

MISSION

"Strengthening Communities by Building Strong Families"

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PROGRAMS

Youth Shelters
Programs for youth in crisis

Counseling
Services for troubled youth and
their families

Prevention

Educating the community, focusing on substance abuse, and reducing juvenile crime with a focus on high-risk youth



December 4, 2020

Dear Community Partner:

We are pleased to share a copy of the CDS Family & Behavioral Health Services, Inc. 2020 Annual Report.

In the Fiscal Year ending June 30, 2020 of the 330 youth who received services in our residential program, Interface Youth shelter, 100% successfully completed our shelter program and 100% remained crime free.

In our non-residential program, Family Action, 100% of youth served successfully completed services.

In our SNAP (Stop Now and Plan) programs 66 families participated in services with 97% successfully completing the program.

Prevention Services provided the evidence based programs to 2,601 elementary and middle school youth.

Last year in our Independent Living program, 89 youth and young adults received support and guidance from our counselors.

We are proud that our last Stakeholders survey revealed that 100% of those responding answered Strongly Agree or Agree to the following statement: "CDS has a good working relationship with our organization."

We are so fortunate to have a dedicated and committed board, and on behalf of our Directors we extend our gratitude to staff, community partners and volunteers for their ongoing support of the CDS mission:

Strengthening Communities by Building Strong Families.

If we may be of service to you, please contact us at 352-244-0628 or email <u>jim_pearce@cdsfl.org</u>, or Tommy Lane at <u>Tlane@lphllc.net</u>.

Sincerely,

Jim Pearce

CEO

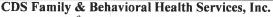
Tommy Lane Board President

Army June



Family & Youth

Services Bureau



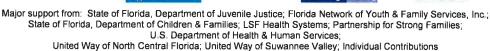
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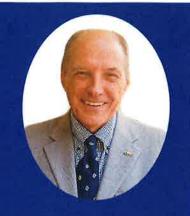
2020 ANNUAL REPORT

CDS FAMILY & BEHAVIORAL HEALTH SERVICES

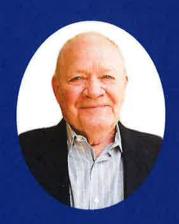
CDS Family & Behavioral Health Services

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"STRENGTHENING COMMUNITIES BY BUILDING STRONG FAMILIES"



TOMMY LANE
Board President



JIM PEARCE CEO

2020 Highlights

916

youth were served through Family Action Counseling, the Interface Youth Program shelters, and SNAP.

2,601
students completed evidencebased prevention programs in
Alachua and Levy Counties.

OUTREACH EVENTS

were attended to inform the community about our programs

Page 1

2020

AT A GLANCE...



received residential services at three CDS Interface Youth Shelters (Gainesville, Palatka, and Lake City)

were served through the Family Action Counseling program



were enrolled in the SNAP
"Stop Now and Plan" program

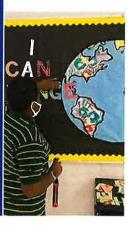




received support and guidance from Independent Living counselors

2,601 students

completed evidence-based Prevention programs in Alachua and Levy counties









CDS INTERFACE YOUTH SHELTER

Interface Youth Shelters are located in Alachua, Putnam, and Columbia counties. Youth ages 10 through 17 who are experiencing homelessness, runaway, truant, or are experiencing conflict at home stay at the shelters, usually for 3 to 5 weeks at a time. While there, they participate in a social skills development program, counseling, and also maintain their routine of attending school. This is a positive, often life-changing, experience for both youth and their families.













NATIONAL SAFE PLACE & NATIONAL RUNAWAY SAFELINE

CDS Interface Youth Shelters are part of a national network of shelters to help youth throughout the United States. CDS accepts participants through the National Safe Place and National Runaway Safeline programs. For information about these national networks, go to: www.1800runaway.org and www.nationalsafeplace.org



Safe Place Specialists in Alachua, Putnam, and Bradford counties speak to thousands of children and teens each year about staying safe. They cover age-appropriate topics ranging from staying close to caregivers in public spaces to keeping safe from human traffickers through their Safe Place presentations.

330 YOUTH

received residential services at three CDS Interface Youth Shelters (Gainesville, Palatka, & Lake City)

100% OF YOUTH

successfully completed the program

Participant A entered the shelter a little over a year ago with reported issues of not takıng his medication as prescribed, aggressive behaviors, anger, school related issues, and lying When he entered the program, Participant A was unable to appropriately regulate his emotions and behaviors Despite his extended time in shelter, the family stood by the youth and the whole family, even his 3 adoptive siblings, attended family sessions and fully participated in order to restore harmony to the family and assist the youth in working through his struggles. While in the program, Participant A was compliant with program rules, was a role model to other youth, reached the Achievement level of the behavioral management system, and was cooperative in counseling sessions Through counseling sessions, the youth was assisted in preparing for his interview with Job Corps, which secured him placement in the Job Corps program The youth has been doing great and continues to progress and grow

520 YOUTH & FAMILIES

100% OF YOUTH

admitted into counseling successfully completed the program

This year, to best serve our participants and their families, Family Action Counseling offered virtual services. Here is what our participants had to say:

"This is convenient because my job is making me work at night and it would be impossible for me to make to sessions [otherwise]... being home making it easier when it comes to time for counseling"

"Safety has been a concern and I don't want (participant) to be exposed to the virus. Video counseling helps us with distancing"

"The process has been smooth when it comes to virtual services." I feel safe and it is easy because I don't have to go anywhere, [and I am] not exposing myself to anyone"

EVENTS

were attended by CDS staff with the purpose of sharing information about services.

4,816 YOUTH

were reached through presentations and events

8,725

cards and bookmarks with information about CDS services, Safe Place, and National Runaway Safeline were distributed

121

stationary Safe Place sites

115

mobile Safe Place sites

Page

FAMILY ACTION COUNSELING

CDS offers short-term counseling through Family Action. Local schools continue to partner with CDS by providing office space, telephones, and fax lines for our counselors. Family Action seeks to help youth ages 6 to 17 who are truant, have run away from home, or are experiencing issues with their parents. Our goal is to keep families intact by addressing issues of trust and respect while simultaneously improving communication in family relationships.







OUTREACH

CDS staff want to make sure that those who need our help receive it. To spread the word that CDS services are available, staff, along with the help of volunteers, attend many events speaking with youth and adults each year.









SNAP: "STOP NOW AND PLAN"



SNAP is an evidence-based, cognitive-behavioral program that helps children and their parents learn how to effectively manage their emotions and "keep problems small" through communication, impulse control, and problemsolving. SNAP is in its fifth year in Alachua County and its first year in Columbia County (SNAP-NW). In its first year, SNAP-NW exceeded contracted amounts by 25% with SNAP in Schools and met all contracted numbers for SNAP clinical.

The SNAP program is designed for children ages 6 to 11 who are engaging in counter-productive behaviors with their families, peers, and teachers. Experienced and highly trained staff work with each family to assess individual challenges and develop an action plan for success. Children and families participate for 13 weeks with the goal of preventing future negative behaviors and reducing the chances of conflict with family, peers, and authority figures through proactive and targeted measures.

SNAP services are completely free to youth and their families! A meal is provided at every session. Transportation and sibling care can be provided, as well.







INDEPENDENT LIVING

The Independent Living Program works with youth in the foster care system throughout their transition into adulthood by helping them realize their goals and full potential as contributing members of the community.

Our participants build relationships with our Independent Living Counselors through frequent contact to facilitate the youth's transition and ultimate success as an independent citizen.

Youth and young adults are encouraged to:

- Learn and demonstrate the skills needed to conceptualize and work towards educational, vocational, and employment goals.
- Receive individualized life skill instruction and education, employment training, and vocational opportunities that support their goals.
- Develop and mature toward responsible adulthood by demonstrating social and daily living skills, household management skills, and by learning to be self-sufficient.

66 FAMILIES served

97% OF FAMILIES

successfully completed the program

"SNAP Sessions are helpful to me because I am able to be in a room filled with other parents that are struggling with some of the same things I ve been struggling with" - SNAP Parent

"I came in struggling with connecting with my child, but through SNAP I have been able to learn to use my own SNAP to calm myself down."

- SNAP Parent

"I take deep breaths when I get really angry." - SNAP Participant

"I ve noticed a difference in my child since attending SNAP, he will stop and take a deep breath to calm himself down before responding to me in a negative way - SNAP Parent

"SNAP has helped me with my anger." - SNAP Participant

89 YOUTH & YOUNG ADULTS

received support and guidance from Independent Living counselors

2,601 students completed evidencebased programs in Alachua and Levy counties



CDS has offices in Gainesville, Lake City, and Palatka and its services cover an eleven county area, including: Alachua, Bradford, Columbia, Dixie, Lafayette, Gilchrist, Hamilton, Suwannee, Levy, Putnam, and Union. CDS is the sole provider of many of its services, such as runaway shelters, in North Central Florida.

An additional three counties are served with the Independent Living Program for youth aging out of foster care: Baker, Madison, and Taylor.

SUPPORTS & REVENUES

\$4,533,048 grants and contracts

\$56,670

United Way and other contributions

\$29,775

contributed services of volunteers

176,311

contributed facilities, materials, and supplies

570

program services revenue

122,899 interest and other income

TOTAL: \$4,919,273

PREVENTION SERVICES

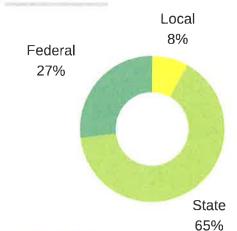
This year has been a year of challenges which brought to light the commitment shown by Prevention Services staff and our community partners. Once schools were closed in March due to COVID-19, our Too Good for Drugs, Too Good for Violence and Project Success program services, as we were providing them, ended. However, due to our strong and enduring partnerships with Alachua and Levy County School systems, we were able to maintain our programs on limited and/or virtual platforms. We sent our program materials out to students in the school's academic packets. Several Prevention Specialist traveled with school staff to distribute academic packets to students. In addition, we were allowed to work with classroom teachers and schools within their virtual platforms. When schools reopened, we were welcomed back to continue our programs both face-to-face and on virtual platforms. This year has been like nothing we have ever had to experience, but due to the collaborative partnerships and the commitment to educating students, we are still providing services. Prevention Services would like to show our appreciation to the School Board of Alachua County School Board and the Levy County School Board for being outstanding community partners during this unprecedented time.







FINANCIAL DATA



Major support by: Florida Department of Juvenile Justice; Florida Network of Youth & Family Services; Florida Department of Children & Families; Partnership for Strong Families; U.S. Department of Health & Human Services; United Way of North Central Florida; and Individual Donations















Staff Langevity Recognition

35 years

CASSANDRA EVANS-MCCRAY Regional Director - IYP-C

5 years

WILLIAM HARMON Youth Care Worker

> NANCY LEECH Prevention Specialist

20 years CYNTHIA STARLING Regional Director - IYP-E

WALTER DISBROW Administrative Assistant TIFFANY MALPHRUS
Accounting Clerk

DARRIN REMBERT Youth Care Worker

MARY SIMMONS Family Action Counselor

TERRI WATSON Youth Care Worker

SHELBY TWINING Youth Care Worker

15 years MELODY MCMANN Youth Care Worker

10 years EVELITZA SOTO SNAP Program Supervisor

DEBRA PELOSI Family Care Counselor

RALPH MONTGOMERY
Youth Care Worker

Esprit de Corps Award

VICTORIA SCHAEFFER Prevention Specialist

JENNIFER WILKINSON Administrative Assistant

EVELITZA SOTO SNAP Program Supervisor

JAMES BERGER Fiscal Clerk

ZACH TOUNDAS Systems & Network Administrator KATHY HARDEE Registered Nurse

LAKESHIA BELL SNAP Program Supervisor

> KEVIN LEE Youth Care Worker

MONICA HEINECKER Youth Care Worker

LIZ TSCHUMY Data Systems Analyst









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Thank you for your support!

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