



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 4, 2016

Dear Community Partner:

I am pleased to share with you a copy of the CDS Family & Behavioral Health Services, Inc. 2016 Annual Report.

In the Fiscal Year ending June 30, 2016 of the youth who received services in our residential program, Interface Youth Program, 99% were not arrested while working with our staff and 98% completed our shelter program.

In our non-residential program, Family Action, 96% of youth served successfully completed services.

Prevention Services provided evidenced based programs to 2,561 youth whose average pre-test score was 50% and average post-test score was 77%.

Last year in our Interface Youth Program, of the satisfaction surveys that were completed by parents and youth, 93.5% reported overall satisfaction with services received. In our Family Action Programs, 99% of parents and 98% of youth completing surveys reported overall satisfaction with services.

Finally, 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 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.
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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

CDS Family & Behavioral Health Services, Inc.

STRENGTHENING COMMUNITIES BY BUILDING STRONG FAMILIES



www.cdsfl.org

2016 ANNUAL REPORT

November 4, 2016

"The Times They Are a Changin'"

2016 was a banner year for CDS.

Topping the list of notable accomplishments, we are pleased to announce we are working on a prospective award from the Department of Juvenile Justice and the Florida Network of Youth and Family Services, of a grant for the rebuilding of the Central Interface Youth Shelter in Gainesville. The cost to rebuild this shelter is estimated to be \$1.4 million, much of which would be provided by this grant. To trigger the grant CDS is obligated to raise matching funds and we are well into this effort.



Jim Pearce
CEO

H. Thomas Lane, Jr.
Board President

The CDS Board, management, and staff all join together to thank our legislative delegation and the great work of the Florida Network in assisting CDS with this effort.

The Interface Shelter in Gainesville began as a single-family home in the early 1950's, and has been enlarged and updated several times. It has

served many thousands of youth but its condition reflects its use, and a new facility is much needed. The Board also endorsed an overall strategic goal of acquiring acreage on which to build the new shelter, which will serve as the first of what we envision as a campus inclusive of all our services. This will include the prevention services funded by Lutheran Services Florida, the Independent Living services funded by Partnership for Strong Families, Family Action Counseling services and SNAP® (Stop Now and Plan) funded by the Florida Network, as well as all CDS administrative functions.

Establishing a vision which when realized will position CDS to continue to provide unexcelled service for future generations is a testament to the professionalism, dedication, and admired ability of our staff. The Board salutes you on your calling to such vital work which you perform every day at the very highest level.

The Board also recognizes the strong management which has guided CDS to exceptional performance year after year. We also extend thanks to our community partners since without their continued support we could not provide quality services to children, youth, and families.

So, our heartfelt thanks to all our funders, board members, staff, management, community partners and legislative delegation. You have all combined to create a sterling year for a sterling organization.

We thank you for the opportunity to serve such a dedicated staff which is so committed to our mission of CDS Family & Behavioral Health Services, Inc.:

"Strengthening Communities by Building Strong Families."

Tommy Lane, CDS Board President & **Jim Pearce**, CDS CEO

3615 SW 13th Street, Suite 4
Gainesville, FL 32608
(352) 244-0628

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

2016 Highlights:

- 1,287 youth were served through Family Action Counseling, the Interface Youth Program Shelters, and SNAP
- 2,561 students completed evidence-based prevention training programs in Alachua & Levy Counties
- 10,016 people learned about CDS at outreach events
- 82 volunteers contributed a total of 5735 hours to CDS Programs

**CDS to Build
a New
INTERFACE
YOUTH
SHELTER!**



**Please LIKE us
on FACEBOOK!**

CDS Interface Youth Shelter

Interface – Residential Services

Interface Youth Shelters are located in Alachua, Putnam, and Columbia Counties. Youth ages 10 through 17 that are homeless, runaway, truant, or not getting along at home stay at the shelters, usually for 3-5 weeks at a time. They participate in a social skills development program and counseling when they are not at school. 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!

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

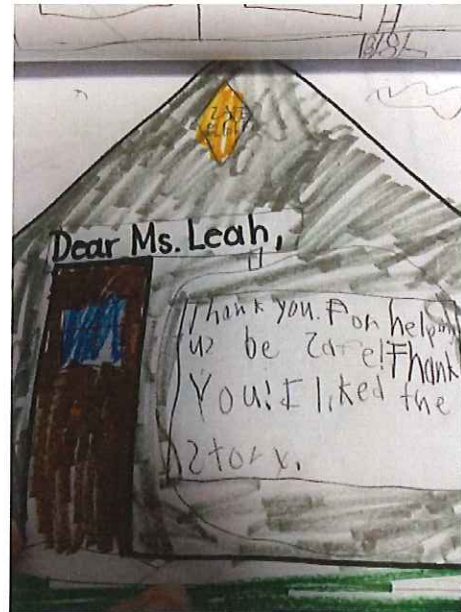
Major Accomplishments in 2016

- **564** youth received residential services at three CDS Interface Youth Shelters (Gainesville, Palatka, & Lake City)
- **98%** of youth successfully completed the program
- Of those completing surveys, **96%** of parents and **91%** of youth expressed overall satisfaction with the program



Leah Emberton is the Safe Place Specialist at Interface East in Palatka. She received this thank you letter from one of the children she taught about Safe Place. →

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 a mall to keeping safe from human traffickers through their Safe Place presentations.



"My counselor not only helped me with coping skills but also taught me life lessons that I probably would have never learned if it weren't for counseling."

CDS Interface Participant Decides to Stay in School!

My time here has been better than I expected. Honestly being here has shown me the importance of going to school. Recently I realized that us truant kids aren't taking advantage of the opportunity that we can go to school. I have a friend who has a severe disease, and he got sick and he was constantly at the hospital so he had to leave. We aren't sick like that. We're healthy and school is free here. But for some reason we didn't take advantage of that. This place isn't as bad as people think. It's actually kind of nice. I don't wanna come back though, no offense. I truly believe that I'm done with not going to school anymore. I'm actually really glad I came here even if it was for a long time. I truly think I would've been dropped out of school still doing all the stuff I was doing before. But now I am going to go to school so I can finish, go to college, and live a good life. I don't think I can become a forensic psychologist if I drop out of high school. Also if I did I would've missed so many things like homecoming, senior picnic, and prom. I couldn't handle not going to prom. I think I'm gonna dual enroll my junior and senior year to get some college credit. Being at Interface has helped me realize all this. And I'm so thankful for that. I'm gonna miss everyone and I really hope everyone does well.

CDS Family Action Counseling

Family Action

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, 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 2016

- **708** youth and families were served
- **99%** of parents and **98%** of youth completing surveys reported overall satisfaction with services
- **96%** of youth admitted to counseling successfully completed services

"Our counselor helped our family communicate! My son went from having failing grades to getting straight A's. Our relationship is much closer, he is now working and is much more responsible."

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 speaking with youth and adults each year.



Outreach at Bradford Middle School during Red Ribbon Week

Major Accomplishments in 2016

- **258** events were attended by CDS staff with the purpose of sharing information about services
- **3,463** youth were reached through presentations and events
- **6553** adults were reached through presentations and events
- **4298** bookmarks with information about CDS services, Safe Place, and National Runaway Safeline were distributed

A Grateful Interface Teen

As my time here comes to an end I start to reflect on all the ways each shelter has changed my outlook on life. I have met so many nice people. I want to thank everyone for their positive advice and well wishes. I still have a lot of growing to do but I can honestly say that the youth care workers have molded me to be the young lady I am today. I hope Interface continues to impact young adults' lives the way they have impacted mine.

Volunteering

Did you know that CDS engages dozens of volunteers in its 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, **82** volunteers contributed **5735** hours of service to CDS Family & Behavioral Health Services.

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

A New Program at CDS in 2016: SNAP—Stop Now And Plan



The first graduating class of seven families pictured above on a visit to the Gainesville Police Department.

SNAP® stands for STOP NOW AND PLAN. It is an evidence-based, cognitive-behavioral model powered by the minds at Child Development Institute (CDI). **SNAP®** helps troubled children and their parents learn how to effectively manage their emotions and “keep problems small.”

SNAP® is a brand new program at CDS. 14 families participated in our first year of operation. Many parents appreciated being in a group with other parents that were facing similar issues with their children.

The gender-sensitive **SNAP® Boys** and **SNAP® Girls** program is designed for children ages 6-11 who are engaging in aggressive, anti-social behavior, and/or have been reprimanded by authority figures at school or in the community. Experienced and highly trained staff works with each family to assess challenges and problems and develop an action plan. Children and families participate with the goal of preventing future anti-social behavior and reducing the chances of conflict with family, peers, and authority figures.

SNAP® services are completely free to youth and their families! CDS contracts with the Florida Network to access Department of Juvenile Justice funds to offer **SNAP®**. There are no costs to families that participate. In addition **SNAP®** families are fed healthy meals and snacks at each **SNAP®** session. Sibling care and in-county transportation can be provided if needed.

Boys & Girls attend gender-specific weekly group sessions for 13 weeks. They learn how to use **SNAP®** in different

situations through engaging activities including discussions, role-playing and interactive games. A variety of topics, including dealing with angry thoughts and feelings, self-control, problem solving, and bullying are addressed. The parent group meets at the same time as the **SNAP® Boys/SNAP® Girls** groups. Parents learn effective child management and **SNAP®** strategies. The group also provides parents with an opportunity to make connections with other parents facing similar challenges.

As **SNAP®** enters its second year with boys’ groups, staff look forward to having girls groups as well in 2017.

Major Accomplishments in 2016

- **14 families served** (2 cycles)
- **100%** of parents and **92%** of youth completing surveys reported overall satisfaction with **SNAP®** services
- **100%** of families successfully completed the **SNAP®** program



Collaborative partnerships are a major component of the foundation of Prevention Services. Our partnerships with the Alachua and Levy County School Boards, the Alachua County Health Promotion and Wellness Coalition, the Levy County Prevention Coalition, and the Reichert House Youth Academy have been the core of the services that have been provided to youth and adults in Alachua and Levy Counties. This year the program was able to provide services to 2,012 youth in Alachua and Levy Counties.

This summer Prevention Services established another collaborative partnership with the Unity Family Community Center, Inc. in Williston Florida. Preven-

tion Services provided staff support for their Project Uplift Summer Camp. The summer camp provided educational activities, field trips, and recreational activities for 30 elementary and middle school aged youth.

Youth in Chiefland were able to have another international experience which was provided through our partnership with the First United Methodist Church of Chiefland. This year's camp participants learned about the culture, food, sports and art of Africa, Australia, Canada, China, India, and Switzerland.

Prevention Services has been involved in anti-drug coalitions for over a decade. These collaborative relationships have provided many resources for youth and adults in Alachua and Levy Counties. The Alachua County Health Promotion and Wellness Coalition worked on several environmental strategies to reduce substance abuse among middle and high school students. Through the Coalition's collaborative partnerships with the Alachua County Sheriff's Office and the Gainesville Police Department, 1,631 students and 130 adults received the evidence based "Know the Law" training. Other strategies implemented this year were: Responsible Vendor Training, Friday Night Done Right events, Parents Who Host, and two Town Hall Meetings.

This year the Levy County Prevention Coalition has worked to educate and promote awareness of drug trends and prevention strategies throughout Levy County. The Coalition made great strides in western Levy County in the Chiefland area. This area was identi-

fied as a priority for the Coalition in which to increase awareness and implement strategies. They were fortunate to work in partnership with law enforcement, the middle/high school, and multiple businesses to provide strategies such as "Know the Law" and Responsible Vendor Training to the community.

In Williston the Coalition sponsored its second "Friday Night Done Right" event with a record breaking 101 students participating. In Inglis, "Know the Law" was provided to students at Yankeetown School. Responsible Vendor Training was conducted in Cedar Key and Bronson which allowed the Coalition to do outreach to community members from those towns. The Coalition expanded their outreach efforts by partnering with Dixie and Gilchrist Counties to co-host the first Tri-County Substance Abuse Mental Health Summit. There were over 50 community members from various sectors in attendance.

The Coalition kicked off the "No One's House" campaign throughout the entire county. This campaign educates parents that they are one of the sources that teenagers use to obtain alcohol. The message of the "No One's House" campaign is to focus on and highlight the responsibilities of parents in regards to preventing underage drinking, especially in their homes.

"(Interface) changed my life to become a good kid"

Major Accomplishments in 2016:

- **1,789** students completed the Too Good for Drugs Program at 3 Levy County Schools with an average pre-test score of 60% and post test score of 80%
- **442** students completed the Too Good for Violence Program at Williston Elementary School with an average pre-test score of 50% and a post-test score of 80%
- **298** students completed the Project Success Program at 3 Alachua and 1 Levy County Schools with an average pre-test score of 41% and post-test score of 79%
- **32** students completed Life Skills Training at the Reichert House Youth Academy with an average pre-test score of 48% and post-test score of 68%

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.

CDS Independent Living

Major Accomplishments in 2016:

- **57** 16 & 17 year olds and **56** young adults received support and guidance from Independent Living counselors
- **8** Independent Living youth graduated from high school or attained their GED
- **3** young adults earned college degrees

Spotlight On Youth



Spotlight on Youth is a teen talent show hosted by CDS Family & Behavioral Health Services each spring. The eighteenth annual event will be held on **April 2, 2017 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 2016, there were 96 performers in Spotlight on Youth from Alachua, Columbia, Dixie, Hamilton, Levy, Putnam, and Suwannee Counties. Everyone enjoyed the dancing, singing, bands, and for the first time ever in a Spotlight on Youth performance, poi. After the show delicious treats created by Girl Scout Troop 733 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/

Thank You Randy Johnson!

Randy Johnson has been an active CDS Board member for the past 19 years. For most of this time, Randy served as the Board Treasurer. He seldom missed a board meeting or a Budget & Finance meeting and reviewed financial reports with the eye of a seasoned auditor. He retired from the board this year and while we greatly miss his expertise and guidance we are very grateful for his many years of service to CDS and the children, youth, and families we serve. We thank Randy for his dedication and commitment to CDS!

2016 Awards

Staff Achievement Awards

***Brian Smith** - Senior Youth Care Worker
Corey Collins - SNAP Supervisor
Izel Session - Youth Care Worker
Latisha Geiger - Prevention Specialist
Mary Simmons - Family Action Counselor
Tiffany Malphrus - Accounting Clerk*

Esprit de Corps Awards

Latisha Geiger
LaRose Manker
Mary Simmons
Shantella Doualehi
Stephanie Williams
Terry Watson

Longevity Awards

5 Years

Patricia Spell, Youth Care Worker

10 Years

Edward McCloud, Youth Care Worker

Tiffani Markham, Prevention Specialist

25 Years

Tracey Ousley, Chief Operations Officer

Community Partner Awards

***Chloe Gabriel**— Williston Middle/High School
Keona Givens O'Neal - Partnership for Strong Families
Phyllis Criswell—Putnam County Schools
Planned Parenthood*

Volunteer of the Year Award

Sarasha Guillaume

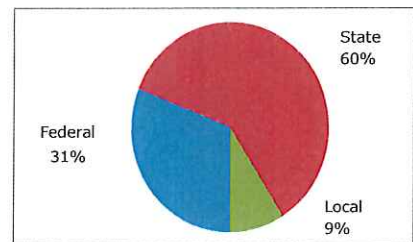
2015-2016 Contributors

Thank You For Your Support !

- | | |
|---|--|
| <p>Alachua County Sheriff Office
 AvMed
 Barbara Barker
 Bradford County Sheriff Office
 Cameron Dancenter
 Bill Cervone, SAO
 Central Florida Community Action Agency
 Communities in Schools (NE FL)
 Sam Clark
 Ed Crapo
 Dental Discovery
 Dermacare
 Floating Lotus
 Gainesville Health & Fitness
 Harvey Goldstein
 Harbor Community Bank</p> | <p>Rebecca Hunt
 Hylant
 James Moore & Co.
 Chief Tony Jones
 Tammy Little
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 Richard Mankin
 Florida Museum of Natural History
 Carol Overacker
 Sheng Pan
 Lauren Pons
 Skate Station Funworks
 Erin Tompson
 United Church of Gainesville "ONA"
 Robert Wilford
 Lillian Woodard - Assurex Health</p> |
|---|--|

Financial Data

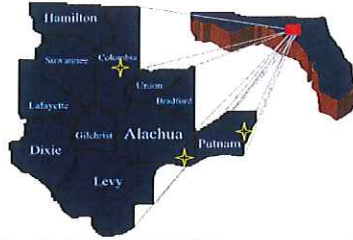
Supports & Revenues	
Grants and Contracts	4,588,073
United Way and other contributions	58,194
Contributed services of volunteers	52,663
Contributed facilities, materials and supplies	75,000
Program Services revenue	1,752
Interest, rental, and other revenue	152,960
Total:	\$4,928,642



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.
 3615 SW 13th Street, Suite 4
 Gainesville, FL 32608
www.cdsfl.org
 (352) 244-0628

Nonprofit Org.
 U.S. Postage
 PAID
 Permit #111
 Gainesville, FL 32601

Or Current Resident

I want to thank the staff (at Interface) for their help and understanding during a difficult situation . . . I AM TRULY GRATEFUL! -Parent Comment

2016 Board of Directors

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