

Healthy Children. Strong Families. Connected Communities.



The Janet S. Munt Family Room

Annual Report 2019

A Message from our Board President

Research demonstrates the importance of prevention. Want to avoid illness? Start with healthy habits like walking. The best way to prevent poverty? Begin with good education and ample opportunities for work. Many of these rely on a connected community. In general, communities thrive when they have a network of support; a powerful preventative that curtails a range of otherwise negative outcomes.



The Janet S. Munt Family Room has been preventing negative outcomes for over 30 years. Each child and caregiver is met where they are and connected with the resources they need. We cultivate a vibrant and healthy community; both at our parent child center and beyond. Our work has proven to be exactly the preventative and collaborative approach our community requires.

These twin themes, prevention and collaboration, steer us as we organize our critical services. Although only in our second year as a stand-alone organization we're forming exciting new partnerships with community caregivers while also building resiliency and documentation into our existing organization. In the coming year we will revise our strategic plan, set long-term financial goals for the organization, and push forward new projects.

The board of directors defines its role as setting forth healthy organizational habits to ensure the long-term success of the center. Again, collaboration and prevention guide us. Solid foundations and documentation prevent turmoil as the organization changes and grows. Clear collaboration between staff and the board allows for a stronger and more productive partnership.

Measuring outcomes averted is tricky. It is sadly easier to point at a hole than a lack of a hole. But we are growing our impact analysis as we grow our organization. We know that the tireless work of the Janet S. Munt Family Room's dedicated staff has improved the lives of hundreds of families. We're expanding our capacity to document how our work creates and solidifies communities in the long view, with a healthy organization here for years into the future.

I hope you will read this annual report with appreciation for the good work done this year, and anticipation of our aspirations going forward. I speak for us all when I say we are deeply grateful to all those who have shared their time, mentorship, passion, expertise, and families with us.

Sophia Donforth



Our Mission

The Janet S. Munt Family Room is a place that builds healthy, connected communities by supporting families and young children.

Executive Director's Report

Every day when I send my kids off to school, I make sure they have a lunch in their backpack, the right clothing for the day and make sure they've eaten something and brushed their teeth. All of this I do to give them the best chance for them to succeed at school. I rely on the bus driver, the teachers and the guidance of those whom they come in contact with throughout the day. Providing them with their basic needs and building a trusted community around them to help them succeed socially, emotionally and physically, is what we strive to do. Through this, many possible pitfalls are prevented. If they get hungry at school because they haven't eaten, they will not be able to focus in class. If they don't have the proper gear for their activities, they will not be able to participate. When we give them what they need- food, clothing and trusted adults, we give them the best chance to get through the day.

This is the framework for what we do at the Family Room on a daily basis. How can we provide the basic necessities for every family who comes through our doors, to help them get what they need so that they can raise a healthy family? It may be a hot meal, it may be a warm jacket, it may be a supportive conversation or some useful information about child development. Children get to play, eat, talk, run, jump, get messy, feel supported and get to sing songs with others. They develop trusting relationships with many others who are like them, and others who different than they are. They now have a network of friends and caring adults. Their parents are getting just what they need too! A network of caring people who, like them, might have their struggles, but we are together and, we are getting what we need.

Our basic needs are not complicated, but if we don't get them, the outcomes become complicated, damaging and can last for a lifetime. We need to make sure we are taking care of our children and those who are caring for them...and this my friends, we can do, together.

Josh Miller



Our Vision

Our vision is that every family is connected, healthy, & strong. The Janet S. Munt Family Room is a leader in fostering community & accompanying families as they realize their potential.

A Snapshot of the Family Room Families

Arabic Bosnian Burmese Cape Verdean Chinese
Dinka English French German Italian Karen
24 Languages Spoken Kirundi Lingala
Maay Maay Nepali
Nepali Sign Language Portuguese Pular Russian
Somali Spanish Swahili Tibetan Vietnamese



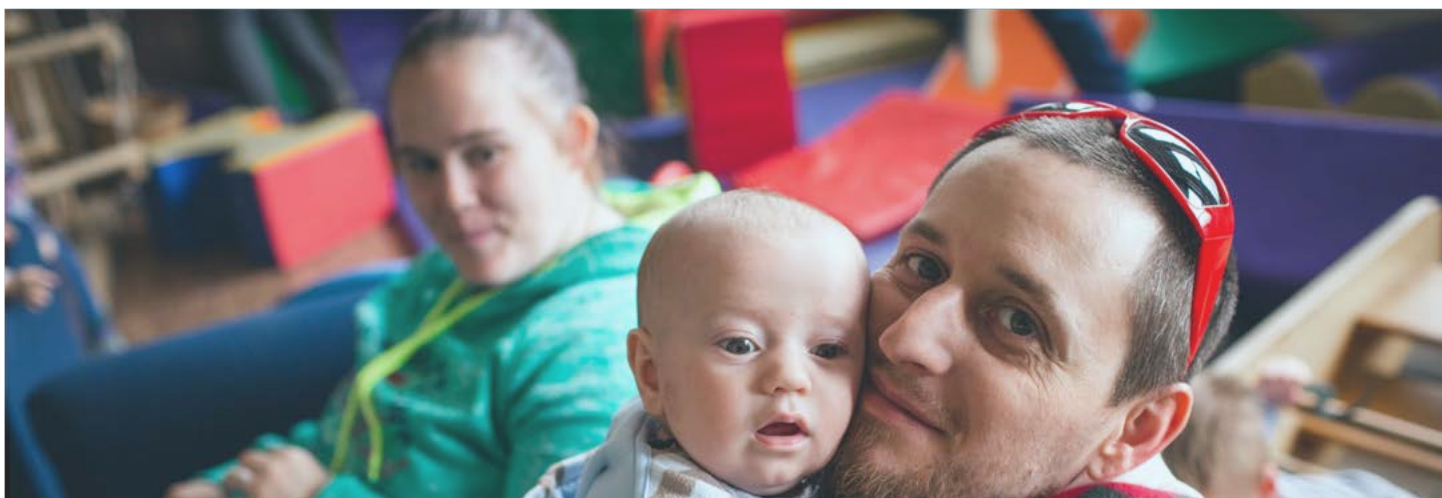
197 Children ages 0-3 94 Children ages 4-6
48 Children ages 7-12 8 Children ages 13-18

By 766 Individuals in 287 Families

26 Children with Unknown D.O.B 302 Adults
(91 of unknown age)



Burlington South Burlington Winooski
Colchester Essex Junction Milton Shelburne
Williston
From 18 Cities and Towns
Richmond
Saint Albans Grand Isle Brattleboro Westford
Hinesburg Barre Huntington Georgia Charlotte

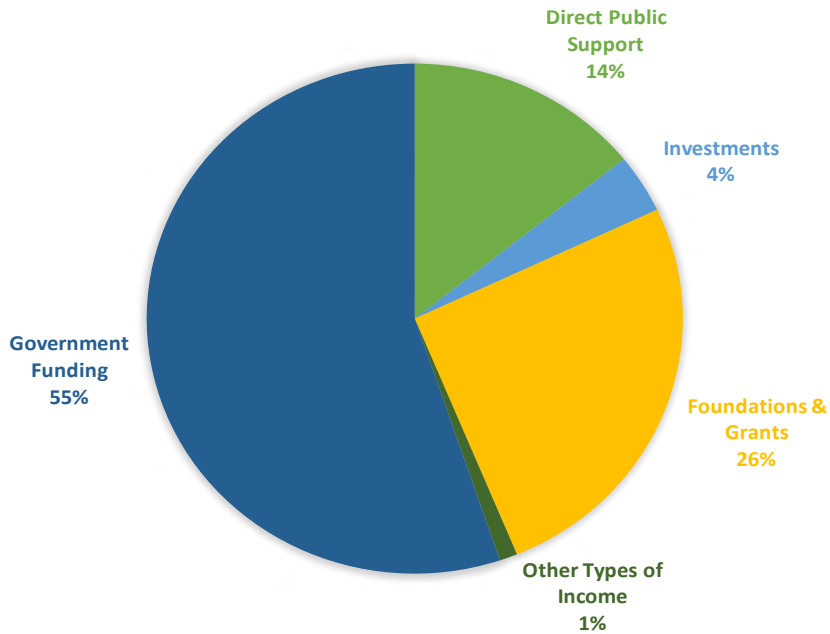


"The Family Room has helped me and my family with a lot of things. When I came here I felt like every door was closing in my life. The only door that was open was the Family Room's."

- Family Room Parent

2018 - 2019 Financials

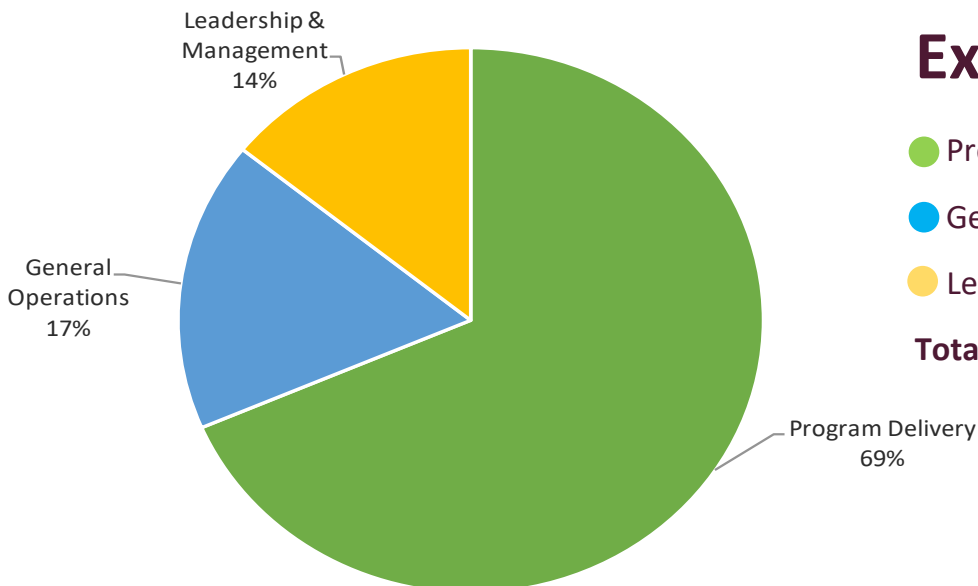
July 1, 2018 - June 30, 2019



Revenue

- Government Funding: \$229,357
- Foundations & Grants: \$107,267
- Direct Public Support: \$59,261
- Investments: \$15,504
- Other Types of Income: \$4,469

Total Revenue: \$415,858



Expense

- Program Delivery: \$312,594
- General Operations: \$78,532
- Leadership & Management: \$64,836

Total Expense: \$455,962

Partnership Spotlight:

Building Strong Families Clinic

Thanks to a partnership with the University of Vermont Medical Center and financial support from OneCare Vermont, the Vermont Community Fund, and a private donor, we were able to renovate a 2nd floor classroom into a clinic space! The Building Strong Families clinic will provide services focusing on checkups, preventative healthcare, and monitoring developmental milestones for children ages 1 month to 5 years within immigrant families who are patients of the UVMHC Children's Primary Care Practice. Under the direction of pediatric physicians Dr. Andrea Green and Dr. Stan Weinberger, along with nurses Tammy Rogers and Christie Bruyette, and UVMHC-trained Family Strengthening Workers Manisha Khadka and Maryan Maalin, the clinic will serve as an extension of the University of Vermont Children's Hospital Pediatric New American Program.

In addition to routine pediatric checkups, Dr. Green, Dr. Weinberger, and Family Strengthening Workers Khadka and Maalin will use clinic time to provide education about child-rearing in a new country in a group learning setting. During these learning sessions, child care is provided by the clinic. The clinic is designed to give parents and children a comfortable and secure place to be their authentic selves with health care providers. The clinic also provides interpreting services and connects families to community support resources and to other parents in their neighborhood.



“We are striving to better meet the needs of our patients and families through a model of care that aims to create a community of parents who can learn from and support each other as they manage the challenges of raising children in a new country.”

- Dr. Andrea Green

Spotlight on Prevention

As a long practiced Family Medicine physician, and an advocate for the big picture of what I think is good health, prevention is key. Starting out well is a lot easier for the rest of life than starting out not well.

Good health is both physical and emotional. Physicians are largely educated and trained to think about the physical health, and our emotional health has been mostly unrecognized until now.

We are just starting to be aware of the significant impact early adverse childhood experiences can be, and how frequent they are. We need to think differently about how we can raise children who are happy, resilient, excited about life, instead of our current epidemic status of anxiety, depression and so on. We also know that our emotional well being affects our physical health deeply.

We know the influences of how it is likely to work out can go back generations, on the other hand the present is the time to try and influence health to be better. This is new. Emotional health is still a frontier.

That is why I love the Family Room. The Family Room has been doing this kind of preventative health care for over 30 years by supporting young families with babies and young children to do the best that they can, to help the children and parents have a better awareness and foundation of their own emotional well being. It turns out the connections made in the Family Room continue to support a caring community of families is critical to everyone's best emotional well being for the long haul of living together and getting along.

- **Dr. Stephen Mann**

Long-time Family Room Volunteer



Early Months Baby Massage Class



The Janet S. Munt Family Room

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