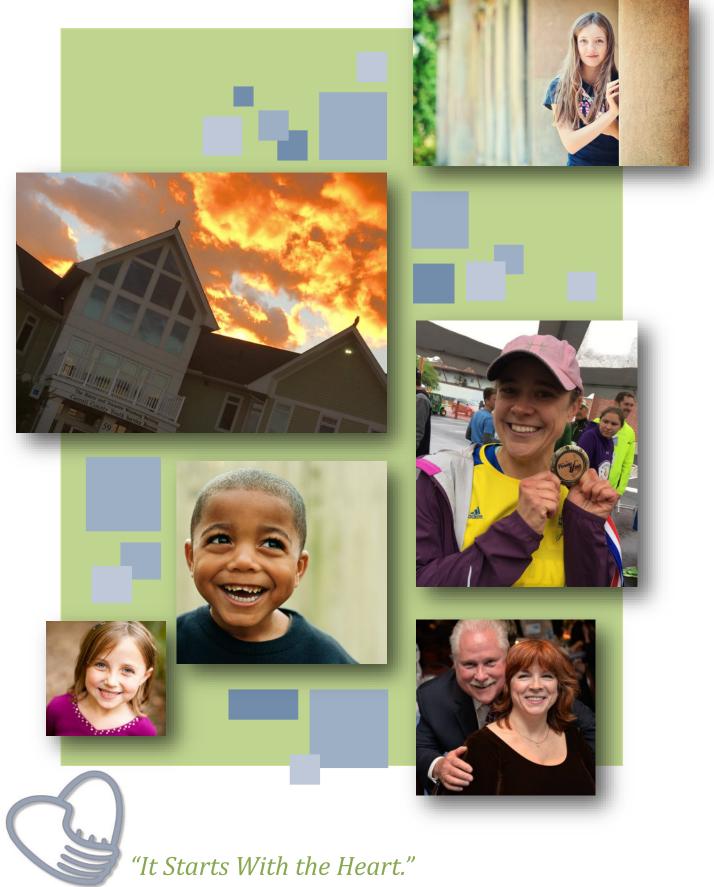
# CARROLL COUNTY YOUTH SERVICE BUREAU





Carroll County Youth Service Bureau is an outpatient behavioral health clinic providing mental health and substance use services. We are licensed by the

Department of Health and Mental Hygiene (DHMH), accredited by the Council for the Accreditation for Rehabilitative Facilities (CARF) and certified by the Department of Juvenile Services (DJS). Carroll County Youth Service Bureau has provided outpatient services in Carroll County since 1972 and has grown into a multi-disciplinary behavioral health practice that offers a continuum of outpatient treatment options. Therapists utilize a family-systems approach that incorporates the child, adult and family within their community and recognizes and values their impact on one another. This approach reinforces individual and family strengths, addresses identified needs, and utilizes community resources.

## A HEARTFELT MESSAGE FROM THE PRESIDENT & DIRECTOR

Dear Friends of Carroll County Youth Service Bureau:

AN

OVERVIEW

-OF

**CCYSB** 

What an incredible opportunity to work in a service where one is able to assist people in creating better lives, where hope abounds and often becomes the catalyst for change; such is our work at CCYSB. We are also very fortunate to provide these services in the Carroll County community. In Carroll, we work side-by-side with a community of people who value service to others and foster these beliefs through their volunteerism and financial support; this is truly a charitable and benevolent community.

During the past year we have increased clinical services for people with substance use problems, implemented measures to allow clients to access services more quickly, and executed an assessment process that will streamline clients to the most appropriate and most beneficial treatment. Many of these new initiatives are a result of the generosity of increased funding provided by our County.

A major milestone in CCYSB history is the adoption of a new, evidence-based treatment: Dialectical Behavior Therapy (DBT). Seven therapists have completed eighty hours of training, an additional twenty-hour skills group training, and are providing counseling services in this effective and well-respected treatment. This research-tested treatment serves a cross section of people who may be experiencing PTSD, significant mental health

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issues, suicidal behaviors, and substance use. Much of the funding for DBT was generously provided by The Kahlert Foundation. Please enjoy a fuller description about this new intervention in the program highlight section.

We are extremely grateful for the support and assistance of our State, County, local foundations, community businesses, and individual donors. Additionally, the effectiveness of the services we provide are greatly enhanced by the talent and direction provided by our board of directors *and* the unparalleled staff commitment to hope and recovery for everyone.

With thanks and warm regards,

Neihon Je

Richard Simmons, Board President

Lynn Davis, Executive Director



2017 Annual Report — Page 2

## CONTINUUM OF COMMUNITY BASED SERVICES

# Outpatient Mental Health Clinic for Children, Adolescents & Adults

Outpatient services include: Individual Therapy, consultations, family therapy, medication management, Information & referral, psychiatric evaluations, group therapy, psychosocial evaluations, and liaison with school and local service agencies.

#### **Substance Use Services**

CCYSB provides a full range of assessment and treatment services to meet the needs of individuals and families experiencing the negative impact of addiction. Our objective is to provide comprehensive services with the goal of intervention, education, treatment and recovery of substance use and/or dependence.



#### **Psychiatric Services**

CCYSB offers psychiatric services (evaluation and medication management) to clients who are receiving psychotherapy services within the Clinic, Family Preservation, and the Assertive Community Treatment (ACT) program. These medical services are provided by licensed psychiatrists and psychiatric nurse practitioners.

#### **Connecting Youth in Carroll County**

In Carroll County, there are approximately 1,700 youth between the ages of 16 and 24 who are not in school, not employed, and who may be homeless. CCYSB, along with Human Services Programs (HSP) and the Carroll County Business and Employment Resource Center (BERC) are partnering to provide a coordinated County-wide approach to re-engage Opportunity Youth and reduce youth homelessness.

#### Family Preservation and Safe & Stable Programs

Family Preservation and Parent-Child Interaction Therapy are short-term, home-based programs that provide family therapy designed to preserve and improve family relationships, and prevent out-of-home placement for a child in the family.

#### **Interactive Group Therapy**

This program focuses on a variety of problems and issues relevant to adolescents: family, peer, school and community action-based methods to overcome barriers faced in an action-oriented way. This program serves at-risk youth 14-18 years old. Some youth are currently involved with Carroll County Department of Juvenile Services and/or enrolled in Carroll Hospital Center's Partial Hospitalization Program.

#### **Graduate and Undergraduate Internship Training Program**

This program provides intensive training, supervision, and on-the-job experience to master's level clinical interns and undergraduate students. Interns have come to CCYSB from the University of Maryland School of Social Work, Towson University, Loyola College, McDaniel College, Hood College, University of Pennsylvania, and Johns Hopkins University, and some on-line university programs.

#### Parents as Teachers (PAT) Program

Parents-as-Teachers is an evidence-based program which provides home-based school readiness curricula to families with young children (0-5 years old). The PAT Mental Health Consultant trains PAT Educators in early childhood mental health. The PAT consultant provides direct in-home services (consultations, clinical assessments) to families and consultations (face-to-face, phone, email) with PAT Educators to assist families in improving social and emotional well-being.

#### Suicide/Self-Injury Intervention Program

During school hours, an on-call therapist provides clinical assessment services for Carroll County Public School students at risk of suicide or self-harm.

#### **Violence Assessment Program**

This program is a partnership with Carroll County Public Schools for students following a suspension for serious threats or acts of violence. Services includes an interview with child and parent, verbal recommendations to the principal followed by a written report and recommendations to the principal, parents, and Pupil Services Department.

Please visit our website at www.CCYSB.org for more detailed descriptions, additional programs and contact information.



## CONTINUUM OF COMMUNITY BASED SERVICES (CONTINUED)



#### **Evidence-Based Interventions Improves Outcomes**

The use of evidence-based interventions aligns with our vision to be the foremost mental health provider for youth, adults and families in Carroll County by providing innovative, culturally sensitive, and highly-effective treatment.

CCYSB's four treatments which are evidence-based models requiring fidelity to the model are:

#### Assertive Community Treatment (ACT)

ACT provides outreach, counseling, psychiatric, nursing, housing, employment and other support services provided in the home and throughout the community for chronically-ill adults who cannot be served in traditional outpatient settings. Round-the-clock on-call services are an essential component of the service.

#### • Brief Strategic Family Therapy (BSFT)

This program is a short-term, problem-focused, evidence-based model which serves youth 6-18 years-old and involves the entire family in the counseling process. BSFT targets children with conduct problems, problematic family relationships, substance use, delinquency, aggressive & violent behavior, risky sexual behavior, and anti-social peer involvement. BSFT focuses on problematic interactions within the family, replacing them with healthier interactions. BSFT is endorsed as a model program by the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and the Substance Abuse and Mental Health Administration (SAMHSA).

#### • Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy [DBT] is an evidence-based, cognitive-behavioral treatment originally developed to treat chronic suicidal ideation, self-harm behaviors and traits of Borderline Personality Disorder. The treatment model has proven effective in treating other complex and challenging disorders such as substance dependence, depression, and post-traumatic stress disorder [PTSD].

#### • Parent Child Interactive Therapy (PCIT)

This program is an empirically supported treatment for young children (ages 1-7) with disruptive behaviors. Developed by Shelia Eyeberg at the University of Florida, PCIT integrates concepts from social learning theory, traditional play therapy, and attachment theory to enhance the parent-child relationship, increase children's pro-social behaviors and increase parent's behavior management skills.

## YSB BOARD OF DIRECTORS



Above: Front Row, from left to right: Rose Lambert, Richard Simmons, Lynn Davis, and Judith Stull. Back Row, from left to right: Alex Myers, Patrick Scheper, Lori Blake, Beth Sergott, Jodi Lupco and Gary Honeman.

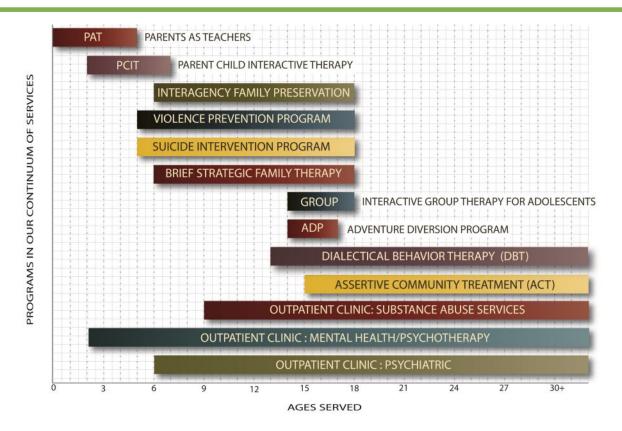
Missing from Photo: Amy Feldman, Kenneth Hoeffer (retired from Board), Jennifer Pagano (also retired from Board) and Steve Powell. CCYSB is governed by a volunteer Board of Directors.

Our talented board members serve as advisers, decision makers, problem solvers, and advocates for CCYSB. It should be noted that they are volunteers who contribute countless hours in meetings and throughout our community, advocating for our non-profit organization.

We benefit every day from the dedicated energies and time devoted by the members of our board as they guide and support our organization. Thank you for all that you do!



## CONTINUUM OF SERVICES BY AGE



## PARTNERS IN PROVIDING SERVICE

CCYSB embraces a collaborative approach to mental health and substance use treatment that emphasizes community partnerships. In an effort to meet the multiple needs of children and families, with other community agencies is essential.

Carroll County State's Attorneys Office

Carroll Hospital Center

Boys and Girls Club of Westminster Business & Employment Resource Center Carroll Citizens for Racial Equality Carroll County Bureau of Prevention, Wellness and Recovery **Carroll County Commissioners** Carroll County Community Mediation Center Carroll County Department of Citizen Services Carroll County Department of Management & Budget Carroll County Department of Juvenile Services Carroll County Department of Social Services Carroll County Department of Health Carroll County Grants Office Carroll County Local Management Board Carroll County Public Schools

Carroll County Department of Rehabilitation Services Family & Children's Services Governor's Office for Children Governor's Office of Crime Control and Prevention Human Services Programs of Carroll County Johns Hopkins University Local Management Board Loyola College of Maryland - Pastoral **Counseling Program** Maryland Association of Community **Mediation Centers** Maryland Assoc. of Youth Service Bureaus Maryland Dept. of Budget & Management Maryland Department of Health and Mental Hygiene Maryland Department of Human Resources Maryland Department of Juvenile Services

Maryland State Police
McDaniel College
Medical Community/Primary Care Physicians
National Association of Social Workers
Partnership for a Healthier Carroll County
Silver Oak Academy
Towson University
United Way of Central Maryland
University of Maryland Baltimore County
University of Maryland School of Social Work



## DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical Behavior Therapy (DBT) is a cognitive behavioral treatment that is now recognized as a research-based psychological treatment for treating a wide range of issues: substance dependence, depression, post-traumatic stress disorder (PTSD), borderline personality disorder, suicidal behavior, and eating disorders. This treatment is proven effective with adolescents through adult clients. Carroll County Youth Service Bureau began training in this evidence-based treatment during late Fall of 2016. We are very thankful to The Kahlert Foundation for its support: funding of our training and implementation phase of our DBT program.

## What is DBT?

The term "dialectical" means a synthesis or integration of opposites. The primary dialectic within DBT is between the seemingly opposite strategies of acceptance and change. For example, DBT therapists accept clients as they are while also acknowledging that they need to change to reach their goals. In addition, the skills and strategies taught in DBT are balanced in terms of acceptance and change. The overarching goal of DBT is a life worth living.



Above, CCYSB's DBT Therapy Team after receiving their training certifications. From left to right: Bobby Jarrett, Stacey Erich, Carla Trump, Robin Harlan, Marie Speck, Kate Swisher, Tina Brown and Rachel Greenburg.

Clients who commit to participating in DBT will learn skills to help accept certain aspects of their lives while working on changing other aspects. These skills consist of: mindfulness skills, distress tolerance skills, emotion regulation skills, and interpersonal effectiveness skills.



For more information about our DBT Program, please contact Bobby Jarrett, LCPC, DBT Program Director at 443-244-8657 or rjarrett@ccysb.org.

# The Four Components of DBT...

- 1. <u>INDIVIDUAL</u> The therapist and patient discuss issues that come up during the week and follow a treatment target hierarchy.
- 2. <u>GROUP</u> A group ordinarily meets once weekly and learns to use specific skills that are broken down into the four skill modules.
- 3. <u>THERAPIST CONSULTATION TEAM</u> A therapist consultation team includes all therapists providing DBT. The meeting occurs weekly and serves to support the therapist in providing the treatment.
- 4. PHONE COACHING Phone coaching is designed to help generalize skills into the patient's daily life. Phone coaching is brief and limited to a focus on skills.

Clients who wish to participate in comprehensive DBT must commit to all four components of the treatment model.



## A VISIT FROM THE GOVERNOR'S OFFICE

On May 11, 2017, Governor Larry Hogan joined with his Cabinet and leadership team to host a Regional Cabinet Meeting in Westminster, MD. The public event was held at Scott Theater at Carroll Community College and was attended by students, local leaders, and members of the community.

Governor Hogan opened the meeting by detailing the progress the administration has made in Carroll County. Lt. Governor Boyd Rutherford provided an update to the community on the administration's efforts to fight heroin and opioid addiction across the state. Prior to hosting the first-ever Maryland Heroin and Opioid Educational Forum for students at Westminster High School.



Following the regional meeting, the governor, lieutenant governor, and secretaries dispersed across the local community, holding more than 60 meetings, tours, and visits with local leaders and organizations. Carroll County Youth Service Bureau welcomed Secretary Sam Abed from the Department of Juvenile Services, Executive Director Arlene Lee from the Governor's Office for Children, Mrs. Lisa Hecker, Manager of the Carroll County Local Management Board, and Mr. Matt Fonseca, Regional Director of the MD Department of Juvenile Services, Central Region.



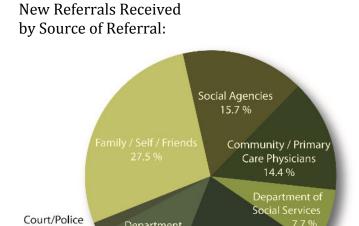
They enjoyed a discussion about CCYSB's various programs and therapy methods, a tour of our facility and posed for a photo (see left) with our Executive Director, Lynn Davis, who received the Governor's Citation in recognition for her outstand ing service and dedicated work in Carroll County!



Top Right Photo: Front Row, from left to right: Mrs. Lisa Hecker, Mrs. Lynn Davis, Director Arlene Lee and Secretary Sam Abed Back Row: Mr. Matt Fonseca.



## REQUESTS FOR SERVICES IN FY2017



Schools

21.6 %

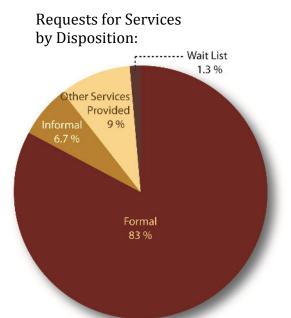
Department

of Juvenile

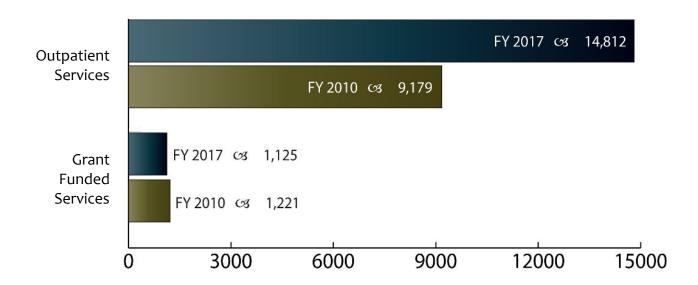
Services

11.4 %

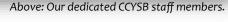
1.7 %



## Number of Sessions









## REVENUE AND EXPENSES IN FY2017

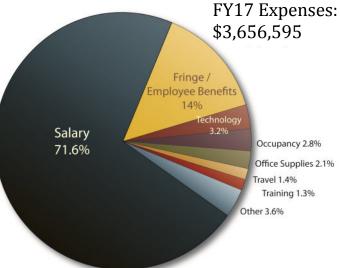
FY17 Revenue:
\$3,975,056

County Funds
19.9%

Fees
54%
25.5%

The FY17 revenue figures stated are final figures based on the result of a financial audit completed in September 2017. CCYSB experienced a 10.3% increase in revenue from FY16. Areas of revenue that increased include fees, grants, and County funds. Fees collected continue to be the largest source of revenue at 54.0%. Grant and County funding comprise 25.5% and 19.9% respectively.

The FY17 expense figures are final figures based on the result of a financial audit completed in September 2017. CCYSB had a 5.1% increase in expenses from FY16. This increase was primarily due to an increase in staff including salaries and employee benefits required to maintain a stable workforce. Salaries continue to be the largest expense category at 71.6% of total expenses. Employee benefits were 14.0% and technology was 3.2%.



## FLOWER & JAZZ FESTIVAL 5K RUN/WALK FUNDRAISING EVENT



On Saturday, May 13th (Mother's Day weekend) The City of Westminster's Recreation and Parks Department, Carroll County Youth Service Bureau and Boys and Girls Club of Westminster partnered together once again to bring this event to the County. The event is sponsored by Rafael's Restaurant in Westminster!

This year's event welcomed over 225 runners to our 5K race through the streets of Downtown Westminster, ending with an awards ceremony.

We would like to thank this year's event sponsor, all participants and those who volunteered and supported this year's event.

Left: Andie Luchini, Director of Development at CCYSB and Erin Bishop, Marketing Director at Boys and Girls Club of Westminster.



## FUNDRAISING EVENTS AND APPEALS



Our annual fundraising event was generously sponsored by Kairos Wealth Advisors of Raymond James & Associates. The event was held on Saturday, February 11th at the Portico of St. John in Westminster.

Over 285 guests filled the gorgeous "Under the Sea" themed ballroom and enjoyed hors d'oeuvers and a bountiful buffet dinner by Liberatore's in Eldersburg and a gourmet chocolate dessert by JeannieBird Baking Company. Live music by Standard Delivery Jazz,

magic by William Gross and a photo booth entertained attendees.

Through sponsorships, tickets, and evening sales, almost \$50,000 was raised after expenses, benefitting both Carroll County Public Schools and CCYSB.





As always, we are so very grateful for the continued generosity and support from the community who make this annual event so successful for our organizations!

<u>Photos</u>: Top Right: CCYSB Board Member Alex Myers and his and beautiful wife Cynthia; Center Right: fabulous friends of our agency, Jenny Teeter and Bernie Vogel; Bottom Right; Tom Long and CCYSB Intern, Dana Kemp have fun in the photo booth. Above Left: Harry and Becca Sirinakis enjoy being able to attend as treasured guests.





This year, CCYSB launched our new "Heart of Gold" scholarship appeal during the Chocolate Ball event's live auction. Funds from this appeal are targeted for Carroll County youth and families to assist with financial constraints to critically-needed services. **At CCYSB, no one is turned away because of inability to pay.** Included in this program is a scholarship fund for veterans and their families. This will allow our military families to access family therapy without withstanding the costs. We thank everyone who has donated to this worthwhile cause!

For more information about supporting our fundraising efforts, please contact Andie Luchini, Director of Development at aLuchini@ccysb.org.



## **OUR GENEROUS DONORS**

Thank you to each of the individuals and companies who have supported Carroll County Youth Service Bureau during our 2017 fiscal year. Please know that your generosity has made a tremendous difference in the lives of those we serve!

Apple Plumbing & Heating

Mr. David and Mrs. Cathy Applefeld

Ms. Teresa Asher

Mr. Mamoun Assad

Barnes-Bollinger Insurance Services, Inc.

Mr. Gary and Mrs. Dena Bauer

Mr. William Baylor & Mrs. Jennifer Teeter

Mr. Philip and Mrs. Shirley Berringer

Mr. Michael Billingslea and Mrs. Jackie Johnson

Mr. Steve and Mrs. Alicia Bitzel

Mr. Bob Bivens

Mr. Cork and Mrs. Lori Blake

Dr. Mark and Mrs. Anne Blue

Mr. David Bollinger

Dr. Robert and Mrs. Carolyn Boner

Brandenburg United Methodist Church

Bruchey Builders, Inc.

Bud's at Silver Run Restaurant

Mr. Joshua and Dr. Julia Burchett

Mr. Thomas Butt and Mrs. Karen Von Sas

Carroll Community College

Carroll County Chamber of Commerce

Carroll Hospital

Carroll Lutheran Village

Carroll Occupational Health, LLC

City of Westminster

Parks and Recreation Department

Ms. Sandy Cosgrove

Crawford Yingling Insurance

Mr. Jack and Mrs. Sabrina Crawmer

Davis Library, Inc.

Mr. Richard and Mrs. Lynn Davis

Mr. Brian DeLeonardo, Esq.

Mr. David and Mrs. Donna Denison

Mr. and Mrs. Michael DiPietro

Mr. James and Mrs. Janice Doolan

**Etiquette For Everyday** 

Evapco, Inc.

Mr. Mark Fedoruk

First Financial Federal Credit Union

Mr. David and Mrs. Janet Flora

Freedom Dental Care

**Fuchs North America** 

Gizmos Art

Gorfine, Schiller, & Gardyn, P.A.

Mr. Mark and Mrs. Teresa Greenberg

Mr. Stephen and Mrs. Barbara Guthrie

Mr. Jack Haden

Mr. Brian and Mrs. Kim Haga

Mr. Charles and Mrs. Virginia Harrison

Mr. Thomas and Mrs. Joanne Hayes

Hill Development Group, LLC

Hill Family Center YMCA

Mr. Kenneth Hoefer

Mr. Ken Hornberger

InfoPathways, Inc.

Dr. George James

JeannieBird Baking Company

Mr. Gary and Mrs. Tina Jirout

Kairos Wealth Advisors of Raymond James & Associates

**KCI Technologies** 

Mr. Jeff and Mrs. Marjorie Kimble

Kite Technology

Mrs. Bill and Mrs. Judy Klinger

Knorr Brake Corporation

Mr. Mark and Delegate Susan Krebs

Mr. Bill and Mrs. Rose Lambert

Mr. Jason and Mrs. Beverly League

Legacy Contracting, Inc.

Lehigh Cement Company

Leonard and Helen R. Stulman

Charitable Foundation

Mr. Nick and Mrs. Donna Lewis

Liberatore's Restaurant

Mr. Giancarlo Libertino and

Mrs. Diana Eclavea

Liberty Mountain Resort

Links at Challedon

Mr. Thomas Long and Mrs. Dana Kemp

Mr. Bob and Mrs. Cindy Lord

Mr. Michael and Mrs. Jodi Lupco

M&T Charitable Foundation

Ms. Michael and Mrs. Kimberly Madeja

Maryland Jockey Club Dr. Judith Milliken

Mr. Mike Assink and

Mrs. Krystal Morea-Assink

Mr. E. Alexander and Mrs. Cynthia Myers

Mr. Fred and Mrs. Myrtle Myers

Mr. John and Mrs. Lynda Neiswender

Mr. Robert and Mrs. Kelli Nelson

Mr. Stephen and Mrs. Carol Nevin

New Windsor State Bank

NoWorriesIT

Mr. and Mrs. Richard Pagano

Mr. Bernie and Mrs. Joan Palm

Penguin Random House

Mr. George and Mrs. Ruth Perkins

Mr. Raymond Perkins

Pessin Katz Law, P.A.

Mr. Thomas and Mrs. Kimberly Petry

Mr. Paul and Dr. Margaret Pitrone

Pitrone, Sorkin & Jarvis Orthodontics

Mr. Steven and Mrs. Heather Powell

Mr. Terrence and Mrs. Victoria Powell

Raymond James Financial. Inc.

Mr. Brian and The Honorable April Rose

Mr. Terry and Mrs. Jacqueline

Rosenborough

Rotary Club of Bonds Meadow Westminster

Ms. Devon Rothschild

Mr. Don and Mrs. Christine Rowe

Mr. Rob and Mrs. Emily Roys

Mr. Patrick and Mrs. Sue Scheper

Mr. Gerald Schlichting

Mr. Robert and Mrs. Patricia Scrivener

Dr. Gary and Mrs. Beth Sergott

Ms. Patricia Shaffer

Mr. Jon Shepard

Shipley's Jewelry

The Honorable Haven and

Mrs. Patricia Shoemaker

Mr. Richard and Mrs. Marge Simmons

Mr. Jay and Mrs. Donna Sivigny

Mr. Michael Smith and Mrs. Andie Luchini

Mr. Richard and Mrs. Carolyn Smith Mr. Andrew and Mrs. Cheryl Snyder

Mr. William and Mrs. Sandra Soyke

Spa Fiorella

Jason M. Stambaugh, LLC

Mr. Richard and Mrs. Gerry Stimmel

Sturgill & Associates LLP

Sykesville South Carroll Rotary Club

T. Rowe Price

Terry's Tag & Title Service, LLC

Tevis Propane and Tevis Home, LLC

Texas Roadhouse

The Kahlert Foundation, Inc. The Partnership for a Healthier

Carroll County, Inc.

Tim Kyle Company, Inc.

Mr. Clarence and Mrs. Anne Townsley

Mr. Douglas and Mrs. Pam Velnoskey

The Honorable Stephen & Mrs. Kathy Wantz

Mr. Jeff and Mrs. Slavka Weaver

Commissioner Richard and Mrs. Lila Weaver

Webb Mason Commercial, LLC

Western Maryland District American Legion Auxiliary

Westminster Elks Lodge #2277

WTTR AM 1470 Mr. John and Mrs. Sharon Yingling

Every effort has been made to assure accuracy and include all donations to CCYSB for FY2017. We sincerely apologize for any errors, and request that you notify us of any omissions and /or incorrect information. Donations are of \$151.00 or more and for the donation period from 7/1/2016through 6/30/2017, including in-kind contributions.



# CARROLL COUNTY YOUTH SERVICE BUREAU

59 Kate Wagner Road Westminster, MD 21157

LOCAL: 410.848.2500 FAX: 410.876.3016

### www.CCYSB.org



## **ADDRESS SERVICE REQUESTED**



We, Carroll County Youth Service Bureau, commit ourselves to provide a continuum of community-based mental health and substance abuse services for children, adults, and families in Carroll County. We use a multi-disciplinary approach to deliver prevention, intervention, and treatment services in the least restrictive and most cost-effective manner. In the true spirit of the helping profession, we are dedicated to excellence in service, innovation in programming, and responsiveness to our community.



- We will continue to be the foremost mental health and substance abuse provider for Individuals and families of Carroll County.
  - We will offer state-of-the-art treatment, while increasing the population we serve.
  - We will create innovative programs to serve the community and encourage diversification of job roles for our staff.
  - We will share our expertise through training, research, and continuing education.
  - We will be financially sound.
- We will maintain a joyous work environment through our respect and caring for each other.

