



T A H O E
YOUTH & FAMILY
 S E R V I C E S
 A SAFETY NET OF SERVICES FOR YOUTH AND FAMILIES

SOUTH LAKE TAHOE, CA
 (El Dorado County)
 1021 Fremont Avenue
 South Lake Tahoe, CA 96150
 (530) 541-2445

GARDNERVILLE, NV
 (Douglas County)
 1512 US Hwy 395 N, Suite #3
 Gardnerville, NV 89410
 (775) 782-4202

DC DROP IN CENTER
 1307 Langley, Unit 1
 Gardnerville, NV 89460
 (775) 265-2055

www.tahoeyouth.org

24-Hour Crisis Line: (800) 870-8937



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Annual Report 2017 – 2018



A MESSAGE FROM US

We are pleased to share the successes of the past and the expectations for the future with our community. Since 1971, Tahoe Youth & Family Services' mission has been to provide services *to promote the healthy development of children, families and individuals through counseling, mentoring and support programs*. Our mission is as vital today as it was 48 years ago. We serve families, children and young adults who find themselves in difficult and unexpected real-life situations. Our vision and values guide us as we work with each other, our clients and our community to fulfill our mission.

My first year as the Executive Director has been a challenging one that has made me stronger and more determined. As we move forward, with a passionate board of directors, major progress in rebuilding Tahoe Youth is underway. We continue to look to the future by improving our Mentoring program, financial stability and developing a more sophisticated infrastructure. Tahoe Youth & Family Services will be expanding our community impact by developing new organizational leaders; collaborating with partners through joint policy and advocacy efforts; and building strategic alliances to create positive community change.

Tahoe Youth will continue to provide a wide range of services:

- Mental Health and Substance Abuse counseling for children, youth & adults.
- Shelter struggling teens with our Host Home Program and provide them with counseling.
- Mentor youth with volunteer mentors. This special relationship builds trust and self-esteem.
- Facilitate school groups which provide emotional, educational and leadership development.
- Housing homeless young adults between 18 to 24 years of age.

For those of you who have worked with us to accomplish so much over the years, we cannot thank you enough. Your time, financial support and energy have been essential to our growth. Collaboration with our partners and our community has contributed to our success in numerous ways and continues to be an important value we share.

As the Executive Director, success is happening thanks to the wonderful support of a bright, caring staff, a committed board of directors and passionate, supportive community partners. Thank you for all that you do!

Karen S. Carey
Executive Director

Cheryl Bricker
President, Board of Directors



IN YOUR WILLS & TRUSTS

PLANNED GIVING

Planned giving is a form of charitable giving that involves contributing one's assets through wills and estate plans. Making a donation through a planned gift is a wonderful way to leave a legacy. It is one of the best ways you can ensure healthy development services is always available for children, adults and families through counseling, mentoring and other supportive services.

Most planned gifts are by a simple bequest in a will naming an organization to receive a gift. Some donors work with their attorney, accountant, or financial advisor to provide for future gifts while reserving interest income using a charitable remainder trust, charitable gift annuities, or pooled income funds.

A planned gift is a future gift to a nonprofit organization to enhance its work. Planned giving is a way for individuals to add satisfaction and meaning to their lives by assisting organizations close to their hearts. Assets used to fund planned gifts include life insurance, IRA beneficiary designations, and appreciated assets such as securities and real estate.

Our legal name is Tahoe Youth & Family Services. Even small bequests can make a meaningful difference in the lives of children, adults and families.

We would be honored to discuss with your attorney ways to include us in your estate plans. Please contact our Executive Director, Karen Carey at (775) 782-4202 or (530) 541-2445. And if you have already included us in your future plans, THANK YOU and please let us know how we can help ensure your requests are fulfilled.

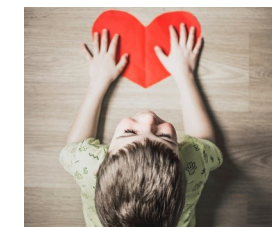
TO MRS. LISA MALOFF AND MR. RICKY REICH...

A VERY SPECIAL THANK YOU



**To each and every DONOR,
SUPPORTER & ADVOCATE...**

THANK YOU



Tahoe Youth & Family Services

We couldn't do what we do without you.

OUR PROGRAMS

DRUG FREE COALITION

The South Tahoe Drug Free Coalition (STDFC) was founded in 2013 in order to address the high levels of youth substance use in South Lake Tahoe, CA. The Coalition's primary goals are to reduce youth substance use. Our target is specifically alcohol, marijuana, and prescription drugs, and building collaboration within the community. Since being awarded the grant in 2013, the STDFC accomplishments have included capacity building and collaboration, policy change and prevention education.

The South Tahoe Drug Free Coalition's mission is to mobilize the community to prevent and reduce youth substance use. They have had many successes in the last year including the creation of a Brief Intervention Program (BIP) for the South Tahoe Middle and High School which was adopted by the school district. The BIP program allows suspended students to participate in alcohol and drug prevention education activities during their suspension period, rather than simply being sent home from school. For more information visit www.bedrugsafe.com.

DRUG STORE PROJECT

The Drug Store Project, housed by TYFS, is a comprehensive middle school drug prevention program designed to educate youth about the dangers of substance use and abuse. Here in South Lake Tahoe, The Drug Store Project is in its 16th year and continues to be the single largest collaborative prevention activity that is conducted in our area. While our community did not "invent" the concept of this program, we certainly made it our own. Early on, the team of like-minded in our community collaborated with the idea that each of us could bring our talents and know-how together for a common good: providing our youth with an impressive opportunity to learn that they themselves will be the individuals making the final decisions when it comes to drug experimentation and use. The Drug Store Project is a series of vignettes which students experience first-hand. This program is a true community effort we continue to feel proud to help deliver to our community's youth.

320 6th graders
experienced the Drug Store
Project.

200 volunteers from
40 agencies

WHO WE ARE

MISSION

To promote the healthy development of children, families, and individuals through counseling, mentoring and support programs.

VISION

We envision resilient communities that achieve healthy outcomes through affordable behavioral services. We are an inclusive supportive ally to anyone in crisis.

BOARD OF DIRECTORS:

President, Cheryl Bricker
Vice President, Nancy Barclay
Secretary, Judy Breza
Treasurer, Jacob Sanford
Member, Dr. Erin Jones
Member, Lisa Whear
Member, Eder Vazquez
Member, Michael Milward
Member, Nicole Bergner
Executive Director: Karen Carey

STAFF:

Anna Aguilar
Tito Alamillo
Marcella Araiza
Jackie Beard
Linda Gilkerson
Diane Gooding
Sheila Gwen
Debra Higginson
Betty Hathaway
Jessica Kline
Cheyanne Lane
Denese Lenker
Gregory Leonard
Kelsey Magoon
Justin Marshall
Dorrie Sweetwood
Robert Stone
Amber Winig
Savanah Zegers

CONTRACTORS:

Randy Brandmeyer, Dr. Tom Embree, Lisa Fricke, Karen Pierkarski, Kenstin Sidney, and Lindsey Simon

OUR CORE VALUES

Integrity. . . With respect, honesty, and trust we place immense value on integrity. Integrity includes responsibility to ourselves, our jobs, and our clients, and transparency in all our work, while maintaining client confidentiality. Integrity comes naturally with mindful, heartfelt, and effortless passion.

Community. . . Through collaborations and support, we promote inclusiveness and encourage a family-focused environment where all feel safe and supported.

Leadership. . . Our leaders are committed to our mission and values, foster empowerment of others, and serve as role models and mentors. We build courage, strength, compassion, and resiliency in our clients, their families, and our own communities.

Excellence. . . We strive to be excellent in our daily lives, as an organization, and our fiscal stewardship. We work to be positive influences for our colleagues, our clients and within our community; we create a pleasant, enriching atmosphere.

YOUTH RECEIVED

6,711
food items

185
hygiene kits

132
articles of clothing

26
sleeping bags

6
tents

OUR SUCCESSES

MENTORING PROGRAM

From Mentor Michael Caughlan:

"I wanted to be paired with someone who had a desire to explore the outdoors... my passion. Soon I was paired up with a 10-year old boy . As is fairly typical with male mentor pairs, he didn't have a dad or male role model in his life. We have been together almost six years now and I have been at his side, consistently and reliably, through many ups and downs in his life....some of which were very traumatic and disruptive. However, I think he has learned from me that being outdoors is a great place to get some distance and relief from life's unexpected turns. He has also learned that some people can come into and out of your life quickly but that a true friend and mentor will always be there."



COUNSELING PROGRAM

From an Substance Abuse counseling client:

"My experience with Tahoe Youth & Family Services has been enlightening and beneficial. My counselor is one of the best therapists I have ever had. He is understanding and has a wealth of knowledge to pass on. I believe that he has been a very big part of my outlook on my continuing recovery."

43 MENTORS
made a
difference this year!



OUR PROGRAMS

THE GIRLS PROJECT

Tahoe Youth & Family Services started "The Girls Project" in 2010 with the vision to empower high-risk young girls in our community to become more confident and influential women later in life. The Girls Project is a year-round program for youth, K-8th grade. The Girls Project helps equip girls to meet their future with integrity. These groups also serve as a sounding board for the girls to discuss with each other in a variety of fun and educational activities. Our curriculum includes team-building and leadership skills, kindness challenge and giving, self-esteem and body image, communication and social media, bullying and dealing with feelings, drug prevention and coaching refusals, and future goals. The lesson plans and activities are preventive and proactive to empower, promote self-esteem, enhance social skills, provide mentoring skills, develop problem solving techniques, and promote positive coping skills.

COUNSELING PROGRAMS

Tahoe Youth & Family Services offers counseling in both Nevada and California (Douglas County and South Lake Tahoe) for both children and adults. In Douglas County, TYFS provides youth with individual mental health and Substance Abuse counseling services. Adults in Douglas County are also provided Alcohol and Drug Counseling both in groups and in individual settings. In South Lake Tahoe, individual mental health counseling occur at the office, at the Lake Tahoe Unified School District schools, and at the Juvenile Treatment Center. Both Douglas County and South Lake Tahoe offices provide substance abuse evaluations as well.

WE PROVIDED...

152 individuals with
Substance Abuse Counseling

116 individuals with
Mental Health Counseling

OUR PROGRAMS

SUPPORT SERVICES FOR RUNAWAY & HOMELESS YOUTH

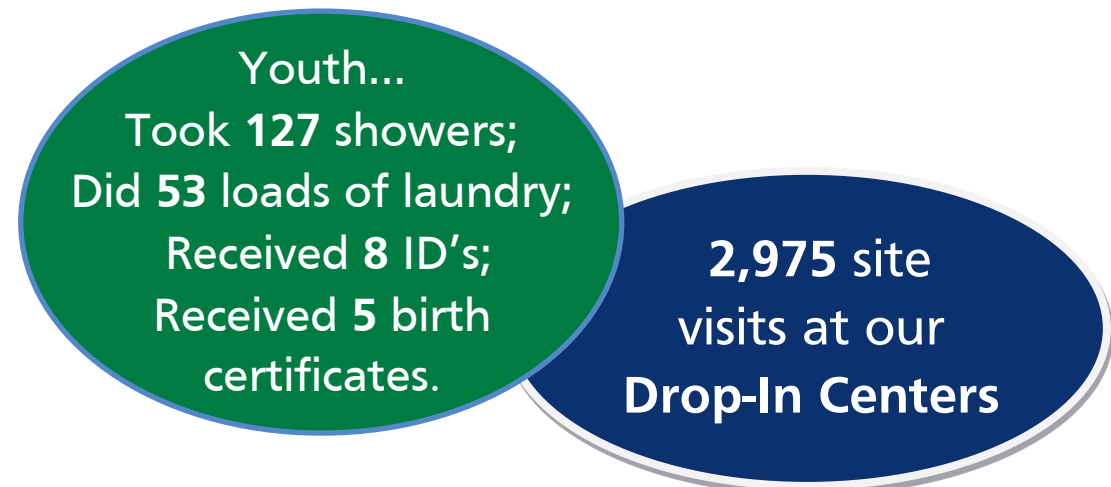
Tahoe Youth & Family Services integrates positive youth development and preventative services strategies into our culture of care, embracing harm-reduction and trauma-informed approaches in order to assist runaway, homeless, and street youth (RHSY) in achieving safe, stable living arrangements and self-sufficiency. TYFS implements positive alternatives for RHSY, improving their immediate and ongoing safety, well-being, self-sufficiency and permanent connections. TYFS supportive services focuses around a Comprehensive Youth Services Model and provides a full continuum of services including: a 24-hour crisis line; drop-in center services; crisis intervention services; assessment; coordinated case management; individual, group and family counseling; preventative services; emergency temporary shelter via Host Homes and safe alternative placements; and after-care services.

DROP-IN CENTERS

A place where youth can come get recharged, get resources and get respect. The Drop-In Center provides runaway, homeless and high-risk youth up to the age of 24 with basic needs and supportive services to help their well-being, promote self-sufficiency and provide permanent connections with caring adults.

PREVENTATIVE SERVICES PROGRAM

Our Preventative Services Program incorporates a positive youth development framework to motivate young people to use their time in a positive way, maintain safe and healthy behaviors, and redirects others to engage in healthier and more positive actions. The focus is on promoting the social, emotional, spiritual, and mental well-being to prevent homelessness. Youth involved in this program are overwhelmingly from homes without a father figure, lack strong parental guidance due to their caregiver's substance use, or are at risk of engaging in problem behaviors such as delinquency, drug use, teen pregnancy, or truancy due to the lack of appropriate role models. One-on-one community-based mentoring is an evidence-based substance abuse prevention approach that has shown success in steering youth away from these problem behaviors.



OUR SUCCESSES

DROP IN CENTERS

A young homeless couple started coming into Tahoe Youth's Drop-In Center looking for resources to help them get off the streets, get employment, improve their lives, and possibly start attending Lake Tahoe Community College. Both were aged-out foster youth with traumatic childhoods and no family or friends to rely on for help. We had to start with the very basics such as first obtaining a birth certificate and getting state identification to even make getting a job a reality. Each day they would come in for case management and worked very hard to become successful. After three weeks of job searching and waiting for their ID's to come they both were successful in getting work. After two months of working and saving their money, they were able to find a shared living situation and are no longer homeless. While living here they were able to connect with a family member in North Carolina and have since moved back to build a relationship with their blood relatives.



WHAT OUR YOUTH CLIENTS SAY...

"I am extremely grateful that Tahoe Youth & Family Services is here in South Lake Tahoe. I have come in here several times for food and hygiene supplies. They have been an amazing resource to help me get on my feet."

"I came to Tahoe Youth & Family Services in hopes to find a place to stay while I waited for my paycheck to come in. Staff at the Drop-In took me shopping for groceries and connected me to resources that helped me get a hotel room until I got my check, so I wouldn't have to sleep on the streets. I didn't know where else to go for help. I am very grateful for Tahoe Youth & Family Services."

FINANCIAL STATEMENT

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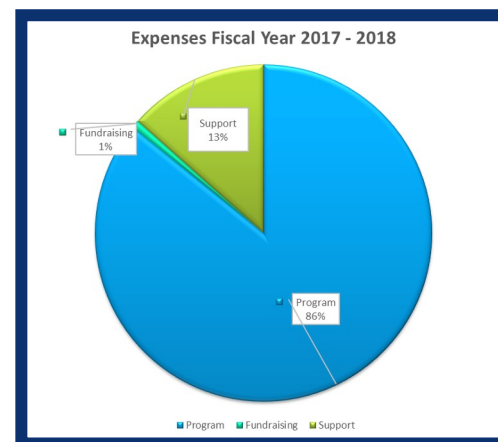
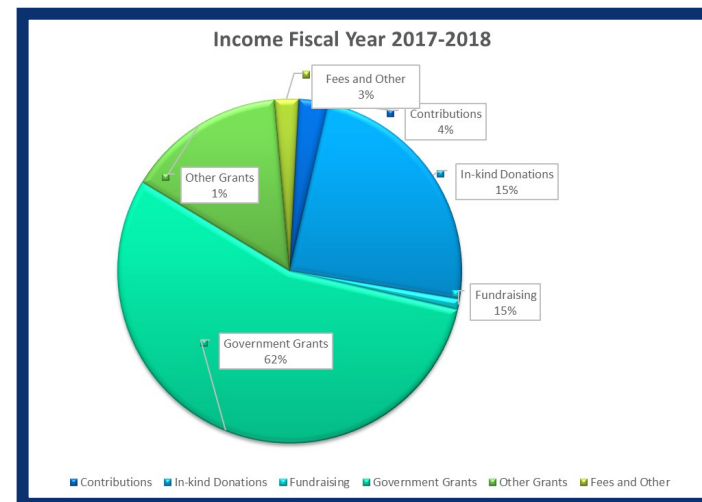
2017-2018 GRANTS & CONTRACTS

- Alpine County Behavioral Health Mentoring Project
- Alpine County Behavioral Health Primary Intervention Program
- Alpine County Youthful Offender Block Grant
- Family & Youth Services Bureau Basic Centers Program, Douglas County
- Family & Youth Services Bureau Basic Center Program, South Lake Tahoe.
- Family & Youth Services Bureau Basic Center Program, Alpine County
- Family & Youth Services Bureau, Street Outreach Program (California)
- Douglas County School District.
- SAMSHA Drug Free Communities
- El Dorado County Health and Human Services Agency Child Protective Services
- El Dorado County Juvenile Treatment Center.
- El Dorado County Title II Juvenile Delinquency Prevention and Intervention Program
- El Dorado County Health and Human Services Agency Mental Health Plan
- El Dorado County Health and Human Services Agency Primary Intervention Project
- El Dorado County Health and Human Services Agency Suicide P&S Reduction
- Lake Tahoe Unified School District.
- Partnership of Community Resources State of Nevada Mobile Outreach Safety Team
- Partnership of Community Resources State of Nevada Prevention & Intervention.
- Nevada Division of Public and Behavioral Health FASTT program
- Nevada Division of Public and Behavioral Health Transition Age Youth
- Nevada Medicaid
- El Dorado County Health and Human Services SAPT Discretionary Alcohol and Drug Program
- Barton Health Foundation
- Douglas County Commissioners
- Vail Resorts, EpicPromise

During Fiscal year 2017-2018, Tahoe Youth & Family Services audit had no findings. The year ended with a positive balance of \$126,062.61. Although Tahoe Youth & Family Services improved we still had financial challenges such as the following:

- Insufficient unrestricted dollars raised
- Decrease in counseling referrals
- Decrease in government grant dollars
- Additional funder reporting requirements

This current year we have made huge strides in reducing our deficit to zero. We are also making positive strides fundraising which contributes greatly to the unrestricted dollars raised.



INCOME SUMMARY:

Contributions: \$67,938.00

In-Kind Donations: \$260,253.00

Fundraising: \$251,947.00

Government Grants: \$1,038,910.00

Other Grants: \$11,950.00

Fees & Other: \$52,481.00

Grand Total:

EXPENSE SUMMARY:

Programs: \$1,326,623.00

Fundraising: \$11,438.00

Support:

THIS UPCOMING YEAR

This year continues to see positive changes with unrestricted dollars being raised. This last year, we developed a Fund Development Plan which provides a variety of fundraising goals such as:

- Two Appeals – Holiday & Spring Appeal
- 2nd Annual 5K Run, Jog, Walk Event for Carson Valley Days
- Brauts, Blues & Brews - August 16, 2019 event at the South Lake Tahoe Golf Course
- Ongoing Donor Cultivation

This year continues to be a year of change. We continue to add additional Board members from each of the communities we serve, and provide board training at each board meeting. Our Employee Handbook was updated. We held a board and staff retreat where we used our strengths to create a vision, communication plan and an elevator speech. We also held our 2nd Annual Christmas party for Tahoe Children at the Lake Tahoe Community College. Thanks to Lisa Maloff and the College for making this possible.



SUSTAINABILITY

We are building our organization by continually looking to develop diversified revenue streams to ensure continuous income. Currently, we are a fee for service organization. We are a Medicaid and Medi-Cal provider. Due to those issues it remains critical that we find other sources of sustainable revenue.

We have a variety of County contracts, one federal and one state grant and several foundations who provide funding. We are currently in the process of starting a Domestic Violence program which will provide additional revenue's.

Sustainability is not just about raising funds. It is also about being mission-driven, focusing on intermediate and long-term goals, maintaining a stable and skilled staff, improving activities as opposed to re-inventing them. We are working on demonstrating program effectiveness and high credibility with our clients and community as well as building long term partnerships and collaborations.

THE FOLLOWING ARE EXCITING PROGRAM UPDATES FOR OUR CURRENT YEAR:

- In South Lake Tahoe our Primary Prevention Program is making positive strides in helping children progress and develop their social skills to improve their school success. Our program in the Juvenile Justice Center is going well with our contract hours being increased.
- Our funded Basic Center Program had eight unduplicated transitional aged youth seeking shelter through the drop-in center. Seven youth were placed in shelter for up to 21-days. This is a record number of youth we have sheltered to-date.
- We received HEAP funding to provide a Transitional Living program to Transitional Age Youth (TAY), ages 18–24. The TAY model will be a housing first approach offering low barrier, voluntary services, case management and will be available for up to 18 months per youth, if necessary. We will cultivate a positive youth development approach and foster independent living skills (budgeting, cooking, basic maintenance, setting boundaries, etc.) and focus on education, employment opportunities, and income supports for each client.
- In Douglas County, we started a Mental Health Teen group and hope to soon start a Mental Health Adult group. We have applied to the Nevada Board of Nursing to provide a substance abuse support group for nurses. We have submitted our application through the Nevada Social Work Board for certification to provide supervision for Social Work Interns. A Domestic Violence group for Batterer's is underway thanks to American Comprehensive Counseling Services for providing support and encouragement to make this happen.

Tahoe Youth & Family Services continues to move forward on our Strategic Plan by providing strategies to improve our organization by developing tools to assist the staff in providing quality services and improving our outreach to the community.