





May 1, 2013

Dear Central Ohio Community,

Young people in our community face many issues daily that impact their physical, mental and emotional well being. While the challenges these youth encounter are diverse, the kids experiencing these challenges all have one thing in common: they need someone to believe in them so they can learn to believe in themselves and their futures.

At Directions for Youth & Families (DFYF), one of Central Ohio's largest mental and behavioral health organizations serving youth and their families, we believe that every child has value and potential. And every day we work to help our community's young people have the best futures possible.

As awareness of the causes and symptoms of mental and behavioral health increases, understanding of the impact they have as the cornerstone of overall health also grows.

A recent study by the Substance Abuse and Mental Health Services Administration shows that one in 20 adolescents in the U.S. received services in both a specialty mental health setting and an educational or general medical setting in the past year. Half of these kids were treated for depression.

Every day kids in our community deal with domestic and school violence, substance abuse, bullying, sexual abuse and a variety of other social and family issues. These situations can make it difficult for youth to study or even to attend school. Often they have challenges socializing with family and peers. These kids frequently feel isolated, afraid and helpless.

Directions for Youth & Families provides programs that give young people encouragement and hope – and a future to believe in. Through prevention, counseling and education, youth learn to avoid negative behaviors that will affect their lives and their opportunities to succeed in the future.

We have a positive impact on the lives of thousands of your neighbors, co-workers and friends each year. In 2012, we touched the lives of more than 6,000 youth and families in Franklin and Delaware counties. The kids in our programs learn the importance of staying in school. They learn responsibility, respect, self-reliance, tolerance, abstinence and how to make good choices. They learn to believe in themselves.

This report to the community highlights stories of a few kids and families we have helped this past year. The stories are actual; however the names and a few other details are changed to protect the confidentiality and identity of the clients. You will see what happens to young people when they encounter people like you who believe in them, believe in their potential and believe in the future that kids represent.

With your help and support, Directions for Youth & Families will continue to provide the mental and behavioral health services our community needs to provide direction toward positive futures for young people.

Sincerely,

Nancy V. Kelly
Chair
Directions for Youth & Families
Operating Board

Duane Casares
Chief Executive Officer
Directions for Youth & Families

Mr. J



When I was in high school, I had all sorts of stuff going on in my life. A lot of it wasn't good. My older brother, who I looked up to and admired, was murdered. I was real depressed and got into drugs and drinking. I smoked pot a lot and started experimenting with pills and alcohol. That's when my school referred me to Directions for Youth & Families.

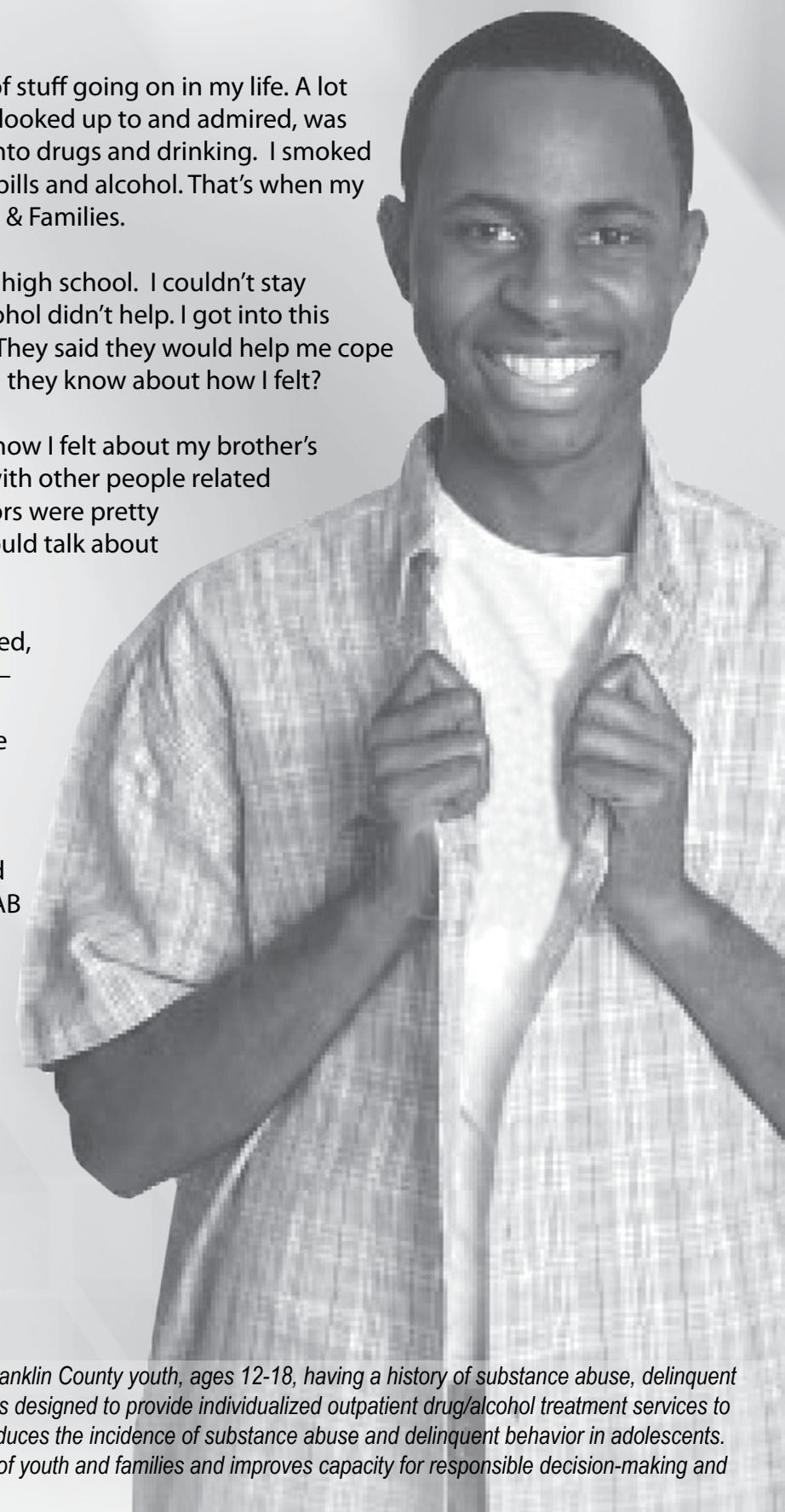
It was almost the end of my junior year of high school. I couldn't stay focused on school, and the drugs and alcohol didn't help. I got into this program at DFYF that I didn't like at first. They said they would help me cope with my grief about my brother. What did they know about how I felt?

After a while, I started opening up about how I felt about my brother's death. I figured out how problems I had with other people related to using drugs and drinking. The counselors were pretty cool. They got me into a group where I could talk about my thoughts and how I felt.

My grades and school attendance improved, and I finished high school and graduated – something nobody thought I would do. I stayed off the alcohol and drugs for three months and was able to be released from DFYF.

Now I'm 18, finished with high school, and I have a job. I'm studying to take the ASVAB (Armed Services Vocational Aptitude Battery) exam so I can get into the Navy and learn more skills.

FOSAC provides home-based outreach services to Franklin County youth, ages 12-18, having a history of substance abuse, delinquent behavior, and home and school problems. FOSAC was designed to provide individualized outpatient drug/alcohol treatment services to youth and their families. The program eliminates or reduces the incidence of substance abuse and delinquent behavior in adolescents. In addition, FOSAC enhances the level of functioning of youth and families and improves capacity for responsible decision-making and positive interaction/communication.



Demetria

I believe in ME!

Demetria started attending the Ohio Avenue Youth Center after school program in 2008 when she was just eight years old. When she started the program, Demetria was quiet and withdrawn, but became aggressive if something upset her. Her home environment was stressful, and she frequently had arguments with her siblings and peers. She struggled to participate in the after school programming.

Over the years, Demetria was involved in counseling services through Directions for Youth & Families. She worked on appropriate ways to deal with anger and stress. She learned new strategies to engage positively with her peers and siblings. While she was at the after school program, she practiced these new skills and displayed a new-found confidence in herself.

Demetria participated each year in Ohio Avenue's prevention groups, "Healthy Leaders" and "Life Skills." At first, she did not want to be part of the groups, but now she volunteers for them and is very engaged in the sessions.

Today Demetria is a great contrast to the little girl who came to DFYF nearly five years ago. Now 13, Demetria is a positive and engaging young lady. The Ohio Avenue program has helped her stay on top of her homework every day with the help of the center staff, and she has access to computers and resources she needs for large school projects. Her grades have improved significantly; now she consistently earns all A's and B's.

She regularly attends art classes at Ohio Avenue, where she enjoys working on creative projects. Recently Demetria won first place in a Martin Luther King Day art contest conducted by Ohio Health.

Demetria no longer argues with her peers; instead, she is a positive role model to younger participants in the after school program. The withdrawn, unhappy little girl who rarely smiled has grown into a positive young woman with an outgoing personality and bold smile, thanks to services from DFYF.

The Ohio Avenue Youth Center provides safe, community-based after school programming that creates opportunities for young people ages 8-18 to enhance their personal growth and development. Through the program, youth improve self-esteem and learn positive values, get help abstaining from substance abuse, delinquent behavior, and violence and acquire skills that prepare them for future academic or vocational success.



Danielle

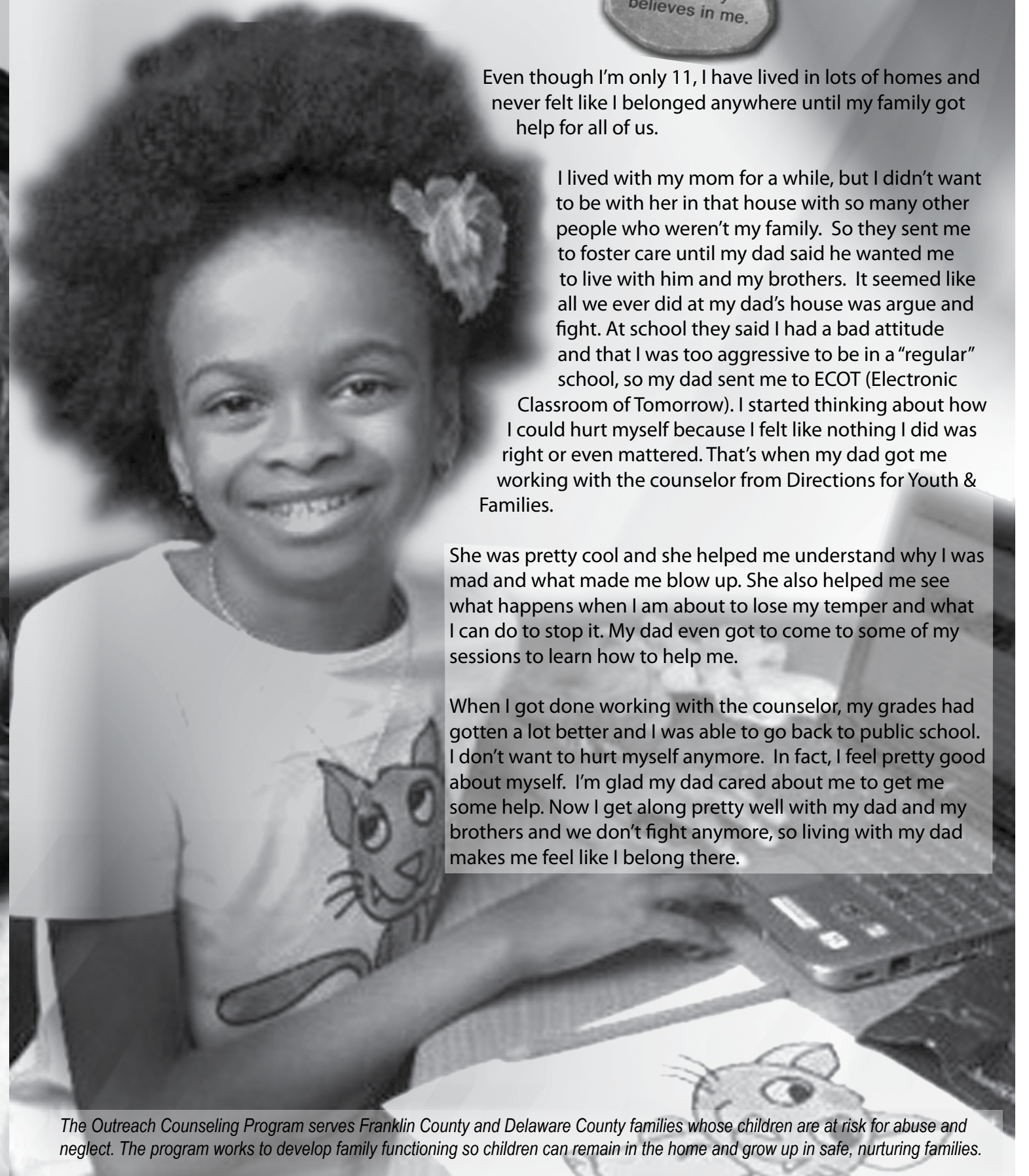
My family believes in me.

Even though I'm only 11, I have lived in lots of homes and never felt like I belonged anywhere until my family got help for all of us.

I lived with my mom for a while, but I didn't want to be with her in that house with so many other people who weren't my family. So they sent me to foster care until my dad said he wanted me to live with him and my brothers. It seemed like all we ever did at my dad's house was argue and fight. At school they said I had a bad attitude and that I was too aggressive to be in a "regular" school, so my dad sent me to ECOT (Electronic Classroom of Tomorrow). I started thinking about how I could hurt myself because I felt like nothing I did was right or even mattered. That's when my dad got me working with the counselor from Directions for Youth & Families.

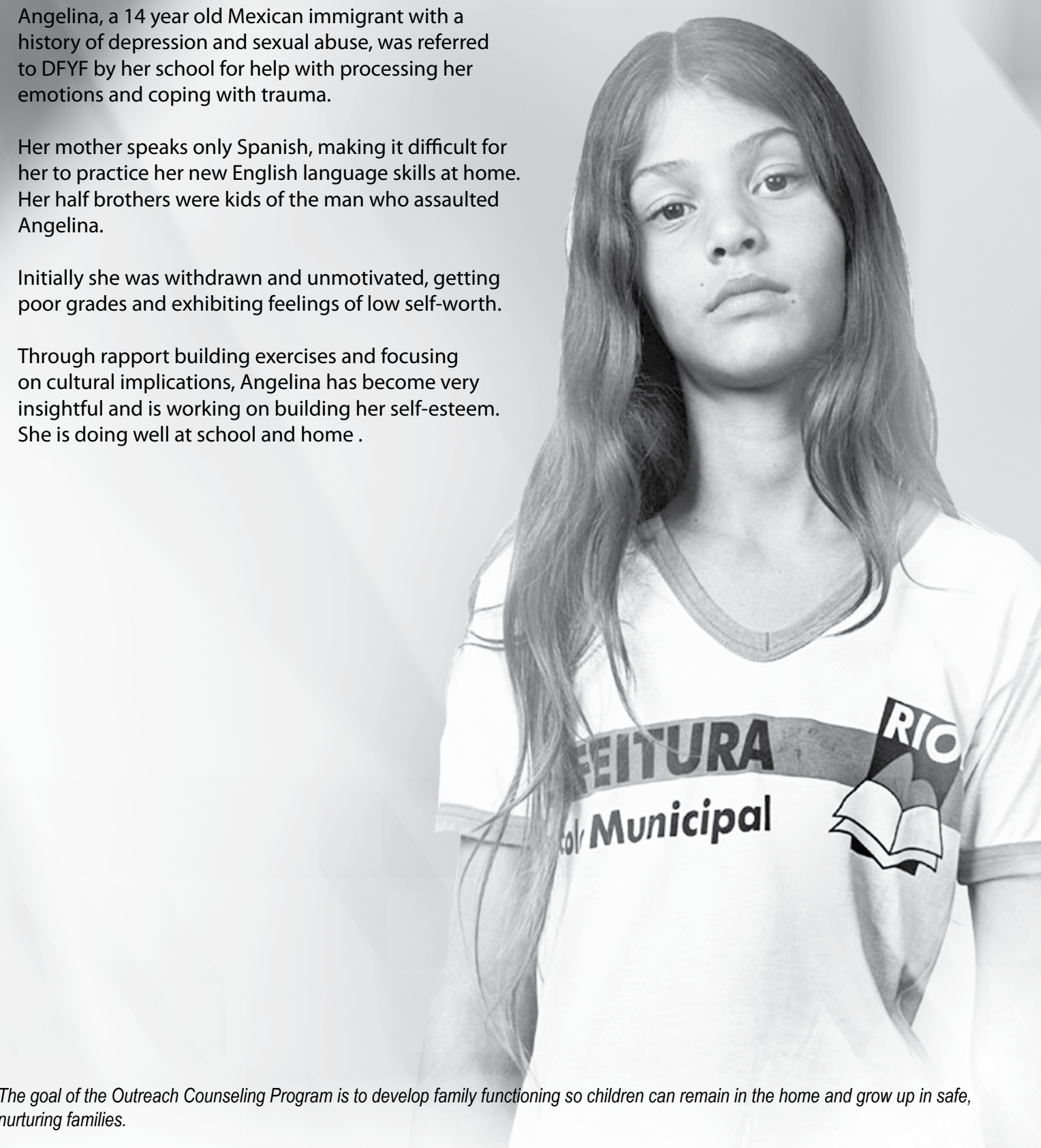
She was pretty cool and she helped me understand why I was mad and what made me blow up. She also helped me see what happens when I am about to lose my temper and what I can do to stop it. My dad even got to come to some of my sessions to learn how to help me.

When I got done working with the counselor, my grades had gotten a lot better and I was able to go back to public school. I don't want to hurt myself anymore. In fact, I feel pretty good about myself. I'm glad my dad cared about me to get me some help. Now I get along pretty well with my dad and my brothers and we don't fight anymore, so living with my dad makes me feel like I belong there.



The Outreach Counseling Program serves Franklin County and Delaware County families whose children are at risk for abuse and neglect. The program works to develop family functioning so children can remain in the home and grow up in safe, nurturing families.

Angelina



Angelina, a 14 year old Mexican immigrant with a history of depression and sexual abuse, was referred to DFYF by her school for help with processing her emotions and coping with trauma.

Her mother speaks only Spanish, making it difficult for her to practice her new English language skills at home. Her half brothers were kids of the man who assaulted Angelina.

Initially she was withdrawn and unmotivated, getting poor grades and exhibiting feelings of low self-worth.

Through rapport building exercises and focusing on cultural implications, Angelina has become very insightful and is working on building her self-esteem. She is doing well at school and home .

The goal of the Outreach Counseling Program is to develop family functioning so children can remain in the home and grow up in safe, nurturing families.

Betzaida



Betzaida was almost five years old when her family called for help. Her older brother was struggling in school and the family feared that Betzaida would have the same experience.

When Betzaida entered the Directions for Youth & Families’ “Ready, Set, Grow” program the spring before she started kindergarten, she did not know the alphabet or sounds and could only count to 10. Her outreach worker from DFYF worked with her with books, activities and games to make learning fun. She learned more English, all the letters and their sounds and how to count to 20. She also learned other kindergarten readiness skills such as completing puzzles, matching colors, playing counting games, comparing quantities and finding rhymes.

Betzaida’s family and the outreach worker discussed family practices that support school readiness. The worker helped the family find low-cost resources in the community, like the library and discounted passes to COSI, to strengthen reading readiness and support literacy.

As a result of solid and steady preparation, Betzaida made a smooth transition to kindergarten, is reading beginning books and is at grade level in every measure.

“Ready, Set, Grow” provides intervention to help parents create and sustain home environments where children 3-6 years of age who are at risk of not being ready to enter school can develop appropriately and enter school ready to learn.

Ashleigh

I believe
I can succeed.

I have changed a lot since I have been in counseling. I have learned to control my anger by not screaming and yelling or arguing with others. Now I talk out my feelings with other people.

My attitude has made a big change because I have learned not to sweat the small stuff. I have learned not to let little things get to me. Instead, I am focusing on school. I made the honor roll, and I was just elected to the student council.

Miss Katie, my counselor, says I have made positive changes that help me believe in myself, and I know she believes in me. We have been working really hard this past year of counseling.



The Outreach Counseling Program provides family-focused integrated treatment and prevention services, strengthening and reuniting families by helping parents access community services and resources. Services may include, but are not limited to, diagnostic assessment, parenting education, crisis intervention, advocacy and referral, and case coordination.

Lavonne

I believe
I can control
my emotions.

Dear Destiny,
I'm sorry about all the times I lost my temper with you and screamed and yelled and fought with you. After that fight we had when I got put on probation, I knew I needed to get help.

The parenting classes I have been taking have helped me a lot. I want you to know that, even though we still have arguments, I feel like I can control my reactions. Remember last week when we had a fight and you hit me? My first reaction was to hit you back, but instead I remembered what I learned in class, and so I walked away so I could calm down.

When I was 13 like you, my mom used to hit me when she got mad. I remember what that felt like. She never talked to me or listened to anything I had to say. I don't want to treat you like my mother treated me. And I want you to learn to be a good parent and not fight with your kids when you grow up.

It might take some time, but I think we will have a much better relationship with the things I'm learning about being a better parent. And I want you, Dante and Jackson to have a better life at home.

I love you,
Mom



Positive Paths Parenting offers parenting services to strengthen families and prevent child abuse and/or neglect by increasing the level of knowledge of effective parenting skills.

Mia

I believe I make good decisions.

DEAR HECTOR,

I KNOW YOU WERE MAD AND DISAPPOINTED THAT I DIDN'T WANT TO HAVE SEX WHEN WE WERE DATING, BUT I HOPE NOW YOU UNDERSTAND MY REASONS. I WANTED TO WRITE THIS TO YOU TO BE SURE YOU GET IT NOW.

I WAS JUST A SOPHOMORE THEN AND FROM EVERYTHING I LEARNED FROM THE "SEX ED LADY" WHO WORKED WITH ME AT SCHOOL, THERE ARE SO MANY TERRIBLE DISEASES, INFECTIONS AND PROBLEMS - INCLUDING UNWANTED BABIES - FROM HAVING SEX. I DIDN'T WANT US TO HAVE ANY OF THOSE PROBLEMS. AND I DEFINITELY WASN'T READY TO BE A MOM!

I KNOW YOU ARE OLDER AND YOU SAID IT WOULD BE OK. I WANTED TO TRUST YOU BECAUSE I THOUGHT WE WERE SO IN LOVE, BUT NOW I'M GLAD I DIDN'T. TWO OF MY FRIENDS DROPPED OUT OF SCHOOL LAST YEAR BECAUSE THEY GOT PREGNANT AND COULDN'T STAY IN SCHOOL AND CARE FOR THEIR BABIES. I AM GETTING READY TO GRADUATE FROM HIGH SCHOOL IN THE SPRING - SOMETHING I'M NOT SURE I'D BE ABLE TO SAY NOW IF WE HAD SEX TWO YEARS AGO. I MIGHT HAVE ENDED UP LIKE MY GIRLFRIENDS.

WHEN I SAW THE "SEX ED LADY" AT SCHOOL THE OTHER DAY, I THANKED HER FOR HELPING ME MAKE THE RIGHT CHOICE. SHE TAUGHT ME ABOUT PREGNANCY AND ABOUT SEXUALLY TRANSMITTED INFECTIONS AND HOW COMMON THEY ARE. SHE REALLY HELPED ME TAKE RESPONSIBILITY IN MAKING SERIOUS DECISIONS.

I HOPE YOU ARE DOING GOOD AND THAT, AFTER SOME OF OUR "TALKS" ABOUT WHY I DIDN'T WANT TO HAVE SEX, YOU CAN AT LEAST UNDERSTAND THE RISKS AND REASONS FOR ME NOT DOING IT. I HOPE YOU CAN RESPECT MY DECISION NOW, AND I HOPE YOU WON'T PRESSURE OTHER GIRLS THE WAY YOU TRIED TO PRESSURE ME INTO DOING WHAT YOU WANTED.

MY YOUNGER BROTHER IS A FRESHMAN NOW, AND I AM INSISTING THAT HE TALK TO THE "SEXED LADY" ABOUT ALL THIS STUFF BEFORE HE GETS ANY OLDER. HOPEFULLY HE WILL MAKE GOOD DECISIONS AND ACT OUT OF RESPECT FOR A GIRL INSTEAD OF RISKING UNWANTED PREGNANCIES AND WORSE.

MIA

My Best Self is a comprehensive teen pregnancy prevention program of Directions for Youth & Families serving high-risk boys and girls, ages 11-18, in school- and community-based groups. The primary goal of the program is to prevent teen pregnancies by motivating young people to abstain from or delay sexual activity and to make responsible, informed decisions about relationships.

Kandice

I believe I can be an actress!

I love being on the stage! Whether it's dancing to my own choreography or playing multiple roles in a play, I can't get enough of performing.

My siblings and me started going to the summer program last year at Short Stop. I didn't like being around a lot of people who I didn't know, so I hardly talked to anyone. Not the other kids. Not to the teachers. I just kept with my family and didn't do much at first.

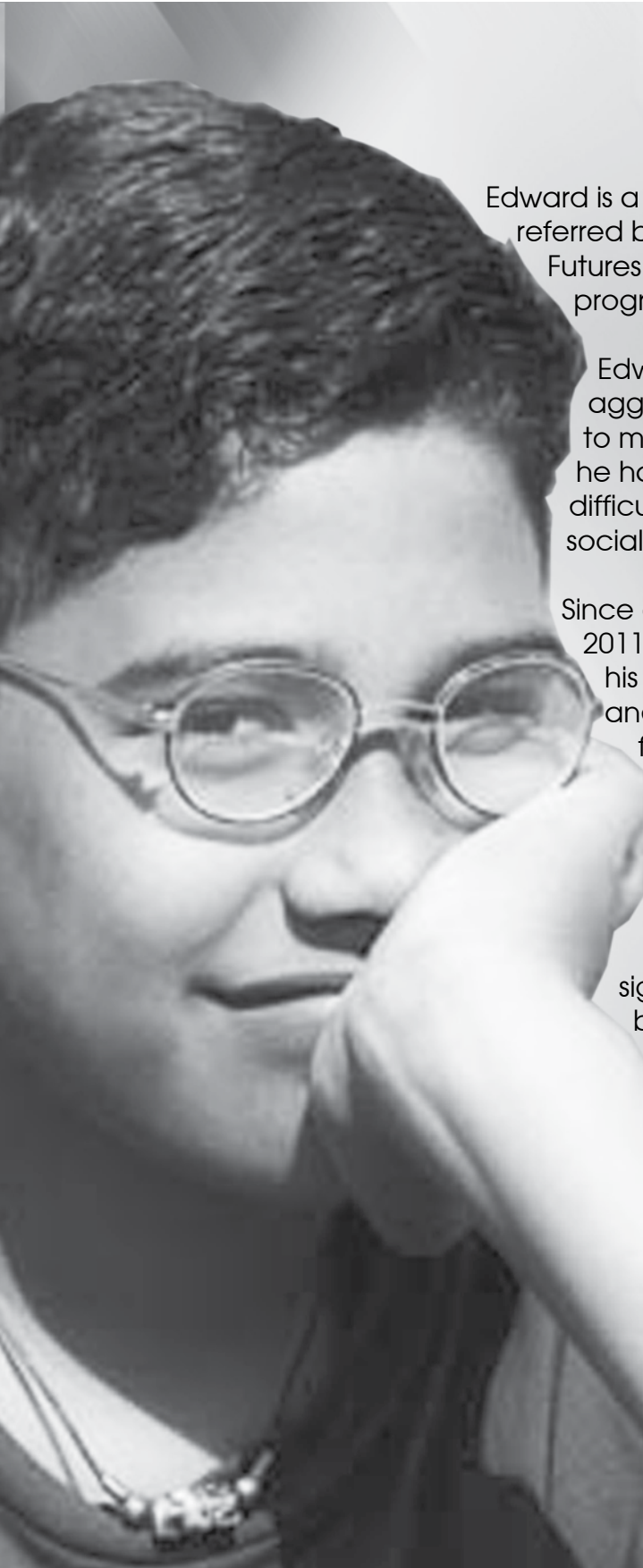
Miss Kayla worked real hard to get me to participate. She is so nice and easy to talk to. Somehow she got me to be in a play where I had to be scared of a ghost in the attic. I didn't have time to be nervous or embarrassed. I just got out on the stage and played the part the best I could. That was the beginning of me wanting to act.

I loved the stage makeup workshops we had in the summer and the theater games. Everyone said I had the loudest laugh and made up the funniest lines when we had to improvise.

My siblings and me decided to stay at Short Stop when school started, and I had lots more parts in productions. My favorite was a play we did about hunger and how it affects kids in school. I played five different parts in that show! Every part had a different personality. I never had so much fun and I never was more proud to be part of something.

As soon as that play was over, I asked Miss Kayla what would be the next production I could be in. She says I have great potential!

The Short Stop Youth Center is a community-based prevention program that creates opportunities for young people ages 8-18 to enhance their personal growth and development. Programs at Short Stop include visual art, vocal and instrumental music, athletics and theater production and are designed to improve self-esteem and instill positive values in young people. The Short Stop staff work to help young people abstain from substance abuse, delinquent behavior and violence, equip them with skills preparing them for future academic or vocational success and provide professional training in the visual and performing arts.



DFYF believes
in me!

Edward

Edward is a twelve year old Native American male who was referred by the Rosemont Center to DFYF's Building Bright Futures program. He had participated in other behavioral programs since April, 2011.

Edward's presenting problems included a history of aggressive behaviors at home and school which led to multiple suspensions and an expulsion. In addition, he has challenges with a learning disability, has severe difficulty in larger classroom settings and struggles socially with his peers.

Since entering treatment with DFYF in November, 2011, Edward has addressed objectives to improve his academic performance, anger management and social interaction skills to increase his overall functioning.

Edward also transitioned from a public school to a home-based school setting, where he receives individual support and education at his own pace. Currently he is meeting academic expectations for his grade level. Edward shows significant improvement in his anger management by displaying appropriate responses to anger and decreasing violent outbursts to zero occurrences in six months. He also is demonstrating improvement in social interactions with peers in his home environment.

After making notable improvements, Edward transitioned to DFYF's Behavioral Health program to continue receiving treatment support and intervention from the agency as he works to maintain his academic and behavioral progress.

Building Bright Futures provides case management and family support services to youth in grades 6-12 who are at risk for school failure. The goal of services is to improve the school performance of at-risk youth, thereby positioning them for improved success in their future adult lives. Direct activities are aimed at improving school attendance and grades, increasing family communication, and encouraging healthy lifestyles.



2012 by the Numbers

"Ready, Set, Grow" helped 163 children prepare to enter kindergarten by working with families on needed skills. Thanks to this program, 100 percent of the families improved the home environment for their children's readiness to learn.

Eighty-six percent of the 400 clients treated through our Behavioral Healthcare program displayed improvement in functioning by the end of services.

The Ohio Avenue Youth Center after school program served 162 middle and high school youth last year with 100 percent of those students avoiding contact with Juvenile Court.

The 265 youth participating in the Short Stop Youth Center after school program displayed 95 percent improvement in knowledge, attitude and behavior.

Student Support Services through Directions for Youth & Families administered mental health assessments to 1,017 Columbus City Schools students.

Eighty-three percent of students in the Building Bright Futures program displayed improvement in functioning by completion of services.

Of the 1,597 youth in the Outreach Counseling Program, 100 percent of young people completing services avoided contact with Juvenile Court for one year following the end of services.

"My Best Self" motivated 1,758 teens to abstain or delay sexual activity and make responsible decisions about relationships with 100 percent of participants showing improvement after completing the program, when comparing pre-test to post-test results.

The Positive Paths Parenting program served 243 young people, 93 percent of whom increased their knowledge of parenting skills by the end of services.

One hundred percent of the 39 youth in our Children of Murdered Parents (COMPS) program improved their ability to function and to cope with their loss.

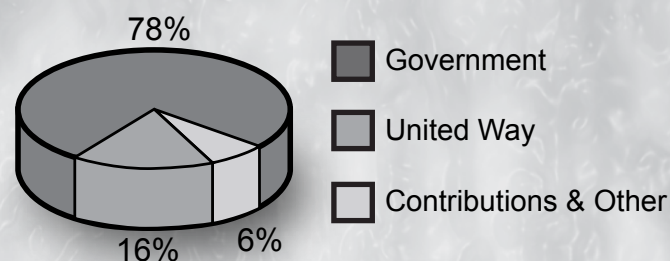
"Life Skills," a middle school drug and alcohol prevention program, helped 100 percent of its 304 participants abstain from alcohol, tobacco and other drugs for a consecutive 90-day period.



Statement of Operating Revenue and Expenses for Fiscal Year 2012

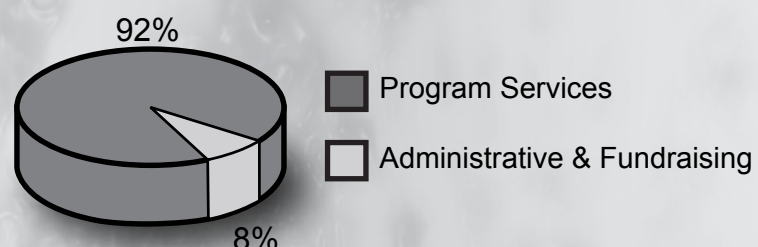
Revenues

Government	\$5,573,491
United Way	1,145,848
Contributions & Other	444,522
Total	\$7,163,861



Expenses

Program Services	\$6,440,118
Administrative & Fund-raising	548,575
Total	\$6,988,693



FY 2012 (July 1, 2011 - June 30, 2012)

Directions for Youth & Families served 6,001 clients*

Some of the numbers:

Clients served: Total clients (unduplicated):	6,001*
Number served in counseling and clinical programs:	4,233
Number served in prevention and education programs:	2,965
Number served in parenting/early childhood programs:	437

** Note: Program category numbers equal more than 6,001 because some clients are served in more than one program.*

For more program results, visit: <http://www.dfyf.org/home/our-programs/programResults.html>.

Please pass this report on to a friend to read.

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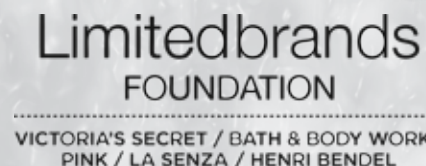
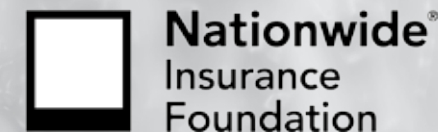


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The stories told in this document are based on actual events that have occurred in the lives of clients of Directions for Youth & Families. The identities have been altered to protect the children and their families.

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