified Teachers, Families, Community relatonships, Physical environment,
Leadership and Management

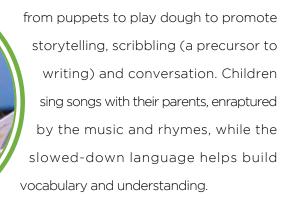




The research is clear: Social and emotional development go hand-in-hand with language development, and children who spend the first five years of their lives in a literacy-rich environment are better prepared for school. Forty Carrots incorporates the critical components of early literacy into all of its services, from the Preschool to The Parenting Program, to help ensure children can clearly express themselves and embrace learning as they grow.

Starting at birth, babies begin to process and understand the language they hear around them. Whether it's a preschool lesson or a Partners In Play (PIP) class at Sarasota-Manatee public libraries, Forty Carrots' initiatives feature fun, literacy-related activities like reading, talking and singing. At PIP, Forty Carrots Parenting Educators and an Early Literacy Specialist model and encourage

creative literacy experiences, using everyting



Learning language and building the foundation for future skills, like reading and writing, is a critical part of healthy development. Yet, often parents are not sure how to create a literacy rich environment. They may not realize that a child's behavior is often linked to his ability to express himself, and that social emotional development go hand-in-hand with language development. Forty Carrots programs help families to recreate these joyful learning exchanges at home, effectively immersing even the youngest children in language wherever they go.

THE CHALLENGE

(and do)
about reading.

34%

READ FOR AT LEAST
15 MINUTES

40%

SAY IT'S EASIER TO FIND VIDEO GAMES THAN BOOKS FOR THEIR CHILD

50%

FEEL BOOKS FOR CHILDREN THEIR CHILD'S AGE ARE TOO EXPENSIVE

40%

OF PARENTS WHO
DON'T READ ALOUD
TO THEIR CHILDREN
SAY THEY 'CAN'T FIND
THE TIME IN THE DAY.'





HOME FOR GROWTH

Thank you to these generous donors who fully funded the \$600,000 capital campaign to purchase and renovate a neighboring property to Forty Carrots. This new building houses our growing Child & Family Therapy services, new administrative offices and opened space for a new Science Center for our Preschool. All moves to help Forty Carrots to strengthen more families.

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FORTY CARROTS FOR ALL One Family's Commitment

"I was 44 when I had my daughter. It was a big life-changer," says Nancy DeLong of her experience as a first-time parent. "My friends couldn't help me, couldn't answer my questions." Nancy, and her husband, David Jemison, turned to Forty Carrots parenting classes and preschool for answers. From the beginning, they felt at home.

"There are so many ways to be a good parent, and Forty Carrots is aware of that," says David. And that knowledge "affected my parenting style in ways I wasn't expecting," he says. "They allowed me to relax a little more." Over time, they both began volunteering at Forty Carrots.

The couple knew how valuable Forty Carrots had been to their own parenting journey, but as they learned more, they understood just how far the organization's outreach extends into the community. Today, their little girl is 16, and Nancy and David continue to support Forty Carrots.

"Every day, Forty Carrots is making some change to somebody or some situation that ultimately boils down to living in a better world," says David. "And, heavens, they made my daughter happy, so what's wrong with that?"

"Their mission affects all of us—children, parents, the whole community," says Nancy.

"We couldn't turn our backs on it."

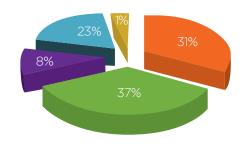


Support + Revenues

\$614,937	Preschool Fees
\$42,204	Parenting Program Fees
\$504,809	Contributions
\$175,500	Grants
\$809,337	Special Events Revenue, net
\$6,748	Investment Income
\$10,120	Other Income
\$2,163,655	Total Support & Revenue

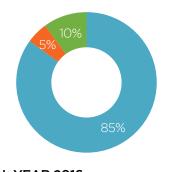


PROGRAM SERVICES	
Preschool	\$798,756
Parenting Program	\$728,847
SUPPORTING SERVICES	
General + Administrative	\$97,833
Fundraising	\$180,620
Total Expenses	\$1,806,056
Change in net assets	\$357,599
Net Assets [beginning of year]	\$2,939,109
Net Assets [end of year]	\$3,296,708



FISCAL YEAR 2016 REVENUE SOURCES

Program Services Fees	\$657,141
Special Events Net	\$809,337
Grants	\$175,500
Contributions	\$504,809
Investments & Other	\$16,868
	\$2,163,655



FISCAL YEAR 2016

ORGANIZATIONAL EFFICIENCY		
Program Services	\$1,527,603	
Administrative	\$97,833	
Fundraising	\$180,620	
	\$1,806,056	



Charity Navigator, America's largest independent charity evaluator, awarded Forty Carrots its highest rating (4-stars) once again in 2016. "Forty Carrots' 4- star rating puts it in a very select group of high-performing charities," said

Michael Thatcher, President & CEO of Charity Navigator. "Their supporters should feel confident that their hard-earned dollars are being used efficiently and responsibly," he said. "Out of thousands of nonprofits Charity Navigator evaluates, only 25% earn 4 stars—a rating that demands rigor, responsibility and commitment to openness."



FAVORITE PARENTING TIPS FROM PARENTING EDUCATORS



Parenting Educator Melissa Mitchell, BS in Elementary Education. While facilitating the Welcome to Our World newborn group at the Parenting Center, Melissa often shares this favorite tip:

"Babies seek love and attachment from their parents from the time they are born. Diaper changes, feedings, and bedtime routines might feel like daily 'chores,' but they are activities that give you and your baby a chance to bond. Enjoy these moments by talking, singing, and cooing back to your baby—they love the sound of your voice!"



Parenting Educator Laura Josephson, MA in Early Childhood Education. Laura facilitates *Partners In Play* classes at Sarasota and Manatee libraries; her go to tip is:

"When a parent engages in play with a child, they are more likely to get better cooperation later in the day. We call this 'filling a child's meter.' Giving them special, uninterrupted time can make a world of difference for both the child and their caregiver."



Parenting Educator Wendy Norman, MS in PreK - Primary Education. Wendy facilitates parenting education classes at the Sally and Sam Shapiro Babies and Children's Medical Center. Wendy shares this go-to tip when parents seek information on discipline:

"When a child's need for independence grows, power struggles between toddler and parent can begin. One way to give a child some control over their environment is to use Choices, a positive discipline strategy that promotes cooperation. Give your child two choices, which are acceptable to you. It gives them an opportunity to practice independence and feel confident."



Mental Health Therapist Jody Goodwin, MSW, LCSW, facilitates classes at SOLVE Maternity Homes in Manatee County. Jody's go-to tip for mothers of newborns is:

"Emotional safety happens when a parent responds calmly and lovingly to an infant's emotions. These might include fear, joy, discomfort, frustration, or an inability to soothe themselves. When a parent puts words to emotions, even for an infant, the building blocks of self-worth and self-esteem begin to form."













TODD K. HORIUCHI, M.D., FCCP GREGORY J. FERREIRA, M.D., FCCP



























Wilson-Wood

























MARK & KIM STANDISH





































ANNUAL GIVING JUNE 1, 2015 - MAY 31, 2016



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Manatee Community Foundation
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