



2022 Annual Report



A letter from our executive director



Tracey Pearson, LIMHP, LMSW

“I don’t know what kind of mom I would’ve been. I grew up in the system and didn’t have good examples. It was scary as a young mom, not really knowing what to do, but now I’m not afraid anymore. I know what it takes to be a mom because of what YCB family partners have taught me.”

This statement from a parent involved in our family services program captures the essence of our year. It has been a year of growth and progress. Our family services team had the privilege of building relationships with many individuals and families in our community, providing support through parenting skills, therapy, mental health assistance, and more. Through these efforts, we were able to make a lasting impression on those we served.

We’ve had the privilege of making a lasting impression on many individuals, which can’t be counted or measured. The work of equipping them with parenting skills, therapy, mental health assistance, and other forms of aid to live independently has not only improved their lives but also positively impacted our community.

We saw children improve behavioral skills, families get back on their feet after experiencing housing instability, parents become more confident in their ability to provide a safe home environment for their kids, and adults and children with disabilities learn the skills to live more independently. We also celebrated successes such as reunification of families who had been previously separated due to circumstances like substance abuse or incarceration.

This work was made possible thanks to the dedication of our staff who provided compassionate service with an unwavering commitment to improving people’s lives.

We are grateful for the opportunity to serve our community in this way and look forward to continuing this important work in 2023!



Family Support Programs

Family Support Services

Our family support services empower and reunite families by building support systems that surround and uplift each member of the family. Our teams help families access community resources, teach caregivers essential parenting skills and allow families the space and support to heal.

Child | Parent Psychotherapy

Weekly therapy services and resources help young people and families recover and move through trauma together. Certified trauma counselors work with individuals to understand, process and move through their previous trauma in order to begin anew.

Parent Coaching Classes

An eight-week mindfulness based and culturally inclusive parenting class meets families where they are. Teaching parents and caregivers how to build trust, maintain respect and develop a healthy relationship with their kids.

Michelle's Story

This is the story of Michelle Jones who, at 32 years old, had suffered trauma throughout her life. Starting when she was a young child and continuing into her adult years with intimate partner domestic violence. Like so many who have experienced trauma Michelle didn't know how to stop the cycle.

She found herself parenting the only way she knew how, passing the violence and instability onto her own children. And, like so many victims of abuse, Michelle found herself struggling with substance use as she attempted to self-medicate and relieve the stress from her life the best way she knew how. All of these issues spiraled out of control culminating in Michelle losing her four children and bringing her to Youth Care and Beyond for Intensive Family Reunification and Family Support Services in order to gain control of her life and get her children back.



“For the first time, someone explained the process to me and what I needed to do in a way that didn't make me feel like giving up.”

Michelle's Story

Michelle was overwhelmed, losing her kids triggered memories from her own childhood and being pulled apart from her family. She was trying her best to hold down a full-time job and care for a teenage son and two-year-old triplets on minimum wage all while living under the threat of housing insecurity. Youth Care and Beyond staff recognized Michelle's stress and immediately threw her a lifeline. A weekly therapy session with a licensed therapist allowed Michelle to finally begin to process her emotions and learn to manage her stress in healthy ways. As she worked on herself in therapy, she also worked on her parenting skills, partnering with Youth Care staff to understand her court order, prioritize her goals and improve her approach to parenting.

"For the first time, someone explained the process to me and what I needed to do in a way that didn't make me feel like giving up," said Michelle. "It was also the first time I felt like someone cared about me too." As Michelle progressed through the program, she moved from intensive services to a community-based therapist and family support with Youth Care. The family support worker helped her find a substance use group for support and access to childcare for the children.

Michelle put in the work and now the outlook has never looked brighter. The family is reunified and are thriving from the support, guidance and training Michelle received to become a better parent. Michelle says she is grateful for Youth Care & Beyond and **feels like her family** isn't just restored but **transformed**.





Developmental Disabilities Programs

Best Friends

The Best Friends Program provides individuals with developmental delays a one-on-one support system in the form of a friend. Our unique approach brings together trained staff to help individuals with special needs learn life skills and enhance their ability to interact and engage with others socially. Additionally, families and caregivers receive some much needed support and respite time to recharge themselves - because if you aren't taking care of yourself, you aren't going to be able to care for others.

Opportunities

The Opportunities Program helps individuals learn the life skills they need in order to live independently. From learning to cook and clean to managing medications on their own, gaining a sense of independence is hugely transformative for those with special needs. Our staff works with each person to discover their baseline level and then tailors a program to best meet their needs, allowing them to navigate the world around them with safety and security top of mind.

By the numbers



Almost **30** Family Support and IFP/IFR cases a week



100% of individuals served have experienced trauma



95% of individuals have a mental health diagnosis and/or are receiving treatment



Averaging **40** referrals a month across all services

Calendar Year 2022

All Clients	292
Family Support	253
CPP	18
IFR/IFP	9
Opportunities	7
Best Friends	5