

# 2020 Annual Report



**Parents Helping Parents, Inc.**

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# A Message from Our Board Chair: Hugh Benson

## Dear Friends of Parents Helping Parents, Inc.

What a year. We have experienced much sorrow and much gratitude. We sincerely hope you and your loved ones are safe and healthy, and our hearts go out to those of you who are struggling during these challenging times.

The struggle with substance use disorder among our loved ones has not gone away during these difficult times. Indeed, for many of us it has gotten worse. PHP Inc, however, continues to be there with resources, education and support for families. Our Edmond and Norman Chapters have moved to a Zoom format since March, Tulsa began in-person meetings in July, and we continue to look for ways to improve the interactivity

of our Virtual Chapter. Our chapter phones remain active and available and Edmond's anonymous text line is available, as well. Our website and social media continue to provide a link to new online resources. I desperately wish we could provide the in-person hug and support we all need. But we are committed to offering resources, education and support in every safe way we can, and getting back to in-person support as soon as it is safe.

Unfortunately, we had to cancel our Hopeful Horizons Annual Event in May due to COVID-19. This was especially unfortunate since we had scheduled William Cope Moyers – author of *Broken* and *Now What?* - as our keynote speaker. We are incredibly grateful that he has agreed to speak at Hopeful Horizons 2021 and Arcadia Trails has agreed to sponsor his appearance. We are also incredibly grateful to all of the sponsors of Hopeful Horizons 2020 who were able to continue their support despite the cancellation. I don't know where we would be without their generosity. Thank you very, very much.

Indeed, I want to thank all of you who contribute in one way or another to PHP's mission. Thank you to our donors, sponsors, chapter speakers, parent panelists, phone and text responders, tabling volunteers, participants in local, state and national coalitions, chapter and Inc. board members, and everyone who helps us get the word out and support families. We will continue to carry on. Challenges are just opportunities to try harder. In the coming year we plan to incorporate new chapters outside of the OKC and Tulsa metro areas (\$7000/start-up), enhance and expand our Virtual Chapter (\$10000+ annually), reach out and support our under-represented communities, and advocate on behalf of family members of those struggling with substance use disorder. I know that Parents Helping Parents was there for me and my family when we needed help and we plan to be there for others. As Ann, my soulmate, likes to remind me, we just need to grasp the hand in front of us, extend a hand behind us and move forward one step at a time. That is what Parents Helping Parents plans to continue to do in 2021.

We hope you find our 2020 Annual Report helpful and thank you for all that you do to support those in need.



# Mission, Vision & History

## Mission

Through a network of communities, Parents Helping Parents, Inc. provides education, resources, shared experiences, and support to parents whose children, no matter the age, are struggling with substance use disorder.

## Vision

Parents Helping Parents, Inc. will become the recognized source of help, hope, and connection for parents whose children are struggling with substance use disorder.

## History

Parents Helping Parents (PHP) was established in 2001 by a dedicated group of parents searching for resources and support through their children's struggle with substance use disorder. Over the years, PHP has grown to serve families in Oklahoma and Kansas.

In June of 2019, PHP took a leap of faith and launched a Virtual Chapter available to anyone via Zoom. These Virtual Chapter meetings are recorded and published to the PHP website where they can be accessed at any time. In the first three months of the Virtual Chapter, approximately 1,500 parents were reached by PHP. This included parents in rural

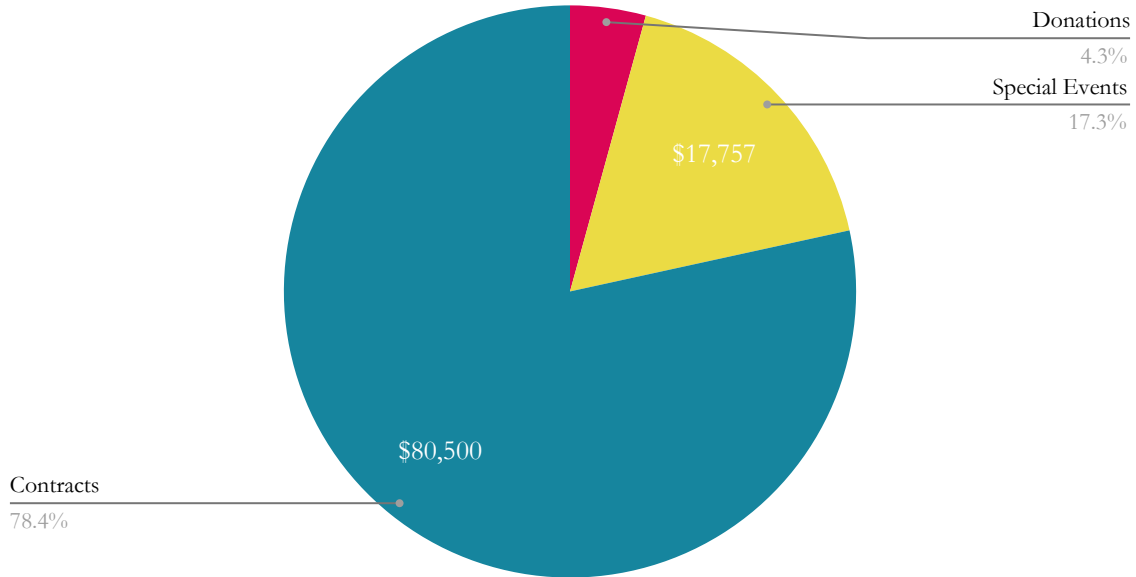
areas of Oklahoma, as well as parents across the country. The potential of this Virtual Chapter is limitless as PHP continues to grow and reach people across the country.

In 2020, the Tulsa and Oklahoma City chapters voted to incorporate and became official PHP chapters. PHP also welcomed new staff and contractors to further the PHP mission in 2020.

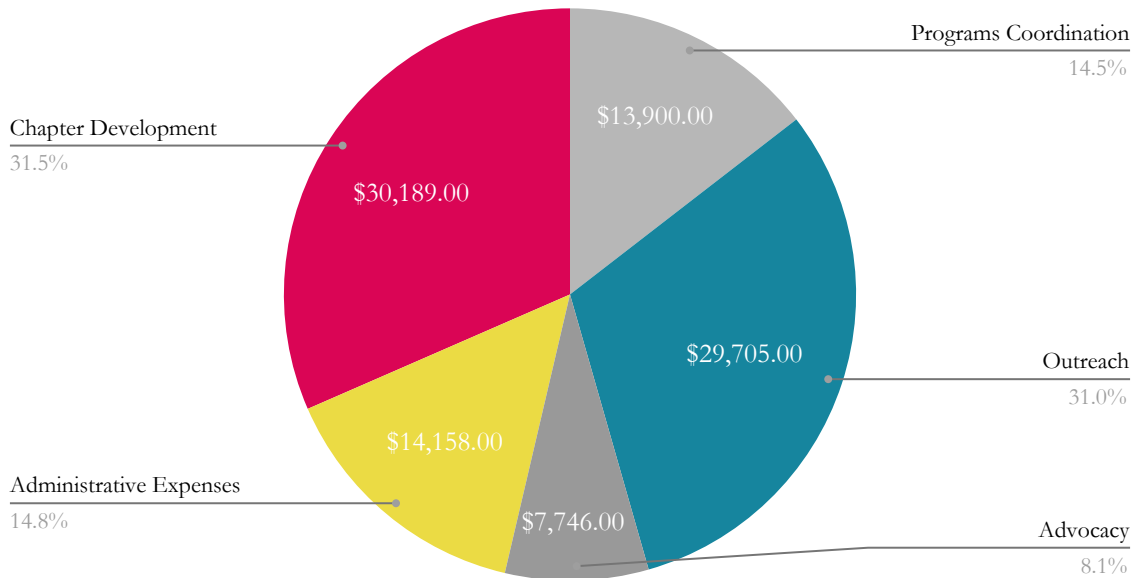
Today, PHP continues to be a source of community, support and resources for parents whose children are struggling with substance use disorder.

# Financial Summary

## Income



## Expenses



# Programs

PHP programs are divided into 3 categories: **chapter development, community outreach & advocacy**

## Chapter Development

### New Chapters

The development of new chapters is central to the PHP mission. To give new and emerging chapters the best opportunity to become sustainable, PHP provides support through guidance, materials and resources. The following are specific ways PHP helps new and emerging chapters:

- Funds to purchase new chapters' first year of liability insurance once they are incorporated
- Guidance through meetings with the PHP executive director and board volunteers
- Written and approved materials such as a chapter manual, bylaws and a chapter agreement
- Help finding meeting locations, speakers and local contacts
- A free lending library, a chapter phone and business cards

### Virtual Chapter

- In May 2018, PHP established a Virtual Chapter to provide support and resources to parents in rural Oklahoma, as well as across the country
- Virtual Chapter hosts 2 meetings a month, which are archived on the PHP website and can be accessed at any time

## Community Outreach

### Awareness

PHP board members and chapter volunteers provide presentations about PHP to participants at conferences, school fairs and educational events.

### Resources

PHP provides resources for chapters such as relevant speakers, free lending libraries, a parent/caregiver resource page on the website, a quarterly newsletter, and in-person support and connections at local chapter meetings.

### Special Events

PHP's annual fundraising event, Hopeful Horizons, helps further the PHP mission by featuring educational speakers and raising money to cover organizational expenses. Although the event was rescheduled this year due to COVID-19, PHP continued to fundraise via sponsorships and donations to support our programs for the next 12 months.

### Workshops & Exhibitions

PHP participates as exhibitors at mental health and addiction related conferences, workshops and special events to increase awareness of PHP programs and services.

## Advocacy

PHP has a presence during gatherings at the state capital that are related to our mission of advocating for and supporting parents of children struggling with substance use disorder. This includes the following:

- Speaking at hearings and conferences on a local, state and national level
- Participating on local and state boards, and advisory groups that relate to our mission ensuring that governmental policies include consideration for parents of children struggling with substance use disorder

## 2019-2020 Fiscal Year Accomplishments

### Chapters

PHP currently has two established chapters. Those include Norman and Edmond, Oklahoma.

- In 2019-2020, we continued to grow our PHP Virtual Chapter and launched two start-up chapters, which include Oklahoma City and Tulsa, Oklahoma.
- The Tulsa and Oklahoma City Chapters are now an official chapters.
- Our Virtual Chapter has reached thousands and has proven to be a solution for continuing to reach parents and families during the current COVID-19 pandemic.
- Annually, approximately 1,100 parents/caregivers attend our local community chapter meetings and approximately 600 parents/caregivers view our live or recorded Virtual Chapter monthly.
- We participated as exhibitors at conferences, school fairs and other events related to mental health and substance use disorder. We estimate that PHP reached approximately 2,000 parents, caregivers or other interested individuals at these events.
- We provided information about our chapter meetings and other meetings related to our cause.
- PHP board members and chapter representatives provided presentations about our organization to more than 500 participants at conferences, schools fairs and educational events.

# Parents Helping Parents, Inc. 2019-2020 Board of Directors

## Board Members

Hugh Benson  
Carin Eisenhauer  
Mindy Fuzzell  
Bill Guy  
Dustin Huckabe  
Kirk Morrison  
Robbin Parrish  
Michael Tupper

## Advisory Board

Ann Benson

## Executive Director

Becky O'Dell

## Regional Program Coordinators

Kavina Agnew  
Tracy McLawhorn

## Social Media Coordinator

Tara Carr

## Virtual Chapter Coordinator

Derek Talkington