

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



November 14, 2014

Dear Community Partner:

Enclosed please find a copy of the CDS Family & Behavioral Health Services, Inc. 2014 Annual Report.

In the Fiscal Year ending June 30, 2014 of the youth who received services in our residential program, Interface Youth Program, 100% were not adjudicated while working with our staff and 97.7% completed our shelter program.

In our non-residential program, Family Action, 89.5% of youth served successfully completed services.

Prevention Services provided evidenced based programs to 2,138 youth whose average pre-test score was 54.8% and average post-test score was 82.6%.

Last year in our Interface Youth Program, 510 satisfaction surveys were completed by parents and youth with 94.4% reporting overall satisfaction with services received. In our Family Action Programs, 100% of 117 parents and 99.1% of 112 youth completing surveys reported overall satisfaction with services.

Finally, we are proud that our 2014 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 deeply grateful for your support of our efforts to:
Strengthen Communities by Building Strong Families.

If I may be of service to you, please contact me at 352-244-0628 or email jim.pearce@cdfsfl.org.

Sincerely,

Jim Pearce
CEO



CDS Family & Behavioral Health Services, Inc.
3615 SW 13th Street, Suite 4 • Gainesville, FL 32608
Tel: (352) 244-0628 • Fax (352) 244-0668
www.cdfsfl.org

Major support from: State of Florida, Department of Juvenile Justice; 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



www.cdsfl.org

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Gainesville, FL 32608
(352) 244-0628

Interface Youth Shelters:
Gainesville - (352) 244-0618
Lake City - (386) 487-0190
Palatka - (386) 385-0405

2014 ANNUAL REPORT

November 14, 2014

STRENGTHENING COMMUNITIES BY BUILDING STRONG FAMILIES

CDS Family and Behavioral Health Services, Inc., - affectionately known simply as "CDS" to thousands of friends and clients over more than 40 years - marks another year of service among some of our most vulnerable and most easily overlooked citizens.



Jim Pearce
CEO

H. Thomas Lane, Jr.
Board President

Our mission is singular: "Strengthening Communities by Building Strong Families."

Our goal is transparent: To provide an unmatched level of service to all who are referred to us - usually in the midst of life's extremities.

Our commitment is authentic: To bring professional and learned resources to bear in critical circumstances, and to deliver these resources with compassion and a genuine calling to make a positive difference in every life we touch.

The wonderful and dedicated people of CDS have done this in the lives of more than 100,000 mostly-young people within our service area during these 40+ years. We are stronger today than ever - and it is a good thing we are, for the need is unabated.

Issues and emphases change - even nomenclature: Truancy, Ungovernable, Runaway, Substance Abuse, Sex Trafficking. But, the common denominator in all these is children at the crossroads of life, caught - sometimes by their own choices, but more often by influences over which they have no control - in that netherworld between adolescence and adulthood where decisions made unwisely can lead to a life of despair and disappointment.

And, who is there to help? We are. CDS. Its highly competent and experienced staff; its genuinely excellent management team; and you - our community partners and legislative leaders who endorse our work and help us sustain such a legacy.

We pause each year to reflect and to say "thank you." And, we mean it. It is fitting that during the month wherein our nation celebrates Thanksgiving, CDS also takes this opportunity to offer our thanks.

To each of you, a genuine and heartfelt "thank you."

On Behalf of the Board of Directors,

Tommy Lane, CDS Board President

2014 Highlights:

- **968** youth were served through Family Action Counseling and the Interface Youth Program Shelters
- **100%** of youth remained crime-free while at Interface
- **2,138** students completed evidence-based prevention training programs in Alachua & Levy Counties
- **1** Independent Living young adult earned a Master's Degree
- **14,113** people learned about CDS at outreach events
- **63** volunteers contributed a total of **3,357** hours to CDS Programs valued at **\$71,303**



**Please LIKE us
on FACEBOOK!**

CDS Interface Youth Shelter

Interface – Residential Services

Interface Youth Shelters are located in Gainesville, Palatka, and Lake City. Youth ages 10 through 17 that are homeless, runaway, truant, or not getting along at home stay at the shelters where they participate in a social skills development program and counseling when they are not at school. For many, this is a positive life-changing experience for both youth and their families. It's nice to know Interface is there when you need it!

Major Accomplishments in 2014

- Interface provided residential services to a total of **464** youth at three CDS Interface Youth Shelters (Gainesville, Palatka, & Lake City)
- **97%** of youth successfully completed the program
- Of those completing surveys, **98%** of parents and **90%** of youth expressed overall satisfaction with the program



***Laura Learns Skills for Success at Interface!**

Laura was refusing to follow instructions at home. She wouldn't do her chores and was being disrespectful towards her mother. Conflicts between mother and daughter were getting worse. They finally agreed to give CDS Interface Youth Shelter a try.

Laura was apprehensive about Interface, but did comply with the program rules and participated in all the counseling sessions. It didn't take her long to reach Achievement level (the highest level) at Interface.

When Laura completed the Interface program, she went home and started implementing the conflict resolution skills she learned at the shelter. She and her mother were able to communicate more effectively and so are getting along much better.



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 Runaway Safeline and National Safe Place programs.

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

"CDS is a great place to come if you have any type of problem or you need someone to talk to. They are always there and understand what you are going through."

Interface Youth Program East in Palatka received a Federal Basic Center Grant this year to provide extra assistance to Runaway and Homeless youth. One activity that has been quite popular among participants is creating a nutritious garden for the Shelter.



Laura is now doing well in school as a dual-enrollment student (attending college while still in high school). She is playing in the band, making honor roll, and participating in a 3-hour block medical program at school. She plans to attend a state university when she graduates so she can become a Registered Nurse.

The interpersonal skills Laura learned at Interface will help her become successful not only at home, but at school, and eventually in her chosen occupation. She was recently recognized for her social skills and good behavior by receiving the Youth Success Day Award.

**Name & identifying details have been changed.*

CDS Counseling Program

Family Action

CDS offers non-residential counseling through Family Action. Last year, the Family Action program received funding to expand, hiring four new counselors to serve our rural areas (Bradford, Hamilton, and Levy Counties). 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, running away, or experiencing issues with their parents.

Our goal is to keep families intact by addressing issues of trust and respect, while improving communication in family relationships.

Major Accomplishments in 2014

- **504** youth and families were served
- **100%** of 117 parents and **99.1%** of 112 youth completing surveys reported overall satisfaction with services
- **89%** of youth admitted successfully completed services

"My counselor helped me control my anger and also helped me get more understanding with my family. I'd also like to thank you for all the hard work you put into this. You never gave up on us or never quit on us. You were always there when me and my family needed you the most. Thank you for all the support you gave to us. If it wasn't for you, I'd be in big trouble."

Outreach

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

Volunteering

Did you know that CDS engages dozens of volunteers in our programs? New volunteer training is offered three times each year. Most volunteers help at the CDS Interface Youth Shelters. But others assist in administrative duties, Safe Place program, and at outreach events.

During this past year, **63** new volunteers attended training. Volunteers contributed **3,357** hours of service to CDS, making an in-kind contribution valued at **\$71,303**.

To start the application and training process, please contact Radha Selvester (radha_selvester@cdfsfl.org) (352) 244-0628 x3865.

Major Accomplishments in 2014

- **341** events were attended by CDS staff with the purpose of sharing information about services
- **4,329 youth** were reached through events
- **9,784 adults** were reached through events
- **7,692 bookmarks** with information about CDS services, Safe Place, and National Runaway Safeline were distributed



CDS staff Lindsay Faber & Tammy Owens at the National Recovery Awareness Day event in Palatka, Florida sharing information about CDS services.

At Interface, *Caleb Realizes He Can Take Charge of His Life

Caleb was an angry teen. He used drugs and was suspended from school. Caleb was involved with a gang and fought with people all the time. Needless to say, Caleb did not get along with his family, teachers, and police officers.

Caleb's first week at Interface was tough. He faced many challenges communicating with staff and following instructions. He even ran away.

But when he came back, Caleb was ready to make some changes. He asked his counselor to help him become emancipated. He wanted nothing to do with his family any more.

Caleb's counselor treated him with respect and helped him look at all his options. They explored the guidelines and

procedures for emancipation. Together they considered the benefits of entering the Job Corps or returning to high school. All of a sudden Caleb realized this was his life and he had the power to make choices that would benefit him. It was as if a light bulb went off in his head!

Caleb was able to set aside his anger and start to see things from other family members' points of view. He started participating more in both family and individual counseling sessions. His behavior and attitude improved dramatically. When Caleb completed the Interface program he left with positive goals in place for the future.

**Name & identifying details have been changed.*

CDS Independent Living

The CDS mission in working with youth in the foster care system and throughout their transition to adulthood is to help them realize their goals and full potential as contributing members of the community.

CDS services are built on the relationships that have been established by monthly or more frequent contact with youth by our Independent Living Family Care Counselors.

Youth and young adults are encouraged to:

- Learn and demonstrate the skills needed to establish and work towards the attainment of 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.

On January 1, 2014 “My Future, My Choice” became law. The legislation includes an Extended Foster Care (EFC) provision allowing young adults to remain in care or reenter care until age 21 and age 22 with a documented disability. To date, CDS has had 7 young adults express a desire to remain in EFC while pursuing their goals of a high school diploma, GED, or vocational training certificate.

Major Accomplishments in 2014:

- **30** 16 & 17 year olds and **75** young adults received support and guidance from Independent Living counselors
- **9** Independent Living youth graduated from high school or attained their GED
- **3** young adults earned college degrees
- **1** young adult received a master’s degree



Chrissy Jenkins

Graduated from Forest High School!

Contributing Darden Restaurants:
Red Lobster, Olive Garden, and
Longhorn Steakhouse (in Lake City)

— PROUD RECIPIENT — RESTAURANT COMMUNITY GRANT

Darden's 2014 Restaurant Community Grants were awarded in the following areas:



DARDEN

DardenFoundation.com

THANK YOU to the
Darden Foundation
for supporting our Independent
Living youth with grant funds to be
used for items needed for academic
& employment success!

*Paul’s Independent Living Success Story

Paul comes from a background of domestic violence and substance abuse and has been in and out of the system most of his life spending time in group homes, relative placements, and shelters. Paul had a history of running away to keep as far away from the system as he could.

When he was located at age 17, there was a pick up order on him which placed him in a residential substance abuse facility. This is where his relationship with the CDS Independent Living Program began.

At his first meeting with a CDS counselor, Paul was not happy at all with his placement and continued to threaten to run away if we did not allow him to stay with his mother. As he and his counselor continued to work together they worked on skills such as communication,

educational planning, and taking responsibility for our own actions. Paul began to soften and see the role he could play to get past his current situation. Counseling began to center more and more on education and completing the GED prior to Paul turning 18 years old. Paul’s grandmother and mother also participated in the planning and were instrumental in helping to keep Paul focused.

Paul successfully completed the treatment program and passed the GED on his first attempt. Paul is now 18 and will continue working with the Independent Living Program. Paul’s CDS counselor is helping Paul transition to an apartment and is assisting him to register as a college freshman.

**Name & identifying details have been changed.*

Prevention Services

The CDS Prevention Project continues to place strong emphasis on relationships as a means of addressing the prevention needs of youth in Alachua and Levy

Counties. Through collaborative partnerships with the Alachua and Levy County School Boards and the Levy County Prevention Coalition, CDS was able to provide services to 2,138 students.

County Health Promotion and Wellness Coalition formerly known as the PIPSA Coalition since its inception. The HPW Coalition became a non-profit organization in June 2014. In May, the Coalition hosted their 8th Annual Town Hall Meeting "Having the Intoxication Conversation." There were 264 attendees, their most successful event ever!

Major Accomplishments in 2014:

- **1,445** students completed the Too Good for Drugs Program at 3 Levy County Schools with an average pre-test score of **66%** and post-test score of **91%**
- **422** students completed the Too Good for Violence Program at Williston Elementary School with an average pre-test score of **53%** and post-test score of **88%**
- **260** students completed Project Success at 3 Alachua County Schools with an average pre-test score of **44%** and post-test score of **71%**
- **11** students completed Life Skills Training at the Reichert House with an average pre-test score of **56%** and post-test score of **85%**.

Too Good for Drugs and Violence Programs

Prevention staff facilitated the "Too Good for Drugs" curriculum at Chiefland Elementary School (all students grade 2-5) and at Bronson Elementary School (grade K-5). In Williston Elementary School, students (grade 3-5) rotated into CDS classes once a week like music & art.

Project Success

Project Success is an evidence based program that provides substance abuse education for sixth and seventh grade students in small group settings. This was offered at Howard Bishop MS, Lincoln MS, and Horizon Center Alternative School in Alachua County.

Alachua County Health Promotion and Wellness Coalition

The Prevention Project has been a collaborative partner with the Alachua

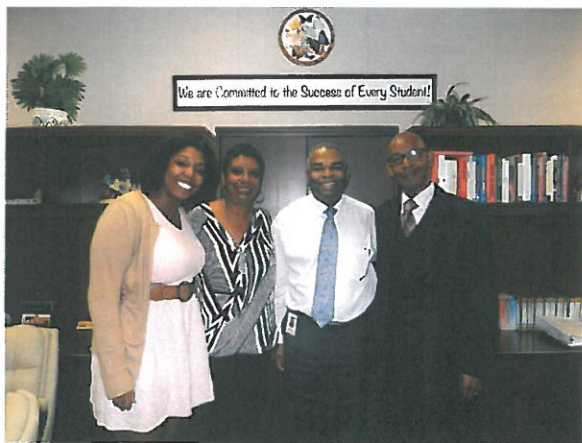
Levy County Prevention Coalition

The Levy County Prevention Coalition was one of 180 Coalitions nationwide to receive the Drug Free Communities Support Grant funding. Coalition staff and Board Members successfully completed training at the National Coalition Academy at Camp Dodge JMTC, Johnston, Iowa. The Coalition has been implementing environmental strategies throughout Levy County. They have hosted Responsible Beverage Server trainings in Cedar Key, Chiefland, Inglis and Williston. They held the County's first RX Drug Drop Off in Bronson in April 2014, collecting 7 DEA bags full of unused prescription drugs.

30 Years of LOVE

Ms. Gwen Love crossed a major milestone with CDS this year. She is the first employee to reach the 30 year mark with CDS Family & Behavioral Health Services!

Originally hired in 1984 as a Community Liaison, Gwen was promoted to the position of Prevention Coordinator in 1991 where she continues to lead many successful prevention initiatives.



Gwen Love with Danielle Tolson, Greg Pelham, and School Board of Alachua County Superintendent, Dr. Owen Roberts discuss prevention programs for youth.

Gwen has no plans to retire in the near future. She says, "I enjoy what I'm doing and the people I work with and for. The exciting part of working in this field for so many years is running into former youth participants who are now adults raising their own families. This happened recently to Ms. Love. The woman, now a mother of two, told Gwen, "I remembered what I learned with the New Tracks program and it really made a difference for me. I'm now teaching my children the same principles." Gwen said, "Stories like this make all the hard work worthwhile!"



**Thank You Gwen Love for
Helping People for 30 Years!**

Spotlight On Youth



Spotlight on Youth is a teen talent show hosted by CDS Family & Behavioral Health Services each spring. The sixteenth annual event will be held on **April 19, 2015 at 2 pm at the Fine Arts Hall at Santa Fe College.**

Spotlight on Youth is a chance for high school musicians, dancers, artists, and poets to show off their talents. In 2014, CDS showcased its highest number of youth performers ever. 122 students performed on stage from Alachua, Columbia, Levy, Putnam, and Suwannee Counties including several youth performing their own original songs or dances. 5 teen masters of ceremony introduced acts and guided the audience through a wonderful afternoon. After the show delicious treats created by Job Corps culinary arts students were enjoyed by patrons and performers.

Studies show that youth who are involved in the arts are less likely to get involved with drugs, alcohol, or violence. They are more likely to stay in school and do better in their classes. The arts teach critical thinking skills, stress management, and discipline, all of which help create healthier adults and better citizens. **Spotlight on Youth** gives young people a positive alternative to potentially risky behaviors and its performers are positive role models for their peers.

Supporting and donating to CDS through **Spotlight on Youth** is a great way to be involved with our mission:

Strengthening Communities by Building Strong Families.

Call (352) 244-0628 x3865 for more information.

Sponsorship & Audition information is available at:

www.cdsfl.org/youth/spotlight-on-youth/

Esprit de Corps Awards

- Jessica Bechtold
- Wanda Dixon
- Jonathan Lewis
- Sheila Parker
- Liz Tschumy
- Rachel Ward

2014 Awards

2014 Community Partner Awards

Melinda Szczepanski - Clinical Specialist, Partnership for Strong Families

Brad Skelton - Title 1 Resource Teacher, Putnam County

Lynn Towle - Computer Network Consultant

Pastor Terry Wines & Diana Child - First United Methodist Church of Chiefland

2014 Staff Achievement Awards

- Jessica Bechtold** - Family Action Counselor/Case Manager
- Izmane Jean-Louis** - Family Care Counselor, Independent Living
- Jonathan Lewis** - Program Director, Drug-Free Communities
- Ralph Montgomery** - Youth Care Worker
- Gonzellas "Zeke" Whitter** - Residential Supervisor



**Lynn
Towle**

Volunteer of the Year!

2014 Longevity Awards

5 Years

- Apryl Edwards, Youth Care Worker
- Jeanne Malphrus, Fiscal Clerk II
- Ryan Pendry, Data Systems Analyst
- Radha Selvester, Community Outreach

10 Years

- D'Ester Gaddis, Youth Care Worker
- Lytinia McCullough, Counselor/Case Manager
- Melody McMann, Youth Care Worker

15 Years

- Jennifer Bedenbaugh, Independent Living Counselor

20 Years

- Joy Brown, Medical Records Technician
- Walter Disbrow, Administrative Assistant

25 Years

- Sheila Parker, Senior Youth Care Worker

30 Years

- Gwen Love, Prevention Coordinator



2013-2014 Contributors

Thank You For Your Support !

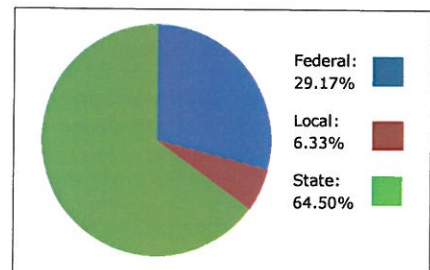
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 Bradford County Sheriff Office
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 Colleen S. Rand
 Dailygood
 Darden Foundation
 Doug & Karen Gilliam
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 Eileen Smith
 Erin Tompson
 Florida Museum of Natural History
 Gainesville Health and Fitness
 Gainesville Sun
 Garden Gate Nursery
 The Gardner Group

Goody's
 Hal & Ruth Smith
 James Moore & Co.
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 Mitzi Austin
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 Pat Dasler
 PFLAG Members
 Richard Mankin
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 Sheron Wen
 State Attorney William Cervone
 Truist
 University Athletic Association
 Wild Adventures Theme Park
 Yanping Zhang

Financial Data

Supports & Revenues

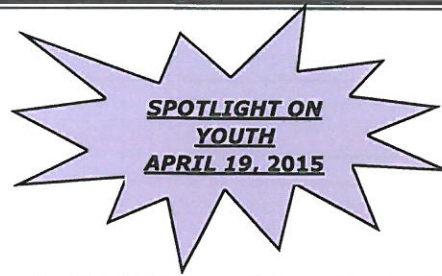
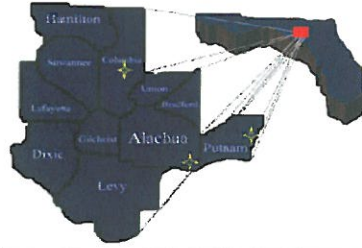
Grants and Contracts	\$3,874,560.00
United Way and other contributions	61,548.00
Contributed services of volunteers	71,303.00
Contributed facilities, materials and supplies	64,647.00
Program Services revenue	2,840.00
Interest, rental, and other revenue	45,237.00
Total:	\$4,120,135.00



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;
 United Way of Suwannee Valley; and Individual Donations.

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.



CDS Family & Behavioral Health Services, Inc.
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www.cdsfl.org
(352) 244-0628

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Gainesville, FL 32601

Or Current Resident



"This has been a very outstanding program and we had an excellent counselor. Thank you for saving our family."

2014 Board of Directors

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