



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)

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**GARDNERVILLE, NV**

(Douglas County)

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(775) 782-4202

**[www.tahoeyouth.org](http://www.tahoeyouth.org)**

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



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 A SAFETY NET OF SERVICES FOR YOUTH AND FAMILIES

**Annual Report**  
**2018-2019**



# OUR MESSAGE

## The Power of Hope and New Beginnings for 2020

*A message from the President and the Executive Director*

Since 1971, Tahoe Youth and Family Services' mission has been to provide services to *promote the healthy development of children, families and individuals through counseling and support programs*. Our mission is as vital today as it was 49 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.

2018-2019 was a year of endings and new beginnings. TYFS confronted and adapted to change. As we all know, change is difficult, but change can also be invigorating. Both our staff and Board are embracing the new year with excitement and renewed energy.

Our goal for 2020 is to provide a safe place for youth, teens and families to seek services so they can have a healthy, happy and fulfilling life. We encourage and instill the power of hope and new beginnings with all those who walk through our doors. We are starting the new year developing several new programs to meet the needs of our community while also promoting activities that will help bring awareness to our mission.

As we move forward, with a passionate Board of Directors, major progress rebuilding Tahoe Youth is underway. We continue to look to the future by improving our Mental Health and Substance Abuse programs and our financial stability.

To increase input on our services, we will survey our clients, donors, community partners and community leaders in Douglas County and South Lake Tahoe. Tahoe Youth and Family Services will expand our community impact by collaborating with partners through joint policy and advocacy efforts; and building strategic alliances to create positive community change.

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.

If you are feeling sad, discouraged or lost, call us. We can Help! Remember we believe in the power of hope and encourage each of you to take that step and reach out for support.

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 will be available for children, adults and families through counseling, 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. If you have already included us in your future plans, THANK YOU. Please let us know how we can help ensure your requests are fulfilled.

**LISA MALOFF &  
RICKY REICH**

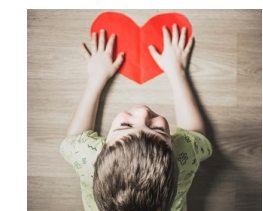
## A SPECIAL THANK YOU



**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 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 17th year and continues to be the single largest collaborative prevention activity that is conducted in our area. Early on, the team of like-minded individuals 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.



### MENTORING

Tahoe Youth and Families Mentoring Program used an evidence-based program to create an enduring, positive impact on the lives of underserved, disadvantaged and high-risk local youth and their families. Our mentors helped build healthy youth development by introducing mentees to new activities and diverse alternatives free from high-risk, unhealthy behaviors.



## WHO WE ARE

### MISSION

To promote the healthy development of children, families, and individuals through counseling, 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, Michael Milward  
Treasurer, Judy Breza  
Member, Lisa Whear  
Member, Eder Vazquez

Executive Director: Karen Carey

### STAFF

Anna Aguilar  
Aysha Melendrez  
Brian Gomez  
Cheyanne Lane  
Debra Higginson  
Denese Lenker  
Justin Marshall  
Patricia Damian  
Robert Stone  
Tasha Hamilton

CONTRACTORS: Janet Stevens, Marcella Araiza, Michelle Gilbert, Randy Brandmeyer and Riann Giovacchini

### 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

3,194  
food items

71  
hygiene kits

98  
articles of clothing

40  
showers

89  
days of shelter placement

## OUR SUCCESSES

*"TYFS helped me find a temporary place to live after I was kicked out of my parents' house. They also helped me start my application process for renting my own apartment."* Host Home client



The annual Lisa Maloff Christmas party for our children.

*"The Drop-in Center has given me many great things to do that I might not have been able to do otherwise as my family has always been low-income. I have been able to snowboard, attend a Reno Aces game and take beach trips to Tahoe. The center has always given me a place to go and be free to express myself. The staff was always friendly and it was nice knowing I could stop in if I was hungry."* Drop-in Center client



## OUR PROGRAMS



### COUNSELING PROGRAMS

Tahoe Youth & Family Services offers counseling in both Nevada and California (Douglas County and South Lake Tahoe) for both children and adults. Licensed therapists provide counseling, solution-focused therapy, trauma therapy, play therapy and family unification services. Certified substance abuse counselors provide strength-based services for clients struggling with the disease of addiction. We strive to inspire clients to discover their own path to recovery in both individual and group counseling sessions. Our staff is trained in evidenced-based strategies to provide prevention, intervention and outpatient services to adults and youth. We served 165 adults and 69 youth in our Mental Health and Substance Abuse programs.

We offer

- ◆ Individual mental health and substance abuse counseling
- ◆ Group counseling (Nevada)
  - \* Children's group 7-12
  - \* Teen group 13-17
  - \* Three drug and alcohol adult groups
- \* Nurses support group certified by the Nevada Nurses Board
- ◆ Play therapy
- ◆ Family Counseling
- ◆ Mental Health and substance abuse assessments, individual assessments
- ◆ A.O.D. court ordered evaluations
- ◆ FASTT program-groups in the Douglas County jail for moderate and high risk adult offenders

(Services in Spanish available in South Lake Tahoe)

# 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 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.

Youth...

Took showers: 40

Did loads of laundry: 41

Received ID's: 10

Received birth certificates : 10

1,375 visits were made to our drop-in centers



Two of our wonderful volunteers helped recognize Lisa Maloff this past year.

\*\*\*\*\*

### Some quotes from our kids:

*"I like that I get to come here, it helps me and I learned how to talk about my feelings when I am upset."* (boy age 6)

*"I like absolutely everything."* (boy age 10)

*"I learned to write down my worries and put them in a box and when I don't worry about them anymore I throw them away. I learned how to not be too sad when I don't get to see my dad for a long time."* (girl age 10)

*"I learned not to scream and yell at my mom."* (girl age 11)

**We have an updated website!!!**

**[www.tahoeyouth.org](http://www.tahoeyouth.org)**

***Let us know what you think!***

## EXCITING PROGRAM UPDATES FOR OUR CURRENT YEAR

### Douglas County

- ◆ Our teen mental health group has 15 participants attending. Teens enjoy the group and love that we feed them.
- ◆ Our children's group is growing with 6-8 participating weekly. It is a lively group of 7-12 year olds who have so much energy.
- ◆ We are starting an LGBTQ+ group for teens.
- ◆ We are providing services in a recently opened sober living facility.
- ◆ Our three adult substance abuse groups are well attended with as many as 12-15 attending each one weekly.
- ◆ One of our donors generously provided funding for us to purchase CAFAS, a children's assessment tool.

### South Lake Tahoe

- ◆ Our Basic Center Program for South Lake Tahoe was funded for another three years.
- ◆ Our Mental Health and Substance Abuse program at the El Dorado County Treatment Center is extremely busy providing individual and group counseling.
- ◆ Our Heap program funding is providing a Transitional Living program to transitional age youth, ages 18-24. This program housing first approach offers low barrier, voluntary services, case management and is available up to 18 months per youth. There is a huge need for this program and we are very busy.
- ◆ We received a Mental Health grant from the Katz Amsterdam Foundation to increase our services.
- ◆ We will be providing a Matrix group, an evidenced-based program, in South Lake Tahoe High School for teens.

### Additional updates:

We are certified by the Nevada Nursing Board to facilitate a Nurses Support Group.

We are now certified to supervise social work interns in Nevada and California.

We are creating a volunteer program to increase our outreach.

# FINANCIAL STATEMENT

# FINANCIAL STATEMENT-

## GRANTS & CONTRACTS 2018—2019

Alpine County Behavioral Health Mentoring Program  
 Alpine County Behavioral Health Primary Intervention Program  
 Alpine County Youthful Offender Block Grant  
 Family & Youth Services Bureau Basic Center Program, Douglas County  
 Family and Youth Services Bureau Basic Center Program, South Lake Tahoe  
 Family and Youth Services Bureau Basic Center Program, Alpine County  
 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  
 Lake Tahoe Unified School District Partnership of Douglas County State of  
 Nevada Mobile Outreach Safety Team  
 Nevada Division of Public and Behavioral Health FASTT program Nevada Medicaid  
 El Dorado County Health and Human Services SAPT Discretionary Alcohol and Drug Program  
 Barton Health Foundation  
 Douglas County Commissioners  
 Vail Resorts, EpicPromise

## THIS UPCOMING YEAR

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

- A Holiday appeal
- 3rd annual 5K Run, Jog, Walk event for Carson Valley Days—June 13, 2020
- Speakeasy Fundraiser—May 2020 at Genoa Lakes, Minden NV
- Friend Raising parties
- Ongoing donor cultivation

As we all know, change is challenging, but change can also be exciting. With change comes opportunity and both our staff and Board are viewing this as a time to look forward and not backward.

We continue to add additional Board members from each of the communities we serve, and board training happens at each meeting. Both the Board and staff are using their strengths to create momentum and move us forward in a positive way. The Board bylaws were updated to better reflect the need to have board members who are energized in helping us stay focused on our mission.

## 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.

Beginning July 1, 2019 we increased our counseling fees to help improve the financial gap between the actual cost of the services. We continue to strive to keep counseling costs below the average rates so more families can access these vital services. Focusing on utilizing more volunteers to provide outreach will help increase our revenues through grants and fundraising dollars. One major fundraiser is planned for 2020 along with Friend Raising parties to spread awareness and garner more volunteers and donations. We will continue to increase the number of government and private grants.

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.

During fiscal year 2018-19, Tahoe Youth and Family Services audit had no findings. The year ended with a positive balance of \$37,892.62 Although TYF saw improvement in some areas, we still had financial challenges including:

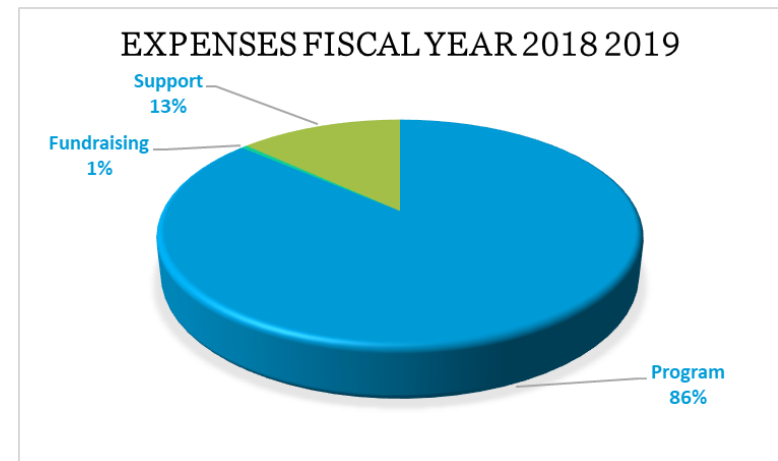
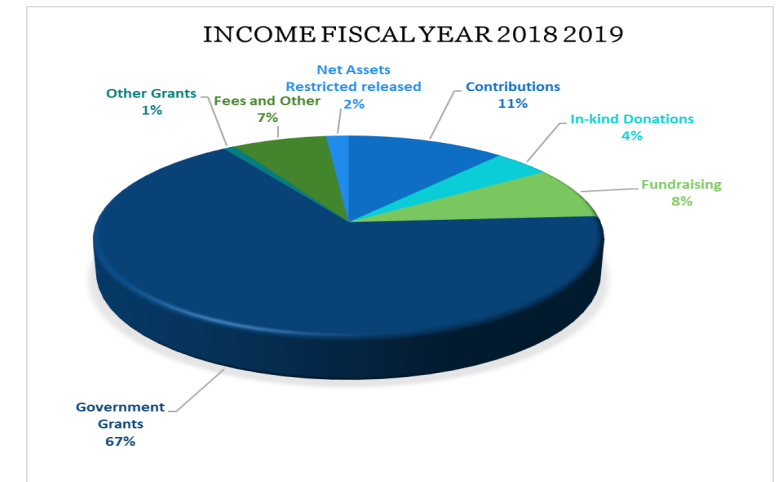
- ◆ Insufficient unrestricted/fundraising dollars raised
- ◆ Decrease in counseling referrals in South Lake Tahoe
- ◆ Decrease in government grant dollars
- ◆ Additional funder reporting requirements

Due to loss of federal funding for our Nevada Basic Center grant we closed the Douglas County Drop-In Center and negotiated our lease in order to vacate the property. This loss also has created staff capacity challenges and has made things more difficult to increase additional grant and fundraising dollars and meeting the extra funder reporting requirements.

We also renegotiated our South Lake Tahoe lease and were able to give up some of the space we no longer needed to reduce monthly costs.

We ended our two contracts with Alpine County this year. The funding received did not pay for the entire costs of the programs and the Executive Director and Board decided to concentrate on providing excellent services in two locations rather than three.

The **good news** is we are still open and providing services. Our Nevada office has increased its revenue substantially through our Mental Health Counseling and Substance Abuse Counseling programs. One donor made a sizable donation which made a huge difference in Tahoe Youth and Family Services excess fiscal year balance.



Expense Summary		Income Summary	
Programs:	\$909,136 86%	Contributions :	\$125,596 12%
Fundraising:	\$ 5,062 1%	In-Kind Donations:	\$46,093 4%
Support:	\$138,148 13%	Fundraising:	\$90,088 8%
<b>Total</b>	<b>\$1,545,745</b>	Government Grants:	\$726,767 67%
		Other Grants:	\$9,300 1%
		Fees and other	\$74,593 7%
		Net Assets (restricted)	\$17,802
		<b>Total:</b>	<b>\$1,090,239</b>