



## Crittenton Center Opens!



## A Gift We Plan to Re-Gift, over & over

What a gift! As an agency experienced in providing services to youth and families, DFYF was selected as recipient of the former Kimberly Parkway Recreation Center. Over 700 neighborhood members voted to recommend DFYF as the recipient agency of the donation.

The location is perfect for what we do and 3 acres gives us potential for expansion. We will work in partnership with the surrounding neighborhood to develop programming that best meets the community's needs.

After inspections, painting and repairs the new Crittenton Center opened offering after-school and summer programming. Activities include dance, music, art, fitness, computer lab, homework help, leadership workshops, and nutrition education which includes a healthy meal served to all youth. Summer programs were full at both Ohio Avenue Youth Center and Crittenton Center.

## Three of our youth received national scholarships through their association with Directions for Youth & Families!

Makayla Christian, Cne' Mitchell and Yolanda Zenteno-Martinez were awarded Connie Lieding Scholarships through The National Crittenton Foundation as young women working to achieve their educational goals.



*"Without having counseling, I don't think I would have graduated. I was so ready to give up on myself."*

Makayla had to deal with numerous adversities in her life. She was able to overcome transportation and housing obstacles, which caused her to struggle with school attendance. She worked full-time and managed to stay on track to graduate with her class. She is enrolled at Columbus State Community College to begin pursuing a Nursing degree. Makayla has a passion for children and helping people. She is the first person in her family to attend college.



*"Being in counseling at DFYF I feel as though I learned so much about myself and what I am*

*capable of. I have been through so much as a young mother and a student."*

Cné is enrolled at Ohio Dominican University pursuing a degree in Social Work. She wants to work with teens in a school setting. "I want to help people who are often left behind and not able to advocate for themselves. I want to help them become independent and have a strong personal affirmation about themselves."



*"Being a kid or a teenager has not been a choice for me. I had to be an adult ever since I was*

*nine."*

Yolanda helped her mother care for her sick father and two younger sisters. Seeing her father "go through all of that gave me a level of maturity most people don't reach until their late 20's". DFYF services helped her deal with her father's death and realize, "It is ok to ask for help. It does not mean you're weak." Yolanda will be attending Columbus State Community College studying Business and Public Relations.

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We value the service, dedication, support, and skills of our Operating Board and Holding Group Members. A big thank you to retiring board member Scott Davis for serving three 3-year terms and as a former chair.

## A Message from Duane Casares, LISW CEO DFYF

At Directions for Youth & Families we are proud to be named as one of the 2015 Top 50 NonProfits to Work For as recognized by *The Nonprofit Times*, the leading business publication for nonprofit management nationally.



Our commitment to developing a culture of excellence stems from our commitment to those we serve. We believe the youth and families that we serve are the most important persons in our agency and our front-line staff, who directly serve them, are the second most important. Our management team, our board and every department works to support our frontline workers because they are the tools we use to reach those we serve.

We work diligently to provide our workers with the skill sets and knowledge bases necessary to meet the needs of our ever changing population of consumers. Over the past year we have focused on training our staff in becoming a resiliency-oriented, trauma-informed agency. The Trauma Center out of Boston trained our staff in the ARC (Attachment, Self-Regulation and Competency) model. We have been working with Dr. Roy Wade, Head of Pediatrics at Philadelphia Children's Hospital, in piloting a revised ACE (Adverse Childhood Experiences) assessment tool which will be released nationally this fall. Additionally, our work continues with Dr. Rick Shepler, Case Western, one of the leading resiliency experts in the country. Our commitment to our staff is our commitment to the youth and families of our community.

We fully appreciate our partners in this journey and we will continue to focus on the issues impeding the paths of positive growth and development. Healthy families and healthy communities are what we all want. Our commitment to those we serve is to be the best; building resiliency to promote change. Together, as a community, we can impact the lives of so many kids in need.

## Event News



Youth from Ohio Avenue Youth Center were a big part of our State of the Child Luncheon May 13th. They performed dance and musical numbers. It was inspiring to see our young artists so excited to perform and show their hard work from activities offered in our after-school programs. In addition, youth from the art program got involved by creating soul bowls, pottery and jewelry for sale at the luncheon.

Interspersed throughout the luncheon program we heard video testimonials from some of our clients who shared their counseling/treatment experiences. We appreciate their candidness. We thank our Ohio Avenue youth for performing and creating beautiful art pieces. Thank you to our sponsors, community partners and all who attended to support and learn about our mission; you helped us raise over \$155,000 with 100% of net proceeds going to support programs and services to Central Ohio youth and their families.



*Backstage excitement*



*Pre-luncheon performers*

Powerful stories: Some of our youth and family members shared how Directions for Youth & Families' treatment programs and counseling services have had an impact on their lives. Testimonials and luncheon highlights can be viewed on our website at [www.dfyf.org](http://www.dfyf.org).



12 year old Hayley spoke about how DFYF's Outreach Counseling Program helped her stop self-harming, learn to control her anger and embrace her emotions, and improve relationships with family. It was so impactful in her life that she'd like to pursue a career helping others like she was helped.



Christopher shared how DFYF's Anger Management Options helped him learn to express his feelings in a healthy way, to manage his emotions, and not take his anger out on people but let it out other ways, including, as he stated simply, "talk about it".



Kathy expressed her thanks to DFYF counseling services she and her 7 year old granddaughter received. Her granddaughter was able to work through fear of abandonment issues, ability to accept love and express emotions, and build self-esteem. Kathy feels she was given the tools to deal with a difficult situation.

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# What we do! Our Programs & Services



## ● COUNSELING & CLINICAL ●

Our treatment programs are all resiliency-oriented/trauma-informed that help individuals and families address and overcome a range of issues including:

- school concerns
- mental health issues
- sexual abuse
- delinquency
- child abuse/neglect
- substance abuse
- violence
- family conflict

Most programs are provided on an outreach basis - in client's homes, schools, or other community settings - to reduce barriers to treatment and provide services in the environment they are needed.

### Outreach Counseling Program

Home-based individual and family counseling for youth ages 5-17 and their families. Services include counseling, community support services, advocacy, and referral.

### School Connections / Student Outreach Services

Partnership with Columbus City Schools, South-Western City Schools, and others to provide needed services.

### Building Bright Futures

Home-based individual and family counseling for youth in grades 6th through 12th who are at risk for school failure.

### PROMISES (for survivors of sexual abuse)

For youth ages 7-17 who are survivors of reported or suspected sexual abuse.

### Children Who Witness Violence

Home-based individual, family, and group counseling for youth ages 5-18 to reduce traumatic effects of witnessing violence and prevent future violence.

### COMPS

#### **(Children of Murdered Parents and Siblings)**

Home-based individual, family and group counseling for youth ages 6-18 who have lost a loved one to homicide.

## ● KINDERGARTEN READINESS and PARENTING PROGRAMS ●

### Ready, Set, Grow

In-home kindergarten readiness program working directly with children and parent/guardian to enhance learning and assist parents with child development skills. For families with children 3 to 6 years old (who are not yet enrolled in kindergarten).

### Positive Paths Parenting Classes

Parenting instruction to improve quality of family life, office-based in groups.

Parenting programs work to strengthen and improve family functioning and reduce the incidence and risk of child abuse/neglect.

### FOSAC

#### **(Family Outreach Substance Abuse Counseling)**

For youth ages 12 -17 who have substance abuse issues.

### Teen Parent Connection

Serves pregnant or parenting youth and their families through age 21.

### Behavioral Health/Medical

Counseling, Psychiatric, and Psychological office-based services and assessments are available for children, adolescents, and adults. Includes adult anger management groups.

### AMO (Anger Management Options)

Assists youth ages 10-17 and their families to identify and initiate alternative ways to express anger and rage without violence.

## ● PREVENTION and AFTER-SCHOOL/ SUMMER PROGRAMS ●

- We offer after-school and summer programming that work to educate youth about the consequences of unhealthy lifestyle choices, teen sexual activity, substance use, and delinquency.
- Through innovative activities, DFYF prevention staff instruct youth while allowing them to discuss issues important to them and come to informed decisions about positive decision-making, peer pressure and healthy behaviors.

Ohio Avenue Youth Center, located at 657 South Ohio Avenue in the 43205 neighborhood and

The Crittenton Center, located at 3840 Kimberly Parkway North in the 43232 neighborhood are both after-school/summer community-based prevention programs, arts and recreation for ages 8 through 17.

My Best Self - A teen pregnancy prevention group program serving high-risk boys and girls, ages 11-18, in local schools throughout Franklin County.

## "A world of difference"



It is rewarding when we receive letters of thank you; no one can express the impact of our services better than someone who received them. We believe it's important to share words of gratitude with our supporters because it is you who make it possible for us to provide our programs and services to youth and their families in our community.



June 12, 2015

Last year, somewhat suddenly, I become the day-time caregiver for my 4 year old great-niece. I had been spending one day a week with her for 2 years before that, but 5 days a week was not what I had in mind... but it needed to be done and I was the only family member available.

I immediately began searching for programs for her development and pre-kindergarten readiness needs, which were many, and was blessed to find Directions for Youth & Families' kindergarten readiness program and VERY blessed that she was assigned to Paula Bollinger.

Without gushing, Paula has made a world of difference in our lives. She has faithfully met with us every two weeks and arrived with enthusiasm, ideas, books and crafts. These encounters have enabled my grand-niece to grow and stretch and move much farther ahead what I had ever dreamed for her. She has grown in self-control, interpersonal skills, maturity and is ready for kindergarten and beyond.

Paula really works with both the child and the caregiver, teaching them how to interact, learn and grow together and forge new pathways for communication and caring. Although I have 2 children and 5 grandchildren, I was not a stay-at-home mom and my patience is admittedly short in supply. By Paula's modeling of how to interact in a positive gentle but firm and reaffirming manner, I have grown, I believe, in my capacity to be a better caregiver and family member. She has been a wise counsel, sounding board and resource in regard to substance abuse and relational dynamics in our extended family and absolutely rock-solid in reliability and understanding of the bigger picture. She accepts folks where they are and as they are and is a delight to be around.

My family and I are extremely grateful for your kindergarten readiness program and especially Ms. Paula. Thank you all so much for what you do for families and especially children in our community. There ARE success stories!

This letter was signed and sent to Paula's manager. What a gift of gratitude.

Paula's Perspective: The pulse of DFYF is strong. I am drawn to the impact workers and clients have on one another. I have the privilege of watching children and families intentionally make changes. And I am challenged to stay the course when they do not. Relationships within the DFYF employee family, as well as healthy relationships between clients and their service providers, contribute to everyone's sense of worthiness, community and responsibility. Our client families are delicate, yet hearty - worn, yet willing - and want what we all want ... to be heard and to be free from judgement. What greater gift than to be a part of this process.

Paula Bollinger, Early Childhood Education Outreach Worker & Team Leader, has worked at DFYF for over 11 years.





## PLF Gives "For the Kids!"

Parker Lee Foundation presented a \$20,000 check to DFYF. A lot of hard work went into raising the funds - they planned and hosted their PBR10K '15 event with proceeds going, as they phrased in the subject line of the check, "For the Kids!" We thank our PLF friends for generously planning and hosting this sold out event. 1,150 people enjoyed four bands, almost 300 Donatos pizzas and, of course, PBR at the Park Street Complex on February 28th. We thank PLF and all who supported this great event! "The kids" appreciate and rely on the support of DFYF programs and services that are so important to them.



## Friends Helping Families

We are currently welcoming families, businesses and individuals who want to adopt a family for the 2015 holiday season. This annual program supports more than 100 of our clients and their families each year. For more information, contact the Development Office at 614-294-2661 or [development@dfyf.org](mailto:development@dfyf.org).



## Celebrity STARS

Women2Women recognized 16 individuals for their dedication and commitment to improving the lives of children and their families in our community.

The 2015 "Celebrity Stars" include two of our own - Ernie Sullivan, who serves as Chair of Human Resources on our Operating Board. He has served over eight years at DFYF! The other star? Directions for Youth & Families CEO Duane Casares. They are both thankful for this recognition, and we are grateful they are part of the DFYF family!



## A New Perspective on Sunday Mornings

Their Sunday morning discussions are casual and easy. Fun yet informative. Duane Casares, CEO of Directions for Youth & Families, and Dave James of 97.1 The Fan radio, have been talking on air for 15 to 20 minutes every Sunday morning for the past 7 years.

The segment is part of the *Columbus Perspective* show. Dave and Duane discuss community and mental health issues as if they're in a living room sitting on opposite couches, except they are in a dark studio facing each other around microphones and radio equipment. As they take



their places it's obvious they've been doing this for years, they talk like old friends as Dave gets the taping equipment set up. They briefly discuss topics and direction for the segment. Dave puts on his headphones and they actually "test 1 2 3". About 10 minutes into taping they regroup to discuss what they're missing, or an added direction they should take and then finish out their minutes. Dave asks thoughtful questions, and Duane runs with the answers, his hand gestures showing his passion for the subject he's talking about. When taping's done the discussion continues, and it's all good stuff. Then Dave wants Duane to listen to a Public Service Announcement with a 10 year old child foretelling she will be an alcoholic - a powerful yet disturbing message. He wants Duane's reaction and they decide this will be the topic for next week's segment.

As we leave Dave says of Duane, "He's made an impression on me in the importance of communication. Ironic given my profession, but the whole idea of parents listening to kids without talking at them. Don't minimize the problems kids have", and Duane adds, "or normalize". They make a good pair, and it's obvious on-air Sunday mornings.

# Donations



It is community support that allows Directions for Youth & Families to provide prevention and treatment programs to youth and their families. Our programs deal with some of the most difficult situations affecting children's mental health: violence, sexual abuse, child abuse, and substance abuse, to name a few. These are subjects that are not easy to address, but necessary. How can you help? Please support the vital programs and services so important to youth and their families in our community by sending a donation using the enclosed envelope or on-line at [www.dfyf.org](http://www.dfyf.org).

Other ways to support DFYF:

- Fund for the Future - Donations can be offered through a will, estate plan, life insurance policy, stocks and real estate.
- In-kind Donations – School supplies, hygiene supplies, sports equipment and other items are needed by our families.
- Volunteer - We have opportunities for individuals, church groups and corporate teams who can perform grounds clean-up and landscaping, painting and other tasks.

For more information, contact the Development Office at 614-294-2661 or [development@dfyf.org](mailto:development@dfyf.org).

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