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*I have a real interest in helping families who are going through domestic violence, and Families First has programs that are helping victims recover. They're helping families find hope and healing, and get back on their feet.*

**- Angela Cain, Families First Board Member and Community Affairs Director at WTHR**



*I volunteer with Families First's Vistas program because I gain satisfaction in working with those who are less fortunate and unable to do for themselves. I believe that the elderly are more productive and much happier when they know that someone cares for and about them.*

**- Don Baumgartner, Vistas Program Volunteer**



We are grateful that you believe, as we do, that strong and resilient families are essential building blocks of a healthy community. Thank you for joining us in helping central Indiana families create a blueprint for building a stronger family.

We deeply value all of the individuals, businesses and organizations who contributed to our success in 2013. A list of all our 2013 supporters can be viewed in the digital version of this year's Report, available at: [www.FamiliesFirstIndiana.org/2013-AR](http://www.FamiliesFirstIndiana.org/2013-AR).



United Way agency



CREDIBILITY • INTEGRITY • ACHIEVEMENT



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[www.FamiliesFirstIndiana.org](http://www.FamiliesFirstIndiana.org)

Learn more about how you are helping us build strong family structures online:



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# FamiliesFirst

## 2013 ANNUAL REPORT

ROOF

FRAME

FOUNDATION



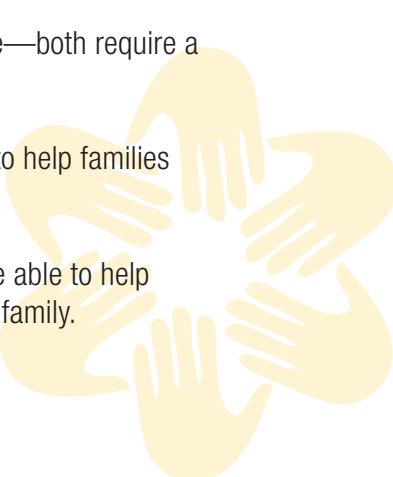


A family that is equipped for success is like a well constructed home—both require a solid foundation, a sturdy framework and a durable roof.

At Families First, this formula is the blueprint that informs our work to help families move toward a brighter, more successful future.

In 2013, your generous support of Families First meant that we were able to help nearly 8,000 individuals create a blueprint to build success for their family.

*Julie Olson*



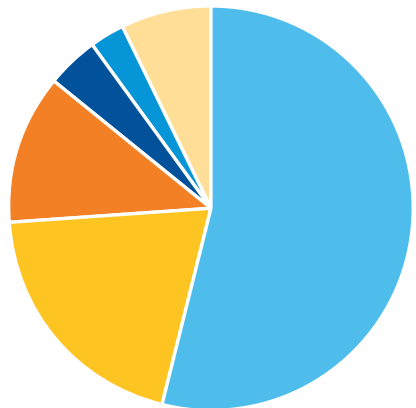
## THE FRAME - HEALTHY LIFESTYLE

All houses depend on a framework for a sturdy form. A bowed wall or warped stud can threaten the integrity of the whole structure. Similarly, a strong family depends on the health of each member. When one family member is struggling with an unhealthy lifestyle, everyone in the family is affected.

Through your gifts, Families First is able to address the needs of the entire family, not just the individual in crisis. Last year, as our addictions counselors worked to free more than 1,100 people from the prison of substance abuse, they also helped partners, siblings and children better understand and cope with their loved one's disease. You also supported the work of our home-based therapists, who helped 404 families address both short and long-term behavioral health needs, to improve their resiliency as a family.



*[My counselor] has helped me better understand my addiction and how I cope with triggers and family situations. The program has helped me transition into sobriety and helped my relationships with my family.*  
- J.J., Chemical Dependency Treatment program graduate



**Expenses by Division 2013**  
**54%** Counseling and Addiction Services  
**20%** Safe Family Services  
**12%** Independent Living Services  
**4%** Fundraising  
**3%** Public Relations  
**7%** General and Administrative

• 86% of each dollar spent was used to provide program services to clients.

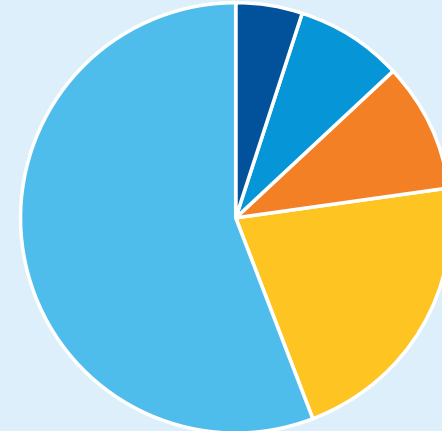


## THE ROOF - SELF-SUFFICIENCY

The end goal for all families we serve is self-sufficiency. Just as a house requires a resilient roof to be a successful shelter, so a family needs to achieve self-sufficiency in order to protect and care for itself.

In 2013, you invested in our vision of a solid roof for every family in central Indiana. Your support helped 1,492 primary and secondary victims of domestic violence break free from lives of fear and abuse, and begin a new life for their family. You invested in the lives of 115 Ivy Tech college students, who turned to a Families First counselor to help them manage personal challenges that threatened their ability to stay in college and earn their degree. You helped 93% of the men and women graduating from our chemical dependency treatment programs improve their employment status and thus their ability to provide for their families.

*Meeting with [my counselor] has greatly improved the level of confidence I have towards school. And now my grades are up in two of my hardest classes.*  
- Lyn, Ivy Tech student receiving on-campus counseling services from Families First



**Revenue by Source 2013**  
**56%** Government Contracts  
**21%** United Way  
**10%** Return on Investments (Realized)  
**8%** Contributions and Special Events  
**5%** Program Service Fees

• 50% increase over 2012 in foundation and corporation contributions.

## THE FOUNDATION - FAMILY EDUCATION

Parents have the critical job of laying the foundation for their child's future success. Just as a quality house requires a foundation with good bearing on solid ground, so a child needs a stable, nurturing family to flourish during each stage of development.

In 2013, your generosity helped 253 parents graduate from parenting education courses with the tools and knowledge base needed to build a solid foundation for their families. Because you cared, their children will be more likely to meet developmental milestones and be prepared for academic success. Through partnerships with local businesses and organizations, we were also able to offer six Family Fun nights in 2013—giving families new opportunities to enjoy quality time together, such as cooking classes, science labs, and art projects.

*One of the best things I will take away from this class is now I will approach fatherhood by looking at myself and how I can react to situations...I will be a better father than I was yesterday. I feel confident and optimistic about the future.*  
- Raymond, Highly Effective Fathers program graduate

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