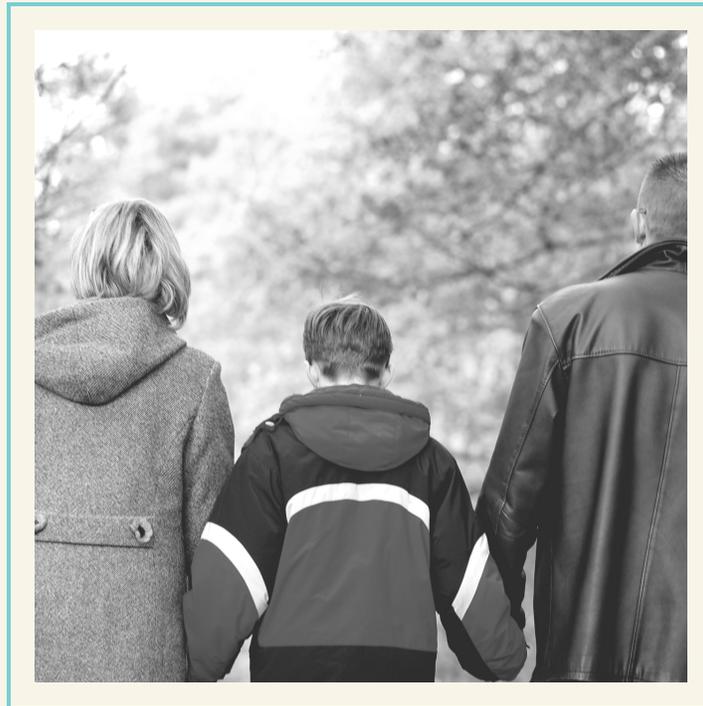


Communities for People

EST. 1976

**OVER 40 YEARS OF
INNOVATIVE CARE**



FY 17 ANNUAL REPORT

A MESSAGE FROM CFP LEADERSHIP



**Boyce Slayman, Board Chair
& Joe Leavey, President**

Dear Friend,

In this year's annual report, we highlight reaching our 40th anniversary milestone and our track record of continually developing innovation. We highlight some of our most recent program models, and illustrate some of the many ways we have helped sustain families and change lives. Over the past 40 years we have developed a variety of programs and services to meet the needs of the children, at-risk adolescents and their families. At CFP, innovation takes the form of developing individualized approaches to each young person and each family. We are proud of our 'No one size fits all' approach, and how we combine individualization with proven treatments. Our program models vary widely from family preservation and support, foster care, adoption, assessment, to group homes and supportive

independent living, yet there are always common threads that remain true for us. With a goal of permanency in mind, we always utilize a strength based approach that promotes independence, and empowers those we serve to live both independently and successfully as contributing members of their community.

In recent years we have developed new and innovative programs in an effort to provide alternative solutions for the youth and families we serve. We added a new Residence Model to our Families for Children Foster Care and Adoption services in Rhode Island. This program is a hybrid of group home models and traditional foster care. In Massachusetts we expanded our already unique Learning Independence by Fostering Empowerment (LIFE) program for the Department of Youth Services (DYS). This one of kind residential program for DYS youth provides a structured path for young offenders to gain community living experience, further their education, and acquire increased vocational and independent living skills. We have added evidence-based, proven family preservation services in our Rhode Island programs. Our newest of such programs, Family Centered Treatment, has proven successful in keeping families intact and improving the ways family members communicate and interact with each other.

Our affiliated agencies Doc Wayne Youth Services and Boston ASAP have had exciting years as well. Doc Wayne has strategically focused on strengthening its ties to several local community schools, and now serves over 300 youth each week through a trauma-informed curriculum that fuses sport with mental health therapy. Our Boston ASAP program continues to provide crucial support to persons arrested for driving under the influence of alcohol and other drugs, but has also expanded into mental health and compulsive gambling.

Innovation, and our individualized approach to each young person and family, means that there is no simple 'This is the way we've always done it'. Our success relies on the dedicated efforts of our staff at every level of the organization. Forming intimate relationships with those we serve has been the cornerstone which has led to the positive changes our youth and families achieve. That was true in 1976, and it remains our core principle today.

Joe Leavey
President

Boyce Slayman
Board Chair

We foster *innovation.*

Our Families for Children (FFC)-Residence Model

The FFC -Residence Model is an innovative hybrid between community residential group homes and specialized foster care. It was developed to address two distinct problems: (1) the problem of older youth remaining in group homes for prolonged periods of time and being less likely to be placed in permanent family settings, and (2) siblings being placed apart from each other in separate foster homes. We want youth to live with their family, foster families, or be adopted into families, and this model is designed to help youth practice functioning in a family setting with a skilled foster parent(s). As they demonstrate their ability to bond, function and maintain an overall positive wellbeing, youth gain the confidence to move to traditional foster care, adoption or independent living. Each home can accommodate up to four youth, so siblings can be placed together as well. Behind the foster parent is a support team of a clinician, social worker, and a behavioral specialist.



Frank Pinheiro
FFC Foster Parent

To pilot this program we chose Frank Pinheiro, a CFP foster parent who has opened his home to youth in our foster care program for over 15 years. He has exclusively worked with teen boys and does an excellent job mentoring them and engaging their birth families. When a youth moves from his home to Independent Living, Frank ensures they are all settled, setting up the apartment with furniture and stocking the fridge, much like a parent dropping their kids off at college would do. Frank remains connected to youth as they begin their adult life. Youth often come back seeking his counsel or just simply to raid the refrigerator and do laundry, like many of their peers. Frank recognizes it's his actions that make the difference. "The simple things are the best. Be there and care and be consistent. It isn't magic, it is hard work but the reward is great", he explained. The reward for him is the lifelong impact he is making in each youth's life. He once received a Christmas card that said "You took me in and you treated me like your son," he added, "That's something everyone should have, a sense of stability."

"The simple things are the best. Be there and care and be consistent. It isn't magic, it is hard work but the reward is great"

Sometimes some people think our program works too well. because some youth have been resistant to moving elsewhere and their case workers seem equally hesitant to disrupt a stable, nurturing placement. Frank's place provides a safe space to live and grow, so boys are not moving on to the lower level of care as quickly as anticipated. However, having an excellent foster parent, youth who are stable and feel supported and comfortable is a good problem to have. The youth, CFP and the community are fortunate to have such a committed resource parent.



We foster independence.

Our Learning Independence by Fostering Empowerment (LIFE) Program



LIFE program 2-Family home

Our LIFE (Learning Independence by Fostering Empowerment) program for male youth ages 17-20 in the custody of the Department of Youth Services (DYS) is a unique alternative solution to juvenile detention. The program transitions youth from a group home setting to an apartment as they demonstrate responsibility and accountability while living in the community. Both the group home and the apartment occupy the same 2-family house allowing for continuity of treatment/service with the same treatment team. The surrounding community serves as the classroom and program staff use it to provide life skill development to prepare the youth for self-sufficiency. Youth can also move into apartments scattered throughout the Boston area once they have maintained consistent progress. Youth then have the opportunity to apply the life skills gained within the program site and begin to live life independently with decreased need for staff and program support.

This model has proven to be effective with this population. One client Stephen, transitioned to living in an apartment in October of 2015. In March of 2017 he enrolled in New England Tractor Trailer School and will finish up this year. He has also maintained employment at Valvoline, an oil change service company, for 2 years and was promoted to Assistant Manager. Stephen is financially stable as well, he has paid of all his debt, pays virtually all his own bills and has managed to save up \$12,000. Our program has provided him with opportunities he wouldn't otherwise have and helped Stephen to become independent in a sustainable way.

We foster community.

CFP's Lead Area Offices

In 2002, the Department of Children and Families (DCF) introduced "Family Networks" as a new way to deliver services driven by six core values: child-driven, family-centered, community-focused, strength-based, a commitment to diversity and cultural competence, and a commitment to continuous learning. Family Networks allows DCF to be more flexible and responsive to families. As a result "Lead Agencies", private child welfare providers, were placed in DCF area offices bringing services closer to clients. CFP is a Lead Agency in the Hyde Park and Harbor area offices.

Total Clients Served in FY17

365

Harbor Area Office

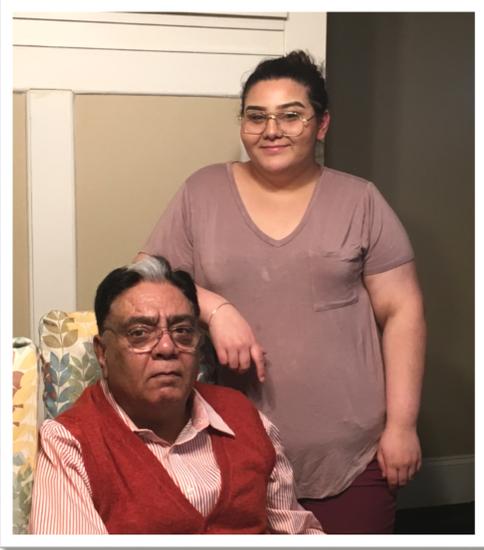
219

Hyde Park Area Office



We foster family.

Family Centered Treatment[®] (FCT) Program



Sarah & her Dad, Anees
FCT Family

Family Centered Treatment is one of the evidence based programs we are providing in Rhode Island. The program focuses on utilizing problem solving methods and on providing solutions for families who are in stressful situations that might result in the removal of their children and or instability in the home. Dr. Cynthia Almonacy, Clinical Supervisor further explains, “FCT incorporates the positive strengths within the ecology system of the family to address any emotional and or behavioral needs.”

In the FCT program families go through four phases of treatment, each with specific actions leading to different levels of growth. Each family is very much involved in the treatment process, and determines when they are ready to move on to the next phase. CFP Clinician Karen Sams, says, “The clinicians work closely with the family to support them in shifting the dynamics so that they are able to make the changes necessary to improve and enrich the well-being of the family.” Sarah and her Dad were at risk of disruption when they first entered the program because of Sarah’s defiant

behavior—which included substance abuse and absence from school. She was also staying out, stealing from her family and wasn’t on track to graduate. Karen started to work with the family and initially, Sarah wasn’t happy with Karen’s presence but with persistence and the FCT model, Karen was able to gain Sarah’s trust. Karen helped Sarah and her father understand each other better and identify better coping skills and ways to communicate which they are now able to apply to their day-to-day lives.

“The clinicians work closely with the family to support them in shifting the dynamics so that they are able to make the changes necessary to improve and enrich the well-being of the family.”

“FCT encourages and supports the family to own any changes made in order for those changes to be sustained after the family leaves the program,” explains Cynthia. Sarah and her dad have since finished the program, she is graduating with the class of 2018, and she has been sober for 8 months. They are so grateful to Karen and her ability to empower Sarah to make better choices and strengthen their family. Sarah’s Dad expressed his gratitude, “Thank God we stand at very different point of life today with the help of FCT, there was a lot of effort and time invested by FCT in our relationship. I wish I could express more gratitude to FCT for what they have accomplished.”



We foster *Success.*

Meet Misty Delgado: Current CFP Board Member, Former CFP Youth

Since childhood, Misty Delgado overcame numerous obstacles to achieve her goals. Misty entered the RI state child welfare system at age 4. Her parents faced adversity as they struggled with addiction and criminal charges. Misty relied on the support of her friends and family which included her grandfather, aunt and uncle. She became pregnant and had her baby at age 15. Challenged with all these hurdles, she worked with the Department of Children Youth and Families to be referred to Independent Living programs. Communities for People felt confident working with a teen parent and she entered CFP's Independent living program. There she worked hand in hand with her caseworker, Emily (Buckbee) Carey, and learned the independent living skills so necessary to being an effective parent and adult.

Not one to be deterred, Misty has always been a hard worker and determined to achieve academic success. She has always held multiple jobs, while taking care of her daughter and going to school. Despite initially dropping out of school at the age 14, she later re-enrolled at Hope High School where she excelled to the top of her class and graduated in 2004. Four years later she graduated from Roger Williams with a bachelor's degree in criminal justice. Only three years later she received her law degree and master's degree in criminal justice. Today she is an attorney practicing law in RI and MA, and a CFP board member. Misty explained, "It is not always going to be your fault when life throws you curve balls but it is always your responsibility to make the best of your situation. CFP allowed me to do that. Emily kept me accountable."



Misty Delgado
Attorney, CFP Board Member,

OUR IMPACT IN FY 17

224
MA PROGRAMS

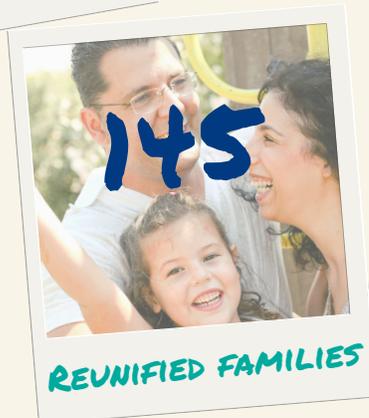
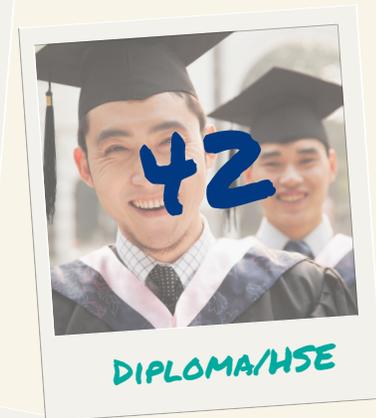
Teen Community Living Program
Intensive Foster Care
Boston Regional STARR Program
Home Based Services

682

Total Youth
Served in CFP
Programs

458
RI PROGRAMS

Residential Programs
Families for Children foster care &
adoption services
Home Based Services
Outpatient Counseling



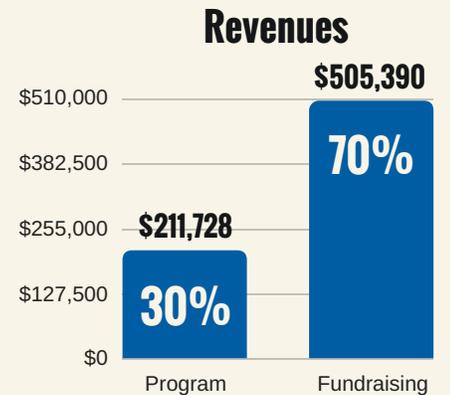
OUR AFFILIATED AGENCIES



300
Total youth served in FY17

Doc Wayne’s mission is to fuse sport and therapy to heal and strengthen at-risk youth. Youth between the ages of 5-18 who fail to progress in traditional “talk therapy” thrive in the sports-based group therapy programs Doc Wayne offers. Over the past 18 months Doc Wayne experienced exponential growth. They went from serving youth at 12 community sites to 23 sites resulting in a total of 300 youth receiving services each week in Boston, Cambridge, Newton, and Framingham. Doc Wayne also recently completed an intensive strategic planning process and they are now aiming to provide at least 1,000 students in the region with innovative mental health and social emotional learning services by 2022. We will execute our strategic plan and reach more students in need with our Chalk Talk® program by deepening existing relationships with school leadership, as well develop new partnerships with schools, community centers, and housing developments, in the region.

In October of 2016, Doc Wayne was awarded the Beyond Sport’s Global Sport for Health Award, announced at the organization’s summit in London - their first international recognition for the high-impact work that Doc Wayne is doing in eastern Massachusetts.



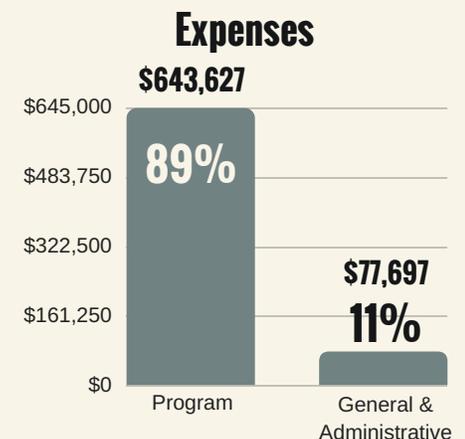
BOSTON A.S.A.P

Boston Alcohol and Substance Abuse Program, Inc.

817
Total clients served in FY17

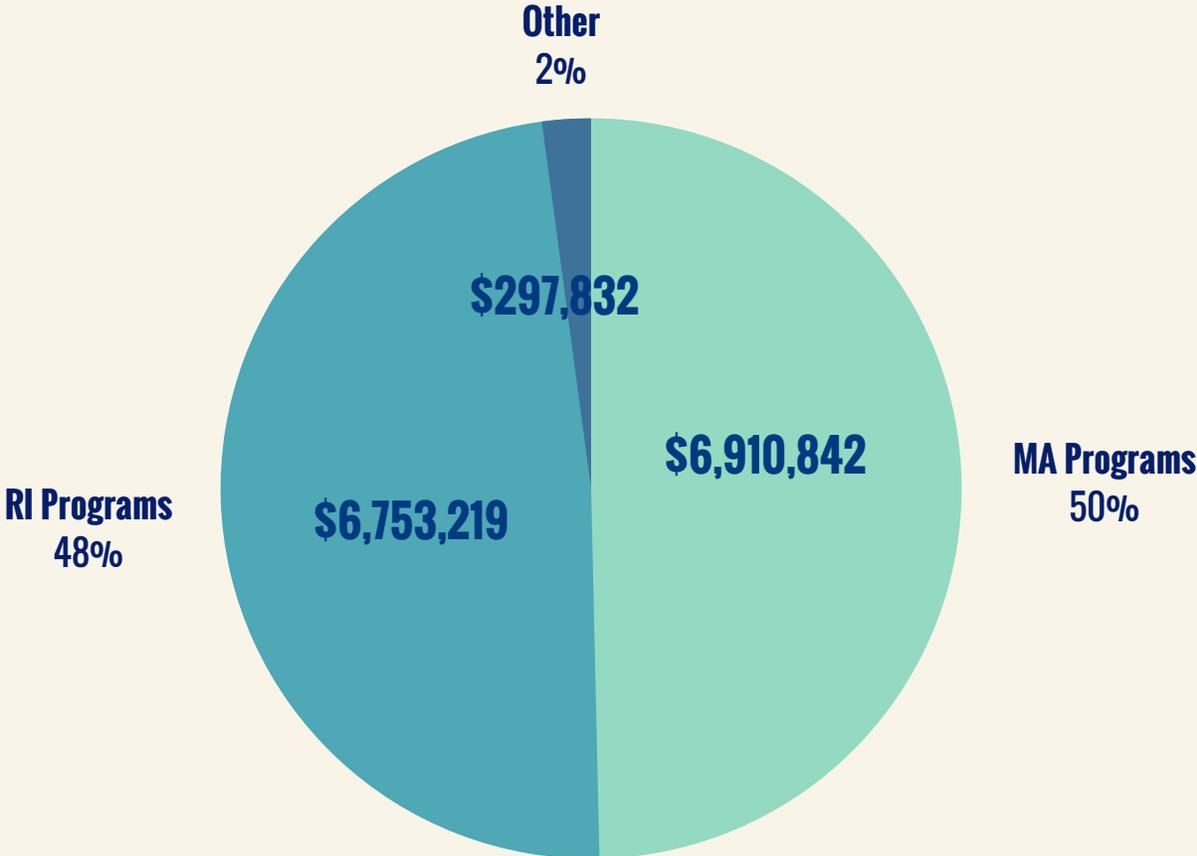
Boston ASAP offers outpatient substance abuse DUI and problem gambling programs and is a Mental Health Clinic as well. Boston ASAP is licensed by the Massachusetts Department of Public Health and accredited by CARF. Boston ASAP Mental Health Clinic continues and to grow and serve a larger population of people in need of therapy. Well-versed in substance abuse assistance, classes, and counseling, Boston ASAP also continues to expand its problem gambling services. Diversifying our services allows Boston ASAP to serve the community while contributing to future income growth.

As The Commonwealth of Massachusetts is on the verge of greatly increasing access to legalized gambling, the services Boston ASAP is providing are more necessary than ever. With one casino in Plainville already open and others planned for Springfield, and Everett the need for this service surely will grow. Sports gambling may also be legalized shortly as well. Boston ASAP plans to respond to this growing population of problem gamblers by offering gambling counseling and support to voluntary clients. The Boston ASAP problem gambling counselors team will grow in proportion to the increase in gambling intakes as things progress in MA.

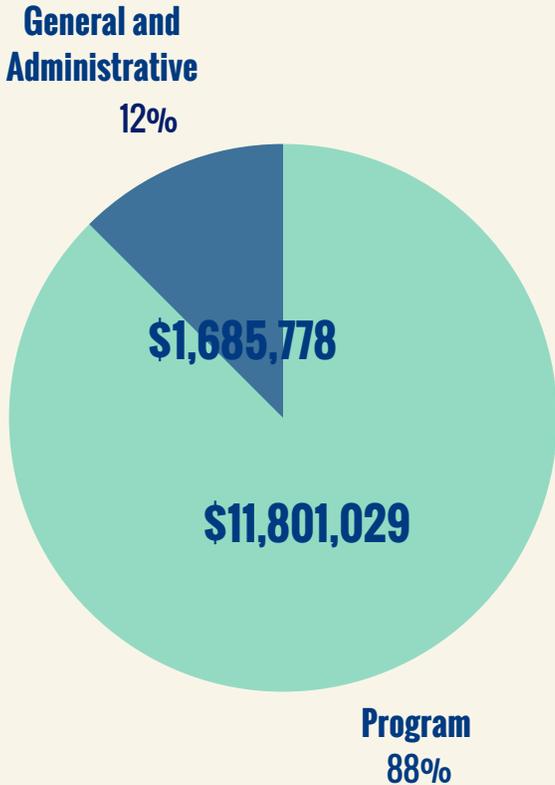


BUDGET SUMMARY FY 17

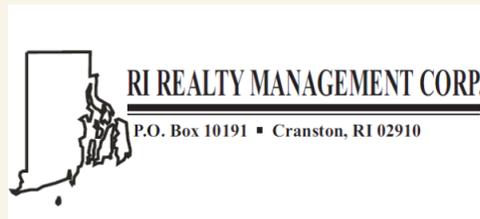
REVENUES



EXPENSES



Thank you to our FY17 Donors:



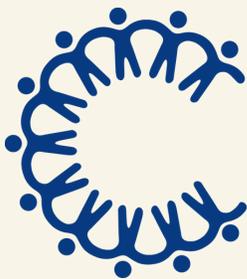
We want to be friends with you...

Please visit our website www.c4p.org to learn more about CFP and ways to support our programs and services.

Check us out on Facebook and twitter and instagram @CFPkids

We foster care.

Find out how YOU can too.



Communities for People

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Somerville, MA 02143
(617)628-0451

Corporate Office:

418 Commonwealth Avenue
Boston, MA 02215
(617)267-1031

RI Programs:

623 Atwells Avenue, Suite 201
Providence, RI 02909
(401)273-7103

www.c4p.org