

# NEW HAMPSHIRE TOMORROW: INVESTING IN OUR KIDS



NEW HAMPSHIRE  
CHARITABLE FOUNDATION



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*Foundation scholarship recipient Harrison Durfee of Troy: "I will never forget the opportunity that this generosity has allowed me."*

## ALL OF NEW HAMPSHIRE'S KIDS DESERVE THE OPPORTUNITY TO REACH THEIR FULL POTENTIAL. BUT ONLY SOME GET THE CHANCE.

Many of our kids are doing great — New Hampshire ranks second in overall child well-being. But rankings are based on averages. And children are not averages.

Unequal access to opportunity, combined with an aging population and slower population growth, threaten New Hampshire's long-term economic and social well-being. If we are to maintain our status as one of the best states in the country for children and families, all of our kids need the opportunity to thrive. The nationwide trend toward a growing opportunity gap is starkly illustrated by Robert Putnam in "Our Kids, the American Dream in Crisis."

Kids from low-income families have less access to everything from quality early childhood education to advanced placement courses in high school to sports

and enrichment activities that provide mentoring and team-building skills. They fare worse academically, are less likely to go to college, less able to get good jobs, less able to contribute to their communities.

As Putnam has said: That is "just not fair."

New Hampshire's opportunity gap is widening. Pockets of poverty are getting deeper. The U.S. Census Bureau reports that 13 percent of kids in New Hampshire (or 34,000) are living in poverty — up from six percent in 2000. (Under federal guidelines, a family of four with an income of \$24,250 is considered to be in poverty.) And 48,000 of our kids (29 percent) are eligible for free and reduced-priced school lunch. And our kids struggle in other areas: New Hampshire's young people have some of the highest rates of substance use in the country. And our students have the nation's second-highest debt load.

Solving these problems is not only a social obligation; it is an economic imperative.

Strong, thriving children grow into capable adults who can contribute to a prosperous and sustainable society.

## The Foundation is investing in four high-impact areas to increase opportunity for New Hampshire's kids — from cradle to career:



EARLY  
CHILDHOOD  
DEVELOPMENT



FAMILY  
AND YOUTH  
SUPPORTS



SUBSTANCE USE  
PREVENTION AND  
TREATMENT



HIGHER EDUCATION  
AND CAREER  
READINESS

We cannot afford for any of our children to miss out on that opportunity.

All young people need quality early childhood education, adult guidance and community connection, job training and higher education — whether they live in Berlin or Bedford, or their parents have Ph.D.s or GEDs.

### Taking action

To increase youth opportunities from cradle to career, the Foundation is investing in four high-impact areas: early childhood development, family and youth supports, substance use prevention and treatment, and higher education and career readiness. We are collaborating with partners in the public sector, nonprofits, education and business. Each area of this important work needs generous donor support.

Effective action for the next generation is a longstanding priority for the Foundation. Each year, about 40 percent of Foundation dollars support people under the age of 24. Given the demographic and social trends we see ahead, we have sharpened our focus on youth opportunity. The Foundation has made a multiyear commitment to invest at least \$10 million in grant and scholarship dollars on these four high-impact ways to increase opportunities for our kids. And we will work to multiply those funds with additional resources from local and national partners.

The Foundation has also helped launch an effort in New Hampshire to bring conversations about the

opportunity gap into the public square. And we are leading efforts to create a nationwide coalition of community foundations working on this issue.

When we invest in our kids, the return is high — in quality of life and in numbers:

- Early childhood education returns \$7 in productivity and saved societal costs.
- Services to families and kids bring a range of returns in productivity and saved societal costs.
- Addiction prevention, treatment and recovery returns up to \$12 in productivity and earnings, and avoided health care and other societal costs.
- Higher education increases earnings potential: a person with a bachelor's degree is likely to earn almost twice as much as a person with a high school diploma. And associate and certificate programs in certain fields significantly increase earnings.

### Let's work together

New Hampshire is up to the promise of increasing opportunities for our kids. Working together, we can do this. We have the resources, the relationships and the long tradition of bipartisan cooperation needed to narrow the opportunity gap.

*What are you up to?* Please join us with your best ideas, your energy, commitment, voices and resources to make sure that every one of our children has access to the opportunities they need to thrive. For our kids. For New Hampshire tomorrow.



# EARLY CHILDHOOD DEVELOPMENT

*Children with access to high-quality early childhood programs — like this little boy from Berlin — are more likely to succeed in school and relationships, to become adults who thrive and contribute to their communities.*

## Why it matters

At an early childhood development center in Berlin, an infant coos and squeaks, smiling at his teacher. His teacher makes eye contact, smiles back and says “Well, good morning!”

Those people were not just passing the time. That baby’s brain just grew.

Research in pediatric neurology is conclusive: Healthy brain development and growth depend on positive social interaction early in life. A strong foundation in the preschool years is critical to all learning that comes later. In the absence of such experience, or when children experience significant stress, brain circuitry does not develop as it should — with devastating effects on cognitive and social growth, and expensive problems later.

That baby in Berlin is fortunate — because he is in a high-quality early learning center, he is more likely to succeed in school and relationships, to thrive in his

community, and in his career.

But too many of our children are not getting that opportunity.

Many of the 34,000 New Hampshire kids who live in poverty lack access to high-quality early childhood development programs. Parents need access to other critical supports — parenting education, developmental screening tools, job training, financial literacy — that will help them to raise thriving kids.

By third grade, children from low-income households in New Hampshire have already fallen behind their better-off peers in math and reading. And they stay behind. But there is something we can do.

**EIGHTY PERCENT OF BRAIN GROWTH** happens

by a child’s third birthday;  
**NINETY PERCENT** by the time she turns five.



Community investment during the early childhood years translates to success in high school, higher levels of educational attainment, economic security, productivity and civic engagement — and savings in everything from special education costs to rehabilitation programs and prison costs.

Every dollar invested in early childhood development nets an average \$7 return in productivity and saved societal costs. Studies have shown that when disadvantaged children have increased quality early learning experiences, their earnings in adulthood are boosted by 25 percent.

Investing in our kids is an economic imperative. Kids who are supported by their communities today become adults who will contribute to those communities tomorrow. Like that baby in the North Country, all of our kids deserve the kind of early start that will help them thrive.

## What we're doing

- Ensuring that more kids are ready for kindergarten by funding training and technical assistance to enhance quality of early learning centers and to increase the number of centers that are accredited.
- Supporting advocacy for state policies to ensure all kids have access to quality early childhood programs; and increase number of children receiving developmental screenings so needs are identified and addressed early.
- Investing more than \$5 million, through the Neil and Louise Tillotson Fund, to improve early childhood outcomes in Coös County.
- Collaborating with local coalitions that prioritize early childhood development.
- Fighting poverty as a partner in Manchester's Neighborhood Health Improvement Strategy. Foundation funding has helped to secure more than \$2 million in local, national foundation and federal funding.
- Empowering and educating families and parents by funding parenting classes, developmental screening, home visiting and other supports.

## Let's work together

- To support New Hampshire Tomorrow or designate your gift to early childhood development, visit [www.nhcf.org/nhtomorrow](http://www.nhcf.org/nhtomorrow).
- Support our nonprofit partners working on these critical issues.
- For more information, contact Katie Merrow, vice president of community impact, 800-464-6641 ext. 296 or [km@nhcf.org](mailto:km@nhcf.org).

## PARTNERS AND GRANTEES\*

**Children Unlimited**  
[www.childrenunlimitedinc.org](http://www.childrenunlimitedinc.org)

**City of Manchester Health Department**  
[www.manchesternh.gov/Departments/Health](http://www.manchesternh.gov/Departments/Health)

**Coös Coalition**  
[www.investincooskids.com](http://www.investincooskids.com)

**Early Learning NH**  
[www.earlylearningnh.org](http://www.earlylearningnh.org)

**Endowment for Health**  
[www.endowmentforhealth.org](http://www.endowmentforhealth.org)

**Family Resource Center of Central New Hampshire**  
[www.lrcs.org/family-resource-center](http://www.lrcs.org/family-resource-center)

**Family Resource Center of Greater Nashua**

**Impact Monadnock**  
[www.impactmonadnock.org](http://www.impactmonadnock.org)

**New Hampshire Children's Trust**  
[www.nhchildrenstrust.org](http://www.nhchildrenstrust.org)

**New Hampshire Community Loan Fund**  
[www.communityloanfund.org](http://www.communityloanfund.org)

**Northern Human Services**  
[www.northernhs.org](http://www.northernhs.org)

**Our Kids New Hampshire**  
[www.ourkidsnh.org](http://www.ourkidsnh.org)

**The River Center**  
[www.rivercenter.us](http://www.rivercenter.us)

**Southwestern Community Services**  
[www.scshehelps.org](http://www.scshehelps.org)

**Spark NH**  
[www.sparknh.com](http://www.sparknh.com)

**TLC Family Resource Center**  
[www.tlcfamilyrc.org](http://www.tlcfamilyrc.org)

**White Mountains Community College**  
[www.wmcc.edu](http://www.wmcc.edu)

*\*partial list*



# FAMILY AND YOUTH SUPPORTS

*With support, Jenny is pulling herself out of poverty — and bringing her son, Jacoby, with her.*

## Why it matters

Jenny and her son, Jacoby, were living in a homeless shelter before they moved to a Families in Transition apartment. They went from having no stable home and bleak prospects to living in a safe and comfortable apartment of their own. Jacoby attended a FIT-run child care center and is now thriving at a charter school that focuses on literacy. He leaves school every day skipping. FIT families get help with life skills — parenting, budgeting, stress management. The security and supports made it possible for Jenny to go to college and start planning her own business. Jenny is pulling herself — and her son — out of poverty.

Families like Jenny’s need support if kids like Jacoby are going to thrive. New Hampshire communities and our economy will be stronger if Jenny and Jacoby thrive, and participate, and contribute.

But the opportunity gap is growing in New Hampshire. Kids from wealthy and well-educated families have more

access to quality early childhood education, better schools and enrichment activities, and mentors who help them succeed. Think of those things as guardrails that help keep kids on track.

But many poor kids are traveling without those guardrails. They live very isolated lives, falling behind in school early, lacking mentors, detached from community and the supports they so achingly need. The cycle continues when they have their own kids, often early and unprepared.

Thousands of kids in New Hampshire need support. The U.S. Census Bureau reports that 34,000 kids in New Hampshire (13 percent) are living in poverty. And

48,000 NEW HAMPSHIRE KIDS are eligible for **FREE** and **REDUCED-PRICED** school lunch.



48,000 (29 percent) are eligible for free and reduced priced school lunch. About 30 percent of New Hampshire kids live in single-parent households. About 13 percent of New Hampshire kids fail to graduate high school on time. Homeless children have a high school graduation rate of less than 25 percent.

Jacoby got lucky, because his mom found a “village” of family supports. He goes to a before-school program, is starting boxing lessons and drawing lessons and plays tee ball. He is great at math. He has his mom and other mentors to help him set goals and reach his potential.

Investment that supports children and families means increased academic success for kids, healthier and more stable families, and saved societal costs. It helps kids become successful adults who thrive in careers and contribute to communities.

## What we're doing

Through our regular grantmaking programs and working with generous donors, the Foundation supports key organizations at critical times, including:

- Family support organizations that provide a range of services, including housing, education and career guidance, and wrap-around supports to families and kids.
- Mentoring programs that connect young people with caring adults.
- Enrichment and after-school programs that provide kids with access to the arts, summer camps, sports, outdoor leadership training and education, and more.
- Girls' empowerment programs that help today's girls become tomorrow's confident and successful women.
- Advocacy organizations working to make sure that the voices of working families are heard on critical issues like health care, family and medical leave, minimum wage, housing and education.

In addition, Foundation funding helped to secure more than \$2 million in local, national foundation and federal funding to combat childhood poverty through Manchester's Neighborhood Health Improvement Strategy.

## Let's work together

- To support New Hampshire Tomorrow or designate your gift to family and youth supports, visit [www.nhcf.org/nhtomorrow](http://www.nhcf.org/nhtomorrow).
- Support our nonprofit partners working on these critical issues.
- For more information, contact Katie Mellow, vice president of community impact, 800-464-6641 ext. 296 or [km@nhcf.org](mailto:km@nhcf.org).

## GRANTEES\*

**Appalachian Mountain Club**  
[www.outdoors.org](http://www.outdoors.org)

**Arts in Reach**  
[www.artsinreach.org](http://www.artsinreach.org)

**Big Brothers and Big Sisters of New Hampshire**  
[www.bbbsnh.org](http://www.bbbsnh.org)

**Boys & Girls Clubs**  
[www.bgca.org](http://www.bgca.org)

**CASA of New Hampshire**  
[www.casanh.org](http://www.casanh.org)

**Child and Family Services of New Hampshire**  
[www.cfsnh.org](http://www.cfsnh.org)

**The Circle Program**  
[www.circleprogram.org](http://www.circleprogram.org)

**City Year New Hampshire**  
[www.cityyear.org/newhampshire](http://www.cityyear.org/newhampshire)

**Families First**  
[www.familiesfirstseacoast.org](http://www.familiesfirstseacoast.org)

**The Family Resource Center**  
[www.family-resource-center.org](http://www.family-resource-center.org)

**Families in Transition**  
[www.fitnh.org](http://www.fitnh.org)

**The Friends Program**  
[www.friendsprogram.org](http://www.friendsprogram.org)

**The Front Door Agency**  
[www.frontdooragency.org](http://www.frontdooragency.org)

**Girls at Work, Inc.**  
[www.girlswork.org](http://www.girlswork.org)

**Girls Inc.**  
[www.girlsincnewhampshire.org](http://www.girlsincnewhampshire.org)

**Marguerite's Place**  
[www.margueritesplace.org](http://www.margueritesplace.org)

**The Mayhew Program**  
[www.mayhew.org](http://www.mayhew.org)

**Pemi Youth Center**  
[www.pemiyouthcenter.org](http://www.pemiyouthcenter.org)

**The Pittsfield Youth Workshop**  
[www.pittsfieldyouthworkshop.org](http://www.pittsfieldyouthworkshop.org)

**The Upper Room, A Family Resource Center**  
[www.urteachers.org](http://www.urteachers.org)

**YMCA**  
[www.ymcasofnh.org](http://www.ymcasofnh.org)

*\*partial list*



# SUBSTANCE USE PREVENTION AND TREATMENT

*Alex is fortunate. He got the treatment he needed to get well.*

## Why it matters

Alex is one of our kids. He joined Cub Scouts, and played sports. And he started smoking pot when he was 13. By his 18th birthday, the disease of addiction had taken hold of his young life: He was abusing alcohol, prescription drugs and heroin.

Alex's story is terrifying. And not uncommon. New Hampshire has seen a startling spike in heroin and fentanyl use, with 326 drug-related deaths reported in 2014, up from 171 in 2010. New Hampshire ranks first in the nation for young adult drinking, third for youth drinking and binge drinking, and in the top ten for other drug use.

Adolescence through young adulthood is a critical period for brain development and the time when addiction is most likely to take root. Quality prevention programs help young people make healthy choices, and grow into healthy adults who will sustain our communities tomorrow. Screening is critical to catch

misuse before it becomes full-blown addiction. And treatment and recovery programs are critical for those kids who do need them.

Alex was one of the fortunate. He got treatment and is in recovery. But Alex is also the exception — only between four and six percent of the 100,000 people in need of treatment in New Hampshire get that treatment. Imagine if that were the case with other treatable diseases.

Addiction to alcohol and other drugs is a public health crisis that threatens our young people's physical, emotional and economic well-being, and has ripple effects across all aspects of the economy, public health

## SUBSTANCE USE COSTS

New Hampshire **\$1.8 BILLION ANNUALLY**

in lost worker productivity and earnings, health care costs, public safety and criminal justice expenses.



and public safety. For every dollar invested in prevention, treatment and recovery, up to \$12 are returned in productivity and earnings, and in avoided health care and other societal costs.

The Foundation is working toward the goal of a five percent decrease in youth alcohol use by 2017 with continued improvement over time; decrease in other substance use; and to have 10,000 youth receive medical screening for substance use by 2017.

Every one of our kids needs the prevention that will keep them healthy and help them thrive. And, should they need it, kids deserve community support and access to the treatment that will help them recover.

## What we're doing

- Leading a statewide comprehensive public-private initiative to tackle the chronic problem of addiction.
- Preventing youth substance use by funding proven programs.
- Securing national grant funding and partnering with medical practices to implement a proven youth screening and intervention protocol as part of primary health care.
- Investing in public policy and advocacy, including the work of New Futures, to reduce and prevent alcohol and drug use; and in work that expanded health insurance coverage for treatment.
- Investing in the Center for Excellence in Alcohol and Other Drug Services to provide communities, practitioners, policymakers and others with best practices, education, and technical assistance.
- Funding treatment centers so they are prepared to care for more patients under the Affordable Care Act.

## Let's work together

- To support New Hampshire Tomorrow or designate your gift to substance use prevention and treatment, visit [www.nhcf.org/nhtomorrow](http://www.nhcf.org/nhtomorrow).
- Support organizations working to address the issues of youth substance use disorders in New Hampshire.
- Contact Tym Rourke, director of substance use disorders grantmaking, 800-464-6641, ext. 295 or [tr@nhcf.org](mailto:tr@nhcf.org).

## PARTNERS AND GRANTEES\*

**Center for Excellence in Alcohol and Other Drug Services**

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

**Conrad N. Hilton Foundation**

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

**Dartmouth-Hitchcock Medical Center**

[www.dartmouth-hitchcock.org](http://www.dartmouth-hitchcock.org)

**Granite United Way**

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

**Goodwin Community Health**

[goodwinch.org](http://goodwinch.org)

**Life of an Athlete Program of the New Hampshire Interscholastic Athletic Association**

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

**Mid-State Community Health Center**

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

**New Futures**

[www.new-futures.org](http://www.new-futures.org)

**New Hampshire Bureau of Drug and Alcohol Services**

[www.dhhs.nh.gov/dcbcs/bdas/](http://www.dhhs.nh.gov/dcbcs/bdas/)

**New Hampshire Children's Behavioral Health Collaborative**

[www.nh4youth.org](http://www.nh4youth.org)

**New Hampshire Regional Public Health Network System**

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

**Partnership for a Drug-Free New Hampshire**

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

**Youth Leadership Through Adventure Program**

**of the North Country Health Consortium**  
[www.nchcnh.org/CSAP\\_about.php](http://www.nchcnh.org/CSAP_about.php)

**Screen and Intervene, a NH Youth SBIRT Initiative**

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

*\*partial list*



# HIGHER EDUCATION AND CAREER READINESS

Foundation scholarships lower the debt burden for students like Sachi: “It’s a big chunk of money that I don’t have to provide for, so I can concentrate on my studies.”

## Why it matters

Sachi Nagada got a scholarship that covered the gap in her tuition bill. She graduated from the University of New Hampshire, has started a master’s program, and will be prepared for a rewarding career.

New Hampshire kids need more help than ever to afford the education that will help them thrive. New Hampshire is last in funding to post-secondary education, and our students bear the second-highest debt load in the nation.

Our economy increasingly demands higher skill levels. By 2018, 64 percent of jobs in New Hampshire will require post-secondary education. New Hampshire employers are deeply worried about the future of the state’s workforce. Tomorrow’s teachers, business people, historians, musicians, engineers, doctors and firefighters all need our help to get the education they need.

Jobs in science, technology, engineering and mathematics (STEM) present some of the greatest

opportunity. Demand for STEM workers is high and projected to remain so, but supply is low: New Hampshire ranks 49th in the nation for the number of STEM credentials awarded compared with the number of employees needed.

A Foundation-commissioned study showed that interest and proficiency in mathematics and sciences diminish dramatically as students progress through school. Our kids are opting out of studying subjects that will afford them the greatest opportunity and give them the skills that New Hampshire employers need.

Investment in higher education and training is an



**NEW HAMPSHIRE RANKS 49TH** in the nation for the number of **STEM CREDENTIALS AWARDED** compared with the number of employees needed.

investment in New Hampshire's future prosperity. A person with a bachelor's degree is likely to earn almost twice as much as a person with a high school diploma. And associate and certificate programs in certain fields significantly increase earnings.

New Hampshire's population is aging. Demographic trends point to a 10 percent reduction in New Hampshire's workforce in the next decade. But New Hampshire is projected to have a net job increase of 10 percent by 2022.

New Hampshire's kids need our help getting the schooling they need to thrive. New Hampshire's businesses need a skilled workforce — they need kids like Sachi — if they are to grow and succeed. And all of New Hampshire needs today's kids to become the adults who sustain and strengthen our communities tomorrow.

## What we're doing

- Helping students pay for college and certificate programs in all areas of study; and encouraging creation of new scholarship funds. The Foundation awards more than \$5 million in scholarships annually to 1,700 students.
- Convening and launching the Smarter Pathways Initiative. Working with New Hampshire employers in partnership with state leaders in education, government and the nonprofit sector to strengthen pathways from school to jobs in STEM fields.
- Increasing STEM scholarships to \$500,000 a year for three years. With donor support, that goal was exceeded in 2013 and 2014. And \$1.2 million has been awarded to date in 2015.
- Investing in alternative pathways to work, including certificates, apprenticeships, and two-year degrees; collaborating to create pathways in computer science and IT; and fill existing pathways in advanced manufacturing to meet workforce demands.
- Advancing the goal of the state's public colleges to increase STEM graduates by 50 percent by 2020, and double that number by 2025; and increase percentage of residents who hold a college degree, certificate or industry credential from 46 to 65 percent by 2025.

## Let's work together

- To support New Hampshire Tomorrow or designate your gift to higher education and career readiness, visit [www.nhcf.org/nhtomorrow](http://www.nhcf.org/nhtomorrow).
- For more information, contact Judy Burrows, director of student aid, 800-464-6641, ext. 224 or [jb@nhcf.org](mailto:jb@nhcf.org).

## PARTNERS\*

**Albany International**  
[www.albint.com](http://www.albint.com)

**Community College System of New Hampshire**  
[www.ccsnh.edu](http://www.ccsnh.edu)

**Dyn**  
[www.dyn.com](http://www.dyn.com)

**Fidelity Investments**  
[www.fidelity.com](http://www.fidelity.com)

**Graphicast**  
[www.graphicast.com](http://www.graphicast.com)

**Hitchiner Manufacturing**  
[www.hitchiner.com](http://www.hitchiner.com)

**Hypertherm**  
[www.hypertherm.com](http://www.hypertherm.com)

**Lumina Foundation**  
[www.luminafoundation.org](http://www.luminafoundation.org)

**New Hampshire Ball Bearings**  
[www.nhbb.com](http://www.nhbb.com)

**New Hampshire Coalition for Business and Education**  
[www.nhcb.org](http://www.nhcb.org)

**New Hampshire Department of Education**  
[www.education.nh.gov](http://www.education.nh.gov)

**New Hampshire Department of Resources & Economic Development**  
[www.dred.state.nh.us](http://www.dred.state.nh.us)

**Office of New Hampshire Governor Maggie Hassan**  
[www.governor.nh.gov](http://www.governor.nh.gov)

**University System of New Hampshire**  
[www.usnh.edu](http://www.usnh.edu)

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UP TO THE PROMISE

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