We all remember a time when we were a kid and an adult asked that crucial question, “What do you want to be when you grow up?” Each of us had our own dream. Some of us wanted to be a doctor, a policeman or a teacher. Others wanted to be a race car driver, a movie star or a scientist. But for some of us, we just wanted to grow up so we could escape a life of abuse and neglect.

At the Alaska Children’s Trust (ACT), it is our mission to ensure all Alaskan children grow up in a family and community that provides them with all the tools and resources necessary to make their dreams come true. Our key strategy to achieve this mission is the implementation of primary prevention. For every dollar we invest in preventing children from experiencing trauma like child abuse and neglect, the return on investment is tenfold.

Child abuse and neglect continues to put a burden on the individual, the family, the community and the state long after the abuse has occurred. Children who experience this type of trauma typically have poor school performance, use mental health resources at a higher rate, are more likely to be part of the correctional system, and are more likely to experience health issues.

Over the past year, ACT has been exploring several ways we can leverage our resources to strengthen Alaska’s communities and prevent child abuse and neglect. For example, ACT has partnered with afterschool programs across the state to form the Alaska Afterschool Network. The Network’s mission is to support, strengthen and advocate for quality afterschool programs and activities for children, youth and families throughout Alaska that result in increased academic achievement, well-being and high school graduation. Afterschool programs are key to building community protective factors that reduce trauma and build resiliency.

Another collaborative effort ACT is leading is the Alaska Adverse Childhood Experiences Initiative. The Initiative is a partnership of nonprofit, private, tribal and government organizations that promotes community empowerment to support and respond to the needs of individual families and children. Our goal is to educate and advance the dialogue in our state on Adverse Childhood Experiences (ACEs), toxic stress in childhood, and how communities can prevent ACEs and build resiliency.

With the generous support of our donors, ACT has invested more than $4 million in Alaskan children and families since our inception. This year, nearly $235,000 was granted to 18 organizations across the state. Funds supported community cafés/support groups, suicide prevention, parenting classes, awareness/outreach, the Alaska Parent Line, and trauma-informed care training.

As we continue our work with you, our partners, it is important to remind ourselves that real prevention takes time. ACT is committed to investing in sustainable and meaningful prevention. It has taken decades for Alaska to achieve some of the highest rates of child abuse and neglect (per capita) in the nation. ACT will be unwavering in our efforts to reexamine, rethink and redefine how our state ensures all Alaskan children are safe. On behalf of the ACT board of directors and
MISSION
The mission of the Alaska Children’s Trust is to improve the status of children in Alaska by generating funds and committing resources to eliminate child abuse and neglect.

OUR VALUES
Family focus
Effective solutions
Leveraging resources
Convene for solutions
Grassroots efforts

staff, thank you for all your help and continued support. Together, we will help ensure all children live in a safe and supportive environment that allows them to grow up to be anything they put their minds to.

Carley Lawrence
ACT Board President

Trevor Storrs
ACT Executive Director

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Executive Director
The future of any society depends on its ability to foster the healthy development of the next generation, which can be easily derailed by trauma. Trauma is a natural part of the circle of life, but without resiliency, the trauma will persist, causing excessive or prolonged activation of the stress response systems in the body (especially the brain), with damaging effects on learning, behavior and health across the lifespan.

What is resiliency? The formal definition is “a process where by an individual demonstrates positive adaptation despite significant adversity or trauma that can threaten one’s stability or development.” In layman terms, resiliency is a protective factor that enables us to counter the risk factors that endanger our well-being.

With trauma being a natural part of the circle of life, it is impossible to protect our children from all types of trauma. In fact, learning how to cope with adversity is an important part of healthy child development. Children need to develop strengths, acquire coping skills, recover from hardships and be prepared for future challenges. From the first day a child is born, we have the opportunity to equip them with the tools needed to face challenges, including trauma, which can also be called Adverse Childhood Experiences.

Adverse Childhood Experiences, otherwise known as ACEs, were first identified in 1995 in a study conducted by Kaiser Permanente and the Center for Disease Control (CDC). The study looked at childhood maltreatment and family dysfunction (i.e. trauma) and the impact it had on an individual’s emotional, social and physical health. The findings of the ACEs study transformed our understanding of the impact trauma has on a child’s well-being later in life.

The study shows that the societal impacts of ACEs, including child abuse and neglect, are major and lifelong. It impairs a child’s physical, social and intellectual development, resulting in increased risk of poor performance in school, mental health problems, substance abuse, problems with the law, and serious long-term health problems. The financial toll of ACEs is as staggering as the social toll. Costs include health care, mental health, child welfare system, law enforcement/judicial system, lost work productivity, crime, and the list goes on.

Since we cannot eliminate ACEs entirely, we need to focus on reducing the types of trauma in our control while also providing children...
with the tools to respond to life’s challenges. We need to build resiliency not only in children, but within families, communities and the systems that support both.

ACT, along with several other funders, community organizations and government agencies have formed a partnership that is exploring ways to promote community empowerment that reduces trauma and builds resiliency. Our core goal is to design a sustainable system that encourages an organic shift in cultural values at the community level. We’ll achieve this goal through three core activities:

**Community Awareness.** Through community awareness, we establish a common language and a general understanding of the importance of reducing traumas like child abuse and neglect, and building resiliency at all levels of life.

**Informed Systems.** Formal systems, such as the educational system, and informal systems, like the family, support everything we do. When systems are informed of the impact of trauma and resiliency, they can be redesigned to promote resiliency and support the efforts to minimize trauma.

**Focused Interventions.** No matter how intentional some individuals or communities are in reducing trauma and building resiliency, they will not be successful without direct intervention. Focused interventions are evidence-based programs with a proven track record in preventing trauma and/or building resiliency.

By empowering communities to be aware, adopting informed systems and implementing focused interventions, we can ignite a cultural phenomenon that will transform how we ensure all children are raised in supportive, safe and nurturing environments.
65% of infants and toddlers in Alaska have at least one risk factor known to increase the chance of poor health, school and developmental outcomes.

HOW YOU CAN BUILD RESILIENCY

- Help children focus on individual strengths versus weaknesses
- Encourage children to make decisions by giving them options
- Recognize the competencies of siblings individually and avoid comparisons
- Recognize a child when he or she has done well
- Praise honestly
- Address conflict openly in the family to resolve problems

- Spend time with children
- Demonstrate the importance of community by volunteering
- Talk about how behaviors affect others
- Model generosity
- Talk about how choices determine results and that life’s events are not purely random
- Learn that discipline is about teaching, not punishing or controlling
COMMUNITY INVESTMENTS

In the past year, ACT granted nearly $235,000 to 18 organizations across Alaska to support programs benefiting Alaskan children and families.

STATEWIDE PROGRAMS

Alaska Christian Ministries
Practical Positive Parenting
$6,824 Serving Anchorage/Statewide
Alaska Christian Ministries will expand their highly successful parenting program throughout the state. Practical Positive Parenting workshops are currently offered in Anchorage, Soldotna, Kenai, Galena and at the Hiland Mountain Correctional Center.

Alaska Network on Domestic Violence & Sexual Assault
Lead ON: Youth Leadership Conference
$2,000 Serving Statewide
Lead ON creates the opportunity for youth across the state to take a leadership role in preventing violence and work to instill a sense of connection, alternatives and early identification of violence in their community. Youth gain the skills to then develop and implement a plan for prevention in their home community.

Camp Fire Alaska
Strengthening Families Community Events
$3,000 Serving Anchorage/Statewide
The Strengthening Families Initiative believes that healthy and supported parents raise healthy and supported children. Camp Fire is approaching its third year of implementing the Strengthening Families protective factors and curriculum at six designated sites.

March of Dimes
NICU Family Support
$3,000 Serving Anchorage/Statewide
March of Dimes NICU Family Support program provides comfort and support to parents whose infants are in the Newborn Intensive Care Unit (NICU) at the Children’s Hospital at Providence Alaska Medical Center. This program helps families who have a premature or seriously ill infant in the NICU by providing information and support during the NICU hospitalization, as well as during their transition home.

Pick Click Give
Children and Youth Program Support
$12,000 Serving Statewide
Pick Click Give (PCG) allows Alaskans to share their Permanent Fund Dividend with causes they care about in their community. Funds were awarded to PCG to support children and youth organizations. Tens of thousands of dollars are donated to these organizations through the PCG program.

Providence Alaska Medical Center
Alaska CARES: Supporting Trauma Support Care
$15,000 Serving Anchorage/Statewide
Alaska CARES provides specialized sexual and physical abuse evaluations for children, newborn to age 18, while working closely with law enforcement and child protection agencies in a child-friendly environment that helps children and caregivers feel welcome and safe.
**STATEWIDE PROGRAMS CONTINUED**

**REACH Infant Learning Program**  
**Early Childhood Mental Health**  
$2,625 Serving Anchorage/Statewide  
REACH Infant Learning Program provides support and educational services for infants and toddlers with developmental delays and disabilities. By providing family support services, REACH promotes growth and development in the critical early years of childhood.

**Recover Alaska**  
**Media Project on Alcohol and Alaskans**  
$5,000 Serving Statewide  
Recover Alaska and the Anchorage Daily News (ADN) are partnering on a year-long journalistic investigation of the impact of alcohol on the state. The partnership is commencing on the 25th anniversary of ADN’s Pulitzer Prize-winning series titled “A People In Peril” that explored the link between substance abuse and suicide in rural Alaska. ADN will commit a full-time reporter and photographer to the project.

**thread**  
**thread Strengthens Families**  
$15,000 Serving Anchorage/Statewide  
thread continues to provide training and support to families and early educators in order to equip them with the tools to reduce trauma like child abuse and neglect and build resiliency. They are utilizing the Strengthening Families protective factors and curriculum.

**Suicide Prevention**  
$50,000 Serving Statewide  
ACT and Alaska Community Foundation awarded 11 grants of approximately $5,000 each to the following communities/organizations for suicide prevention efforts: Allakaket Tribal Council, Iliamna Village Council, Juneau Youth Services, Lower Kalskag Traditional Council, Native Village of Kalskag, Shishmaref Wellness Coalition, South Peninsula Behavioral Health Services, St. James Episcopal Church, Tok Area Counseling Center, Tuntutuliak Traditional Council, and Wellspring Revival Ministries.

**SOUTHCENTRAL PROGRAMS**

**Alaska Literacy Program**  
**IMPACT Family Literacy**  
$12,000 Serving Anchorage/Statewide  
IMPACT Family Literacy provides English language instruction to immigrant and refugee families with little or no literacy skills. Promoting the five protective factors in the Strengthening Families Initiative, IMPACT provides onsite preschool, adult education, parent education, and parent and child together time.

**Covenant House Alaska**  
**Trauma Informed Care**  
$5,000 Serving Anchorage  
Covenant House Alaska (CHA) addresses emergency needs and provides preventative services that lead to self-sufficiency for youth who experience homelessness. After 25 years of serving Alaskan youth and families, it became increasingly clear to CHA that many youth who came to their doors for services had suffered victimization and abuse in their life. To strengthen CHA’s services, they implemented a trauma-informed care methodology across the entire organization.

**SOUTHWEST PROGRAMS**

**Haven House**  
**Program Support and Capacity Building**  
$7,925 Serving Homer/Southwest  
Haven House provides emergency safe-shelter, crisis intervention and advocacy for families affected by domestic or sexual violence. Haven House supports families living in southern Kenai Peninsula with classes and outreach programs, including Conscious Discipline Parenting.
**SOUTHEAST PROGRAMS**

**Association for the Education of Young Children – Southeast Alaska**

*Strengthening Families in Juneau*

$14,104 Serving Juneau/Southeast

The Association for the Education of Young Children – Southeast Alaska (AEYC-SEA) enriches the efforts of early childhood education programs. They continue to work with statewide partners to promote the Strengthening Families Alaska Style public awareness campaign.

**Bartlett Regional Hospital**

*Baby-Friendly Certification*

$1,312 Serving Juneau/Southeast

The Baby-Friendly certification is a global effort to implement practices that protect, promote and support breastfeeding. Funds were utilized to provide staff with the required training to acquire the certification.

**Center for Community**

*Strengthening Sitka’s Families and Community / Community Cafés*

$15,000 Serving Sitka/Southeast

The Families in Sitka program integrates five protective factors into early intervention services for at-risk families. The program emphasizes working with individuals and families to identify strengths and establish new goals to ensure protective factors. In addition, the Center for Community Strengthening hosts Community Café events giving community members the opportunity to meet and share.

**Juneau Family Health and Birth Center**

*Strengthening Juneau’s Parents – Dad’s Community Café*

$3,000 Serving Juneau

The Community Café Dad’s Café program, hosted by the Juneau Family Health Center, has experienced continued success and growing interest. Dad’s Café allows fathers to meet monthly in a supportive setting to discuss parenting concerns and share successes. Participants come from very diverse backgrounds and feel safe to freely share anecdotes, personal stories, suggestions, thoughts and opinions.

**Southeast Regional Resource Center**

*SERRC Family Literacy Program*

$14,857 Serving Juneau/Southeast

The goal for the Southeast Regional Resource Center (SERRC) Family Literacy Program is to strengthen families and individuals. This project aims to foster optimal cognitive social and literacy development, improve parenting skills in managing child behavior, and enhance parental support networks.

**INTERIOR PROGRAMS**

**Fairbanks Resource Agency**

*Supported Parenting*

$14,069 Serving Fairbanks

The Supported Parenting Program, hosted by the Fairbanks Resource Agency, has a 16-year history as a preventative, educational program for parents who have disabling conditions, are affected by substance abuse, or are living in an unstable situation. Over the past decade, the program has expanded services to further meet the needs of families whose children are at risk of neglect or abuse.

**Resource Center for Parents and Children**

*Strengthening Families and Parenting Program*

$30,540 Serving Fairbanks/Statewide

The Strengthening Families Program is an evidence-based educational program that teaches parenting skills, children’s life skills, and family skills to families at all levels of risk. Parents and children participate in the program together in order to improve family relationships. The Parent Community Café Project utilizes Alaska’s Community Café model to support current parent-led cafés and identify new parent groups to participate.
LEAD ON!

Last November, 87 Alaskan youth learned how to make a difference in their communities at the Lead ON youth leadership conference. In partnership with ACT and other organizations, the Alaska Network on Domestic Violence and Sexual Assault brought together youth from 29 communities across Alaska to participate in the conference, which helped participants gain the skills necessary to promote a culture of respect and non-violence in their communities.

During the conference, each group of participants developed a project specifically focused on their community. For example, Lead ON participants from Atmautluak planned and hosted a community day and school lock-in to promote healthy relationships, leadership skills and positive healthy choices for youth in their village. Youth and adult community members came together to discuss topics like healthy relationships, traditional values, and ways to help youth make positive, healthy choices.

In addition to games and a community potluck, youth also organized a youth-only lock-in, where speakers from the Yukon-Kuskokwim Health Corporation discussed the importance of respect, non-violence and well-being, both at the individual and community level.

BARTLETT REGIONAL HOSPITAL

Breastfeeding has long been recognized to have numerous health benefits, including the promotion of family bonding. At Bartlett Regional Hospital's Bartlett Beginnings Family Birth Center, staff believes their goal of creating an initial mother/baby bond to foster loving family relationships will leave a lasting legacy in the state of Alaska.

OB staff recently completed training that allowed them to acquire Baby-Friendly certification, which is a global effort to implement practices that protect, promote and support breastfeeding. Training was also offered to nursing staff that float to OB from other units.

During a recent audit, they were excited to learn that these efforts have increased breastfeeding exclusivity as is evidenced by the significant drop in formula supplementation. Staff members who participated in the trainings also generated several great patient care ideas, including putting up wall posters in each room showing infant feeding cues.
“It’s been amazing to listen to families discuss their baby’s feeding cues and initiate breastfeeding in accordance to those cues,” shared Karen White, BSN, RNC-OB, OB director at Bartlett Beginnings.

**SERRC FAMILY LITERACY PROGRAM**

As a participant in the Southeast Regional Resource Center (SERRC) Family Literacy Program for nearly three years, Jong Kim and her family have gained tools to help raise and provide for their children. Jong took advantage of SERRC’s parenting classes, which were funded by ACT. After attending the classes, Jong reported that she is more effective in skills like communication and setting limits. Jong also mentioned she has changed her expectations to suit her child’s development and often relates to the ages and stages that are being explained.

In addition, Jong learned the importance of parent and child together time. Her family regularly attends Family Nights, which were also supported by ACT.

During these events, families participate in various interactive activities including board games, making crafts, sit-down dinners, pumpkin carving, egg hunts, and swimming. Not only do Jong and her family spend quality time at these events, but they also received access to resources such as Big Brothers Big Sisters, Head Start, and AWARE, as well as education in stress management and finances.

**MARCH OF DIMES**

One in every 10 babies born in the United States is admitted to a newborn intensive care unit (NICU) because of premature birth or other medical conditions. It can be terrifying, confusing and overwhelming for parents when a baby is placed in NICU. March of Dimes and The Children’s Hospital at Providence are collaborating to address the needs of parents, siblings, grandparents and the extended family throughout the hospitalization, during the transition home and in the event of a newborn death. This support structure aligns with ACT’s goal of increasing the five protective factors to strengthen families, while decreasing stress that may lead to child abuse in Alaska.

March of Dimes provides thoughtful and engaging educational materials that introduce parents to the staff, equipment, procedures and conditions that they may encounter in the NICU. They expect to distribute nearly 400 educational packets to families in the NICU this year. Meanwhile, Providence is currently working to train and utilize parent-to-parent support for families within the NICU setting, increasing the number of families served.

Another component of the program is customized educational dinners/support groups for families to share their experience and gain confidence with their babies. In addition, ShareYourStory.org was created to build an online community where NICU families can share their stories and connect with each other. All of these support structures aim to strengthen parental resilience, social connections and knowledge of parenting, and offer support in times of need.
CHAMPION FOR KIDS
ACT recognized Carol Brice as our first Champion for Kids at a reception held August 27 in Fairbanks. Carol has a long history of community service in Alaska, with a strong focus on ensuring all Alaskan children live in safe and nurturing homes. Her lifetime of work advocating for children has earned her the highest respect across the state. Thank you, Carol, for all you have done for ACT and the children of our great state.

MUSH FOR KIDS
Mush for Kids is one of our marquee annual events. This year’s event was held in Fairbanks on April 26. Thank you to the Mush for Kids committee for another successful event! 2013 Mush for Kids Committee Members: Adele Heath, Monte Jordan, Ramona Reeves, Melody Sayles, Ken Severin
FINANCIAL REPORT

ACT has partnered with the Alaska Community Foundation (ACF) since 2010 to manage the endowment. ACF was established in 1995 as a way to strengthen communities by assisting individuals and organizations in creating charitable funds. Through this partnership, ACT’s overhead costs are minimized and community access and support is maximized.

INVESTMENT ALLOCATION BY SECTOR

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<td>A Domestic Equity</td>
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<tr>
<td>B International Equity</td>
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<td>C Emerging Market Equity</td>
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<tr>
<td>D Core Bonds</td>
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<tr>
<td>E Hedge Funds</td>
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<tr>
<td>F Commodities</td>
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STATEMENT OF INVESTMENT ASSETS

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STATEMENT OF INVESTMENT INCOME CHANGE

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<tr>
<td><strong>Total Invested Assets (8/31/2013)</strong></td>
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Thank you to our donors

We are deeply grateful to the individuals and organizations that support ACT’s mission to eliminate child abuse and neglect in Alaska.

$20,000+
ConocoPhillips Alaska
Rasmuson Foundation

$10,000-$19,999
Flint Hills Resources Alaska
Mat-Su Health Foundation

$5,000-$9,999
Fairbanks Memorial Hospital

$1,000-$4,999
Alaska Mental Health Trust Authority
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We account for, acknowledge and steward our donors from November 1, 2012 to September 30, 2013. Although every effort has been made to ensure the accuracy of this report, we acknowledge that errors may have occurred. If we have omitted, misplaced or misspelled your name, please contact Trevor Storrs at (907) 248-7676 or tstorrs@alaskachildrenstrust.org.

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SHOW YOUR SUPPORT

You can show your support of ACT – and of Alaska’s kids – by purchasing heirloom birth certificates, marriage certificates and license plates. All proceeds benefit ACT.

**BIRTH CERTIFICATE | $45**

The heirloom birth certificate is available for any person ever born in Alaska. There are two certificates to choose from: “Polar Bears” by Jon Van Zyle or “The Embrace” by Rie Munoz. These beautiful certificates commemorate the birth of anyone ever born in Alaska, with proceeds benefiting children across the state.

**MARRIAGE CERTIFICATE | $55**

Having first debuted in 2001, these heirloom-quality marriage certificates are available in three designs by Alaskan artists Dale DeArmond, Byron Birdsall and Rie Munoz. In addition to supporting ACT, these certificates are a wonderful way to commemorate one of the most important days in a couple’s relationship.

**LICENSE PLATE | $100**

The ACT KID plate was designed by a Unalakleet 5th grader, and offers an excellent way to show your support for Alaska’s kids!

Learn more or place your order at www.alaskachildrenstrust.org.

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[Prevent Child Abuse Alaska](#)