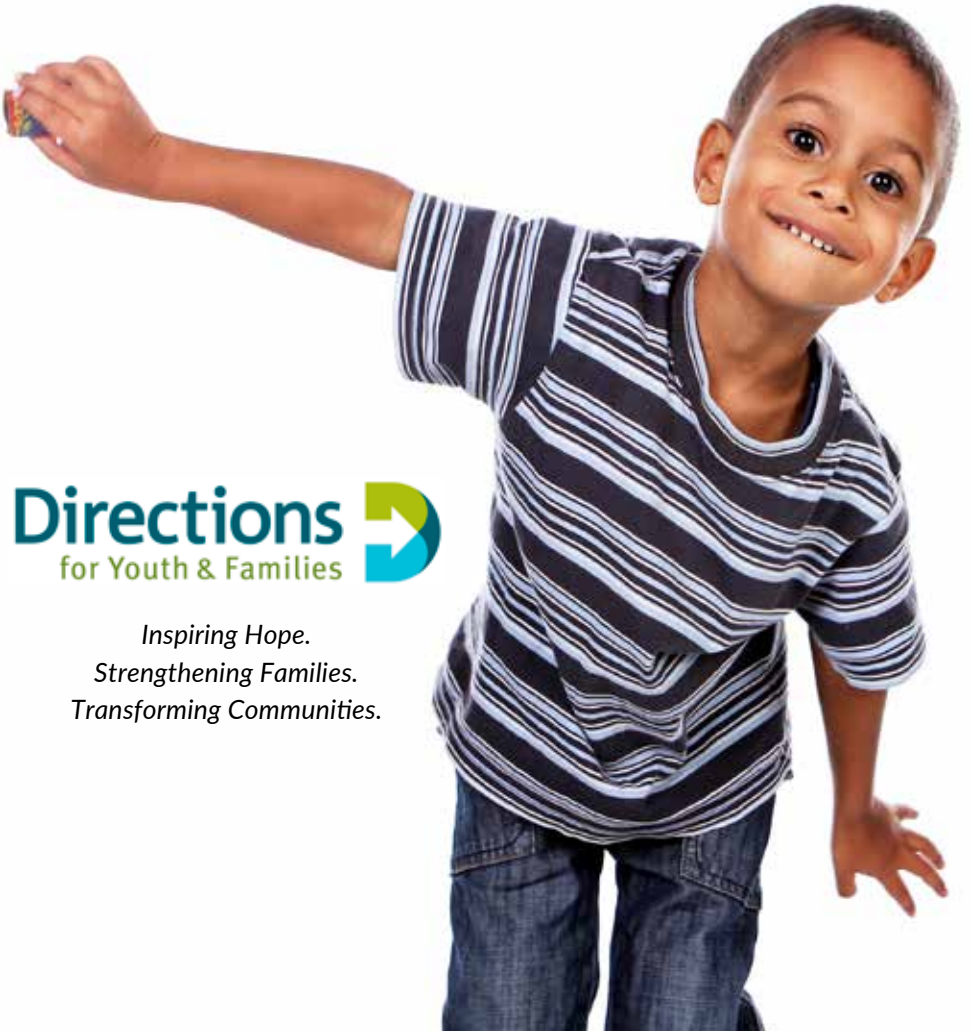


DIRECTIONS FOR YOUTH & FAMILIES ANNUAL REPORT

STATE OF the Child In Central Ohio 2018



Directions 
for Youth & Families

*Inspiring Hope.
Strengthening Families.
Transforming Communities.*

Letter from DFYF CEO

DUANE CASARES, LISW-S



Dear Central Ohio Community,

Directions for Youth & Families is one of Central Ohio's oldest and largest behavioral health organizations, serving young people and their families for 118 years. We believe that every child has value and potential, and we work to help our communities' youth have the best futures possible.

In 2017, we touched the lives of more than 5,500 young people and families in Central Ohio. The kids in our programs learn the importance of staying in school and the values of responsibility, respect, self-reliance, tolerance, abstinence and how to make good choices.

We hope our 2018 State of the Child annual report provides you with insight about the work we do every day in Central Ohio thanks to the support of caring individuals like you. It highlights actual situations of a few kids and families we served this past year.

With the ongoing commitment, support and collaboration of organizations, businesses, government and individuals throughout Central Ohio, we will continue our mission of touching the lives of young people and families in remarkable ways.

Duane Casares, LISW-S
CEO

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Directions for Youth & Families (DFYF) does not just treat the symptoms, we address the problems. Whether it's physical or sexual abuse, children of murdered parents or siblings, domestic violence, gangs, drugs, LGBT issues or any other social challenges our children experience, our staff are addressing the issues in the child's home, school or community setting. We build upon strengths, inspire hope, provide safe places, and promote healing in some of our communities' darkest places addressing our toughest issues.

Our Mission: Build and Inspire Hope, Healing, and Resilience for Youth, Families, and Communities through Counseling and Education



Things that Make DFYF Different

-  96% of our services are outreach - provided in youth's homes, schools and other community settings.
-  We serve disadvantaged youth. 96% of our services are provided at no cost to the client allowing those who would not be able to afford it to receive the services they need.
-  We have a spectrum of services, from trauma counseling to after-school prevention programming and education.
-  Our counselors and social worker's offices are on the ground in every community in Central Ohio and we understand from the frontline what our client's needs truly are. We serve Linden, the PACT area, Reeb, Weiland Park, Near East Side, Franklinton, Milo Grogan, Kimberly Parkway, and every other corner of Franklin County.
-  For the past four years we have been working with the Trauma Center of Boston, Case Western Reserve University, Dr. Roy Wade of Children's Hospital in Philadelphia and National Crittenton, some of the leading advocates and trainers in the country in Trauma and Resiliency care.

Award-Winning Community Connections & Partnerships

Directions for Youth & Families partners with schools, courts, protective services, hospitals, and other social service agencies to provide outreach behavioral health services. DFYF serves over 5,500 youth and their families each year.

DFYF is one of twenty-six members of National Crittenton family of agencies. DFYF is the only one in Ohio. Together we work to provide support, advocacy and opportunities for girls, young women and their families at the national level and in local communities across the country.

Meeting the Needs of our Community

DFYF strongly believes in working collaboratively with our community. We have over 70 licensed counselors and social workers who travel to their clients, working in homes, schools and neighborhoods to reduce barriers to treatment and provide services in the environment they are needed.

Our services and programs reflect the evolving needs of our community.

Counseling – individual, family, and group counseling. Additionally, we provide psychological and psychiatric services. Our thirteen treatment programs address a wide range of issues including trauma, depression, anxiety, isolation and aggression.

Education – kindergarten readiness program, parenting classes, and case management services.

After-School & Summer Programs – we operate two youth centers, both located in high-risk neighborhoods.



DFYF Recognized as a Community Leader



DFYF'S APPROACH TO TREATING TRAUMA

DFYF Provides Trauma Training for Schools and Organizations in the Community

Evidence suggests that early life traumas experienced by children contribute significantly to future social challenges. Reducing or eliminating these may depend on our ability to prevent or minimize the impact early traumatic events have on individuals.

Understanding how early life trauma disrupts or delays the typical development of a child or young person greatly impacts our approach. For the past five years, DFYF has focused on being a trauma informed, resiliency oriented agency. DFYF is one of twelve agencies nationally that piloted the ACE (Adverse Childhood Experiences) Trauma assessment tool with Dr. Roy Wade of Children's Hospital of Philadelphia. The screening ensured the inclusion of issues experienced by inner-city people of color. This initiative led to our CEO, Duane Casares, being invited to present the findings at the White House in September of 2016.

Many of our programs address some of the most difficult situations a child might experience – domestic violence, sexual abuse, physical abuse or neglect, grief and loss. DFYF counselors provide resiliency kits – individualized to the client's needs – to help youth develop safe and effective strategies to manage, regulate and work through emotional responses.



CHILDREN WHO WITNESS VIOLENCE PROGRAM

Counseling Supports a Boy to Overcome Traumatic Memories

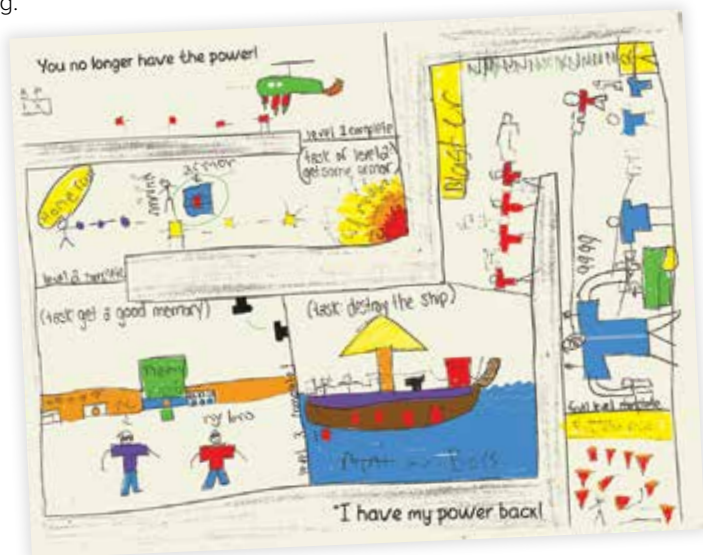
If your story was a video game that you had to conquer, what would the levels be?

With that one question a DFYF counselor began to help Daniel, a playful nine year old, create his own trauma narrative. Daniel saw his mother physically assaulted, his younger brother sexually abused, and was himself a victim of sexual and physical abuse – trauma that no child can face alone. He was not alone. With the guidance of his counselor, Daniel learned how to replace disturbing memories with affirming ones.

In response to his counselor tapping into his interest in gaming, Daniel created and illustrated a five level video game that allowed him to conquer the “Bosses”, otherwise known as the abuses he survived. He called the weapons in his game, Good Memory Blasters, and the ammunition, Good Memories. The ammunition disintegrates the old memories and his adverse life experiences.

Since creating the game, Daniel has written a book to go with the video game called “Kids Who Tell About Abuse are Brave!” His book begins with why he had to face the Bosses and identifies his support people who will empower him as he faces those Bosses. He included affirmations that help him feel safe and strong. Some of his replacement thoughts were “abuse is never a child’s fault” and “I am lovable”, and included good memories of himself, his brothers, and his mother being safe in their new home.

Daniel decided that once the Bosses were defeated his video game would end with a pizza party. And that is likely how he and his DFYF counselor will end Daniel’s counseling.



OUTREACH COUNSELING PROGRAM

Teen Succeeds at Home and at School

Raising a teenage daughter as a single mother was challenging for Corrine's mother.

Referred for services by her mom, thirteen year old Corinne was dealing with multiple concerns and issues that were keeping her trapped in a cycle of negative behavior. Corrine had anger management issues, a negative attitude, low self-esteem, was being bullied and was doing poorly in school, and had a historical diagnosis of ADHD. That is a lot for any teen and mom to handle. Added to that was an absent father and no other relatives nearby to help mom or Corrine.

Mom, Corrine and their DFYF counselor worked together in individual and family counseling to develop a treatment plan that addressed all the concerns and behavioral issues that Corrine was exhibiting. Each week they met in Corrine's home and at school to help Corrine stay focused on the plan, and she began showing great improvement.

Corrine learned to identify the triggers that led to her anger which allowed her to develop strong anger management and conflict resolution skills. Along with her DFYF counselor, Corrine developed organizational and study skills to help her manage her ADHD symptoms which led to significant improvement in her school grades. Corrine could identify her personal strengths which helped increase her self-esteem, deal with bullies and experience success at home and at school. Through their work with the DFYF counselor, mom and Corrine both learned how to work together.



BUILDING BRIGHT FUTURES PROGRAM

Supporting the Whole Family through a Creative Approach to Counseling

Treating an entire family experiencing behavioral health issues took a team of DFYF Workers.



Kristina, a mother living in a chaotic and stressful home situation, began receiving services from DFYF for multiple issues including addiction, grief and depression. Two of her sons, Hunter and Skylar, were working with two DFYF counselors who knew that a collaborative approach might best serve this family. They co-facilitated family counseling in addition to providing each with individual counseling. Working as a team, our counselors could help the entire family.

The boys joined DFYF's Building Bright Futures program for youth at-risk for school failure; a big step toward helping them move forward. The older brother was a sixth year senior in high school, and was failing again. With the support of his DFYF counselor, he enrolled in a non-traditional school and graduated from high school – a proud day for the family and our team.

DFYF provided individual and family counseling, psychiatric services, and coordinated additional community resources for Kristina and her children. They have made amazing progress. They worked diligently to improve how they communicate with each other, learned new ways to cope with grief and developed anger management skills. For these youth, graduating from high school and considering career options is a world away from where they began. Their positive journey continues as they move forward as a united family.

Read more about Kristina & her family at dfyf.org/blog

AFTER-SCHOOL & SUMMER PROGRAMS

DFYF Youth Centers Have Been a Beacon of Hope for Youth in Two High-risk Neighborhoods

Ohio Avenue Youth Center and Crittenton Center provide a safe and trusting environment - a cornerstone of every successful community building model. The Centers provide an opportunity for youth to find purpose, connections and relationships that promote confidence and well-being.

The activities at the Centers are designed to strengthen interpersonal skills and personal responsibility. Every evening the youth help prepare a meal as part of our nutrition education program. The children participate in programs including leadership development, homework help, life skills education groups, visual arts, dance, and music. The Centers have after-school and summer programs with structured activities during a time of day when the risk for youth's involvement in delinquent behavior is highest. Programming works to educate youth about the consequences of unhealthy lifestyle choices, teen sexual activity, substance use, and delinquency. Center activities are provided free of charge to youth, removing any financial barriers for families.

What the Parents Say...



"The Crittenton Center has an inviting feeling when one comes through that door. The staff ensures that all the kids feel safe and equal. They work with our kids to reinforce positive behavior. They fill in the gaps that we, as parents, don't always have time for - homework help alone is a HUGE help to parents. My kids want to attend, I don't have to make them - that lets me know you are doing something right!"



"I appreciate all you do for the community and our youth. My daughter was a participant from age 6 to preteen and even worked as team leader one summer. It was a great experience where she learned discipline, community service and transferable skills. She loved the activities and the give back. Thanks for all you do."



"I love the after-school program and the teachers at the Center. I like that it gives my girls something to do and something to look forward to every day. And it gives them positive role models besides me to look up to."

AFTER-SCHOOL PROGRAM

Improving Math and Reading Proficiency Builds Confidence

In an effort to combat the struggles many of our youth face in their math and reading skills, we brought Stride Academy into our daily homework help routine at our youth centers. Through these activities we assess each youth's current reading and math levels, and then develop a specific curriculum that addresses that child's needs.

We began the Stride Academy in September and the kids were quite resistant to the program. They did not want to spend time after school answering math and reading questions and playing educational games. It was common to walk into the Ohio Avenue Youth Centers' Computer Lab and hear, "But why do I have to do this? I was just at school!" At the beginning the average score on Stride was about 36%; before the holiday break the weekly average increased to 59%. Progress was being made.

The youth became increasingly engaged in Stride through competitive contests and rewards, and a "Stride Superstar" was born. Like some of her peers, Kay initially disliked participating in Stride and would try to find ways to get out of it. Then one day she walked into the Computer Lab and saw her name on the leader board for the weekly Stride contest. This was big – Kay had never been recognized for any academic achievement. She was determined to place in the number one spot and her hard work put her on the leader board nearly every week. A gracious winner, Kay often shares her rewards with kids that are having a bad day.

Although we set out to help Kay improve her reading and math skills, a larger impact was made in her confidence, self-esteem and compassion.



AFTER-SCHOOL PROGRAM

Self-Doubt, Intimidation and Lack of Support are Barriers that Can Derail Anyone

One of the greatest challenges any youth faces is starting something new. Yet when a youth is able to push past these barriers and develop resiliency, something magical happens. Many youth lack social skills that others learn at an early age. Angie was no exception. She was shy, timid, and often kept to herself despite our efforts to get her involved.

One evening, Angie asked one of our counselors if she could try out for dance company. This was a huge step for Angie. Actually, her first step to becoming an active member of the Crittenton Center. Angie had limited dance skills, but she was driven to improve through focus, determination, and passion. Dance is a performance or expression of self, but it also is a way to bring people together who otherwise might not connect. Through the dance program at the Crittenton Center Angie made a genuine friend.

Keisha was a very social student, quite the opposite of Angie. She had been exposed to all-star dance lessons and her skills were far advanced from Angie's. Despite their differences, Keisha and Angie became friends because they realized they shared common interests, like dance and tumbling.

These young ladies are leaders at our Center, and, by example, have encouraged their classmates to engage with peers they typically would not. The arts can really touch every student. This is a program that makes a difference, not just with the dancers, but within the community.

The Best \$9 I Ever Spent

One of our kids, eight year old Joseph, came to Shannon, Ohio Avenue Youth Center Supervisor, in tears – he said a peer had made fun of him. He told her the other boy said Joseph's "shoes were talking." She realized that the soles of his shoes had begun to tear away and his toes were visible when he walked. They talked about how everyone comes from different backgrounds and has different clothing, and that's ok. She told him everyone is equal and it wasn't right to tease someone about their clothing. Joseph said he felt better and went back to his activity, but Shannon couldn't forget the look on his face.

She wanted to get Joseph a new pair of gym shoes so she went shopping, and found a perfect pair for only \$9. When she returned to the youth center she pulled Joseph aside and told him that, coincidentally, some items had just been donated to the youth center. They went into her office to see what was available and just happened to find a pair of shoes in his size. The level of pure joy that came from Joseph was obvious. He couldn't have put those shoes on fast enough. As they walked out of her office Joseph stopped, looked at her with an ear-to-ear grin and said "You know Miss Shannon, it's really nice that people donate stuff." Yes, it is Joseph, yes it is.

POSITIVE PATHS PARENTING PROGRAM

An Experienced Foster Mom Joins Our Classes to Learn & Share

DFYF's parenting program is a group curriculum-based series of classes for parents to strengthen families and prevent child abuse and/or neglect.



Recently Ernestine enrolled and caught us a bit by surprise. Ernestine is 78 years old and has opened her home, for over 30 years, to foster children in need. A former foster child recommended our classes and she wanted to learn more to help her “children.”

Not only did she contribute to the class, Ernestine was able to offer support to other parents and gain new parenting perspectives herself. We had the opportunity to sit down with Ernestine to discuss what she has learned as a foster parent.

What do you think it takes to be a good parent or guardian?

First, you have to love kids, be patient with them, kind, and respectful.

What advice would you give to foster parents?

If you take on the responsibility of a foster parent, treat kids as if they are your own.

What advice would you give to parents that are having trouble with their children?

Try to listen to them and know their story. Find out why they are misbehaving or angry.

Did you find the Positive Paths Parenting class helpful?

Yes, it taught me a new understanding of brain development. I also learned new options and strategies for challenging behaviors. I enjoyed it!

What motivates you?

Knowing the difference that showing kindness and understanding to children can make in their lives.

READY SET GROW PROGRAM

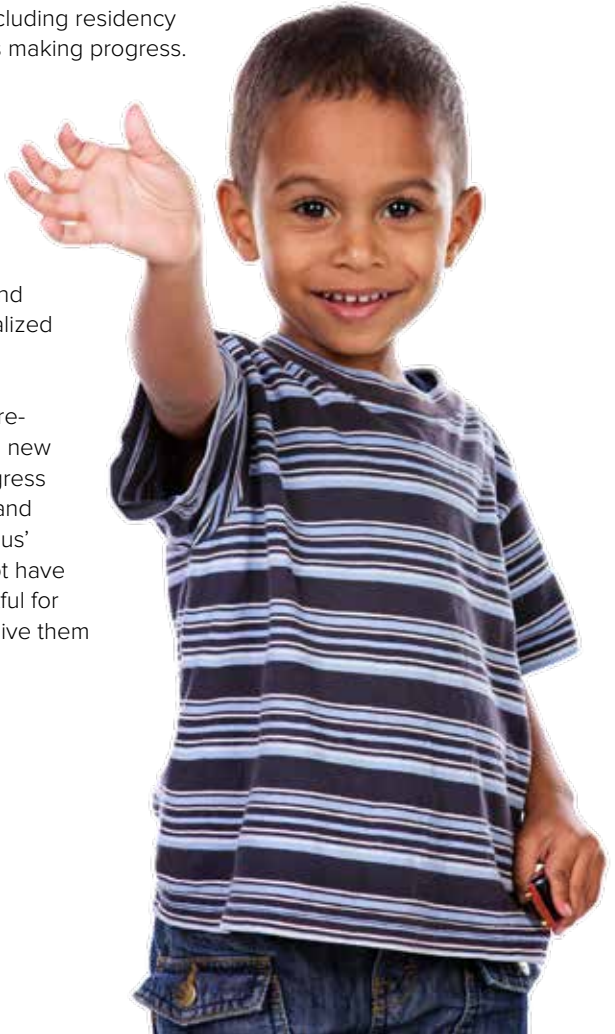
Our Kindergarten Readiness Program Promotes Social, Emotional and Cognitive Development

When 3 year old Marcus first started our Ready Set Grow (RSG) program he made sounds and used gestures to communicate rather than words. It was frustrating for Marcus and his family. His aunt realized he needed more help than his family could offer and brought him to our RSG program.

Marcus had not seen a doctor for over a year, his birth certificate was lost and he had no insurance. Our RSG worker completed developmental screenings and took steps to establish medical services, secure health insurance and establish other services through the school district. Marcus was enthusiastic about his weekly in-home meetings with his RSG worker, and each week new steps were made to connect Marcus with his community, family and school district. While there were many snags along the way – including residency and guardianship – Marcus was making progress.

Marcus was an enthusiastic learner and faced the challenge of a lengthy Multi-Factored Evaluation with no fear. The results of his evaluation were reviewed with his family and treatment team and secured his position with specialized services in pre-school.

Early this year Marcus started pre-school. He loves his school and new friends and is making daily progress through speech, occupational, and physical therapy sessions. Marcus' family recognizes they could not have done this alone. They are thankful for the support DFYF was able to give them through our RSG program.



Clients Served in 2017

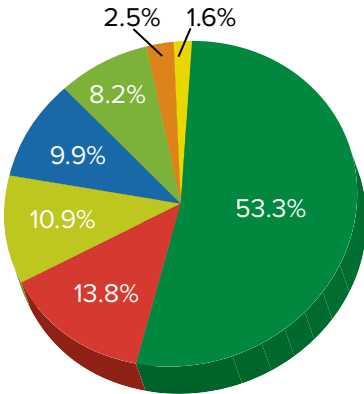
4,049 Clinical Counseling Services

1,158 Educational Services

362 After School & Summer Programs

5,569 Total Clients Served

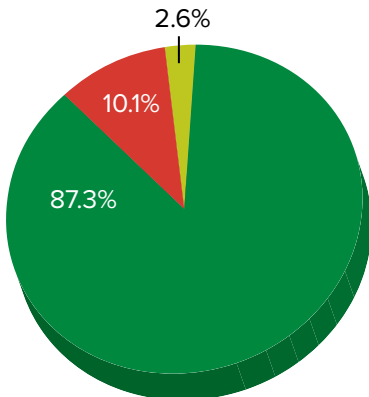
Financial Report for Fiscal Year Ending June 30, 2017



REVENUE

Medicaid	\$4,050,497
ADAMH Board	\$1,050,534
United Way	\$829,640
Other Gov Agencies	\$734,589
Contributions	\$626,288
Investment Income	\$191,380
Other Income	\$120,135

Total Revenue	\$7,603,063
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EXPENSES

Program	\$6,634,859
Mgmt & General	\$763,854
Fundraising	\$199,757

Total Expenses	\$7,598,470
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Your Support is Critical to our Work

DONATE NOW – Make a tax-deductible contribution by visiting our website at www.dfyf.org or mail to: Donations, DFYF, 1515 Indianola Avenue, Columbus, Ohio 43201

PARTICIPATE IN OUR EVENTS – State of the Child Luncheon, Dogs & Drinks for Directions, Winter is Coming, and our Friends Helping Families holiday giving program.

FUTURE GIFTS – Ensure that youth are supported through counseling and education programming in the future through a bequest to DFYF. Contact development@dfyf.org for information or to indicate that you have already included DFYF in your estate plans.

RAISE MONEY – Start your own fundraising campaign to support DFYF programs and services and make a difference. For information, contact development@dfyf.org.

ADVOCATE – when you are done reading this annual report, pass it along. Please tell others about the work we do in the community.

DFYF Impact in 2017

5,569 youth and their families were provided a variety of behavioral health services promoting healthy choices, resiliency, and well-being.

4,049 clients received clinical counseling services personalized to their needs and those of the family.

1,158 youth and families received educational services that helped strengthen families.

97% of 362 youth who attended our after-school/summer programs improved their overall feeling of self-esteem by participating in Healthy Leaders, Life Skills, homework help and other programming.

97% of youth in the PROMISES program demonstrated improvement in their personal goals, decreasing the negative effects of sexual abuse.

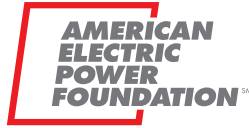
93% of youth and parents in the Ready Set Grow kindergarten readiness program improved their home environment and learned the skills necessary for beginning school.

92% of the 1,580 youth completing services in the Outreach Counseling Program successfully completed their treatment goals.

93% of 734 youth who completed the School Connections program, our partnership with South-Western City Schools, improved their school behavior and performance.

1,616 youth received mental health assessments through our partnerships with Columbus City Schools, South-Western City Schools and Delaware City Schools.

2018 State of the Child SPONSORS



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Transforming Communities.*

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