

SiNGLE Parent

SUPPORT NETWORK

Encourage. Inspire. Empower.

2013

Annual Report



www.SupportforSingleParents.org

3000 United Founders Blvd., Suite 124, Oklahoma City, OK 73112
O: (405) 917-1817, F: (800) 570-8129

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Garron Rose, Co-Founder, Movement Solutions, Inc (A)



About Us

Mission

Empowering Single Parents to Lead Successful Families and Build Strong Communities.

Vision

Our vision is for all children living in a single parent home will become productive contributing members of society.

Objectives/Goals

- To encourage, educate and empower single parents to rise up and successfully lead their families to become contributing and productive citizens in their communities.
- To provide the framework for a mentoring and support program for single parents and their children.
- To coach the families in setting goals and writing a vision for their family and equipping them with the skills to execute their vision, mission and family guiding principles.
- To provide a life coach accountability partner for single parents and their children.
- To provide businesses with support for their single parent employees.

Strategies

The Single Parent Support Network principle strategies include:

- Support Groups, Conferences, bringing nationally and locally-renowned single parent speakers as keynote presenters at events.
- Support Groups, Seminars and training programs, such as ReSTART™ (Re-Supporting, Teaching And Reaching Together).
- One on One consultations.
- Resource services, including a discount card for members.
- An annual scholarship award program for parent and/or children.
- Provide training for organizations that are establishing and leading Single Parent Chapters.









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Timeline

-  — **2002** — Organization's framework was memorialized in writing by founder, Rhonda Thomas
-  — **2005** — Held 1st Annual Queen for the Day event.
-  — **2007** — Support groups began.
-  — **2009** — Organized monthly outings began.
-  — **2010** — Received IRS 501(c) (3) exemption status.
Created first strategic plan.
Over 300 single mothers and grandmothers served and honored at Queen for a Day event with Debbie Phelps, mother to Olympic Swimming Champion, Michael Phelps.
60 single parent families attained membership.
-  — **2011** — Life Coaching sessions via teleconferencing began.
Launched after school tutoring for children of single parent families.
Ground work laid for the launch of Adopt a Single Parent family mentoring program.
Established the Parenting Restored Program (PRP) and parenting classes.
Held 1st Annual Enchanted Evening event with former Oklahoma County District Attorney, Wes Lane.
-  — **2012** — Completed the Standards of Excellence program through Oklahoma Center for Non Profits.
Presented 1st Annual Legacy Awards to Governor Mary Fallin, Sheriff John Whetsel, Councilman Ed Shadid, M.D., and Jan Dunham of Children's Miracle Network.
Held 1st Annual Mothers and Sons Conference.
Began legwork for ReSTART™ program and Wingspan book publication.
First SPSN Chapter established.
-  — **2013** — Wingspan book published featuring the stories of single parents, nationwide.
Queen for a Day event expanded into Tulsa region.
Laying groundwork for membership rewards program.

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Single Parents Are...

A single parent (or solo parent) is a parent, not living with a spouse or partner, who has most of the day-to-day responsibilities in raising the child or children.

- A widow or widower raising their children
- A divorced parent raising their children
- A biological dad or mom who are raising their children
- A foster or adoptive single parent that is raising children
- A single grandparent or other family member raising children
- A parent whose spouse is gone away for an extended period of time (i.e.: military)
- A parent whose spouse is ill for an extended period of time
- A parent whose spouse is incarcerated
- A parent who was never married
- A woman who was the victim of rape
- A single parent who has chosen artificial insemination as a way to conceive
- Surrogacy

I was so moved by the heart of SPSN for those in my position as a single parent. SPSN is doing so much to improve confidence, train and support single parents. Thoughts sparked in me that I didn't just have to settle for what life had brought to me but that I could do better everyday.

Jennifer M., SPSN Member and Single Mom

In the heart of every single parent and in the heart of every child lies a treasure of dreams, gifts and talents waiting to be discovered...

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Changing Families

The Changing Face of Oklahoma Families

It can sometimes be un-imaginable how one demographic can impact a community. Below are some single parent family statistics that may help give you a better understanding of the impact that this demographic has on our communities:

13.6 million Single Parents in the United States.

21.2 million Children in the United States are raised by Single Parents - 28% of all children under the age of 18 live with one parent.

Employment Statistics of Single Parents

79% Of custodial single mothers are gainfully employed.

50% Work full time, year round.

29% Work part-time or part-year.

92% Of custodial single fathers are gainfully employed.

74% Work full time, year round.

18% Work part-time or part-year.

1 in 4 Children live in a single parent household in the United States.

Oklahoma

33% Households in Oklahoma are single parents households, 72% are single mothers.

79,580 Oklahoma children are raised by grandparent(s).

1 in 3 Children in Oklahoma live in a single parent household.

Statistical information is collected from the US Census Bureau; American Community Survey

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Programs & Services

Over the past nine years, SPSN has launched several new programs and projects in response to the needs of our state's single parent families. These programs and projects include:

Life Coaching

Life coaching is a weekly support and accountability program for single parents and their families. This program is conducted via Teleconference or live in a small group setting with a qualified or professional serving as the facilitator and life coach allowing the single parent an opportunity to learn the life skills necessary for successful parenting and living.

Here are some of the topics covered in this program:

- Finding your Family Identity
- Anger Management
- Be Transformed
- Health and Nutrition
- Dealing with guilt and shame
- Boundaries
- Relating to your teenager
- Discover and Develop gifts in your children
- Parenting for Success
- Self Esteem/Emotional Healing
- Financial Management
- Intentional Sexuality
- How to talk to your kids
- Career Guidance
- Dating/Relational pitfalls
- Consumer to Creator series

Support groups

Our monthly support groups are facilitated by professionals and interns in the field of behavioral sciences. Group sessions are held for parent children and teens by age category. The parent and child are covering the same topic on the same day and the discussions are led by the professional to get the participant to express their life issues. Children are encouraged to express their emotions by discussion, art therapy, rhythmic and movement therapy, poetry and or animal therapy. Chapter support groups are being established across the state.

Parents Night Out

This is a night set aside to give the parent and the children some respite care. Most single parents rarely get a break from the day to day routine of caring for their children and this day is designed to give the family members a "reset." This evening is set up once a month at the chapter locations across the city.

Adopt a Single Parent Family Mentoring Program

The purpose of the "adopt a single parent family" mentoring program is to provide a foundational model for mentorship, accountability, and education for the single parent family. These families in partnership with two parent families will learn how to write out a vision for their lives and walk it out over time with accountability.

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Programs & Services

Continued

Signature Events

Queen For A Day (Founding event)

The Queen For a Day event is our largest yearly event that focuses on Single moms and their need for a day of encouragement, education, royal treatment and pampering, a break from their kids and new insight as to how to keep going in this endeavor to successfully raise their children.

Single moms carry the burden of mom and dad, breadwinner, disciplinarian, chief cook, yard and handyman, cheer leader, cheer giver, visionary, employee, homework supervisor, financial analyst, chief decision maker, protector, and the list goes on and on There was an immediate concern that single moms were either neglecting themselves or that they were neglecting their children.

Queen for a Day was launched almost a decade ago and at the first event we had about 30+ women in attendance. Our last event hosted approximately 300 women and about 300 kids.

Mother and Son Conference

The mom and sons event was designed to address the issues that single moms face in understanding males and in raising boys and also to help the boys and young men deal with issues that they are facing without the leadership of a dad in the home.

The moms learn about how to identify and understand their sons personalities and needs and how to best fill those needs and voids. They learn how the different personalities think, what their love language would be and how to lead them to success.

The boys and youth learn about leadership, responsibility and about making their siblings their best friend.

We work with the families to establish a family mission and vision, values and principles that they will live by.

Life Changing DAY!

Christine H., Queen for a Day attendee

I now have a greater appreciation for my situation and I know it will be okay.
Akellia W., Mother & Son attendee

I left realizing I was not alone.

Cameo A., Queen for a Day attendee

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Employer & Employee Solutions

Every year, single parents make up an ever larger portion of the workforce. Perhaps out of necessity, many single parents offer their employers a greater level of commitment and effort.

Businesses can, in turn, support their single parent employees through SPSN's ReSTART™ resource. Within ReSTART™, SPSN provides the tools and training in life management, organization and other critical skills. By sponsoring SPSN, you are making a solid investment in your business and your employees.

Single Parents face unique challenges as they balance parenting, work and their own personal development and well being. They are also unlikely to be able to leave these at the door when coming to work causing their work productivity to be affected.

ReSTART™ (Re-Supporting, Teaching And Reaching Together), a chapter program that is designed to provide support for the millions of single parents in the United States who are looking for answers and success strategies to single parenting and raising their children.

The ReSTART™ program is the answer to many employer/employee issues and works much like an EAP or employee wellness program. To ease the integration into your wellness regimen, SPSN facilitators will guide your employees through the entire curriculum.

ReSTART™ will consist of an opening welcome orientation, core curriculum and an optional 7 expansion modules.

The Core Curriculum is a 12 session module that covers the following:

- Broken Pieces
- What Hurts? Identifying Personal Hurts and the Hurts of Your Children
- Getting Organized
- Anger & Communication
- Resources for Children
- Launching a New Journey
- Family Road Map
- How to Use the Road Map
- Launching Out on the New Journey
- Parenting through Change
- Family Finances
- Resources & Support

There are an additional 7 modules available to continue the success building strategy of engaging your employees that will expand on the key points associated to the core curriculum:

- 7 Habits of Soul Healthy Singles
- Getting' Ahead in a Just Getting' By World
- Parenting with Confidence
- Overcoming Health and Stress Challenges
- Financial Strategies for Single Parents
- Family by Intentional Design (FamilyID)
- Communication and Co-Parenting

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2013 At a Glance

We had an exciting year at Single Parent Support Network! In addition to our signature annual events: *An Enchanted Evening, Queen for a Day, Family Day and Mother and Sons Conference*, SPSN continues to have weekly support group meetings, life coaching sessions and monthly Parent Nights Out. SPSN also completed and published *WingSpan*, a collection of inspirational stories shared by single parents who overcame struggles in the face of adversity. SPSN is in the process of launching a new program called *ReStart* (Re-Supporting, Teaching and Reaching Together), a curriculum that Founder & CEO Rhonda Thomas co-authored with Monica Epperson, CEO of CEO of the Child of Divorce. The curriculum covers various aspects of self care, life skills, budgeting, anger management, effective communication, etc, with the intent of reaching out to single parents in the community through businesses, churches and schools. Here are some highlights from 2013...

...by the numbers:

This past year,

239 single mothers and their **420** children attended

Queen for a Day in Oklahoma City and Tulsa;

22 Single Mothers and **38** children attended the

Mothers & Sons Conference;

360 single parents and their **540** children attended

30 support group meetings;

32 parents and **72** children enjoyed **6** Parent's Night Out.

There are --- members in the Single Parent Support Network who receive community discounts and benefits;

--- mentors who worked with --- single parents and their children,

---- volunteers who contributed over --- hours of service.

SPSN served a total of **1,520** meals to program participants and volunteers at various events.

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2013 At a Glance

SPSN Supporting Families

At SPSN, we realize that stabilizing the family is an essential component for single parent households in breaking the cycle of poverty.

- 50% of single parent families moved into improved housing;
- 20% of single parents enrolled in higher education classes;
- 60 % of single parents increased their income .
- 20% of our single parents got remarried.
- 99% of parents began to feel positive about their future after attending our workshops and becoming involved in our program.

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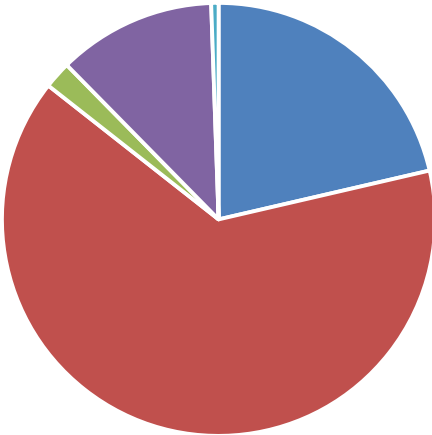
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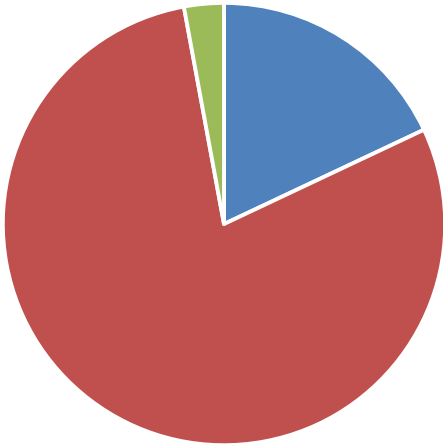
Financial Statements

Income



- Individuals
- Corporations
- Grants
- Events/Sales
- Memberships

Costs



- Administration
- Programs
- Maintenance/Supplies



Thank You!!!

To our Donors:

Gave \$2,500+

AT&T • Buy For Less • First Mortgage Company • Integris Medical Center

Gave \$1,000+

Cheryl Austin • Case Properties • Cornerstone Church • Jennifer Graham • Susan Leonard • Roy Page • Jana G. Ratliff CPA • Jill Walker • Keller Williams Realty (Glen Cospers, Realtor) • Tri-Corps Security • Waters Edge Business Solutions

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Gave \$200+

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Gave \$50+

Express Tag Agency • Carol Hager • Kaye Hemphill • Marilyn Hudson • Delores Hnot • Diana Jackson • Pamela M. Kanaly Rev. Trust • Cheryl Tuck

Gave \$25+

Laura McIvor

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Thank You!!!

To all SPSN Donors:

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To all SPSN Volunteers:

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