



Youth Care

A N D B E Y O N D

2023
ANNUAL REPORT



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A Message from our CEO

Reflecting on the past year fills me with pride and gratitude for our organization's impactful work in the lives of those facing life's toughest challenges. Our commitment to comprehensive support, coupled with the dedication of our staff, volunteers, and donors, has made a profound difference.

This year, we've been a beacon of hope, providing immediate assistance and long-term solutions. From securing stable housing and financial stability to offering essential childcare services, our holistic approach addresses diverse community needs.

Emphasizing mental health support, we've recognized the toll hardships take and provided therapeutic interventions for healing and growth. Parenting education has empowered mothers and fathers to nurture their children in loving, stable environments, strengthening families and communities.

Our family support services have played a crucial role in reuniting and keeping families together. As we compile this report, we acknowledge our work is ongoing, but the progress, like a young mother securing a home and financial independence, fuels our commitment.

I extend heartfelt thanks for your unwavering support through volunteering, donations, and spreading the word. Together, we've made a significant difference, and with your continued support, I am confident we'll achieve even greater heights in transforming lives and strengthening our community.


Tracey Pearson, CEO



SERVICES REACH

284 Family Support

27 Child Parent
Psychotherapy

26 Intensive Family

8 Individual and
Family Support

Family Support Services

Family Support Services covers two premier services focused on those with developmental disabilities and their families. The Opportunities program empowers individuals for independent living with personalized guidance from dedicated staff, covering essential skills like maintaining a clean space and managing medication. The Best Friends program pairs individuals with skilled staff for personalized skill-building, creating person-centered plans for family living services. This includes teaching essential skills, supervision for self-care, and enhancing communication. Both programs are focused on building independence and support for those with developmental challenges.



Joining this program was the first step toward living the life I've always wanted. I've gained so much independence and know now I can do things. It makes me proud that I can take care of myself and make my own decisions. It is also great that the staff love me and are cheering me on.



86%

Met Program
Goals

64%

Participated in
Parent Training

64%

Reported a Reduction
in Parental Stress

Danielle's Story



We're thrilled to share a touching story that embodies our mission - the transformation of Danielle, a mother facing challenges due to intellectual disabilities, and her 3-year-old child. Danielle's journey reflects the essence of what we stand for.

Having faced hardships, including the loss of her grandparents and her parents' struggle with housing during the Covid pandemic, Danielle encountered difficulties in finding suitable assistance. After trying another program unsuccessfully, she turned to us, recognizing the immediate help she needed.

Quickly understanding Danielle's needs, we facilitated her access to Supplemental Security Income, providing essential financial support. Additionally, we secured childcare for her child, allowing her the time to focus on rebuilding her life. Our assistance extended to finding a suitable place to live and enrolling her in programs that equipped her with parenting skills and independent living.

Today, Danielle and her child enjoy a significantly improved life in a safe and stable home. This story is a poignant reminder of how, with the right support and a glimmer of hope, lives can take a positive turn. We take pride in being part of Danielle's journey and remain committed to supporting her and others like her on their paths to a better life.

Intensive Family Services

This program is designed for families navigating particularly demanding situations, such as those involving significant stressors, trauma, or crises. The core objective is to address specific needs through personalized, in-depth interventions. This may involve highly tailored counseling, crisis management, and skill-building sessions for both parents and children. By employing a focused and individualized strategy, Intensive Family Services aim to foster resilience, strengthen family bonds, and empower families to overcome obstacles. This proactive and hands-on approach ensures that families receive the specific support required to navigate their unique circumstances and build a foundation for long-term stability and well-being.



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Finding support that truly understands and addresses our family's unique needs was a game-changer for us. This program helped us navigate through our toughest times and brought us back together when we thought all was lost. My kids were in foster care and now they are home. We've found strength in unity, thanks to the compassionate support and guidance we received.

”

92%

Met Program
Goals

89%

Participated in
Parent Training

96%

Reported a Reduction
in Parental Stress

Child Parent Psychotherapy

This specialized form of therapy recognizes the profound impact that early experiences can have on a child's development. In Child-Parent Psychotherapy, the involvement of at least one parent or caregiver is integral as they actively participate alongside the child. The therapeutic process unfolds through play, providing a safe and supportive space for the child to express and process fears, stress, and trauma. By engaging in these play-based interactions, the therapy aims to foster a secure attachment between the child and their caregiver, promoting emotional healing and resilience. Child-Parent Psychotherapy stands as a crucial tool in addressing the unique needs of young children, allowing them to navigate and overcome the challenges posed by early adverse experiences.



The mental health counseling I've received has been a lifeline during my darkest days. It's hard to put into words how much it means to have someone listen, understand, and help me find ways to cope and heal. I've learned so much about myself and how to manage my mental health, and I feel like I'm finally starting to take control of my life again.



94%

Met Program
Goals

100%

Participated in
Parent Training

100%

Reported a Reduction
in Parental Stress



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