

2010 Annual Report for Community Family Life Services

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Major: Public Communication

Capstone Abstract

I completed the 2010 annual report for Community Family Life Services, a DC non-profit, for my capstone. Community Family Life Services (CFLS) works with the population of Washington DC's most under-resourced neighborhoods, as well as the homeless population. They provide vital services, including basics like food, shelter, and clothing, employment counseling, and case management. My Public Relations Portfolio class has been working with them to provide communications strategy and support this semester. I took on their 2010 annual report as my own personal project. I designed the layout, edited and placed their photos, and wrote text to describe each of their programs, among other tasks. The annual report had to follow their theme for this year "Together We Rise" and their new color scheme. I found it challenging to capture all of the exciting and important work CFLS does in a 16-page annual report. However, the project was really interesting and a great learning experience.



Community Family Life Services
ANNUAL REPORT 2010

Together We Rise.

Community Family Life Services

2010 Achievements

- **HOUSED** more than 100 individuals and families:
 - 89 units of transitional and permanent housing
 - Transitional to Permanent Housing Programs for 19 families with 70% of families reporting an increase in income and 100% moving to permanent housing
- **PROVIDED** Housing case management for 45 persons living with HIV.
- **SUPPORTED** more than 115 children through case management, counseling and education; **PROVIDED** them housing, tutoring and/or advocacy.
- **ENROLLED** 35 children in the academic based afterschool program and 50 children for the summer enrichment programs; 92 % of children in this program reported an increase in academic performance.
- **ASSISTED** with employability development and job placement for 102 chronically unemployed persons through CFLS' Employment Development and Placement Services.
- **FED** and **CLOTHED** 2500 persons.
- **OFFERED** breakfast to an average of 75 homeless individuals monthly.
- **DISTRIBUTED** toys to 300 Families during the Christmas Toy Drive.
- **RECEIVED** more than 8056 hours of volunteer services.
- **RANKED** in the top 15 Transitional and Permanent Housing Programs in DC!



“Treat people as if they were what they ought to be, and help them become what they are capable of being.” -Goethe



With each year that passes, I am more proud and honored to be a part of Community Family Life Services. It is an exceptional institution doing tremendous work in an economic environment that is a challenge to so many. More than ever before the services we provide, particularly in this climate, to our families-children, women and men—are greatly needed. It gives us great pleasure to work together with all of you to serve and support vulnerable children and adults.

Trying economic times continued to challenge us in 2010. It has been decades since we last saw welfare roles and unemployment lines swell as they have in recent years. And with it more and more individuals and families finding themselves not able to provide for the most basic of needs—housing and as a consequence they are living on the streets and in poverty stricken conditions.

During 2009 CFLS became the stabilizer for many individuals and families in distress. We comprehensive services for more than 3000 people living in our community, from infants to the elders.

The challenge to all of us that serve Community Family Life Services—as stewards of all kind, from volunteers to donors to trustees—is to lead, now more than ever by taking off our gloves and putting our uncovered hands into the mix. You can walk to raise money for the homeless services we provide, pack backpacks for children and young adults equipping them with the tools they need to be successful in the classroom, and equip those living in poverty with the right tools to find and keep employment.

The challenge is to identify and implement ways to lift those who need it most towards economic and social self-sufficiency. We hope each of you will accept the challenge. We can do it as long as we work together and take one step at a time.

Most Sincerely,

Claudia Thorne, CFLS Executive Director



Meeting Basic Human Needs

More than 60, 000 people in Washington, DC live below the federal poverty line, making our city the second poorest “state” in the nation. CFLS provided emergency services to more than ten percent of this population last year. Our efforts fed, clothed, and offered shelter to 6,478 men, women, and children.

Emergency Services is often the first program a client experiences upon arriving at CFLS. Our services allow more than one thousand people to avert homelessness each year. They lift clients out of the downward spiral of poverty and put them on track to self-sufficiency.

*“Our greatest glory is not in
never failing but in rising every
time we fall.” - Confucius*



Providing Stable Housing

Trinity Arms

Trinity Arms supports and serves 17 families as they transition from homelessness to self-sufficiency. This two-year program is ranked 14 out of 60 similar supportive housing programs in Washington, DC. Residents receive life skills education, individualized case management, and supportive counseling.

“Where there is no struggle, there is no strength.” – Oprah Winfrey

Milestone Place

Milestone Place offers affordable, long-term housing to 35 formerly homeless single adults, in addition to the services they need to become self-sufficient. We provide intensive case management, substance abuse counseling, life skills training, employment skills development, and emergency services. Our clients are empowered to create stable, sustainable lives for themselves.



Preparing for Employment

Many low-income workers do not have the basic skills or education to succeed in the increasingly competitive job market. CFLS operates a collaborative employment initiative to help its clients overcome these obstacles.

We offer guidance in work readiness preparation, employment focused coaching, and supportive services. Our clients receive access to computers to conduct job searches and voicemail boxes to send and receive messages from prospective employers.

More than half of our clients benefit from the employment and employment training programs we provide.

“No bird soars too high if he soars with his own wings.”

— William Blake

“Community Family Life Services helped me believe that I have something to offer. I found work as an HIV/AIDS outreach counselor at the Carl Vogel Center. It’s not just a job - it’s a life calling. I am grateful for all those who have entered my life and I hope that my dedication towards prevention will assist the lives of those I come in contact with in the future.”

—Anthony Tate
CFLS Client



Caring for People Living with HIV/AIDS

The median rate of HIV prevalence among the homeless is three times that of the rest of the population. CFLS provides essential services to Washington, DC's homeless, HIV positive population. We offer access to stable and supportive housing, health services, nutrition, life skills development, and benefits assistance. Many of our clients are healthier thanks to these services. They experience fewer incidents of opportunistic infections and episodes of hospitalization. All of our clients have gain access to a better quality of life.



Michael was diagnosed with HIV in 1985. An accomplished artist, he was unable to work due to major fatigue related to HIV and he had challenges in maintaining stable housing. Community Family Life Services was able to support Michael in obtaining housing as well as meeting other supportive services needs. As of today, he has resumed his work as an artist and he is living comfortably in his apartment.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

- Martin Luther King, Jr.



Supporting Youth Achievement

CFLS deeply understands the importance of education in everything we do, and education plays no greater role than in the lives of children. Our after school and summer programs aim to provide Washington, DC's children from under resourced areas the extra support they need. We work with children aged 5 to 18 to help them meet the milestones of each appropriate grade level and prepare them to successfully complete their education.

Our programs develop and nurture the academic, life skill, and leadership abilities of each youth through group lessons and individual tutoring. Older youth, ages 13 to 18, build upon these abilities and work on "practice field" projects to learn appropriate workplace behavior. All of our students are placed and guided on a path to a productive and successful life.

"Once children learn how to learn nothing is going to narrow their mind. The essence of teaching is to make learning contagious, to have one idea spark another." - Marva Collins



Mentoring Youth

Many of the children CFLS works with have suffered abuse, neglect, and abandonment before being placed in a foster or group home. Our mentorship program provides stable, positive adult influences to diminish their increased risk for later instability. We battle the causes of homelessness before they start.

The CFLS Volunteer Mentoring Program allows youth to create lasting relationships with caring, mature adults. Mentors inspire youth to rise above life's challenges. They teach them the skills they need to become financially, physically, and emotionally independent. Youth learn to set goals for each stage of their lives and visualize a successful future.

*"I really enjoy all the activities in afterschool. I learn new skills that gives me confidence and helps me to be a better student."
- CFLS 3rd Grader Malika*



If a child is to keep alive his in-born sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in.

—Rachel Carson



Supporting Families

Family shares a common bond of love and support to encourage each member's well-being and quality of life. The meaning of family encompasses each individual who shares in this bond, whether a mother, father, grandparent, friend, or other caregiver.

Families in CFLS's **Family to Family** program nurture one another to build an even stronger bond within and between them. CFLS matches 35 families in need with stable families, to help them approach family life from a position of strength. Families learn to build upon their existing strengths by participating in social and recreational activities. Last year, Family to Family offered family oriented activities, seminars, and workshops.

Our program includes a trip to a farm in Maryland and to Busch Gardens in Virginia. We held book clubs, financial management workshops, emotional well-being workshops, and health screenings. Families were able to unite and strengthen through all of these activities without being inhibited by the limits of a low income.

The **Parent Center** at Leckie Elementary School successfully completed its first year. The program employed the evidence based practice curriculum "Nurturing Families' Success" to provide a weekly parenting workshop for 20 parent participants.

*You don't choose your family. They are
God's gift to you, as you are to them. -*

Desmond Tutu



Providing Solutions to Seniors

*“Friendship is the
golden thread that ties
the heart of all the
world.” – John Evelyn*

CFLS takes great pride in offering support to the growing number of low income, shut-in senior citizens of Washington, DC. We befriended 49 senior citizens this year in an effort to address their needs by providing monthly meals and companionship.



Celebrating Volunteerism

Every volunteer who walks through the doors at CFLS helps to fight the causes of homelessness and poverty in our city. Volunteerism is at the core of CFLS's success in helping homeless and low income individuals and families receive the services they need to become self-sufficient. Our volunteers selflessly dedicate their time, talent, and treasure by serving breakfast to homeless individuals, stocking the food pantry, distributing clothes from the donation closet, and assisting at our events.

CFLS volunteers are exceedingly important to our clients. Clients are excited and motivated by the knowledge that people are willing to support them on their journey to become self-sufficient. A positive relationship with a caring volunteer allows clients to discover their own personal positive attributes and abilities and connect to their own personal power.

*"I've seen and met
angels wearing the
disguise of ordinary
people living ordinary
lives."*

- Tracy Chapman



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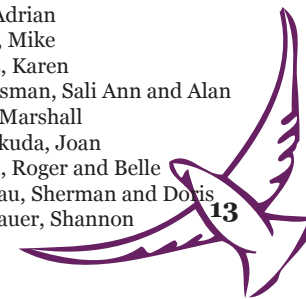
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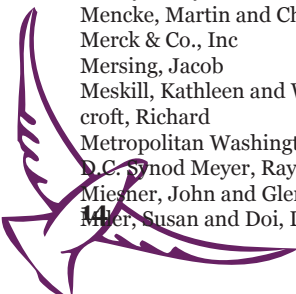
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 tend our sincerest thanks
 to each and every one of
 our cherished donors.*



Financials

YEAR ENDED SEPTEMBER 30, 2010						
			UNRESTRICTED	TEMPORARILY RESTRICTED	PERMANENTLY RESTRICTED	TOTAL
Revenues, gains, and other support	Received Directly	Contributions	\$403,884	\$30,000	x	\$433,884
		Special Events, net of direct costs	\$140,356	x	x	\$140,356
	Received Indirectly	United Way	\$27,166	x	x	\$27,166
		Grants from government agencies	\$741,056	x	x	\$741,056
	Other Revenue	Rental	\$348,858	x	x	\$348,858
		Miscellaneous	\$81,433	x	x	\$81,433
			\$430,291	x	x	\$430,291
	TOTAL		\$1,742,753	\$30,000		\$1,772,753
Expenses	Supporting Services	Program Services	\$1,098,282	x	x	\$1,098,282
		Management and general	\$376,496	x	x	\$376,496
		Fund raising	\$101,475	x	x	\$101,475
		Total Supporting Services	\$477,971	x	x	\$477,971
	TOTAL		\$1,576,253	x	x	\$1,576,253
Change in net assets			166,500	30,000		196,500
Net assets - beginning of year			1,152,328	x	150,000	1,302,328
Net assets - end of year			\$1,318,828	\$30,000	\$150,000	\$1,498,828

Community Family Life Services

305 E Street, NW
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(202) 347-0511

For more information about CFLS, please
visit our website at www.cflsdc.org.
You can also find us on **Facebook** and
follow us on **Twitter @cflsdc**.

