

DIRECTIONS FOR YOUTH & FAMILIES

STATE *of the* CHILD

IN CENTRAL OHIO 2019

Directions 
for Youth & Families
ANNUAL REPORT



Inspiring Hope. Strengthening Families. Transforming Communities.

Letter from DFYF CEO

DUANE CASARES, LISW-S



Service has always been a high value in my family. My mother was a very giving person and instilled this value in my heart. Social Work was a natural fit of service, giving and helping that complimented this strong value.

Directions for Youth & Families has been my “work-home” for 27 years. I was the first Master’s licensed clinical social worker ever hired. Today we have over 75 licensed clinicians serving 6000 youth and their families in Franklin County. We also have two after-school centers serving youth in high-risk, high-need areas of Columbus. Our clinicians provide their services in the community – in homes, schools and community sites. This eliminates barriers to treatment like transportation and childcare. Our outreach model is not new to DFYF. We have been doing this for over 30 years. This service delivery method puts those we serve first; a common theme at our agency that is reflected in all of our work; in every department.

The people I have been privileged to work with over all these years have been awesome. Their commitment to serving others in every neighborhood, addressing some truly tough issues is both admirable and humbling. We should not have to have a program for children of murdered parents and/or siblings, but we do. The average age of clients in our sexual abuse program is 8. Our PRIDE program addresses the real struggles for our LGBT+ youth. Depression, anxiety, suicidal ideation, trauma, poverty, homelessness, incarceration, substance abuse, etc. are issues our staff takes on every single day. They are modern day healers who regularly voyage into some pretty dark places to extend a hand of hope. I cannot help but feel honored to work alongside of them.

Being a Social Worker has afforded me the benefit of serving as CEO with a full understanding of the work and challenges our workers confront daily. We have a phrase at our agency, “the second most important person”. The people we serve are the most important. The second most important are our frontline staff because they are the tools we use to serve the most important people. Managers, Directors, Supervisor’s, IT, HR, Finance – all positions and all departments are here to support the second most important people, our direct service staff. That is the value we place on our staff and those we serve.

It is the DFYF Way.

A Brief History

Directions for Youth & Families (DFYF) has been serving the most vulnerable in Central Ohio since 1899 when its predecessor, Crittenton Family Services, opened a home for unwed mothers. We offered a safe place and support to women in need. To this day, we continue to serve those who are most in need and at-risk in our community.

As a 120 year old organization, DFYF has evolved in response to the needs of the community. Our focus then and today remains the same – improving the lives of children and their families. We have dramatically expanded our services to provide support, counseling and prevention services throughout Central Ohio.

Today, even more than in 1899, there are so many children who need our help. DFYF offers a continuum of programming that spans from mental and behavioral health to prevention services. Our staff works to counter the daily impact of trauma, family instability, food insecurity and neighborhood violence. Through our counseling and outreach services, children and their families develop skills that will help them achieve their potential.

Our history has guided our way to the work we do today. The hope we bring for a better future for youth and families is now, and has always been, our mission. We have made great strides, but there is so much more to do.

We could not do our work without the support of our community. With your help, we will continue to impact the lives of many youth and families who depend on DFYF.










Directions for Youth & Families 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 address 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.



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 five 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.

Meeting the Needs of our Community

DFYF strongly believes in working collaboratively with our community. We have over 75 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 Impact in 2018

Your support helps us make a difference in the lives of youth & families in Central Ohio.



94% of youth in our PROMISES program demonstrated improvement in their personal goals, decreasing the negative effects of sexual abuse.



91% of youth in our Children Who Witness Violence and Children of Murdered Parents/Siblings programs were better able to cope with their experiences at the end of services.



2,715 youth received counseling and case management services in our Outreach Counseling Program.



We have licensed social workers and clinical counselors in 25 Columbus City Schools providing students with mental health counseling services on a daily basis throughout the school year.



310 youth participated in a variety of programming at both of our after-school programs, which includes homework help, art, music, dance, recreation, STEM, social/emotional education groups, and service learning projects in the community.



72% of the students with attendance problems decreased unexcused absences as a result of our intervention services in 24 schools throughout the Southwestern City School district.



75% of the parents in the Positive Paths Parenting program increased their knowledge of parenting skills by the end of services.



405 youth, aged 6 months to 3 years, and their parents received services from our Family Specialist through our new Early Head Start Collaboration Program in partnership with The Ohio State University.

TRAUMA TRAINING PROGRAM

Trauma Trainings in Schools

IMAGINE...

the teacher's surprise when she learned that her reaction to a student's behavior escalated the situation.

IMAGINE...

her relief to have new skills and tools to manage her response and how to support trauma exposed youth in the classroom.

DFYF conducted over 25 Trauma Trainings for teachers and staff in schools throughout central Ohio in 2018.

- We introduced how brain research has informed understanding of trauma responses and can improve our effectiveness in the classroom.
- We use the ACE Study to review how pervasive trauma is in the public school system and in our communities.
- We address how poverty is an overwhelming factor that must be acknowledged in our students' lives and conditions.
- We review fight, flight, and freeze, typical stress response patterns, and learn how these responses get hardwired into their students' neural pathways.
- We explore common challenging trauma responses and understand strategies to make our interactions more supportive and effective, including strategies to manage crises.



Implementing Trauma Informed Care throughout a School Environment

We are piloting a Trauma Informed Care approach at Weinland Park Elementary School working closely with teachers, students and their families. We know that building healthy coping skills helps youth navigate the impact of stress on the mind, body and behavior. We provide self-awareness and self-regulation groups in classrooms as well as the chance to meet individually with our clinician in the school. We provide observation and consultation in building trauma informed classroom support strategies. As one teacher stated, "DFYF has helped to bridge the gap between school resources and the needs of our students and families."

CHILDREN WHO WITNESS VIOLENCE PROGRAM

Trauma Counseling

Many of our programs address some of the most difficult situations a child might experience – sexual abuse, physical abuse, witnessing violence, or losing a loved one to homicide.

“This was a complex case that took an emotional toll.”

— Kara Waldsmith, Master’s Licensed Social Worker

Noura was 14 when she came to the U.S., escaping her home country where she was physically, sexually, and emotionally abused. When we first met she was very depressed and suicidal, did not talk much, and did not know how to express herself. In the beginning, counseling sessions were very emotional as her mother expressed concerns and described her struggles in trying to help Noura, that resulted in them both crying throughout the sessions. I made an effort to encourage myself as much as I was encouraging the family that we could work through Noura’s trauma history and find healthy ways to cope and feel better.

Together Noura and I developed and focused on a safety plan to deal with her self-harm behaviors, PTSD symptoms, depression, and suicidal ideation. With the help of a strong support system of family and school staff, as well as anti-depressants and many hours of hard work in sessions, Noura began to improve as did the family’s bond and connections. She became more empowered to advocate for herself in class and began making more friends. This family’s hope for a positive future grew more attainable which was extremely rewarding considering where we started.

“I believe that we all come into the field of social work thinking we have the tools and knowledge to help make positive changes, and sometimes we face doubt and discouragement. But we have to remember that not all clients are the same, not all progress is overt, and the smallest wins are important.”



BUILDING BRIGHT FUTURES PROGRAM

Outreach counseling for youth at risk for school failure

“We worked hard and Bree made so much progress because she was truly invested in feeling better. To know I was part of Bree’s journey to healing is a privilege.”

— *Brittany Baiocco, Master’s Licensed Social Worker*

17 year old Bree was in the custody of Franklin County Children Services and moving from one placement to another due to self harm behaviors, suicide attempts and explosive anger. Her extensive trauma history included exposure to family mental health disorders and substance abuse. She ran away from placements so much that her location was lost for over two months. The instability in housing was a barrier to her treatment making rapport building that much more important for her counselor.

“When I first started working with Bree she told me she didn’t want a counselor because ‘everyone always leaves’. Because Bree was lacking a constant support in her life, I needed to be consistent and predictable so she could feel safe enough to talk with me. I thoroughly explained my role and that, although our time together is temporary, I can help her gain skills that she can use for the rest of her life that will help her when life gets difficult. Bree embraced our weekly meetings.”



Bree's story continued.

Through counseling Bree has learned healthy ways to regulate her emotions and has not self-harmed in over eight months. She has learned to recognize the triggers and effective ways to manage her anger. So much of Bree's struggles had to do with her own view of herself. She was able to process the impact of her family trauma history, as well as identify all the ways that she can be resilient despite what she has been through. Bree learned ways to see herself as being strong and capable.

Academically Bree is doing much better this school year and has improved her grades and attendance. She also has started thinking about life goals in a way that she never did before. She wants to pursue veterinary school and actually has a dream "when she grows up."

"By the time we ended services, Bree was back at home with her mom, attending school, and working a part time job. One of my favorite parts of this job is seeing a client improve. It gives me hope every single time and it never gets old. It's definitely a difficult job, to be the one that listens to one trauma after another, day in and day out. It's hard, heartbreaking stuff a lot of days. But to see the end result, it's worth it all."



EDUCATIONAL PROGRAMS

Ready Set Grow

In-home kindergarten readiness program working with both child and parent.

It can be an emotional experience to participate in the transformation of a family unit.

— Paula Bollinger, QMHS Education Specialist

I met Rohan when he was 4 years old. His family is from Nepal and spent years in refugee camps. Rohan was difficult to engage at first. I observed him hit his mother when he did not like her household rules. He seldom left the house, had few friends to play with, and was aggressive towards his little brother. Transportation is a barrier to the family so he could not be enrolled in Head Start.

Rohan challenged me the first of many Ready Set Grow appointments. He told me “no” and refused to stay seated. Step by step I introduced materials to engage Rohan in what he found intriguing. Week by week I set the tone for learning, introduced boundaries, and expected the very best that Rohan could give me. He has become playful, creative, and independent.

Rohan’s parents observed our sessions and many times joined the activities. His parents and I held many conversations about healthy parenting strategies. I began to observe new ways they were talking to Rohan – leading and guiding him with confidence.

Rohan meets me at the front door each week with a big smile and immediately leads me to the table his parents designate as his “learning center” at home. This week I will join the family to help with the kindergarten registration process.

Rohan no longer looks like the same young man with an angry face and aggressive behaviors. He will soon be 5 years old and there are greater things to come for Rohan. I have seen immense change in the family as a working, thriving unit.



AFTER-SCHOOL/SUMMER PROGRAMS

Our Centers help youth discover new interests and find a sense of purpose

"If I hadn't gone to the Ohio Avenue Youth Center, I would probably be out in the streets or in jail."

— A graduating senior who attended since 5th grade

OHIO AVENUE YOUTH CENTER • CRITTENTON CENTER

A Safe and Nurturing Environment

STRUCTURED ACTIVITIES

*Homework Help and Tutoring • Computer Lab
Art • Dance • Music • Fitness • Recreation*

PROGRAMS

*Teen Outreach • Community Service Learning Projects
Leadership Development • Stride Academy • Counselors in Training • STEM*

CLUBS

*Student Council • Book Club • Boys Group • Girls Group
Fit Club • Art Club • Hardcore Dance • Science Club*

EXTRAS

*Fresh Cooked Meals • Snack Factory/Nutrition Education
Parent/Family Events • Field Trips*

What the kid's are saying...



- the center is like family to me
- helps me be a good student
 - now I am not shy
 - it's a safe place
- helps me better myself

- I have people to play with now
- helped me with self image
- we work on team building
- I learned to be more respectful
- I feel like I am somebody



AFTER-SCHOOL/SUMMER PROGRAMS

Mindfulness

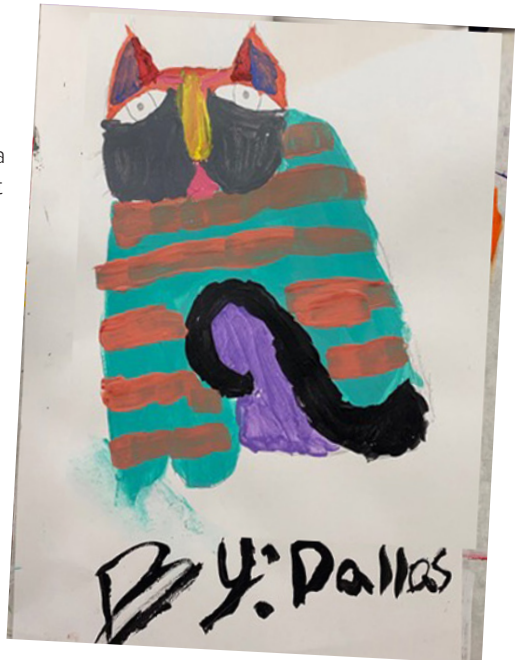
Shouldn't every child be treated as an individual? There is no one "best" way to help our kids. We listen, we learn, we develop a plan.

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Our youth centers have incorporated a trauma informed yoga/ mindfulness program into daily activities.

Dallas has lots of energy. He enjoys music, telling jokes, has a smile on his face every day and is a certifiable class clown. Being hyper and a jokester make it difficult for him to follow instructions, and frequently you will find youth center staff redirecting him to get back on-task.

Kids like Dallas often need assistance during activity transition times. A method of support in increasing self-management skills is a meditation activity that we incorporate into the daily routine. Youth are directed to take time for themselves as they relax, collect their thoughts and focus on the task at hand. For Dallas this was a struggle. In our discussions he mentioned that he enjoys art and finds it to be calming and soothing. We had a new clue to understand how to support him.

Dallas was encouraged to try something new: to sign up for an art session. On his first day, he "disappeared" into a sketch of a character of his own creation. He worked in details with pencil before adding color and, most surprisingly, we heard not a sound out of him. He was totally focused on his work. For many youth a room of silence, a comfy bed or music can be soothing. Dallas learned all he needs is a pencil, markers and a canvas to be creative and in his happy place.



Dallas continues to reveal a side of him that is thoughtful, creative and diligent. As a member of the Art Club his ideas result in finished pieces of art. We look forward to Art Club every week to see what Dallas will come up with next.

AFTER-SCHOOL/SUMMER PROGRAMS

To Whom it may concern,

My daughter Casey has been coming to the center for almost 2 yrs, and we love it! I love the fact that the staff is so caring and attentive, helps with homework, and teaches Casey new things. Casey has learned several new things in art, has learned to play drums, and amazes me with the things she does in the STEM program! Casey has made so many new friends, and she absolutely loves coming here! Aside from how much Casey loves it I'd like to also mention how helpful this center has been to me. I don't have much of a support system, and knowing that Casey is safe afterschool is a big weight off my shoulders. I know that she is received off the school bus safely, getting help with homework, being fed a meal, and all while having a great time. I feel blessed to be able to be a part of the center.

Thank you
D. Collins

Letters
from a Mom
and her
daughter



Casey

1. I got better at focusing and doing my homeworks. And getting better at things like art, cooking math, and spelling. Also programming robots and reading.
2. What I like best about the center is I get to learn a lot of new things such as art, programming new lego robots, flying drones, and building new things. And exploring new places like the ice skating rink. I get to try new food like spicy food which I didn't like before I came here.

The New Crittenton Community Center Transferable Neighborhood Redevelopment Model



Our vision for a new Crittenton Community Center works in collaboration with the community and other strategic partnerships to provide a safe place for youth and neighbors to come together working to transform their community without gentrification. We are combining our 5 years of individual trauma work with a trauma-informed community building model to help a community to heal itself.

This neighborhood redevelopment approach is transferable to other communities and provides the much needed tools and services to address the challenges of the inter-generational cycle of poverty. Our CEO is giving an Innovation in Motion Presentation on this Community Healing Model at National Crittenton's In-Solidarity Conference.

Your Support is Critical to Our Work & Our Community

We are working with business partners and community leaders throughout Central Ohio to help make the new Crittenton Community Center a reality. Contact us to learn how your group can support this innovative project.

Learn more about how you can support DFYF through our events, projects and donation opportunities at www.dfyf.org.

**champion of
children**

United Way
of Central Ohio

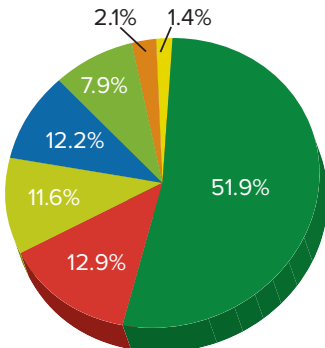


Help make our community stronger through your donation supporting DFYF programs and services. Please donate today to make a difference in the lives of youth and families. Donate online at www.dfyf.org or mail to: DFYF, 1515 Indianola Ave, Columbus, OH 43201.

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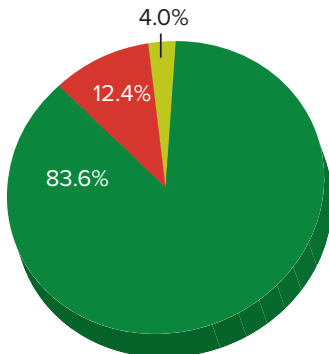
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FINANCIAL REPORT FOR FISCAL YEAR ENDING JUNE 30, 2018



REVENUE

Medicaid	\$4,055,864
ADAMH Board	\$1,008,748
United Way	\$904,228
Other Gov Agencies	\$949,838
Contributions	\$621,207
Investment Income	\$161,455
Other Income	\$109,868
Total Revenue	\$7,811,208



EXPENSES

Program	\$7,103,827
Mgmt & General	\$1,057,315
Fundraising	\$339,513
Total Expenses	\$8,500,655

CLIENTS SERVED IN 2018

4,334	Clinical Counseling Services
1,042	Educational Services
607	After-School/Summer Programs
5,983	Total Clients Served

2019 State of the Child

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