

MISSION

"Strengthening Communities by Building Strong Families"

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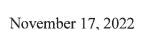
PROGRAMS

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



Dear Community Partner:

We are pleased to share a copy of the CDS Family & Behavioral Health Services, Inc. 2022 Annual Report.

In the Fiscal Year, ending June 30, 2022 of the 339 youth who received services in our residential program, Interface Youth Shelter, 90% successfully completed our shelter program and 100% remained crime free.

In our community counseling program, Family Action, 346 youth and families were served with 99% completing services.

In our SNAP (Stop Now and Plan) program, 42 families participated in services with 100% successfully completing the program.

Prevention Services provided evidence based programs to 2,857 elementary and middle school youth. The average pre-test to post-test improvement score was 20%.

Seventy-four youth and young adults received support and guidance from our Independent Living counselors and the program received an overall compliance rating of 98% in the annual contract monitoring.

We are proud that our last Stakeholder 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:

"Empowering youth & building strong families for a brighter tomorrow"

If we may be of service to you, please contact us at 352-244-0628 or e-mail

Philip Kabler@cdsfl.org or Tommy Lane at Tlane@lphllc.net.

Tommy Lane **Board President**

Phil Kabler **CEO**





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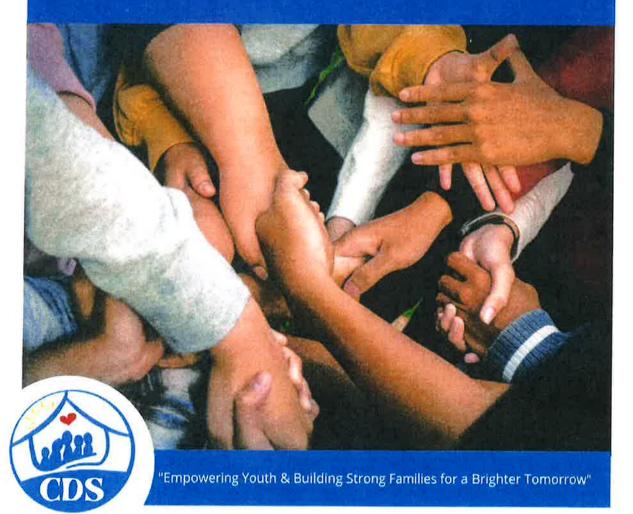
Florida Network of Youth &

Family Services, Inc., State of Florida, Department of Children & Families; LSF Health Systems; Partnership for Strong Families; U.S. Department of Health & Human Services: United Way of North Central Florida; United Way of Suwannee Valley; Individual Contributions



2022 ANNUAL REPORT

CDS





2.857

Students completed

evidence-based prevention

programs in Alachua and

Levy counties.

450

Outreach events were attended to inform the community about our programs

BOARD PRESIDENT November 17, 2022 Dear Community Partner: Thanks to our extraordinary and dedicated staff, as well as our strong community partnerships, CDS again enjoyed an excellent year. Our organization continues to be committed to the highest quality of service while

MESSAGE FROM THE

Our staff culture combines professional expertise with genuine care and concern for our participants, many of whom interact with us during times of extreme need and personal challenge. Our programs afford these

participants opportunity for real change which can lead to improved circumstances and hope for a better future.

Our management culture - led by CEO Phil Kabler, COO Cindy Starling, and CFO Diana Sanchez - continues to demonstrate enviable skill and competence such that we are financially strong and operationally efficient. These characteristics have enabled CDS over the years to dedicate appropriate resources toward program enhancement and also to look entrepreneurially at opportunities to expand reach among those in need of our

This year we especially celebrate the significant opportunity – thanks to the dedicated and persistent work of our legislative delegation led by Senator Keith Perry and Representative Chuck Clemmons - to realize our new Central Shelter, to be the initial building on our 12-acre campus on NE 39th Avenue in Gainesville.

This has been a dream and goal of CDS for several years and we look forward to inviting all of you to our opening hopefully before next year's annual meeting.

CDS is involved in many significant programs of which we are proud and appreciative of the opportunity to be in service to those in need, and this year we are proud to spotlight our SNAP prevention services.

CDS is especially proud to be part of the SNAP services, which are now available in at least one site in all twenty Florida Judicial circuits. CDS was selected as part of the initial pilot program and we recognize the positive impact SNAP has made on the young children we serve. We currently operate SNAP services in Gainesville and hope to restart SNAP in Lake City, and to expand into other locations within our service area, The following is a brief summary of these services:

SNAP ® is an evidence-based, cognitive-behavioral model developed by research at the Child Development

SNAP ® helps children (ages 6-11) and their parents learn effective management of their emotions and to "keep. problems smaller not bigger" through communication, impulse control, and problem-solving skills. SNAP ® services are free to youth and their families. A meal is provided at every session, and transportation and sibling care can be provided if needed, SNAP Clinical has provided services for families since 2015 through CDS Family & Behavioral Health Services. SNAP in Florida is now in its fourth year with 21 sites statewide.

SNAP in Schools is an evidence-based program developed by the Child Development Institute in Toronto Canada and is state funded for at least one program in every judicial circuit.

SNAP in Schools also serves Ages 6-11, focusing on developing SNAP skills to promote positive behavioral change. It especially focuses upon reducing antisocial behaviors. The 13-week in-class program covers topics such as anger management, handling group/peer pressure, and dealing with bullying. The program also offers classroom interventions for all students who will benefit from the universal skills learned in the SNAP classroom sessions SNAP in Schools in Alachua County is provided at Rawlings Elementary.

As we look ahead toward our new campus and Central Shelter, we pause to express appreciation to all who have worked to make CDS the vital and impactful organization it is. Surely an appropriate measure of an entity's impact and value to a community is in the number of people who have been positively impacted by the work of the organization. CDS has provided consistent positive and redemptive programs to many thousands of people and we look forward to welcoming you next year to our new campus and Central Shelter,

Thank you again for all you have done to help make CDS such an extraordinary organization. On behalf of the dedicated CDS Board of Directors, our remarkable staff and community partners, I salute you and your wonderful accomplishments.

Tommy Lane, Board President



CDS CEO, PHILIP KABLER

It is possible to come home, and I am indeed happy to be here. During the 1990's I managed this organization's contract with the Florida Department of Juvenile Justice. I departed to return to being a business/real estate/finance lawyer and professor, but remained a CDS volunteer during that period. And then I was on the Board for 11 years. When Jim Pearce retired, I applied for and was fortunate to join the CDS Team/Family. I am appreciative of Jim and Tracey Ousley for the training they generously provided me.



PHILIP KABLER

CEO

Why am I so excited to be here? There are several 'becauses'. Because (1) the children, youth, families, and communities we serve together need our support to become happy, healthy, whole, and productive, (2) the Team/Family who work here are the most dedicated, passionate, and creative group of professionals - every Team Member is a true 'servant leader', and (3) the Board of Directors under Tommy Lane's leadership are dedicated to a very long-term vision for CDS's success, based upon a storied 52+ year history of program growth, stakeholder confidence, programmatic accomplishments, and supporting accreditations. Included as a material element of the Board's vision is recruiting new voices to the Board who can help our work better reflect the communities we serve - accordingly, the Board is engaged in diversity, equity, and inclusion-based recruiting (in the broadest possible sense). And there are certainly many more 'becauses' for me, but please let it stand that I look forward every day to coming to CDS.

Coming to CDS to do what? To support our Team Members in their work to achieve our service mission. I am grateful to have Cindy Starling-Hersey, our new Chief Operations Officer, as my partner in this venture. We have adopted an organization approach which admittedly is drawn from my legal and academic background. We recognize that our direct care Team Members of foremost importance to our operations, supported by our entire Executive Management Team, and accountable to our Board of Directors.

What will the next year bring? CDS' Team will focus on (i) superior service provision, (ii) operational economy, efficiency, and effectiveness, (iii) fiscal responsibility (which will admittedly include a focus on development), and (iv) rebranding so we can more widely tell our 'story', all along a continuous improvement model. And there is a (v) - building a new Gainesville Interface Youth Program shelter. Please watch us as we move forward.

During my interview I was asked why a lawyer/professor would want to make a 180 degree career change to the family and behavioral health services field. My response was I was not making a 180 degree change, I was making a 360 degree return to where I started. Home.

As our Team knows, I have an open door. That includes for you, our friends. Please feel free to contact me at any time at (352) 244-0628, extension 3824, or Philip_Kabler@cdsfl.org. I truly make every possible effort to respond quickly.

Thank you for this opportunity I have been given.



Cindy Starling

CDS COO, CINDY STARLING

So many events have transpired and so many wonderful people have crossed my path to bring me to where I am today, marking this as a concerted effort of many and not a solo journey. I began my career with CDS in November of 1999 in Putnam County as a Family Action Counselor where I stayed for a few years until transitioning to Children's Substance Abuse Counselor in July 2003. During this time, I discovered my intense belief in the need for more prevention and intervention services. It was incredibly heartbreaking to see so many youth

who had suffered trauma resulting from issues within their homes. Prior to working at CDS I knew that I must be a proponent for children and through these positions it solidified in me the desire to remain a strong advocate for children and families in need.

In January of 2006, my supervisor encouraged me to move into CDS' residential services where I held the position of Residential Supervisor of the East Interface Youth Shelter in Palatka. I had the opportunity to help provide more intensive services to youth who were experiencing an array of troubling behaviors. In April of 2007, I was promoted to Regional Coordinator for the East Region where I supervised the residential and non-residential services including our SAMH programs. I feel honored to have been a part of many different programs within the agency spanning my career of 23 years. I remained in the position of Regional Director in Putnam County until I was given the opportunity and challenge of becoming CDS' Chief Operations Officer this year in February.

CDS has been such a wonderful place to work. I have had tremendous mentors and have made many friendships with co-workers and community partners over the years. I look forward to making new connections with our additional community partners. So now I continue this journey with CDS' 52 year legacy of proudly serving children and families. I could not be more appreciative and it is sincerely my honor to work daily with an incredible CDS TEAM who are dedicated and kind-hearted. My goals for the agency are many and varied but at the heart of them they consist of being a supportive force behind CDS' employees so that the agency can continue to provide outstanding services. But also consistently evaluating our programs to make improvements where needed in order to remain the most relevant in our service provision. To this end, I will work collaboratively with our new CEO, Phil Kabler, our current Board, our new incoming Board members, and as always our awe-inspiring community partners to continue my mission of Child Advocacy.

Cynthia L. Starling CINDY STARLING

For over **52** Years IYP has served **16,255** Youth

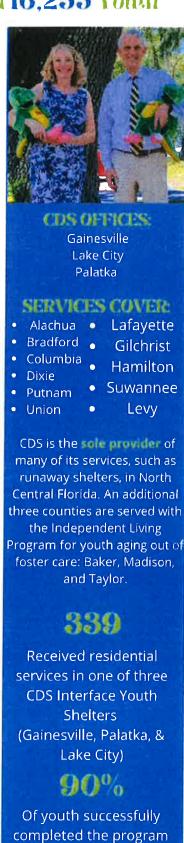
NATIONAL RUNAWAY PREVENTION MONTH

Every November CDS "shines a light" on National Runaway Prevention Month to bring awareness to the experiences of runaway and homeless youth. CDS also sponsors the Safe Place program which provides access to immediate help and supportive resources for youth in need through our Interface Youth Shelters.

INTERFACE YOUTH SHELTER

Youth experiencing various conflicts in life stay at one of our shelters for five weeks at a time. They participate in social skills development programs, counseling, and continue to attend school. At our Interface Youth Shelters, we strive to generate a positive, life-changing experience for both youth and their families. CDS's youth shelters are the only shelters of their kind in their respective counties!





For Over 52 Years Prevention Services has served 114,915 youth and Family Action has served 15,488

2.857

Elementary students completed the "Too Good for Drugs" and "Too Good for Violence" program in Alachua and Levy counties



346
Youth and Families
were served

99%

Of youth admitted into counseling successfully completed the program



PREVENTION SERVICES

Prevention Services continues its collaborative partnerships to provide many important community resources for youth and adults in these counties. These partnerships have allowed for the expansion of the "Too Good for Drugs" and "Too Good for Violence" programs in two elementary schools. The Alachua County Health Promotion and Wellness Coalition continues its focus on the reduction of substance abuse of youth and adults in Alachua County. The Levy County Prevention Coalition and Tartu Foundation are working in the Levy and Gilchrist Counties to increase substance abuse awareness and build capacity in those communities.





FAMILY ACTION COUNSELING

Family Action Community Counseling provides counseling throughout our service area to address problematic behaviors before they are beyond the control of the youth and their families. Family Action provides 12 weeks of free counseling and/or case management for ungovernable, truant, or runaway youth. Our Family Action Program takes great pride in providing comprehensive, free, and essential services to children and families in order to strengthen communities by building strong families.

Since 2017 S.N.A.P has served 245 Youth & since 2005 Independent Living has served 2,572 Youth

SNAP: STOP NOW AND PLAN

SNAP is an evidence-based, cognitive-behavioral program which helps children and their families learn how to effectively manage their emotions. Staff work with participants for 13 weeks to assess individual challenges and develop an action plan for success. SNAP provides eligible youth and their families, with a meal, transportation, and sibling care provided for each session.



INDEPENDENT LIVING

The Independent Living Program is a critical resource for youth in the foster care system which facilitates the transition into adulthood. Our counselors maintain frequent contact with youth to ensure their ultimate success as independent citizens, and encourage them to learn the skills necessary to achieve their educational, vocational, and employment goals.

42

Families served

100%

Of families successfully completed the program

"SNAP is an amazing program for parents and kids. It provided our family with the skills necessary to manage behavior and anger problems both in school and at home. I wish it was in every school!"

Testimonial



74

Youth & young adults received support and guidance from Independent Living counselors

450

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

2.500

Youth were reached through presentations and events.

#550

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



130

Stationary Safe Place sites

25

Mobile Safe Place sites

OUTREACH

CDS staff and volunteers attend events to talk to parents, guardians, and most importantly, the youth on how we can help the families we serve. We also work closely with our community partners and business to help families in our communities.





NATIONAL SAFE PLACE & NATIONAL RUNAWAY SAFELINE

CDS Interface Youth Programs are part of a national network of shelters to help youth find a Safe Place. CDS partners with the National Runaway Safeline and National Safe Place to provide youth at risk the help they need in a time of crisis.

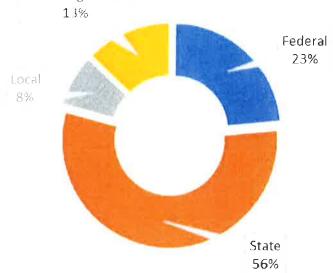




For information about these national networks, go to: www.1800runaway.org www.nationalsafeplace.org

FINANCIAL DATA

Thank you for your Debt Forgiveness support!



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
Individual Donations

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WWW.FLORIDACONSUMERHELP.COM. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

















SUPPORTS & REVENUES

\$4,502.110

Grants and contracts

\$27,716

United Way and other contributions

\$35,825

Contributed services of volunteers

\$190.136

Contributed facilities, materials, and supplies

\$86,764

Interest and other income

TOTAL: \$5.564.505





FINANCIALDATA

2021 2022 Donors

Rotary Club of Gainesville Sunrise Foundation, Inc. Network for Good Frontstream SPV LLC The Blackbaud Giving Fund Gwen Love Irene Baros Rebecca Hunt Ford Beck Lincoln Oasis Auto Sale Chrysler- Dodge-Beck Palatka, FL Beck, Buick, GMC, Toyota, Palatka, FL First Federal Nissan, Beck, Palatka, FL Clay Electric Foundation, Inc. Florida Lawyers Assistance Inc. FSC Realty Management LLC Marjorie Baros & Phil Kabler

Diana Sanchez AvidXChange, Inc. Ashley Harrynarine Alannah Barret Carlos Lopez State of Florida-Department of Financial Services Angela Lay United Way of Tucson & Southern Arizona Foundation, Inc. Justin Davis Cathy Anne P. Fisher Cypress & Grove **Brewing Company**

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Dena Lay Oscar Moreno Solansh Schrack Corinne Turcotte Robyn Mole Aaron Lay Diana Sanchez Rebecca Hunt **Becky Hunt** Richard Mankin Daniel Crapps Daneris Morales Robert Page Evelitza Soto Paula Moreno

Rachel Estanislao Frank Williams Yoel Fainchtein Allyson Baros-Kabler Ashley Baros-Kabler Marjorie Baros Comfort Temp Heating & Jennifer Nieves Lugo



Community Partner Recognition

Our mission statement, "Empowering youth & building strong families for a brighter tomorrow" is only actionable through the work of a village. Thanks to our incredible community partners, we are able to create a network of resources for the families we service. To our community partners of the past, present, and future: Thank you!

Dr. Toni Griffin

CDS recognizes Dr. Toni Griffin for her assistance in supporting CDS's programs. She has been instrumental in the agency's outreach efforts for Prevention Services as well as the SNAP program. Dr. Griffin was once an Alpha Program Counselor in Prevention Services at CDS, and has maintained her relationship with staff over the years. We are very pleased to recognize Dr. Griffin for her dedication and commitment to the students of Alachua County and her partnership with CDS.





Staff Longevity Recognition

25 years: Zeke Whitter

20 years: Wanda Jones

10 years: Naomi Thompson, Kevin Lee,

Brian Smith

5 years: Shaci Davis, Joe Mattox, Alex Culbreth,

Angela Rowden, Boderick Johnson



Appreciation Awards

Prevention Program: Ben Swilley Independent Living: Nellie Otero

Data: Kevin Cerjan

IYP-Central Region: Naomi Thompson

IYP-NW Region: Carlton Jones

IYP-East Region: Monica Heinecker

Family Action Program: Arielle Tibon

S.N.A.P Program: Leigh Kassem

Administration: Paula Moreno

Intern of the Year: Sophia Eberhard





Employee Awards 2022

Prevention Services: Ben Swilley

Ben is always positive and encouraging with the students that he works with as well as his coworkers. Mrs. Westfall, one of the Principals that Ben works with said, "Ben is always flexible in his role at the school and he always has a smile on his face." We thank Ben for his commitment to CDS and the students that he works with!



Nellie has been a part of the IL Program for over ten years and remains instrumental in the day-today operations. Nellie has displayed a great attitude while having to have extra cases, and has assisted in ensuring the IL Program meets its deliverables in a timely manner. We are grateful for Nellie during this challenging time.

Data: Kevin Cerjan

Kevin Cerjan joined CDS' Data Department team last October. From the beginning, he was a fast learner and picked up one new task after another with ease and diligence. I have often been surprised by Kevin's ability to anticipate needs and take the lead without the expectation of doing so. Kevin has grown to become a trusted coworker by others as they have learned he is not only very capable, but also speedy in execution. No matter what you throw at him, Kevin is able to perform the task with diligence, precision, and great analytical capacity. As a member of the Data team, he has settled in comfortably and is well liked by staff. His funny, charming, aloof personality and shared quirky love for all the little creatures that inhabit our office back yard make him a great fit with his office mates. CDS is fortunate to have a guy like Kevin Cerjan in their ranks.







Employee Awards 2022

Interface Central Region: Naomi Thompson

Naomi has consistently demonstrated her ability of responding to the needs of the participants and their families in a positive manner. She applies the skills she has obtained from her past professional experiences to her Residential Counseling role at Interface. Naomi understands the needs of our participants, and she places a high priority on retention. CDS is very fortunate to have Naomi Thompson as a Residential Counselor at Interface Youth Program Central.

Interface Northwest Region: Carlton Jones

Reverend Carlton Jones always exhibits positivity, leadership and patience with the participants, parents, and staff. Carlton always has a pleasant smile upon his face no matter what is going on around him. Carlton is a pleasure to have on the CDS Interface -NW Team. We are honored to have his 20 years of experience on our team. We honor Carlton Jones for the continuous WONDERFUL work he does.

Interface East Region: Monica Heinecker

Monica brightens the shelter every time she walks in with her bubbly personality. She is always willing to lend a hand to help out when needed whether it is in her job description or not. Ms. Monica has really grown over her years with the agency and plays a vital role in ensuring the continuity of services here in the East region with her dedication, teamwork, and perseverance.







🐫 🎉 Employee Awards 2022

Family Action: Arielle Tibon

To say that Arielle goes above and beyond understates her efforts and achievements. Arielle breezed through her training and began taking intakes within her first month, along with additional duties. She has inspired others to be the best version of themselves. We are so grateful to Arielle for her continued effort in making our program a success!

SNAP: Leigh Kassem

Leigh has been a SNAP-tastic addition to the team and has helped grow the SNAP Program since 2019. Other SNAP agencies have oftentimes reached out to Leigh advice/support. In SNAP Open Call meetings, other agencies have stated that they would love to have a "Leigh" on their team. Good job Leigh, and thank you for your hard work!

Administration: Paula Moreno

If you look around at this Annual Meeting and Celebration you will have a good idea of why Paula is this year's Administration Employee of the Year. The amount of creativity, persistence, and leadership she provided for today's gathering is an example of her daily work as a Community Outreach/Safe Place Specialist. Paula is always 'on the go', meeting with stakeholder groups, organizing interns and volunteers, photographing everyone and everything, maintaining our website and social media, and overall making CDS' Team smile. We are very happy Paula is with us!





Employee Awards 2022

Intern of the Year: Sophia Eberhard

Sophia started as an Outreach and Safe Place Intern in 2021. Throughout her time at CDS, her role was extended to other positions within the agency, including our Family Action Counseling program, Interface Youth Shelter, and S.N.A.P. Program. She was always punctual and professional and didn't need much instruction as she took what she was instructed and delivered it to perfection and even added her twist to make the final work even better. We have heard firsthand comments from the children at the shelter mention how excited they get to see Sophia because she gets on their level and takes the time to give them one-on-one time creating a personal mentoring experience. She is an incredible asset to the CDS team!





SUCCESS STORIES

Interface Youth Program - Northwest

"Laura" came to IYP due to running away, lack of communication with her parents, and poor coping skills. Initially, "Laura" was sometimes combative with her peers, but after being redirected she became receptive and compliant in the program, and even reached the achievement level. "Laura" successfully completed the program and was able to set realistic goals for herself, such as finishing high school and getting her driver's license.

Prevention

"Jake" was a third-grade student caught vaping on the bus, resulting in his having three days of Out of School Suspension and seven days of In School Suspension. He was placed in a "Too Good for Drugs" class, where "Jake" and his classmates were shown a video on the negative effects of vaping. After the video, "Jake" had a severe look on his face. Fortunately, he did not get in trouble again for vaping or anything else for the rest of the year!





GLEN SPRINGS ELEMENTARY SCHOOL

SUCCESSIONS

Interface Youth Program - Central

"Christopher Love" has participated at IYP-C multiple times over the past few years. He was struggling with being disrespectful at home and low self-esteem. "Christopher" used a summer session to prepare for his transition into high school, completing his goals, and improving his communication skills. By the end of his session, he developed into a confident young man! His family expresses their continued gratitude for shelter services.

Interface Youth Program - East

"Mike" began at IYP-East after going through truancy court. The court ordered him to stay at the shelter for 35 days and complete 90 days of our Family Action program. "Mike" entered the program initially wanting to drop out of school because he did not find it to be beneficial. With the help of multiple staff in the program, he was able to set reasonable goals and had a GPA of 2.2 at the time of discharge. His time at the shelter fostered an interest in school and passing, and an increased confidence in his future.

S.M.A.P

"Stacy" was referred by her mom for help with defiance at home, sibling conflict, and extreme shyness. After four weeks of SNAP both mother and daughter reported improved compliance and communication at home. After 13 weeks "Stacy" was able to clearly present her needs and show confidence in her achievements in school.



SUCCESS STORIES

Family Action

"Alice" opened up in Community Counseling in February. She was an active youth, but was struggling with peer issues and self-esteem. Her parents felt she was not talking to them and did not know where to turn for help. Immediately, "Alice" opened up to Family Action. We gave "Alice" the ability to communicate with Family Action weekly, and also set small goals for her to achieve. She began to see her own worth and to paint a clear picture of what she wanted for her life. Her mother made a point of telling us how good "Alice" was doing. She even felt that "Alice" was thriving!

Independent Living Program

"Ashley" graduated high school in June 2022. She was residing in a group home setting and working with her counselors on independent living skills that would prepare her to transition out of her group home. She moved into a supervised living arrangement where she is renting a room. She learned how to use the bus transportation system, met with her guidance counselor, and registered for college. She is now a college freshman and we are very proud of her.



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Alex Culbreth, MSW, LCSW

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Gwen Love Gwen_love@cdsfl.org

Community Outreach/ Safe Place Specialist

Paula Moreno Paula_morerio@cdsfl.org

SN.A.P

Evelitza Soto evelitza_soto@cdsfl.org



We are pleased to announced CDS has been accredited effective through April 30, 2024 for the Commission on Accreditation of Rehabilitation Facilities, CARF, this is an independent nonprofit that provides accreditation services worldwide. CARF reviews over 1,000 measures to assure the quality of services provided by organizations. Providers that meet CARF standards have demonstrated their commitment to excellence. CDS is proud to be one such organizations.

