

# Helping Families. Changing Communities.



Serving Central Ohio Families for 115 Years

25<sup>th</sup> State of the Child  
**2014 Annual Report**



**25<sup>th</sup> Annual State of the Child**  
Helping Families. Changing Communities.

May 13, 2014

Dear Central Ohio Community,

Central Ohio has witnessed a tremendous amount of change since 1899 when Directions for Youth & Families (DFYF) had its early beginnings. And, ever since those early days, DFYF has focused on supporting and encouraging better lives and futures for the families in our community.

In 1899, the earliest predecessor of what would become Directions for Youth & Families was established in Columbus as a maternity home for unwed mothers. Known in those days as Associated Charities, the agency merged with the Florence Crittenton Home in 1974, when it became Family Counseling and Crittenton Services. In the meantime, two long-time community organizations, One-to-One and Friends in Action, merged to create Directions for Youth.

Following additional mergers and name changes, Directions for Youth and Crittenton Family Services joined together in 2002 to form Directions for Youth & Families. A pictorial timeline of highlights from our history can be found in the centerfold of this report.

Since its inception, Directions for Youth & Families has evolved into a multi-service, multi-location nonprofit (501c3) youth serving organization providing counseling and treatment to a diverse population of children, adolescents, young adults and parents.

Today, Directions for Youth & Families is one of Central Ohio's oldest and largest mental and behavioral health organizations serving youth population 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.

We have a positive impact on the lives of thousands of your neighbors, co-workers and friends each year. In 2013, we touched the lives of more than 6,700 youth and families in Franklin and Delaware counties. The kids in our programs learn the importance of staying in school and the value of responsibility, respect, self-reliance, tolerance, abstinence and how to make good choices.

This annual report to the community provides a snapshot of the work we do and highlights stories of a few kids and families we helped in the past year. These are "real life" stories with names changed to protect the confidentiality of the clients. These are stories showing the impact you have on young people right here in our neighborhoods through your support of programming at Directions for Youth & Families.

Directions for Youth & Families has evolved over the past 115 year to become a place where the community looks for hope and help to provide the services young people and families need to create pathways to positive futures. Still, our work is far from complete.

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 youth and families in remarkable ways.

Sincerely,

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

Duane Casares  
Chief Executive Officer  
Directions for Youth & Families

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would like to thank our major sponsors  
of the 2014 State of the Child Luncheon:**

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## David – Changing Negative Behaviors

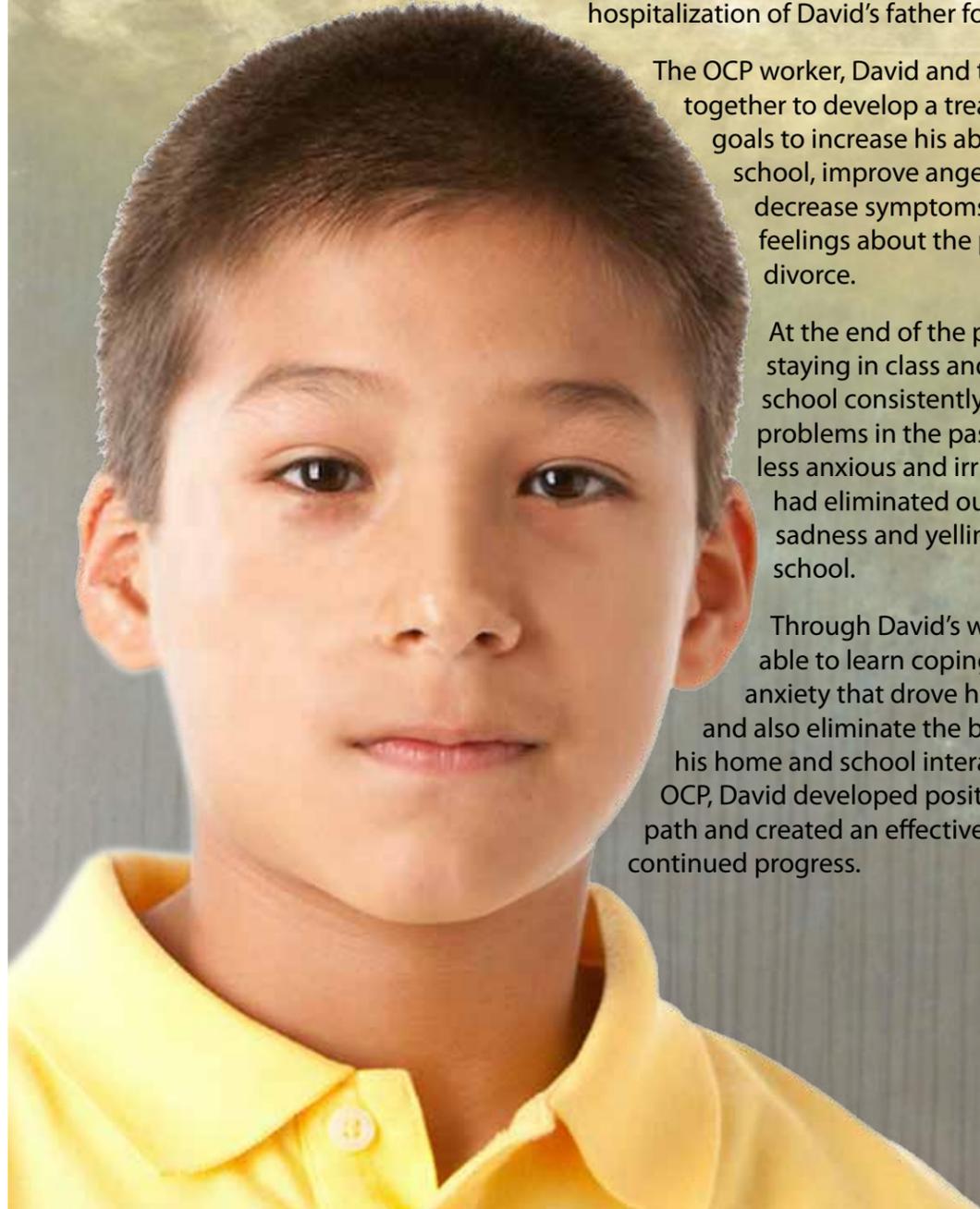
David, an eleven-year-old displaying outbursts of crying, aggressive behavior and argumentiveness at home and at school, was referred to the Outreach Counseling Program (OCP) by his father following a recommendation from David's school.

Upon completing the assessment with David and his family, the OCP worker identified that David's behaviors coincided with recent family stressors including parent separation, moves and the hospitalization of David's father for health concerns.

The OCP worker, David and the family worked together to develop a treatment plan and create goals to increase his ability to concentrate in school, improve anger management skills, decrease symptoms of anxiety and process feelings about the parents' separation and divorce.

At the end of the program, David was staying in class and following rules at school consistently, both of which were problems in the past. He reported feeling less anxious and irritable, and he nearly had eliminated outbursts of anger, sadness and yelling at home and at school.

Through David's work in OCP, he was able to learn coping skills to relieve his anxiety that drove his negative behaviors and also eliminate the behaviors that disrupted his home and school interactions. With help from OCP, David developed positive skills for a positive path and created an effective support system for continued progress.



*Outreach Counseling Program provides in-home individual and family counseling, as well as crisis intervention services, for youth ages 5 -17 and their families.*

## Nelson – Changing Parenting Perspectives



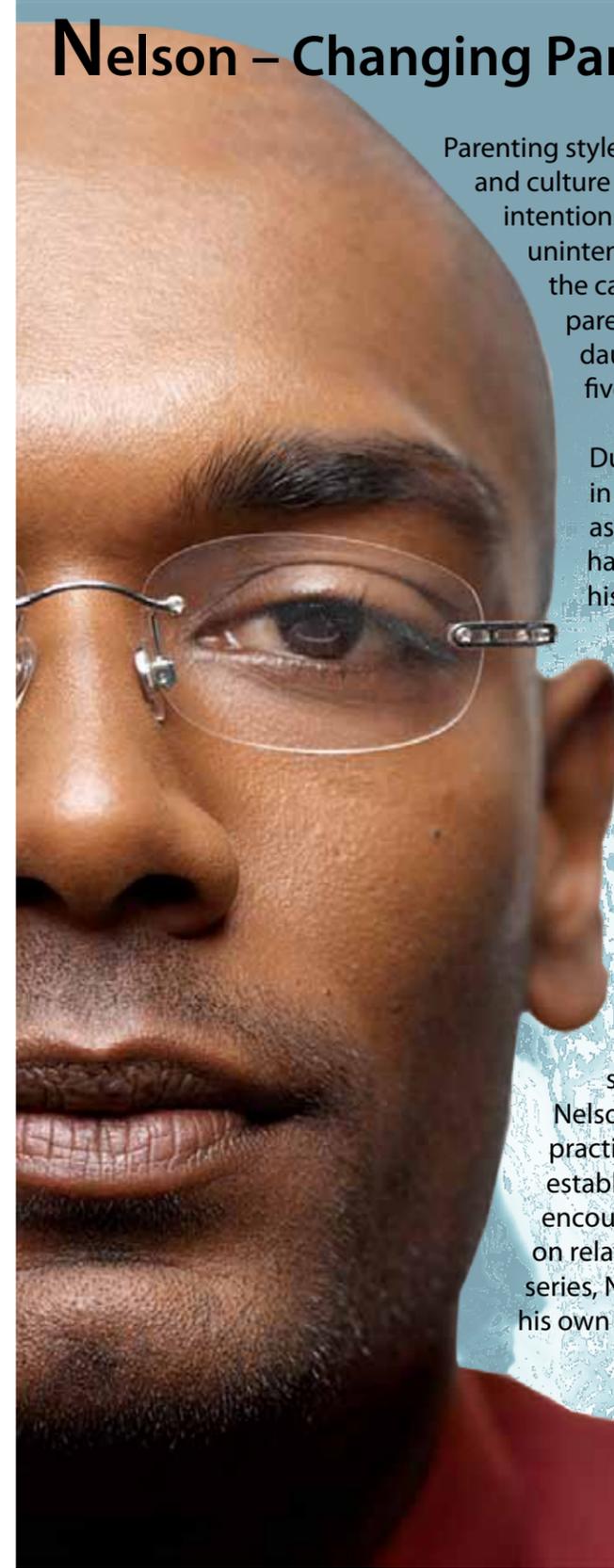
Parenting styles vary widely from family to family and culture to culture. Sometimes a parent's best intentions in disciplining children can have unintended and undesired results. This was the case with Nelson, a father referred to DFYF's Positive Paths parenting program as the result of hitting his 17-year-old daughter. He was charged with child endangerment and served five days in jail.

During the Positive Paths class, Nelson revealed that he grew up in home with what he called "old school" methods of discipline as a means of controlling a child's behavior. He shared that he has nine children, four of whom are female. He said he teaches his daughters to "never let a man put his hands on them".

The parent educator addressed the discrepancy between Nelson's own recent behavior, which led to his referral, and his teachings to his daughters. Nelson was confused by this. The parent educator further explained that the very thing that Nelson tries to teach his daughters not to tolerate was exactly what he was doing himself when he struck his daughter.

Nelson thought about what the parent educator said and replied "I guess I did do this without realizing it." He further reflected on his own childhood and how he never liked being hit. The parent educator explored how parenting styles and strategies can be transmitted generationally.

Nelson learned more about effective and productive parenting practices such as listening to children, communicating with them, establishing consequences for positive and negative behaviors, encouraging them, and constructive forms of discipline that center on relationship and esteem-building. At the end of the 12-hour class series, Nelson said he was glad he took the class to help him change his own behaviors with his youngest daughter and his grandchildren.



*Positive Paths Parenting offers instruction to parents to improve the quality of family life. Participants are charged for this course based on a sliding fee scale.*



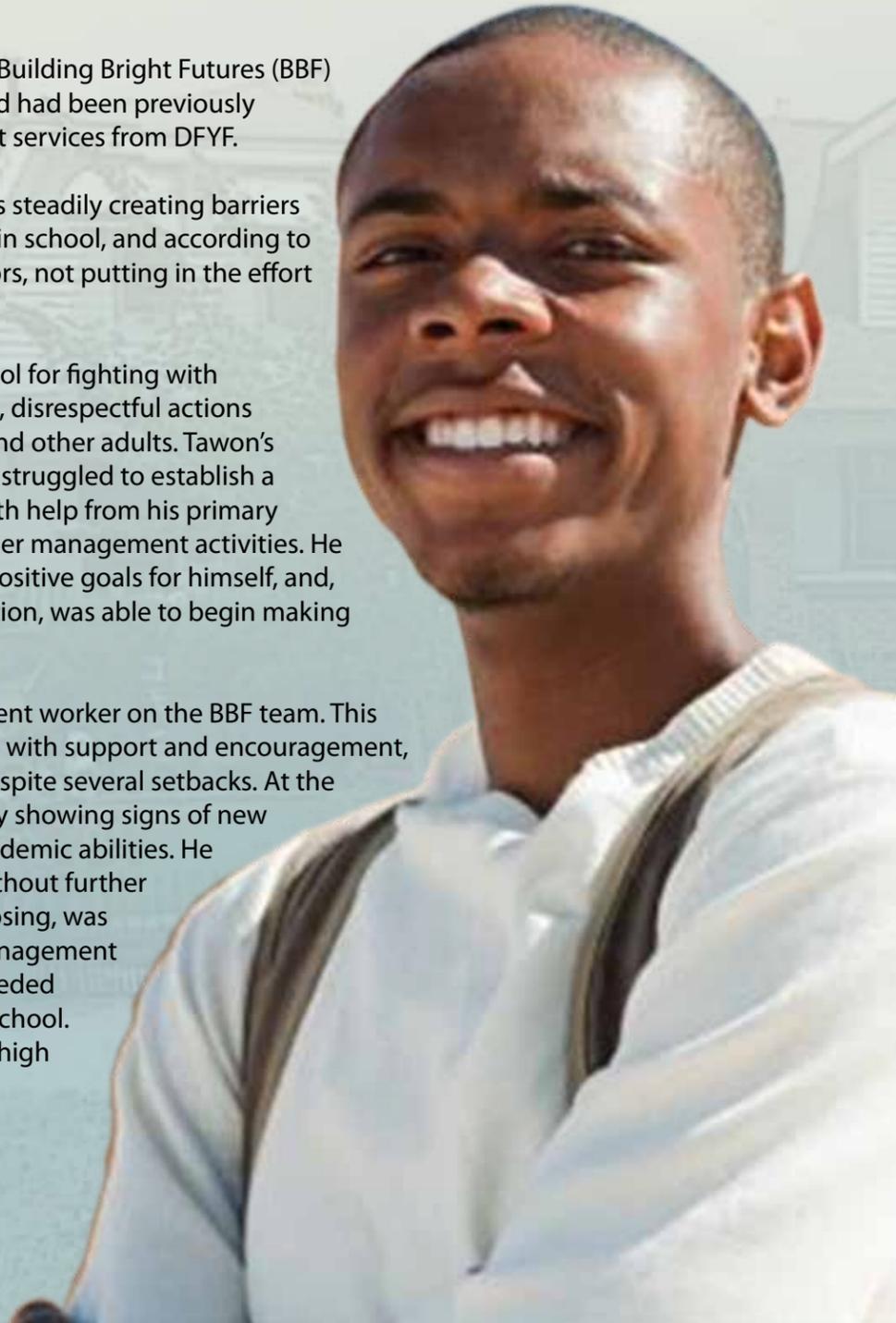
## Tawon – Help to Cope with Anger

When Tawon was referred to the Building Bright Futures (BBF) program, he was 11-years-old and had been previously involved with outreach treatment services from DFYF.

Now in middle school, Tawon was steadily creating barriers to his own success by acting out in school, and according to teachers and school administrators, not putting in the effort needed to earn passing grades.

Tawon was suspended from school for fighting with classmates and for insubordinate, disrespectful actions and words directed at teachers and other adults. Tawon's primary outreach worker initially struggled to establish a therapeutic rapport with him. With help from his primary counselor, he got involved in anger management activities. He was able to start reestablishing positive goals for himself, and, with weekly guidance and reflection, was able to begin making progress on his treatment goals.

Tawon was transferred to a different worker on the BBF team. This worker continued to provide him with support and encouragement, and he continued to progress, despite several setbacks. At the end of services, Tawon was clearly showing signs of new confidence in himself and his academic abilities. He said he was ready to continue without further counseling, and at the time of closing, was continuing to master the self-management and self-motivational skills he needed to be successful at home and in school. Tawon's goal is to graduate from high school and attend college.



*Building Bright Futures provides in-home individual and family counseling to youth ages 12-18 who are at risk for school failure.*

## Alexander – Help to Prepare for School



Alexander is a four-year-old boy born to parents from two non-English speaking countries. He came to Directions for Youth & Families to help him prepare to enter school.

When Alex started out in the Ready, Set, Grow(RSG) program, he had few or no English speaking skills and was socially isolated except for attending church or going to a child care provider where the other children were infants.

On his first few visits, his parents acted as interpreters, and he was reluctant to work with the RSG worker. He was so withdrawn that his parents considered discontinuing the program, but they believed that staying with the program would create successes in Alex's future.

Alex's parents were receptive to ideas and supportive of the program. When a new baby arrived, Alex became aggressive and non-compliant. His parents worked diligently with the RSG workers, who helped them with parenting information to discover new ways to solve the behavior issues. His parents obtained financial support from a preschool where his mother helped with breakfast each morning, so they were able to enroll him.



As time passed, Alex began to better focus during his 1-1/2 hour RSG sessions each week. His English speaking skills improved, he became more compliant, and his desire to learn blossomed. His parents brought him to the RSG playroom at DFYF's Ohio Avenue Youth Center for group sessions where he continued to be around more children.

Within six months, Alex learned to write his name, cut out objects, use full sentences in English, draw pictures of his family, recognize and name colors, count to the teens and play educational games while managing both winning and losing. He could name an impressive list of friends he played with at preschool.

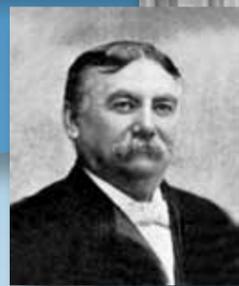
Alex's confidence and overall development grew. Thanks to his parents' willingness and commitment to making changes for the entire family, they increased their ability to work successfully together. Today Alex is a cheerful, interactive little boy well-prepared to enter kindergarten this coming fall.

*Ready, Set, Grow is an in-home kindergarten readiness program that provides case management, parent education, and theme-based curricula to multi-need families with children ages 2-6. Staff work with both children and parents.*

# Serving Central Ohio Families for 115 Years

**1899**

**Crittenton Family Services :**  
Established as the  
"Associated Charities".



**1974**

After a series of merges,  
"Associated Charities"  
merged with the Florence  
Crittenton Home and  
changed its name to  
"Family Counseling and  
Crittenton Services".



**1983**

"One to One" and "Friends in  
Action" merged to form  
"Directions for Youth".



**1999**

moved into a new  
building at 1515  
Indianola Avenue.



**2014**

Helping children and  
families in Central Ohio  
for 25 years.  
Directions for Youth  
& Families.



**1992**

"Family Counseling and  
Crittenton Services"  
changed its name to  
"Crittenton Family  
Services".



**2002**

Crittenton Family Services and  
Directions For Youth merge to  
become Directions for Youth &  
Families.



**2006**

Opened the Ohio  
Avenue Youth Center  
at 657 South Ohio  
Avenue.



## Keeshon – Changing toward Maturity



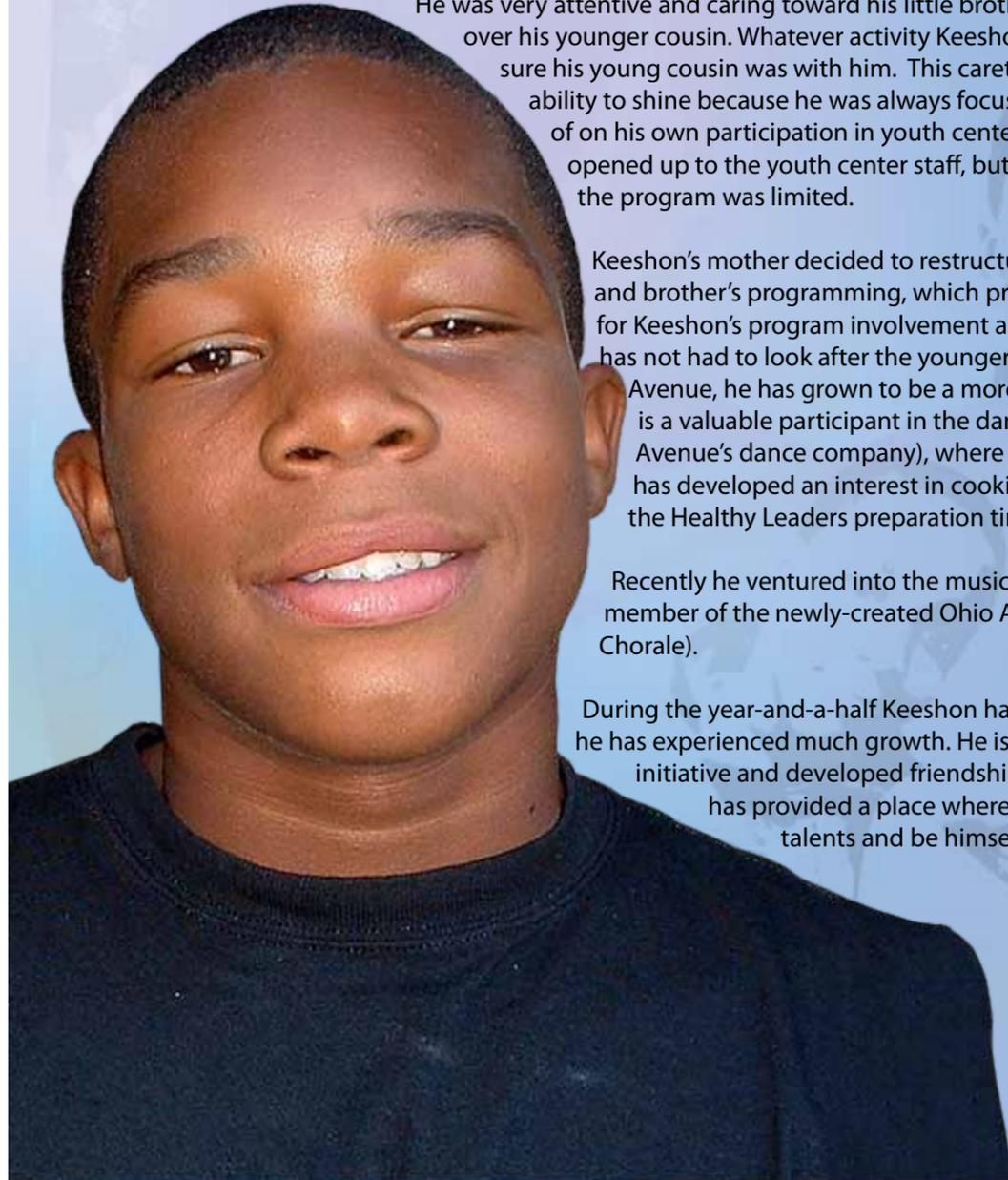
Keeshon first came to Ohio Avenue Youth Center when he was 12 with his brothers and cousins. He was very quiet and reserved in his behavior, but his appearance was quite a contrast. Keeshon has a terrific sense of fashion, and despite his quiet behavior, his clothing style exuded tremendous confidence. On his first day at Ohio Avenue, he was noticed by everyone as he sported turquoise jeans, a vest turned inside out and a bow tie.

He was very attentive and caring toward his little brother, and he especially doted over his younger cousin. Whatever activity Keeshon signed up for, he made sure his young cousin was with him. This caretaker role inhibited Keeshon's ability to shine because he was always focused on someone else instead of on his own participation in youth center programs. Gradually he opened up to the youth center staff, but his interaction with peers in the program was limited.

Keeshon's mother decided to restructure his younger cousin and brother's programming, which proved to be a great move for Keeshon's program involvement and social growth. Since he has not had to look after the younger family members at Ohio Avenue, he has grown to be a more mature young person. He is a valuable participant in the dance program and LIVE (Ohio Avenue's dance company), where he is the only male. He also has developed an interest in cooking and is very helpful during the Healthy Leaders preparation time.

Recently he ventured into the music program and is now a member of the newly-created Ohio Avenue choir (Ohio Avenue Chorale).

During the year-and-a-half Keeshon has been at Ohio Avenue he has experienced much growth. He is more confident, shows initiative and developed friendships. Most of all, Ohio Avenue has provided a place where Keeshon could explore his talents and be himself.



*Ohio Avenue Youth Center is one of the after school prevention programs offered by Directions for Youth & Families where young people ages 7-18 can participate in programs emphasizing abstinence from substance use and delinquent behavior, focus on staying in school and leadership development. Participants can get involved in creative arts, computer labs and receive homework help while they learn to make positive decisions.*

## Rachelle – Helping Others



I'm 18 now, and nearing the end of my eligibility to be in the Short Stop after school program, but I want to share how being in the program has helped me.

I'm an only child in a single parent home and started attending Short Stop when I was 12 –six years ago—so I could get some homework help.

I witnessed violence and saw some terrible things happen to my friends. When I went to Short Stop, I was pretty shy and didn't have much confidence. The cool thing is I didn't realize that they had other programs there that I might like, and I got involved in art and theater activities, which really helped me meet other people who became friends and helped me believe in myself.

I have been on the Honor Roll at school for the last five years – it's another thing that has helped my confidence in my ability and what my future will become. During my time at Short Stop, I have been a group leader and a mentor to the younger kids, especially in the art production program. I enjoy helping the youth center staff and I have learned a lot from them. I participate in the Healthy Leaders program and leadership retreats over spring breaks.

During the past three summers I have enjoyed working on projects at the Grange Audubon facility and I also have been fortunate to work as a student intern at a local law firm – all thanks to the confidence I gained in myself through my involvement at Short Stop.

Until graduation, I will continue to be a student leader at Short Stop and advocate against the use of alcohol, tobacco and drugs and well as promote good decisions to other Short Stop kids.



*Short Stop Youth Center is one of the after school prevention programs offered by Directions for Youth & Families where young people ages 7-18 can participate in programs emphasizing abstinence from substance use and delinquent behavior, focus on staying in school and leadership development. Participants can get involved in the creative arts, computer labs and receive homework help while they learn to make positive decisions.*

# Keisha – Helping Overcome Trauma



Nobody knows the real me. Nobody knows how many times I've sat in my room and cried, how many times I've lost hope, how many times I've been let down. Nobody knows how many times I've had to hold back the tears, how many times I've felt like I'm about to snap but don't just for the sake of others.

Yeah I think about others before myself, that's just me. I've always been that way. But then again I'm not even that person anymore due to counseling and wanting to be more than what I was telling myself. Don't get me wrong -- I have my days, but who doesn't. Working through my trauma has been a long process. Trauma to me can be broken into an acronym:

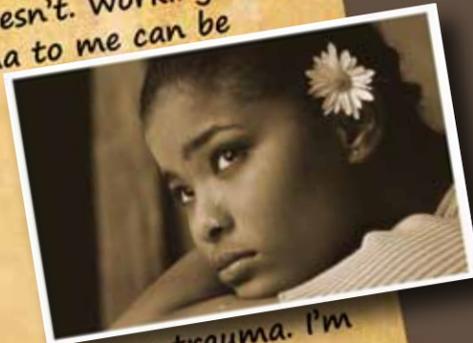
Terrifying,  
Real,  
Abuse,  
Unseen,  
Mood changing,  
Aftermath

All of these words have played a huge roll in accepting my trauma. I'm getting better because I refuse to stay down. I need this, I deserve this and I couldn't be happier with how far I have come in the recovery process.

It hasn't been anywhere close to easy, but processing my trauma is what has helped me the most. Having eyes wide open to the matter at hand helps. I'm stronger than I believe and I deserve better than the life I was led to know. My counselors have always talked about self care and positive talk. This made me realize I needed to work on myself and be happy for myself, working through all the bad and staying strong.

Realizing this finally after being in counseling for about year is now making things a lot easier on me. I can finally begin to smile again. A real smile! I couldn't be happier with how far I've come. I see it as my counselors are the coach and I'm the player, but I have to want to practice to play the game at my best.

Keisha



**PROMISES** is a comprehensive in-home therapeutic program offering individual, group, and family counseling for young people ages 7-17 who are survivors of reported or suspected sexual abuse.

# Michael – Help for Substance Abuse



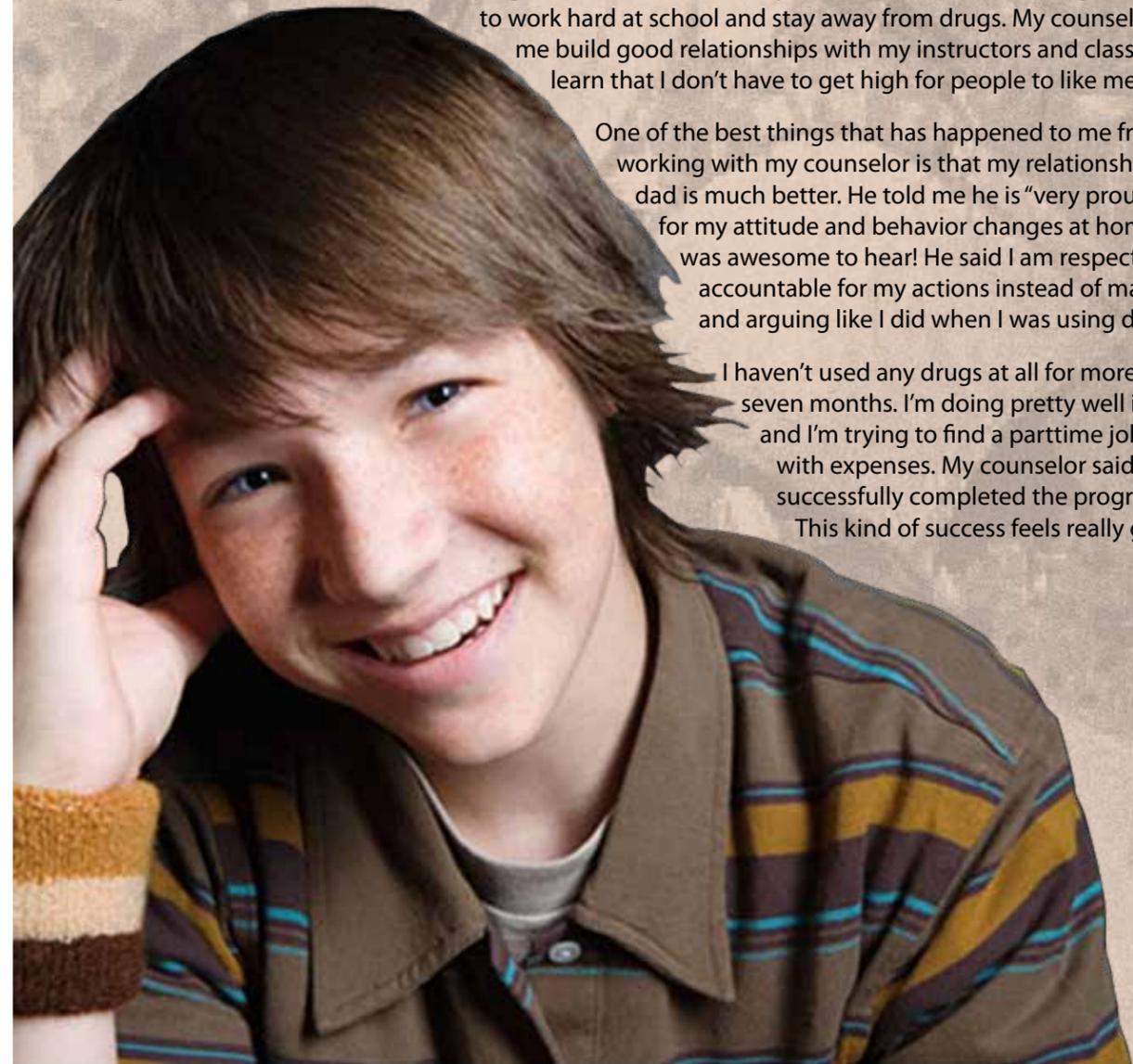
I had a big problem with pot, but I didn't see it that way. I didn't see it as a problem when I used to get in fights. I didn't see it as a problem when my grades tanked. I didn't see it as a problem when I got expelled from school.

That's when I was sent to Directions for Youth & Families because of my drug use. I worked with a counselor who helped me see how my drug use had an impact on my relationships, my school work and my attitude about getting a job. The other thing I realized is how smoking pot affected my ability to cope with stress. I worked with my counselor who helped me change my attitude about school, other people and my behavior at home. The counselor helped me identify personal values that I want to work on – like commitment to self-improvement and family relationships. Those values became part of the plan we worked on together.

Now I go to a different school that is helping me learn what kinds of jobs I can train for, and that gives me a reason to work hard at school and stay away from drugs. My counselor helped me build good relationships with my instructors and classmates and to learn that I don't have to get high for people to like me.

One of the best things that has happened to me from working with my counselor is that my relationship with my dad is much better. He told me he is "very proud" of me for my attitude and behavior changes at home. That was awesome to hear! He said I am respectful and accountable for my actions instead of making excuses and arguing like I did when I was using drugs.

I haven't used any drugs at all for more than seven months. I'm doing pretty well in school and I'm trying to find a parttime job to help with expenses. My counselor said I have successfully completed the program. This kind of success feels really good.



**Family Outreach Substance Abuse Counseling (FOSAC)** program provides home-based services to Franklin County young people ages 12-18 with a history of substance abuse, delinquent behavior and home and school problems. The program provides individualized outpatient drug/alcohol treatment service to adolescents and their families, enhances the level of functioning, and improves capacity for responsible decision-making and positive interaction and communication.

# How DFYF Programs Helped Families in 2013

**85%**

of clients in the **Behavioral Healthcare** program showed improvement in functioning by the completion of services.

**913**

**Student Support Services** administered mental health assessments to Columbus City Schools students.

**85%**

of young people in the **Building Bright Futures** program to boost school performance for kids at risk of failure improved in school by completion of services.

**1,148**

kids in the **My Best Self** program, designed to prevent teen pregnancies, improved their understanding of abstinence and delaying sexual activity.

**84%**

improvement in ability to function and cope with loss was reported for clients in the **Children of Murdered Parents (COMPS)** program.

**1,480**

All the kids in the **Outreach Counseling Program** avoided contact with Juvenile Court for one year following the end of services.



**Helping Families.  
Changing Communities.**

**100%**

of the 156 young people who participated in the **Ohio Avenue Youth Center** after school prevention program avoided contact with the Juvenile Court.

**117**

preschool-aged children had improved home environments to enhance their kindergarten readiness through the **Ready, Set, Grow** program.

**100%**

of participants in **Life Skills**, a middle school drug and alcohol prevention program, abstained from substance use for a 90-day period.

**175**

people participated in the **Positive Paths Parenting** program, and **94 percent** increased their knowledge of appropriate parenting skills.

**89%**

of clients in **Anger Management Options** identified alternative ways to express anger without violence.

**166**

kids in the **Short Stop Youth Center** after school program (**100 percent**) improved in attitude, knowledge, and behavior.



## Statement of Operating Revenue for Fiscal Year 2013

### Revenue

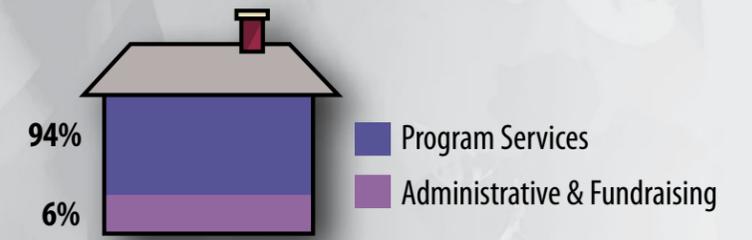
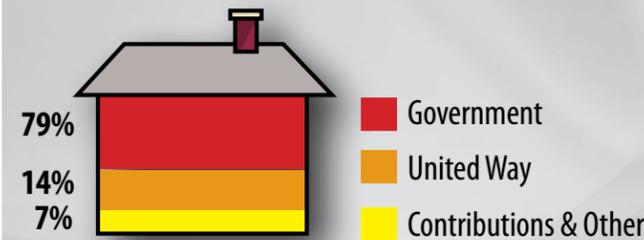
Government	\$5,705,684
United Way	1,027,437
Contributions & Other	487,299

**Total** \$7,220,420

### Expenses

Program Services	\$6,858,701
Administrative & Fund-raising	457,277

**Total** \$7,315,978



## Calendar Year -January 1, 2013 - December 31, 2013)

Directions for Youth & Families served 6,670 clients

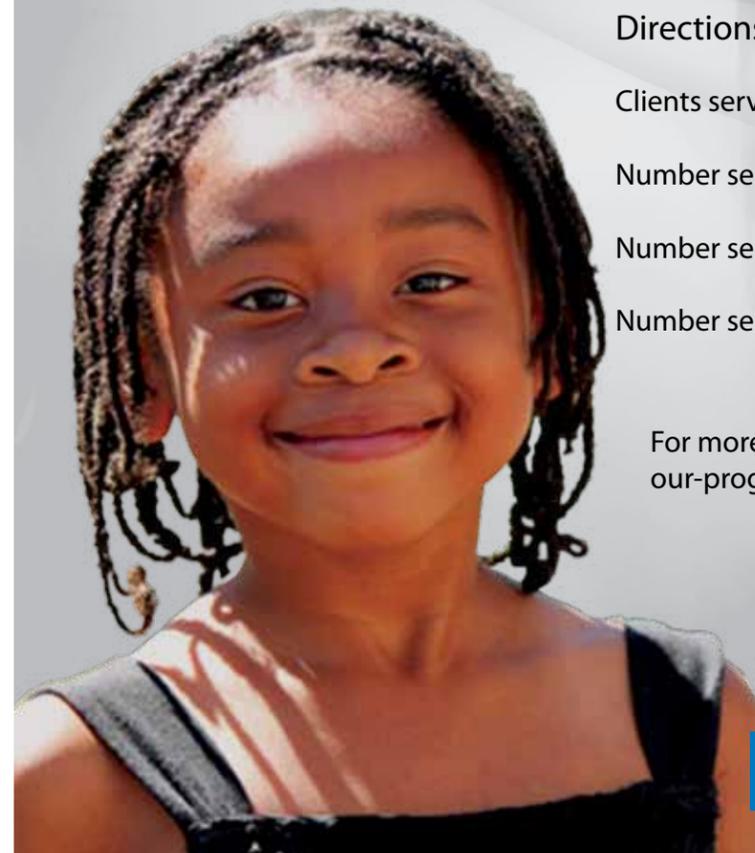
Clients served: Total clients (unduplicated): 6,670

Number served in counseling and clinical programs: 5171

Number served in prevention and education programs: 2239

Number served in parenting/early childhood programs: 421

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



Please share this report with a friend.



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## Serving Central Ohio Families for 115 Years

The stories told in this document are based on actual events that 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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