

NEW HAMPSHIRE TOMORROW INVESTING IN OUR KIDS





For our kids.
For New Hampshire
tomorrow.



All of New Hampshire's kids deserve the opportunity to reach their full potential. But right now, only some get that chance. Together, we can do something about this.

The Foundation has always been committed to effective action for the next generation. But given the demographic and social trends facing our state, we have redoubled those efforts. We have made increasing youth opportunity a top priority.

The Foundation will invest \$100 million over 10 years in New Hampshire Tomorrow, a comprehensive partnership bringing together hundreds of organizations and businesses toward a single goal: increasing opportunities so that young people can reach their potential and be ready to contribute to New Hampshire's communities and workforce.

We will make strategic grants, build and support multi-sector coalitions and advance sensible public policy to achieve that goal.

Please join us. Together, we can build a stronger New Hampshire tomorrow.

Dick

Richard Ober
President & CEO
New Hampshire Charitable Foundation



NEW HAMPSHIRE TOMORROW INVESTING IN OUR KIDS

Foundation scholarships helped Ayi D’Almeida through the University of New Hampshire, where he graduated with honors and a double major. Ayi went to work for Americorps mentoring kids, and plans to go to graduate school.

Strong, thriving kids grow into thriving adults who contribute to prosperous and healthy communities.

But right now, too many of our kids never have that chance.

Thousands of kids from low-income families lack access to everything from high-quality early childhood care and education to advanced placement classes in high school and enrichment activities. They fall behind their wealthier classmates by third grade — and many never catch up. They are less likely to go to college, less able to get good jobs and less ready to contribute to communities.

This is the trend that world-renowned sociologist Robert Putnam has labelled the “opportunity gap.”

Together, we can — and we must — narrow that gap. This is not only a social obligation, it is an economic imperative.

Vastly 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 must have the chance to reach their full potential.

Together, we can make that happen.

Right now, New Hampshire’s opportunity gap is widening. Pockets of poverty are getting deeper. The U.S. Census Bureau reports that 11 percent of kids in New Hampshire (or 28,000) are living in poverty — up from 6 percent in 2000. That is about equivalent to the combined populations of Portsmouth and Plymouth. (Under federal guidelines, a family of four with an income of \$24,250 is considered to be in poverty.) And 44,000 of our kids, or 27 percent, are eligible for free and reduced-price school lunch. In some districts, more than half of all kids qualify.

Our kids struggle in other areas, too: New Hampshire’s young people have among the highest

The Foundation is investing \$100 million over 10 years in four proven focus areas to increase opportunity for New Hampshire’s kids — from cradle to career:

EARLY CHILDHOOD DEVELOPMENT



All kids receive high-quality early care and education

FAMILY AND YOUTH SUPPORTS



All kids have strong families and role models

SUBSTANCE USE PREVENTION, TREATMENT AND RECOVERY



All kids live healthy lives free of substance use

EDUCATION AND CAREER PATHWAYS



All kids get the education and skills they need to thrive in the workforce

MEASURE OF SUCCESS: More 25- to 34-year-olds in New Hampshire have a quality education, strong earning power and the skills to contribute to the state’s workforce and communities

rates of substance use in the country, and our students graduate with the nation’s highest debt load.

But there are proven solutions. We know that when kids have access to a range of opportunities throughout their lives, they are able to thrive and to become adults who sustain their communities.

TAKING ACTION

To increase youth opportunity from cradle to career, the Foundation is redoubling efforts on behalf of New Hampshire’s kids. We are investing in four proven areas: early childhood development; family and youth supports; substance use prevention, treatment and recovery; and education and career pathways. Each area of investment aligns with work being done by the public sector, nonprofits, education and business. Each area of this important work needs generous donor support.

To achieve the goals of New Hampshire Tomorrow, the Foundation has made a commitment to invest \$100 million over a decade in grants and scholarships,

build and support multi-sector coalitions and advance sensible public policy.

And — because the resources, partnerships and action needed to move the needle on this issue are far greater than one community foundation could provide — we are working to multiply those funds and efforts with additional resources from local and national partners.

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.

GOAL: All kids receive high-quality early care and education

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 which can lead to 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 28,000 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

700 NEW NEURAL CONNECTIONS are formed **EVERY SECOND** in the young brain.



Every dollar invested in early childhood development nets an average \$7 return in productivity and saved societal costs.

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 risk staying behind.

But solutions are at hand, with proven strategies that change that trajectory for kids.

Community investment during the early childhood years translates to school readiness, 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 — from savings in costly interventions later to gains in future productivity. 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.

WE’RE WORKING TO:

- Increase quality and quantity of early learning centers serving low-income kids.
- Expand access to parenting classes and other services for young at-risk moms and dads.
- Increase the number of children receiving consistent screenings to identify developmental challenges early on.
- Strengthen state policies and funding to support early care and education.

Each of these goals is dependent on the dedicated work, collaboration and commitment of scores of partners. Please see list at right.

PARTNERS AND GRANTEES*

Annie E. Casey Foundation
www.aecf.org

Children Unlimited
www.childrenunlimitedinc.org

Community Bridges
www.communitybridgesnh.org

Coös Coalition
www.investincooskids.com

Couch Family Foundation
www.couchfoundation.org

Early Learning NH
www.earlylearningnh.org

Endowment for Health
www.endowmentforhealth.org

Family Resource Center of Central New Hampshire
www.lrcs.org/family-resource-center

HNH Foundation
www.hnhfoundation.org

Impact Monadnock
www.impactmonadnock.org

Lakes Region Community Services
www.lrcs.org

New Hampshire Children’s Trust
www.nhchildrenstrust.org

New Hampshire Community Loan Fund
www.nhclf.org

Northern Human Services
www.northernhs.org

River Center
www.rivercenter.us

Salem Family Resources
www.salemfamilyresources.org

Southern New Hampshire Services
www.snhhs.org

Spark NH
www.sparknh.com

Neil and Louise Tillotson Fund
www.nhcf.org/tillotson

TLC Family Resource Center
www.tlcfamilyrc.org

White Mountains Community College
www.wmcc.edu

*partial list



FAMILY AND YOUTH SUPPORTS

Thanks to her “Big Sister” Michelle, Lexi will be more likely to thrive in school and relationships and grow into a strong, responsible, independent adult.

GOAL: All kids have strong families and role models

WHY IT MATTERS

Michelle and Lexi are not related. But Michelle is one of the most important people in Lexi’s life.

Lexi was born into hardship, and has experienced more of it than any 7-year-old should.

Michelle is Lexi’s “Big Sister.” And when this small child enters the circle of this successful and caring woman, she relaxes a little and stands a little taller. Mentoring programs like Big Brothers Big Sisters help kids thrive.

After just one year of spending time with a “Big,” children show improvements in academics, relationships with parents, trust, aspirations. They are more likely to stay in school and less likely to engage in risky behavior than their peers who lacked mentors.

Michelle hopes that her presence in Lexi’s life helps her “Little Sister” grow into a strong, responsible,

independent adult. It’s what everyone hopes for for their kids.

But kids don’t become those thriving adults on their own. They need a community that includes family, teachers and other mentors. When kids thrive, and have the chance to grow into thriving adults, our communities and our economy are stronger.

Not all kids get that chance. Kids from wealthy and well-educated families have more access to high-quality early childhood education, better schools and

300 CHILDREN, most of them boys, are awaiting **MENTOR MATCHES** through Big Brothers Big Sisters.



After just one year of spending time with a “Big,” children show improvements in academics, relationships with parents, trust, aspirations.

enrichment activities, and mentors who help them succeed. All of those things act as guardrails to help keep kids on track.

But many poor kids don’t have those guardrails. Many live isolated lives, falling behind in school early, detached from community and the supports they so achingly need. They are less likely to finish high school and go to college, and their earnings potential is less. The cycle continues when they have their own kids, often early and unprepared. Mentors can help break that cycle and help kids grow into healthy and successful adults.

Thousands of kids in New Hampshire need support. More than one in ten of New Hampshire’s kids are living in poverty. Hundreds of children, most of them boys, are awaiting mentor matches through Big Brothers Big Sisters alone.

But there is something we can do: Investment in mentoring programs and family supports means increased academic success for kids, healthier and more stable families, and saved societal costs. It helps kids like Lexi grow into healthy and successful adults who will contribute to New Hampshire communities tomorrow.

WE’RE WORKING TO:

- Help high-quality mentoring programs serve more kids.
- Support effective after-school, summer camp and youth leadership programs serving New Hampshire kids.
- Improve access to programs and services for vulnerable families through family resource centers and other organizations.
- Advance family-friendly public policies.

Each of these goals is dependent on the dedicated work, collaboration and commitment of scores of partners. Please see list at right.

GRANTEES*

Appalachian Mountain Club
www.outdoors.org

Arts in Reach
www.artsinreach.org

Big Brothers Big Sisters of New Hampshire
www.bbbsnh.org

Boys & Girls Clubs
www.bgca.org

CASA of New Hampshire
www.casanh.org

The Circle Program
www.circleprogram.org

City Year New Hampshire
www.cityyear.org/newhamshire

Disability Rights Center
www.drcnh.org

Easter Seals
www.easterseals.com/nh

Families First
www.familiesfirstseacoast.org

Families in Transition
www.fitnh.org

The Family Resource Center
www.family-resource-center.org

The Friends Program
www.friendsprogram.org

The Front Door Agency
www.frontdooragency.org

Girls Inc.
www.girlsincnewhamshire.org

Girls at Work Inc.
www.girlswork.org

Marguerite’s Place
www.margueritesplace.org

The Mayhew Program
www.mayhew.org

Pemi Youth Center
www.pemiyouthcenter.org

The Upper Room, A Family Resource Center
www.urteachers.org

YMCA
www.ymcasofnh.org

*partial list



SUBSTANCE USE PREVENTION, TREATMENT AND RECOVERY

The Life of an Athlete prevention program helps high school students understand how sleep and nutrition — and substance use — affect their performance on the field.

GOAL: All kids live healthy lives free of substance use

WHY IT MATTERS

Leaders from Concord High School's sports teams listen intently as a guest speaker from the Life of an Athlete program talks about alcohol.

Alcohol, he explains, is a metabolic poison. As the body works to eliminate the poison, lung capacity is diminished. Reaction time is slowed. You can't accelerate as fast, lateral speed is diminished and endurance suffers. Use of alcohol, he says, reduces performance potential in high school athletes by between 15 and 30 percent.

You can almost hear the calculations whizzing. That's about 17 miles per hour off an 85-mph fastball. That's 2.4 seconds added to a 12-second 100m time.

That's real. Much more real than that puzzling egg-in-the-frying-pan metaphor of a generation ago.

The science has the kids riveted: One night of binge drinking wipes out the equivalent of two weeks of training. Student athletes who drink have a 54 percent rate of injury, compared with 24 percent for those who don't. And the science is working. Evidence shows that the program changes behavior.

Life of an Athlete is offered by the New Hampshire Interscholastic Athletic Association. The idea is to drive culture change across entire school communities, starting with athletes — who often lead in other areas. It

SUBSTANCE USE COSTS

New Hampshire **\$1.8 BILLION ANNUALLY** in lost worker productivity and earnings, health care costs, public safety and criminal justice expenses.



Quality prevention programs help young people make healthy choices and grow into healthy adults who will sustain our communities tomorrow.

is one of many proven prevention programs and protocols that the Foundation supports.

Prevention during adolescence is key: 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.

New Hampshire's young people have some of the highest rates of substance use in the country. 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 public health, public safety and the economy. 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's goal of a 5 percent decrease in youth alcohol use by 2017 was met in early 2015 and we continue to work toward further improvement. We are also working to reduce rates of use of other drugs and to have 10,000 youth receive medical screening for substance use by 2017.

All of our kids need prevention education that keeps them healthy. And, should they need it, kids deserve community support and access to the treatment that will help them recover.

WE'RE WORKING TO:

- Increase access to treatment and recovery services.
- Prevent substance use by expanding proven programs.
- Expand the number of medical providers asking teens about their substance use.
- Strengthen public policy and funding to expand prevention, treatment and recovery programs.

Each of these goals is dependent on the dedicated work, collaboration and commitment of scores of partners. Please see list at right.

PARTNERS AND GRANTEES*

Center for Excellence in Alcohol and Other Drug Services
www.nhcenterforexcellence.org

Farnum Center
www.farnumcenter.org

Granite United Way
www.graniteuw.org

Conrad N. Hilton Foundation
www.hiltonfoundation.org

Life of an Athlete Program
www.nhcaa.org

New Futures
www.new-futures.org

New Hampshire Bureau of Drug and Alcohol Services
www.dhhs.nh.gov/dcbcs/bdas/

New Hampshire Children's Behavioral Health Collaborative
www.nh4youth.org

New Hampshire Regional Public Health Network System
www.nhphn.org

Partnership for a Drug-Free New Hampshire
www.drugfreenh.org

Screen and Intervene, a NH Youth SBIRT Initiative
www.sbirtnh.org

Concord Hospital

Dartmouth-Hitchcock Medical Center

Health First Family Care Center

Goodwin Community Health

Manchester Community Health Center

Mid-State Community Health Center

Valley Regional Hospital

Weeks Medical Center

Wentworth-Douglass Hospital

White Mountain Community Health Center

Serenity Place
www.serenityplace.org

Youth Leadership Through Adventure Program
www.nhcnh.org/CSAP_about.php

*partial list



EDUCATION AND CAREER PATHWAYS

Students are learning computer programming and earning college credits thanks to a new career pathway program at Portsmouth High School.

GOAL: All kids get the education and training they need to thrive in the workplace

WHY IT MATTERS

Reece Carolan and Jeffrey Pitts have the chance to earn 12 computer science credits from Great Bay Community College — without leaving their high school.

Both are Portsmouth High School students planning to study computer science in college.

They are participating in a brand-new computer science pathway program. The 12 credits students earn while in high school — taught by Great Bay faculty and offered at a minimal fee — can be applied to a 24-credit certificate program in computer programming or a 34-credit certificate in software development. Those credits can then apply toward a 67-credit associate degree in computer technologies.

An agreement is in the works to allow those credits to transfer to a degree in computer science at the

University of New Hampshire in Manchester. Other colleges will also accept the credits. Students could potentially start work after earning the certificate, and then take advantage of an employer’s tuition reimbursement program to complete their degrees.

The Foundation helped launch this and other pathways throughout the state to help students get the education they need — and help build the workforce of tomorrow.

Our economy increasingly demands higher skill levels.



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

Career pathways help students get the education they need — and help build the workforce of tomorrow.

New Hampshire employers — particularly in high-tech fields — are having trouble filling jobs and are deeply worried about the future of our workforce. Demographic trends point to a decrease in the state’s working-age population while available jobs are projected to increase.

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.

More than ever, our kids need help to afford higher education and training. Decades of tuition inflation coupled with low rates of state investment and stagnated federal aid mean New Hampshire students bear the highest debt load in the nation. Tomorrow’s teachers, business people, historians, musicians, engineers, doctors, plumbers and firefighters all need help to get the education they need to get good jobs in New Hampshire. Generous New Hampshire citizens who have created scholarship funds make it possible for the Foundation to award more than \$5 million to New Hampshire students each year.

Together, we can help New Hampshire’s kids get the education they need to thrive and help create a skilled workforce so our businesses can succeed and grow. And we can help make sure that all of our kids have the opportunity to become adults who sustain and strengthen New Hampshire communities tomorrow.

WE’RE WORKING TO:

- Provide scholarships to the most talented students in need.
- Align student aid with New Hampshire’s workforce needs and best-paying careers, including those requiring certificates and two-year degrees.
- Invest in effective pathways to work, including dual-enrollment programs and apprenticeships.
- Advance the state’s goal of 65 percent of New Hampshire adults having post-secondary degrees or credentials by 2025.

Each of these goals is dependent on the dedicated work, collaboration and commitment of scores of partners. Please see list at right.

PARTNERS*

Albany International
www.albint.com

Business and Industry Association of New Hampshire
www.biaofnh.com

Community College System of New Hampshire
www.ccsnh.edu

Dartmouth-Hitchcock Medical Center
www.dartmouth-hitchcock.org

Dyn
www.dyn.com

Fidelity Investments
www.fidelity.com

Graphicast
www.graphicast.com

Hitchiner Manufacturing
www.hitchiner.com

Hypertherm
www.hypertherm.com

Lumina Foundation
www.luminafoundation.org

New Hampshire Ball Bearings
www.nhbb.com

New Hampshire Coalition for Business and Education
www.nhcbe.org

New Hampshire Department of Education
www.education.nh.gov

New Hampshire Department of Resources & Economic Development
www.dred.state.nh.us

Office of the Governor, State of New Hampshire
www.governor.nh.gov

Reaching Higher NH
www.reachinghighernh.org

University System of New Hampshire
www.usnh.edu

**partial list*

LET'S WORK TOGETHER

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.



To support New Hampshire Tomorrow or designate your gift to one of the four critical areas, visit www.nhcf.org/nhtomorrow.



Support our nonprofit partners working on these critical issues.

See previous pages and our website for lists of partners and grantees.



For more information, contact us at 800-464-6641:

EARLY CHILDHOOD DEVELOPMENT FAMILY AND YOUTH SUPPORTS

Christina Lachance, director of early childhood and family initiatives, ext. 262 or cl@nhcf.org

SUBSTANCE USE PREVENTION, TREATMENT AND RECOVERY

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EDUCATION AND CAREER PATHWAYS

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UP TO THE PROMISE

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#NHTomorrow

The New Hampshire Charitable Foundation is
New Hampshire's statewide community foundation
founded in 1962 by and for the people of New Hampshire.



NATIONAL
STANDARDS

Confirmed in Compliance with National
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