

What is CDS?

*CDS is a lifeline for families.
CDS is a resource for the community.
CDS is a place to get help.*

While CDS's many individual programs serve a wide variety of community needs, they all fall under the umbrella of our mission statement:

Strengthening Communities by Building Strong Families.

For parents or guardians struggling with troubled youth or children at high risk for dangerous behaviors, CDS has programs that can help.

CDS has been serving the communities of North Central Florida for more than 50 years. Our services now cover a fourteen county area:

Alachua	Dixie	Levy	Suwannee
Baker	Gilchrist	Madison	Taylor
Bradford	Hamilton	Putnam	Union
Columbia	Lafayette		

CDS Family & Behavioral Health Services, Inc. is a private 501(c)(3) non-profit social services agency. At CDS, we constantly monitor our programs and results in order to better serve participants.

We welcome your feedback!

www.cdsfl.org

Quality Improvement

We continue to seek your feedback regarding the services received in order to improve the process. Find us on Facebook and like our page: CDS Family & Behavioral Health Services, Inc.



Contact Information

CDS Administration

Gainesville(352) 244-0628

Youth Shelters

Interface Central, Gainesville(352) 244-0618

Interface East, Palatka(386) 385-0405

Interface Northwest, Lake City(386) 487-0190

Safe Place(352) 244-0618

Counseling Offices

Gainesville(352) 244-0628 x 3822

Palatka(386) 385-0405

Lake City(386) 487-0190

Williston(352) 328-3540

Prevention.....(352) 244-0628

SNAP.....(352) 244-0628x3804

Online

www.cdsfl.org

[CDS \(@cdsfamilyandbehavioralhealth\)](#) • [Instagram photos and videos](#)

[\(1\) CDS Family & Behavioral Health Services, Inc. | Facebook](#)

[CDS Family and Behavioral Health Services - YouTube](#)



“A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE OR BY VISITING WWW.800HELPFLA.COM. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.”



Major support from: Florida Department of Juvenile Justice; Florida Network of Youth & Family Services; 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 Donations

CDS Family & Behavioral Health Services, Inc.



Find us on Facebook



Independent Living

3615 SW 13th Street, Suite 4
Gainesville, FL 32608
352-318-9402

Our facilities are accessible to persons with disabilities.



Independent Living

The Independent Living Program is designed to improve



the transition into adulthood for youth ages 16 and 17 in foster care. To be successful after departing foster care, each youth will have an opportunity to learn skills based on his or her individual needs. The ultimate goal is for all youth to be prepared to live independently.

While in this program, young people are active in life skills education, such as budget and money-management, nutrition, apartment locating / living, decision-making and goal-planning, employment / career planning, educational development, sexually transmitted diseases /AIDS awareness, and home upkeep. Counselors provide case management, support, and advocacy for the children in the program.

Young adults up to age 21 and age 22 with a documented disability may opt in to extended foster care and be eligible for State and Federal subsidies to help with high school completion and/or services necessary to obtain employment. Post-secondary Educational Services are available up to age 23 for young adults pursuing a college or vocational degree.

Youth active in the Independent Living Program will be contacted at least monthly and have face-to-face visits with CDS staff. When the youth turns 17, all of the persons involved in the welfare of the child are invited to participate in the development of a Transition Plan. The Youth is the leader in that planning session to help determine their most appropriate course for future.

The **Independent Living Program** provides foster children and young adults in our area with the tools they need to become stable and productive adults.



The Process

CDS Independent Living Counselors (ILC) receive referrals for youth at age 16. The ILC's meet with them and their care givers to explain the program.

The ILC'S partner with the youth to identify specific skills the young people already possess, and skills they must still learn in order to live on their own.

The training, tasks, and services are discussed with the youth and target dates are then incorporated into a service plan. Periodic re-evaluations are necessary to monitor progress and to take note of changes and achievements. The ILC will assist youth in re-assessing their skill level and updating the service plan accordingly.

To be successful, it is critical that young people feel and receive the support of those in their home and school environments. It is our goal to continually attend to and nourish these important relationships.

The support continues until age 23, including selection of vocation and college programs, housing, financial aid, and individual planning for each young adult based on their strengths, preferences, and individual abilities.

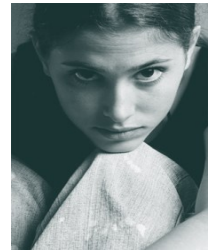
Remember

CDS coordinates the Safe Place program in North Central Florida.
Call (352) 244-0628 x 3865 to find out more!



A Difficult Transition

In 2014, the Florida Legislature created the opportunity for young adults to remain in extended foster care up to the age of 21 and age 22 with a documented disability. While legally an adult at the age of 18, the transition to independence is a gradual one. During these transition years, young people's families and the Independent Living Program provide financial assistance, help them decide on a career, and/or support their academic goals, while they learn how to live on their own.



Dr. Mark Courtney, the Executive Director of Partners for Our Children (a Washington-based child welfare group), found that youth in foster care face *significantly* higher risks of homelessness, drug addiction, unemployment, early pregnancy, and jail time upon turning 18 than the general population. Young adults in the Independent Living program are able to beat the odds!

Support Our Work!

CDS needs your help in order to continue providing valuable services to the community. Contributions are tax deductible and vital to our ongoing success. Both monetary and in-kind donations are very much appreciated! For more information or to find out how you can volunteer, please visit www.cdsfl.org or contact the Resource Development Coordinator: (352) 244-0628 x3865, or at giving@cdsfl.org.



For more info about Independent Living:
Call (352) 318-9402
Or visit www.cdsfl.org