

MISSION

"Empowering Youth & Building Strong Families for a Brighter Tomorrow"

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PROGRAMS

Youth Shelters
Programs for youth in crisis

Counseling

Services fortroubled youth and their families

Prevention

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



January 2, 2024

Dear Community Partner:

We are pleased to share a copy of the CDS Family & Behavioral Health Services, Inc. 2023 Annual Report.

In the Fiscal Year ending June 30, 2023 of the 374 youth who received services in our residential program, Interface Youth Shelter, 99.7% successfully completed our shelter program and 99.7% remained crime free.

In our community counseling program, Family Action, 474 youth and families were served with 99.8% completing services.

In our SNAP (Stop Now and Plan) program 33 families participated in services with 100% successfully completing the program.

Prevention Services provided the evidence based program to 4,843 elementary and middle school youth. For students with both pre and post-test scores, the average improvement score was 21.5%.

Last year in our Independent Living program, 70 youth and young adults received support and guidance from our counselors.

We are proud that our 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:

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.

MH

Tommy Lane Board President Phil Kabler CEO



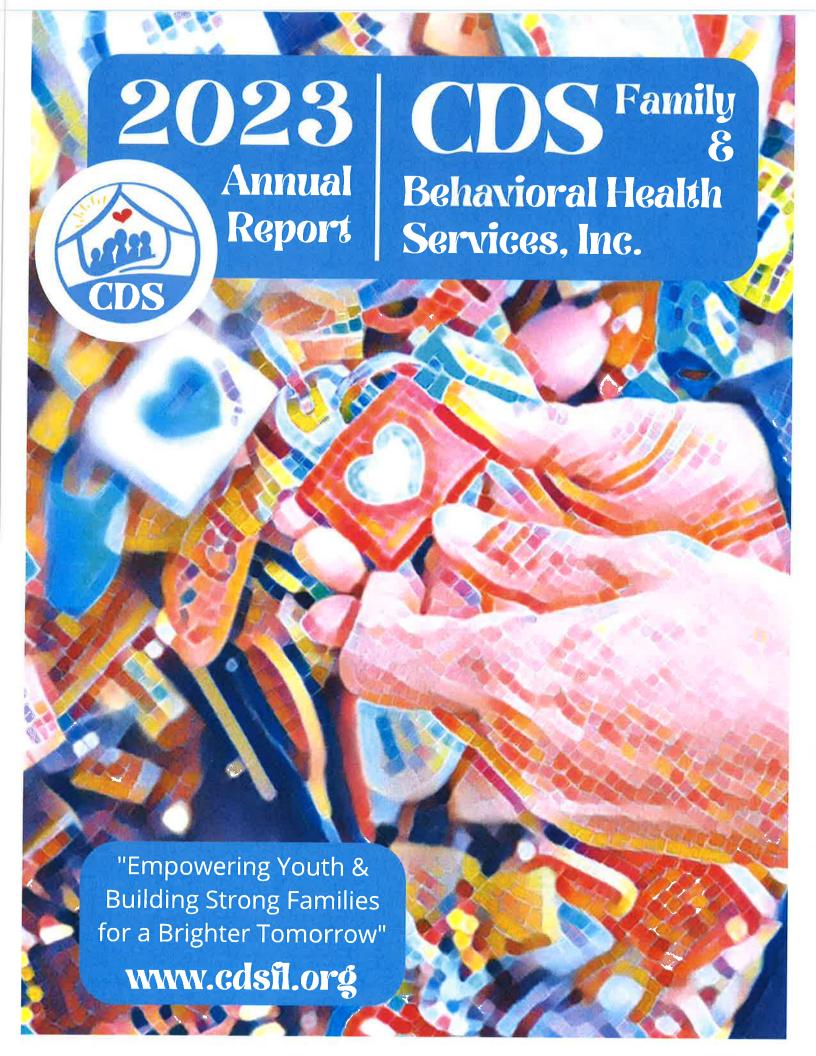








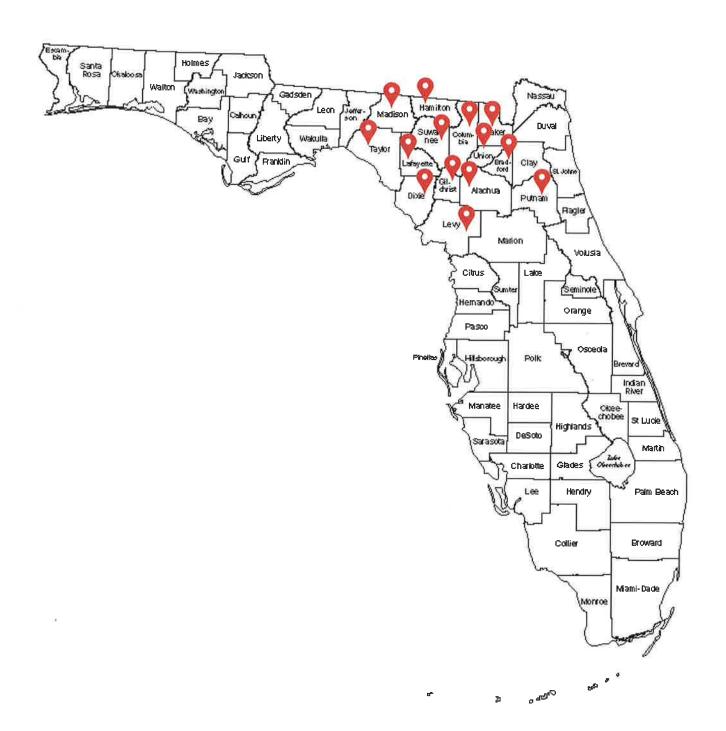




An Overview of Our Services



Where We Serve





A MESSAGE FROM THE PRESIDENT OF THE BOARD OF DIRECTORS

We are about to begin our 54th year of service to children and families of North Central Florida - an enviable record for any organization – but truly remarkable because of the lives touched, futures restored, opportunities reclaimed, and families renewed through the dedication, professionalism, work-ethic, and stellar programs our great team has provided.

Each year it is my great honor and privilege to laud the professional expertise and genuine care exhibited by the CDS staff. These dedicated experts have cast their professional lives into the noble quest of handson help to people in extremis; offering genuinely compassionate alternatives to what so many people face when life goes off track. The offering of a path to a better future is truly the work of special significance, and we thank you for all you do and have done.

No organization can thrive for 54 years absent quality, dedicated leadership. CDS has been blessed with remarkable management stability for many years which has led us to not only solid and effective programs for our clients, but also has kept us financially sound and able to devote necessary resources to our mission. That management stability has continued through the transition from our long-time CEO Jim Pearce's retirement, to the finding of the ideal successor in Phil Kabler.

The CDS Board remains active and engaged, and has grown both in numbers and in expertise represented. The strength of our Board is of significant value as we navigate and look to the future.

That future looks exceptionally bright. We are in the throes of construction of our new Gainesville Shelter – the first building on our new 12-acre campus. This project is a bellwether of our future, as we envision the gathering of all local CDS programs into one location, as well as hopefully offering sites to synergistic organizations, our campus becoming a home for many programs and services to the constituents who look to CDS and similar organizations for services.

Today we also salute our Community Partners and our Legislative Delegation. These have been – and continue to be – invaluable to our mission and our success and we extend sincere appreciation for your partnership spirit.

Thank you for your attendance today and for helping CDS launch full speed into our 54th year.

Sincerely,





A MESSAGE FROM THE CEO

CDS has been a mainstay of North Florida and its children, youth, families, and communities for 53 years. And if this past year gives any indication, that legacy of service will continue for decades to come.

During this past year, the CDS Team, including its Board of Directors, focused on:

• Perspective – We honor our past and its rich history of accomplishments. That history remains based on one word – Service. Service to all the people we have and will support through our collective work. Service to all the communities within which those people live and thrive as a result of our work. And service to Florida. CDS is recognized and respected for its servant leadership. We work together to continuously earn that group recognition. And will continue to do so.



PHIL KABLER CEO

- <u>Performance</u> During this past year CDS was presented the Florida Network's 2023 Agency of
 the Year Award for our outcome-based work with the people we serve. While this award was
 specifically directed to our Children in Need of Services/Families in Need of Services activities
 (Interface Youth Shelters, Family Action Plan community counseling, and Stop Now and Plan
 children and family behavior management education), it was, indeed, a collective recognition of
 CDS' <u>entire</u> Team including our Prevention Services, Independent Living, Outreach and Safe
 Place Team Members.
- Partnerships Consistent with honoring our past, CDS has always built and maintained strong and lasting partnerships. For example, with the Florida Network of Youth and Family Services, LSF Health Systems, National Runaway Safeline, Florida Juvenile Justice Association, Partnership for Strong Families, the United Ways of North Central Florida, Suwanee Valley, and St. Johns County, and area Rotary Clubs. Plus with the local, state, and federal governments, including the Florida House of Representatives and Senate, Florida Department of Juvenile Justice, Florida Department of Children and Families, and U.S. Administration for Children & Families. During this past year we have added specific attention towards the business community, including the Greater Gainesville Chamber. The goal of these partnerships is not simply to 'collect likes' rather, it is to develop our network of service. The more hands involved, the more good works we can do together.
- <u>Plans</u> We have but two basic goals this coming year one intangible, one tangible. *Intangible* to continuously improve the service we provide. And to do so effectively, efficiently, and economically as responsible stewards of the resources at our disposal. *Tangible* to bring into service the new Gainesville Interface Youth Shelter, which will even further elevate the work we are able to do with the resident youth and their families.

Please join us in our work. You are the next hands in-service.

PHILIP N. KABLER, J.D.

For over 53 Years IYP has served 16,629 Youth

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!





CDS OFFICES:

Gainesville Lake City Palatka

SERVICES COVER:

- Alachua
- Bradford
- Columbia
- Dixie
- Putnam
- Union
- Suwannee
- Levy
- Gilchrist
- Hamilton
- Lafayette

CDS has for numerous years been the sole provider of many of its services, such as runaway shelters, in North Central Florida. Youth aging out of foster care in 13 counties were served through the Independent Living Program.

374

10.3% increase since 2022 (339)

Received residential services in one of three CDS Interface Youth Shelters (Gainesville, Palatka, & Lake City)

99.7%

Of youth successfully completed the program

For Over 53 years Prevention Services has served 119,758 youth and the Family Action Program has served 15,962

1.986 more than last year / 70% increase (2.857) Elementary students completed the "Too Good for Drugs" and "Too Good for Violence" program in Alachua, Levy, and Gilchrist Counties Youth and Families were served 99.8%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 families. These partnerships have allowed for the expansion of the "Too Good for Drugs" and "Too Good for Violence" programs in two Alachua County 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 Levy and Gilchrist Counties to increase substance abuse awareness and build capacity in those communities.

FAMILY ACTION PROGRAM

The Family Action Program provides community counseling throughout our service area to address challenging behaviors before they are beyond the control of the youth and their families. Family Action provides 12 weeks of nocharge counseling and case management for truant, runaway, and undisciplined youth. Our Family Action Program takes great pride in providing comprehensive, free, and essential services to children and families in order to keep with our mission of "Empowering Youth & Building Strong Families for a Brighter Tomorrow".

Since 2017 S.N.A.P has served 278 Youth & since 2005 Independent Living has served 2,642 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 facilitators 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

For many years the Independent Living Program has been a critical resource for youth aging out of 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, encourage them to learn the and achieve necessary to their educational. vocational, and employment goals.

33

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



70

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



128

Stationary Safe Place sites Alachua County - 90 Putnam County - 28

159

Mobile Safe Place sites Gainesville RTS - 134 The Ride Solution - 25



SAFE PLACE & NATIONAL RUNAWAY SAFELINE

CDS Interface Youth Programs are part of a national network of shelters to help youth find a safe place to be when they feel endangered or in need of support. CDS partners with the National Runaway Safeline and the National Safe Place Network to provide youth at risk the help they need in a time of crisis.

Towards that end, CDS was delighted that Jim Pearce, CDS' former CEO, was presented a Lifetime Achievement Award by the National Safe Place Network.

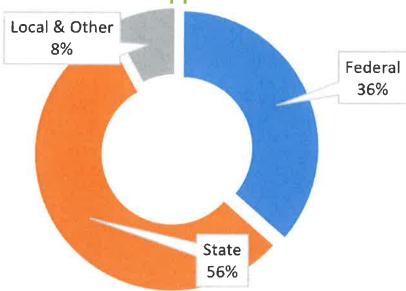
And we were further delighted to welcome Susan Frankel, the CEO of the National Runaway Safeline, as the Keynote Speaker of our 2023 Annual Meeting & Celebration



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

FINANCIAL DATA (FY22/23)

Thank you for your support!



Major support by:

Florida Department of Juvenile Justice
Florida Network of Youth & Family Services
Florida Department of Children and Families
Partnership for Strong Families
U.S. Department of Health & Human Services
United Ways of North Central Florida
United Way of Suwannee Valley
Individual donations

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MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY
CALLING TOLL-FREE 1-800-435-7352 (OR 1-800-352-9832 EN ESPAÑOL) OR
GOING ON THE DEPARTMENT'S WEBSITE

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SUPPORTS & REVENUES

\$4.820,320

Grants and contracts

\$43,926

United Way and other contributions

\$60,040

Contributed services of volunteers

\$270,707

Contributed facilities, materials, and supplies

\$432,354

Interest and other income

TOTAL: \$5,627,347



THANK YOU

TO ALL OF OUR DONORS FOR SUPPORTING CDS AND THE CHILDREN, YOUTH, YOUNG ADULTS, FAMILIES, AND COMMUNITIES WE SERVE!

Donors - 2022 8 2023

Adriana Bissey
Bishop Christopher Stokes
Brenda Thornton, Realtor CS Realty
Brian Scarborough
Brown & Brown Insurance
Cathy Fisher
Cedarville Global Community
School

Cheryl & Andy Kaplan Chief Jason Shaw Children's Home Society of Florida

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Rotary Club of Gainesville

Sunrise

Seacoast Bank

Synergy Construction

The Krizner Group

Thomas Lane

Thomas & Company, C.P.A., P.A.

Tracy Graves

United Way of North Central

Florida

United Way of Suwannee Valley

Veita Jackson-Carter





Community Partner Recognition

Our mission statement, "Empowering Youth & Building Strong Families for a Brighter Tomorrow" is only actionable through the work of a village. With 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: We appreciate your support of the work we do with the children, youth, families, and communities we serve!

Veita Jackson-Carter

Supervisor of Student Services - Alachua County Public Schools

Family Action Program - Central nominee

Alachua County Public Schools has proven to be an exemplary community partner upon whom participants and staff alike, are able to rely and count. Over the years Ms. Veita's contributions have not only met but have exceeded needs and expectations as she continues to regularly participate in our Case Staffing meetings as a committee member. She has continuously gone above and beyond to guide and assist families in-need and contributes so much not only to the committee but also to the community-at-large. She is truly a wonderful friend to CDS and a role model within the community and we thank her wholeheartedly for her time and dedication.

Zoie Whitlock

4-H Program Assistant - University of Florida IFAS Interface Youth Program - Northwest nominee

Zoie Whitlock from IFAS-UF has been coming to the shelter for over a year conducting practical support groups with the youth. She brings youthful energy, a positive attitude, interesting activities, and a wealth of knowledge from week-to-week which keeps the youth engaged and is always looking for more. She interacts with each participant and makes them feel good about themselves. She always asks about their week and how they are doing. Zoie is an integral part of our team here at IYP-NW.

With Zoie's being youthful it is easy for the participants to relate to her. She serves most time as a peer-to-peer model for them. Zoie always comes to the shelter with a smile on her face and enthusiasm in her presentations.

Sherry Houston

Chief Executive Officer - Ronald McDonald House CDS Administration nominee

CDS is delighted to honor the "Dazzling" Sherry Houston as a 2023 Community Partner. Professionally, Sherry is the Chief Executive Officer of Ronald McDonald House Charities of North Central Florida. Sherry becomes a true friend to all with whom she comes into contact.

This past year Sherry led a team who renovated an expanded Gainesville Ronald McDonald House, giving her organization the ability to serve more families involved with the Shands healthcare community.

But that was not enough. During the transition from the 'old' House to the 'new' House, Sherry contacted CDS and donated all the beds and much of the residential furniture for the new Gainesville Interface Youth Shelter. We are so grateful for this gift, which will directly benefit the resident youth at the new Shelter.

Sherry is truly dazzling, and CDS is so very happy to call her our friend, supporter, and partner.





Staff Longevity Recognition

20 years:

Karen Bethel

10 years:

Jessica Bechtold,

Gretchen

Strickland,

Monica Heinecker,

Liz Tschumy

5 years:

Nerida Otero,

Daphena Weston,

Ben Swilley



Appreciation Awards

Prevention Program: Morkisha Cuyler

Data: Linda Ellis

IYP-Central Region: Kevin Lee

IYP-NW Region: Walter Disbrow

IYP-East Region: Lytinia McCullough

Family Action Program: Olivia Hollier

S.N.A.P Program: Leigh Kassem

Administration: Angle Lay

Intern of the Year: Sophia Eberhard





Employee Awards 2023

Prevention Services: Morkisha Cuyler

Morkisha is the Prevention Specialist at Lincoln Middle School. Morkisha has done a fantastic job being involved in her school. Mr. Jones, the principal at Lincoln, says "Morkisha always does a great job."

Morkisha ensures that her groups enjoy a great learning experience and the students know they can depend on her. Morkisha is also a valued part of our Prevention staff. She is dedicated to our purpose, trusted by her coworkers, and efficient.

Thank you Morkisha for your commitment to CDS and all the work you do! We appreciate you!



Data Systems: Linda Ellis

Linda has been an indispensable part of our organization for over three decades, demonstrating unwavering commitment, unmatched dedication, and remarkable dependability throughout her tenure. Her remarkable journey with our company began when it was still known as Corner Drug Store, back in October 1989. In an industry which constantly changes, Linda has been a steadfast anchor.

What sets Linda apart is not just her outstanding longevity, but also her incredible commitment and reliability. Linda has consistently demonstrated her dedication to the success of our organization; always willing to go above and beyond to meet deadlines and exceed expectations. She is an invaluable team player and a cherished colleague. Linda is not only appreciated; she is admired and respected by everyone who has had the pleasure of working with her.





Employee Awards 2023

Interface Youth Shelter - Central: Kevin Lee

Kevin has worked at Interface Youth Program Central since September 2012. Kevin was promoted to the Senior Youth Care Worker position in September 2022.

Kevin consistently displays an intense eagerness and a positive attitude in seeking new challenges. He actively implements our behavioral management system in order to teach our participants to fulfill program expectations and to encourage our participants to become tax payers and not tax burdens.

CDS is very fortunate to have Kevin Bernard Lee as the Senior Youth Care Worker at Interface Youth Program Central.



Interface Youth Shelter - Northwest: Walter Disbrow

Walter Disbrow has been with CDS Family and Behavioral Services for 24 years. He makes sure all of our data is up-to date and helps out with additional duties when needed. He is a person who comes to work early and leaves late to make sure everything is done. He recently took on weekend on-call duties and some House Manager responsibilities. We nominate Walter for his dedication and commitment to Interface – Northwest.





Interface Youth Program - East: Lytinia McCullough

Ms. Lytinia McCullough has been with CDS since 2004, serving as a Youth Care Worker (YCW) and the Family Action Counselor (FAC) for Putnam County. Through the years she has been an invaluable asset to the agency. As the FAC she has made an impact in every school in the county and assisted families for years in acquiring the services they need. She goes above and beyond to ensure the children and their families are supported and heard, and she advocates for them within the school system and in the court system when they are involved in Truancy Court. She is a dedicated employee who strives to provide exceptional services to the youth and families of Putnam County. She consistently meets the needs of the youth and families by providing case management, referrals for counseling, tutoring, mental health evaluations, and educational needs. She has also consistently met and usually exceeded her expected number of cases each year.

Not only has she been a driving force in the community through her role as the FAC, but she also has been an asset in the East shelter. Over the years she has volunteered to assist whenever needed with duties and tasks and this also comes in handy with her added knowledge and experience as a previous YCW. She is truly a team player when it comes to serving our community.







Family Action Program - Central: Olivia Hollier

Olivia Hollier has frequently been recognized by leadership as someone willing to go above and beyond the call of duty to ensure program success. Olivia began her journey with CDS as a practicum and internship student in 2022, and is a community partner with the Alachua County Sheriff's office. During her internship alone, Olivia has initiated groups at both the Sheriff's office and in schools where youth work on coping, communication skills, social skills and life skills. Olivia has additionally been instrumental in ensuring a smooth transition during administrative shifts and took a leadership role by voluntarily assisting with data and administrative duties. We at CDS were so impressed by Olivia's advanced clinical knowledge of youth and the population we serve that we offered her a position within the Family Action-Central, Community Counseling Program.

Olivia is loved and respected by CDS, Alachua County community partners, and families alike, and continues to build upon those relationships through her hard work and dedication to those she serves.

We are honored by and grateful for Olivia's enthusiasm and commitment, and we thank her for her countless efforts towards making our program a success.





Administration: Angie Lay

Angie Lay is the Team Member with whom every single person here comes into contact. And all leave those interactions knowing they have been heard and respected.

There are a number of stand-out words which capture Angie's impact at CDS:

- · Accessible always
- · Responsive promptly
- · Fair without a question
- · Kind to all

Angle is protective of CDS' Team Members, and towards that end she advocates tirelessly for their well-being, particularly regarding mindfulness, balance, and personal/professional boundaries.

Our entire CDS Family is grateful to Angie for what she does and who she is!





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 did not need much instruction as she took what she was instructed, delivered it to perfection, and even added her personal twist to make the final work even better. We have received first-hand comments from the children. at the shelter about how excited we about seeing Sophia because she got on their eye-level and took the time to give them one-on-one attention creating a personal mentoring experience. She is an incredible asset to the CDS team!



Retirements

CDS is also grateful for the years (or decades in some cases!) of dedication to the children, youth, families, and communities we serve from Marianna Cotter, Roy Erdman, and Gwen Love.





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!







SUCCESS STORIES

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 earned 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.N.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.

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 well "Alice" was doing. She even felt that "Alice" was thriving!

BOARD OF DIRECTORS

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Lytinia McCullough - East Region Lytinia_McCullough@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 is an independent nonprofit which provides accreditation services worldwide. CARF reviews over 1,000 measures to assure the quality of services provided by organizations. Providers which meet CARF standards have demonstrated their commitment to excellence. CDS is proud to be one such organizations.

