

When
There's
HELP There's
HOPE



2018 ANNUAL REPORT

OUR MISSION



Center for Family Life and Recovery, Inc. is proud to be the area's leading resource provider in Prevention, Mental Health and Behavioral Services, as well as Community and Family Recovery Programs. CFLR, Inc. works to transform the lives of those in our community.

Our agency is comprised of a wide range of expertise across the mental health, substance use, and behavioral issue systems.

We are committed to working together with our community partners with the common goal of improving the individual's quality of life.



*Cassandra Sheets, LMSW
Chief Executive Officer*

Dear Friends,

This has been an incredible year at Center for Family Life and Recovery, Inc. Our services are growing and we are giving hope to more friends and neighbors across the Mohawk Valley than ever before.

As you page through this snapshot of 2018, you'll see many of the services that you helped to support, and you'll see just far our reach has gone. From our counseling and mentoring services to our trainings, our recovery and family events, our prevention and our advocacy efforts, CFLR has touched thousands of lives in virtually every Oneida and Herkimer county community. Our reach also extends into Otsego and Montgomery counties.

Spending time with our friends at our signature events continues to be a highlight of our year. The annual Awareness Breakfast in April always shares inspirational stories and reminds us of the impact our services has on so many. We're able to celebrate successes, enjoy each other's company, and raise much-needed funds through the Tim Foley Recovery Classic Golf Tournament in September.

One of our greatest assets is our staff. I have worked alongside extremely dedicated employees for many years, even before the inception of CFLR eight years ago. We continue to expand our workforce as we grow our services. The commitment and professionalism our team displays is unsurpassed.

The leadership of our Board of Directors continues to drive us to continually improve and excel. They serve as model CFLR Ambassadors who share our mission in their own circles as well as with the community at large. We appreciate their dedication, their vision, and their volunteer spirit.

As we look forward to 2019, we hope you will join us on this critical journey to provide help and hope to our neighbors in need.

Cassandra Sheets

Prevention Services

Oneida County Prevention Council

Prevention is a multi-faceted approach to address the ever changing needs of children, their families, schools and communities. CFLR provides services to meet the needs of the student in multi-tiered levels of support to promote positive educational, health, mental health, social and emotional outcomes for youth. Our services extend to the families as well to provide education, awareness, and understanding of how to communicate with their child about substance use, drug trends, signs/symptoms of substance and alcohol use, and what to look for. More than 19,000 people were reached through CFLR's prevention programs and services.

CFLR is the only OASAS Credentialed Prevention Provider in Oneida County and offers a variety of school and community based prevention services and programming for grades K-12, information awareness, and environmental strategies.

Our #OneDecision campaign was launched in 2018 with a Telly Award-winning commercial. #OneDecision is now the cornerstone for our alcohol, substance use, and risky behavior awareness campaign.

Evidence Based Programs

Second Step social/emotional learning for students

Project Toward No Drug Abuse for Senior High students

SPORT Substance use Prevention Optimizing Robust Teens

Active Parenting of Teens six sessions about teens, 'tweens

Too Good for Violence interactive classroom intervention

Life Skills curriculum for students at risk

Active Parenting classes comprehensive six-class course

Teens in Action high energy program for ages 11-16

Concealing Secrets is an interactive presentation for parents, guardians or any adult that wants to know more about indications of drug abuse. Can you find the clues your child might be hiding?? Seven sites hosted this informative event in 2018, educating nearly 400 parents.

Med Return Units are located in ten sites throughout Oneida County. More than 10,000 pounds of expired or unused medications were surrendered in 2018 via the units, up 9% over 2017.

Our Prevention Team can be seen at many area events and partnering with multiple community agencies including law enforcement to make our community safe and healthy.



Suicide Prevention and Advocacy

CFLR, Inc. serves as the lead agency for the Oneida United Suicide Prevention Coalition and the Community Action Committee to Prevent Suicide. Members staffed displays and handed out information at 14 events in 2018. Mental Health First Aid and Suicide Awareness trainings have been held for local clergy and agency personnel. Oneida United continues to be active with New York State Mental Health and Suicide Prevention partners, participating in Albany Lobby Days and the Annual Conference.

After several celebrities completed suicide, raising awareness nationally, local staff served as resources for area media. The #BeThe1To campaign rolled out locally to offer assistance to people concerned about a loved one. The campaign encourages friends and family to "Ask. Keep Them Safe. Be There. Help Them Connect. Follow up."

Community and Family Services

Family Support Navigation services focused on 1:1 services with approximately 20 families each month; we also focused on building a recovery army that expands the work of one person! Our staff has increased 1:1 services while adding more group classes and support groups including the new grandparents raising grandchildren group, a faith-based education series for spiritual leaders, and weekly educational classes for families and the community. A family program was started in a local inpatient program as well as the integration of peer services for our families' loved ones and beyond.

CFLR has been a lead partner in state pilots with the Better for Families Statewide Systems Reform Project as well as the NYS BRSS EPICS SAMHSA project and the CRAFT training. CRAFT has been an impactful addition, training families to engage their loved ones differently, help loved ones reduce their use, as well as help them work a treatment or other recovery program, all while increasing the wellness for the entire family. Families committed to CRAFT report changes in just a few weeks.

We are proud of our accomplishments this year and look forward to 2019!



Give It A Whirl has grown to four sites this year -- Utica, Herkimer, and two in Rome — where participants focus on hands-on activities that support the four pillars of recovery: home, health, community and purpose. The program is funded in part by the Women's Fund of Herkimer and Oneida Counties, and the United Way of Rome and Western Oneida County.

The Peer Collaborative is a new initiative started in 2018. We are growing a strong professional peer workforce in our community with extensive training and supervision for the peers, as well as training for the agencies who will utilize their services. The group of 11 are officially Certified Recovery Coaches, many of whom have continued their training with substantial addiction and recovery education, practical coaching tools, advocacy, and more to become true sources of recovery support. Together, using our lived experience, we are building the model for the peer workforce in our community.



For the first time ever I wake up with hope, and encouragement that long term recovery is actually possible. -- Erin

Programs and Services for People In Recovery and Their Families

- Compeer provides mentors for children and adults diagnosed with mental health disorders.
- Family Support Navigation helps families navigate recovery for their loved ones and themselves, through education, support, and meeting personalized needs.
- Give It A Whirl offers opportunities to explore the four pillars of recovery: home, health, community, and purpose.
- Peer Collaborative engages participants with lived experiences to coach others on their pathway of recovery.
- Grandparents Group provides support for grandparents raising their grandchildren due to a child's substance use or mental health disorder.
- Friends of Recovery partnership in local and statewide advocacy efforts and community events

Behavioral Health and Counseling

Specialized counseling services are offered in our Utica, Rome, and Herkimer offices with day and some evening hours available.

- Family Preservation
- Youth with Sexual Behavior Issues
- Sexual Abuse Treatment Program
- Sexual Offender Treatment Program
- Supportive Care Management
- PINS Diversion Program
- General Counseling

Weekly Psychoeducational Groups are also offered:

- Adult Anger Management
- Teen Aggression Reduction
- CHOICES serves adult males court-ordered to attend due to domestic violence



Impaired Driver Program

Classes are held at both the Rome and Utica campuses of MVCC, serving Oneida, Herkimer, and Lewis counties on multiple days and nights of the week, including Saturdays. Our IDP instructors are approved by the NYS Department of Motor Vehicles, have years experience and have completed extensive training. The seven-session course was held 22 times in 2018 with nearly 200 students completing the course.

Employee Assistance Program

The Employee Assistance Program (EAP) is a coordinated program offered by Center for Family Life and Recovery, Inc. and is a short-term referral, assessment, and counseling service that is voluntary and confidential. At times, personal and work related issues may be difficult to handle. Small problems can grow into larger ones, and it may be unclear what to do. However, guidance from a trained professional can make all the difference. CFLR, Inc.'s serves as Central New York's leader in the providing EAP services.

CFLR's Employee Assistance Program (EAP) Services:

- Short term referral, assessment, and counseling services
- Crisis intervention for those that have experienced traumatic events
- Crisis intervention for workplace trauma
- Change interventions to assist employees in resolving work related problems due to organizational restructuring
- Screenings for stress, family, alcohol/substance abuse/addictions, depression, anxiety and other issues
- Supervisor Trainings * Employee Wellness Trainings

Employee Assistance Programs (EAPs) are employee benefit programs offered by employers. EAPs are intended to help employees deal with personal and professional problems of all kinds that might adversely impact their work performance, health and wellness.

EAPs generally include short-term counseling and referral services for both employees and their household members. EAPs can also offer employers both Critical Stress Debriefing (CSD), on site counseling for traumatic events and a variety of workplace wellness related trainings.

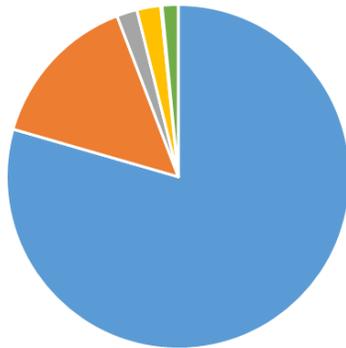
If you are unsure if these services are available to you, please check with your companies' Human Resource Office before calling CFLR.

Professional Training Coalition

Eight credentialed trainings were held throughout the year for counseling and social work professionals. In partnership with the Good News Center, Samaritan Counseling Center, and Catholic Charities of Herkimer County, seven trainings were also held for area faith leaders to assist their communities.

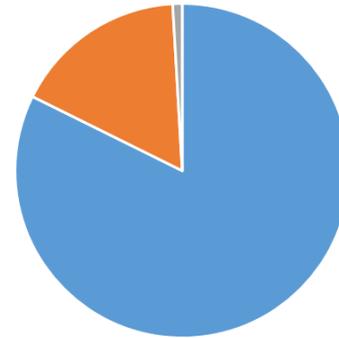
Finances

Revenue (Total)- thru October 2018



■ Grants ■ Program Fees ■ United Way ■ Contributions & Special Events ■ Other ■ Investment Income

Expenses (total) thru October 2018



■ Program Services ■ Management & General ■ Fundraising

Board of Directors

Kelly Walters, President
Terry Plizga, Secretary

David Wojnas, Vice President
Brian Reese, Treasurer

Paul A. Dunn
Thomas Reilly

Richard Pratt
Trevor Wiggins

The Staff

Administration:

Cassandra Sheets, LMSW, Chief Executive Officer
Alisa Ferraro, Advocacy Coordinator
Ambi Daniel, Family Support Navigation Program Director
Heather Youda, Executive Assistant, Human Resources Coordinator
Jodi Warren, Director of Prevention Services
Kathy Peters, Director of Marketing and Development
Maria Panko, Consultant
Richard Rinko, Finance Director

Counselors:

Bernadette Wormuth, Bonnie Zweifel, Jennifer D'Amico, Kristin Williams, Stuart Joseph, Lauren Mastrangelo, Jack Dempsey

Care Managers: Nancy Welch, Maureen Taylor, Elizabeth Morrock, Christopher Witt, Deana Bala

Program Specialists:

Susan Koslosky, Family Peer Advocate; Mark Lais, Recovery Peer Advocate; Joe Passalacqua, Impaired Driver Program; Warren Baynes, Young Scholars; Alyssa Freeman, Young Scholars

Prevention Specialists: Jennifer True, Reeva Farr, Ruth Morey

Program Assistants: Ashley Dunham, Brittney Locke, Mary Gregor, Melissa Kleek

Herkimer Staff:

Holly Pelnik, Sandy Seaman, Stasia Darling, Kortney Conley, John Tomei, Max Coe, Gillian Wenner, Darlene Haman, Colleen Bahr