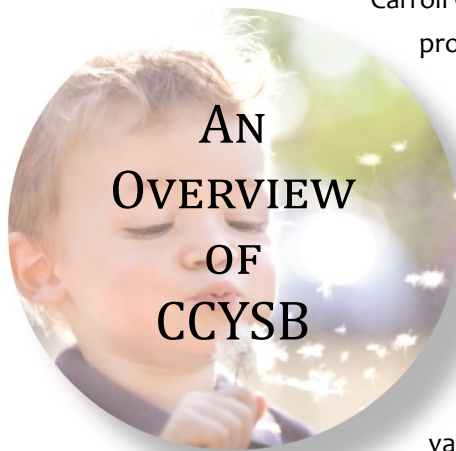


CARROLL COUNTY YOUTH SERVICE BUREAU

FY2022 ANNUAL REPORT



"It Starts With the Heart."



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 the Carroll County Youth Service Bureau:

Two thousand twenty-two was a celebratory year for CCYSB as we commemorated our 50th year in operation. We were honored that Delegate Susan Krebs, Commissioner Ed Rothstein, colleagues, benefactors, clients, family, and friends joined us to celebrate this milestone. The Commissioners named September 29th as Carroll County Youth Service Day, so we will look for a way to celebrate this annual date!

We applaud the many positive changes in behavioral health over these many years, the research, innovative treatment, and new and effective medications; we will continue to advocate for lessening the stigma surrounding mental health and substance use.

Our work is possible because of the support (financial and otherwise) provided by our County Government, our expert board, our exceptionally skilled and caring staff, the agency's strong belief in hope and healing, and the community in which we live. We are honored that our clients choose CCYSB to help them in their journey.

With generous funding through a county grant, we are excited to expand our offerings in our Open Access Program. This much-needed access to same-day or next-day walk-in behavioral health assessments provides help immediately, increasing the chances that the person seeking assistance will continue on their path to healing.

Please consider CCYSB in your charitable giving and know that we greatly appreciate your willingness to support our work.

With many thanks and warm regards,

Patrick Scheper, Board President



Lynn Davis, Executive Director



CONTINUUM OF COMMUNITY BASED SERVICES

Outpatient Behavioral Health Clinic: Mental Health and Substance Use Services for Children, Adolescents & Adults

Services include assessment, individual, family and group therapy, psychiatric evaluations, medication management, psychosocial evaluations, and liaison with school and local service agencies. CCYSB's programs and services provide a full-range treatment options to meet the needs of individuals and families experiencing the negative impact of mental health and addiction concerns.

Psychiatric Services

CCYSB offers psychiatric services to clients who receive 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 (CY)

This program serves youth ages 16-24 who are not in school, not employed, and who may be homeless. CCYSB, along with Human Services Programs (HSP) and the Carroll County Workforce Development (formerly BEREC) partner to provide a coordinated county-wide approach to re-engage these youth and reduce youth homelessness.

Elementary School Intervention Program

CCYSB provides services to elementary students who are struggling with challenging emotions and behavior. They may have significant mental health concerns or difficult family situations which impact their school experience, and their behavior. Previous efforts to support parents or guardians in addressing the child's needs may not have been successful.

Family Engagement Program (FEP)

CCYSB, in partnership with Carroll County Department of Juvenile Services (DJS) and Carroll County Local Management Board (LMB), provides behavioral health case management services for youth and their families at risk of involvement in Maryland's Department of Juvenile Services. FEP staff assesses the youth and family's needs and facilitates linkages to services in the community, with the purpose of diverting these youth from involvement, or further involvement in DJS.

Family Preservation and Safe & Stable Programs (FP)

The Family Preservation (FP) and Safe & Stable Family Preservation programs are short-term, home-based programs that provide therapies designed to preserve and improve family relationships and prevent out-of-home placement for children. Goals of the programs include prevention of children from entering into foster care, successful transition of children returning home from foster care, and in some cases, the coordinated move of children into secure, permanent family settings.

Interactive Group Therapy

We offer several Group Therapy options for both adolescents and adults. Group Therapy helps clients manage depression, anxiety, anger, substance use issues and more in a supportive, nonjudgmental, peer and therapist-based environment. While Group Therapy can seem overwhelming and anxiety provoking, studies have shown its effectiveness in helping people find feedback and support they need to make changes and improve their lives. Our group members often share "it's kind of scary at first, but then it's really nice to be with people who understand and are there to help me. We get something out of helping each other too."

Graduate and Undergraduate Intern Training Program

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

Open Access Walk-In Assessment Program

Our agency is pleased to offer expanded Open Access Services. This program provides time for same-day or next-day walk-in mental health and substance use assessments with a licensed therapist, with clinical recommendations. Provided availability, treatment options will be offered, or we will assist in finding you the appropriate level of care.

Suicide/Self-Injury Intervention and Violence Assessment Programs

During school hours, an on-call therapist provides a clinical assessment for Carroll County Public School students at risk of suicide or self-harm. The Violence Assessment Program provides assessment for students following a suspension for serious threats or act of violence.

Continued on the next page.



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 five treatments which are evidence-based models requiring fidelity to the model are:

- **Assertive Community Treatment (ACT)**

The Assertive Community Treatment (ACT) program is a critical service for treating individuals who have the most serious and persistent mental health concerns. The ACT team staff are experienced in psychiatry, nursing, counseling, and substance use treatment. In addition to therapeutic and medical concerns, the team often addresses issues of everyday life: food, budgeting, housing and employment concerns. ACT team members work with clients in their homes, neighborhoods, and community locations; providing crisis management 24 hours a day, 7 days a week.

- **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 serves 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.

- **Child-Parent Psychotherapy (CPP)** This treatment model serves young children from birth through age five and their parents/ caregivers. One of the main goals of Child-Parent Psychotherapy is to support and strengthen the parent-child relationship as this relationship is central to the child's healing, development, and well-being.

- **Dialectical Behavior Therapy (DBT)**

Dialectical Behavior Therapy 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 Interaction Therapy (PCIT)**

This program is an empirically supported treatment for young children (ages 1-7) with disruptive behaviors. 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 the parent's behavior-management skills.

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

OUR BOARD OF DIRECTORS



CCYSB is governed by a volunteer Board of Directors. These talented board members serve as advisers, decision makers, problem solvers, and advocates for CCYSB. It should be noted that they contribute countless hours in meetings and throughout our community, advocating for our non-profit organization.

Our agency benefits every day from the dedicated energies and time devoted by the members of our board.

We thank you for all that you do!

Photo Above: Some of our Board Members who volunteered both last and this year. Back Row: Patrick Scheper, Emily Bollinger Miller, : Joyce Agatone, LCSW-C, Emily Bollinger Miller, and Jessica Todd. Front Row: Lynn Davis, LCPC, Rose Lambert, CPA, Elizabeth Horn, LCSW-C, and Edmund O'Meally, Esq. Missing from Photo: Aaron Pierce, Steven Powell, Leonard Mills, and Mallory Sutphin, LCPC.



HOPE AND HEALING FAIR

Hosted by the CCYSB's Youth Suicide Intervention and Prevention Team

CCYSB held its first annual "Hope and Healing Fair" in August of 2021. During this 3-hour event, planned by our incredible Youth Suicide Intervention and Prevention Team, we offered information, vendors with resources, numerous activities including: mindfulness activities, tie-dyeing and face painting, healthy snacks, information about strengths and affirmations, giveaway items, and a little bit of therapy and love from some four-legged friends... we were so appreciative of all those who attended and shared a smile!



Photos: visitors and staff enjoyed the many ways to heal one's mind and soul during the event.

5K RUN FOR RECOVERY

A Partnership with The Amatus Foundation

Carroll County Youth Service Bureau, in partnership with The Amatus Foundation, held our first 5k 'Run for Recovery' on July 25, 2021. The event took place at the Wakefield Valley Golf Course in Westminster, Maryland. There were prizes, raffles, and fun for the entire family – including the friendly, 4-legged kind! Proceeds from the event totaled almost \$12,000 and benefitted CCYSB, allowing us to give our county's youth, adults, and families a running start towards good mental health!



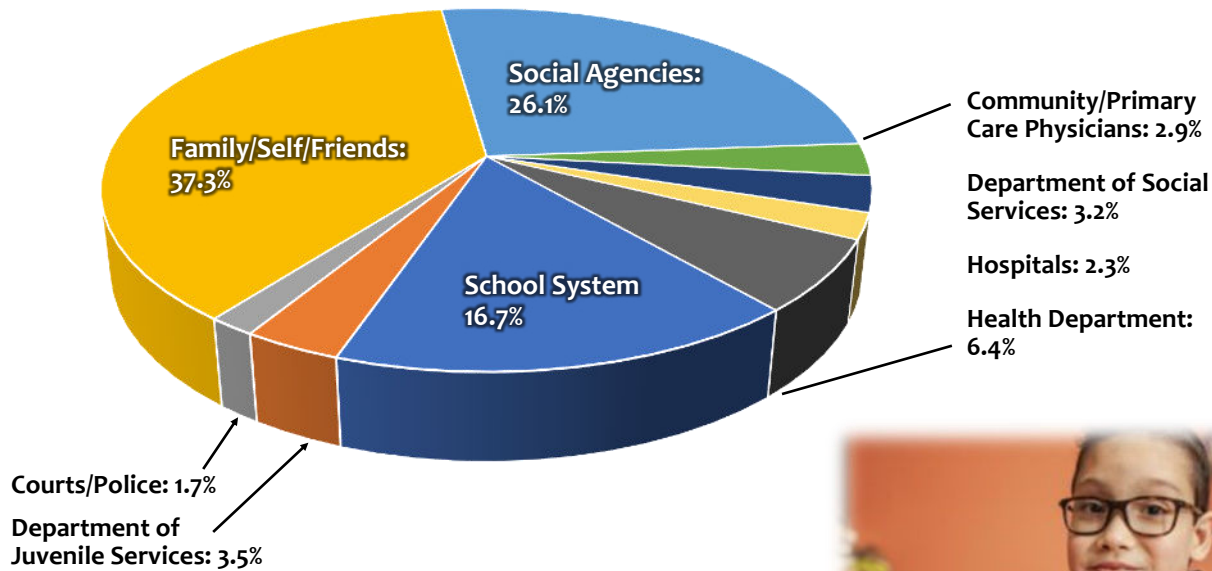
Our agency greatly appreciated the opportunity to work with our friends at The Amatus Foundation on this wonderfully successful event!

Photo Left: Lynn Davis with Amatus Foundation co-founder, Kabir Singh, CPRS.



REQUESTS FOR SERVICES IN FY2022

New Referrals Received by Source of Referral:



PARTNERS IN PROVIDING SERVICES

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, adolescents, adults, and families, working with other local and state agencies is essential.

The Amatus Foundation
Boys & Girls Club of Westminster
Carroll Citizens for Racial Equity
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 Juvenile Services
Carroll County Department of Rehabilitation Services
Carroll County Department of Social Services
Carroll County Health Department
Carroll County Grants Office
Carroll County Local Management Board

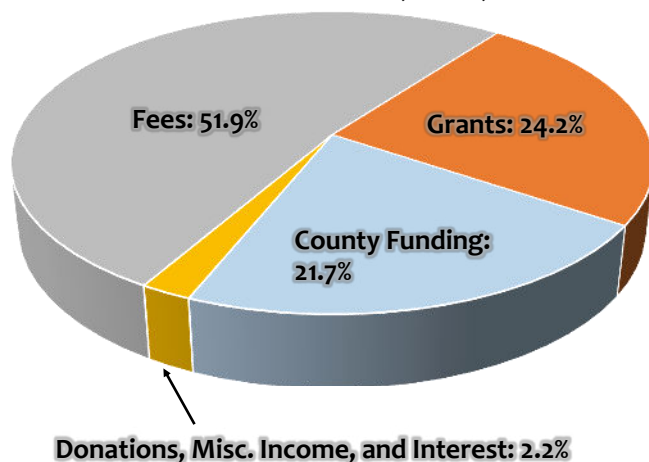
Carroll County Public Library
Carroll County Public Schools
Carroll County Department of Rehabilitation Services
Carroll County State's Attorneys Office
Carroll County Workforce Development
Carroll Hospital
Community Mediation Center
Department of Juvenile Services
Family & Children's Services
Governor's Office for Crime, Youth, and Victim Services
Governor's Office of Crime Control and Prevention
Human Services Programs of Carroll County
Literacy Council of Carroll County
Local Management Board

Maryland Association of Youth Service Bureaus
Maryland Department of Health and Mental Hygiene
Maryland Department of Human Resources
Maryland State Police
McDaniel College
Medical Community/Primary Care Physicians
National Association of Social Workers
The 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



REVENUES AND EXPENSES IN FY2022

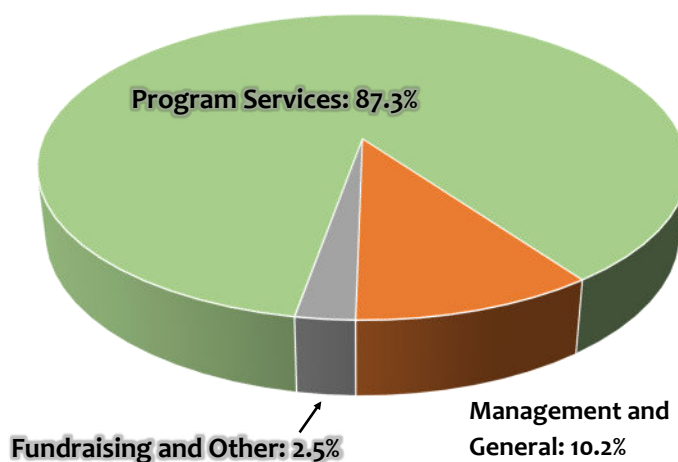
FY22 Revenues: \$5,366,548



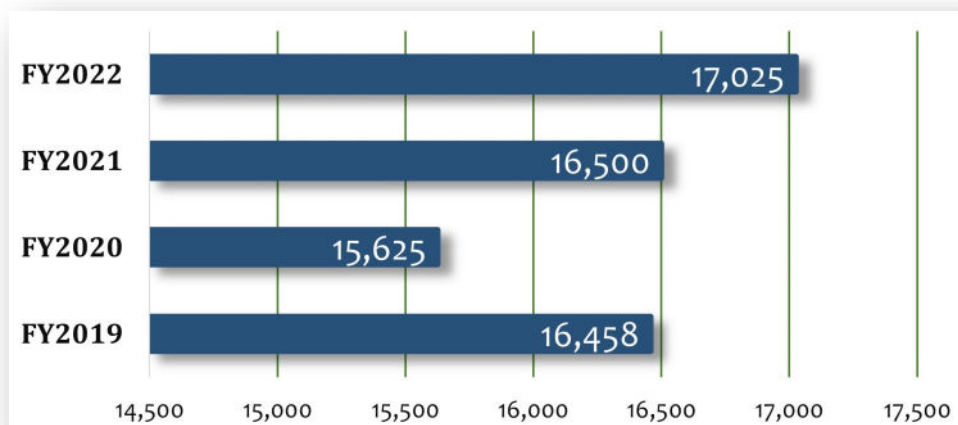
The FY2022 independent audit was completed in November 2022 and reported total revenues and support of \$5,366,548. This was a decrease of 7.4% and due in part to Paycheck Protection Program funding received during FY2021. Client Fees continued to outpace all other revenue sources at 51.9% of total revenues. Fees and County Funding increased 4% and 9% respectively from FY2021. Grant fundings decreased by 11.6% due to FY2021 CARES Act related fundings and a reduction in Federal grants. Fundraising and Donations were down by 29.3% as a result of the cancellation of our annual live fundraising event due to COVID restrictions.

The FY2022 audit also reported total expenditures of \$5,564,300 reflecting a 6.3% increase from FY2021. Program services increased 13.4%, but Management and General decreased by 23.2% along with a decrease of 34.7% for Fundraising and Other expenses. The most significant expenses in FY2022 were salaries, related payroll taxes and employee benefits making up 82.1% of total the expenses. Following were Depreciation at 4.4% and Technology at 3.4% of total expenses.

FY22 Expenses: \$5,564,300



NUMBER OF SESSIONS



Our agency continued to rebound in FY2022 from the COVID pandemic, which began in FY2020, and introduced a pivot towards offering telehealth services to our clients by clinical staff.



PARTNERSHIP PROGRAM HIGHLIGHT: CARROLL COUNTY PUBLIC SCHOOLS INITIATIVES

The core goal of the partnership between CCYSB and CCPS is to support the development and well-being of youth and families of Carroll County by bridging the gap between two of the most influential environments in a child's life – home and school.

This collaborative relationship has resulted in initiatives that provide support and interventions for social, emotional, behavioral, and developmental challenges that extend into the youth's school experience.



Elementary Intervention Program: This program is a specialized service for CCPS elementary schools that provides clinical consultation and services for elementary school counselors and students who are struggling with challenging emotions and behavior. These students may have spoken of suicide and/or self-harm and often have significant mental health needs or psychosocial stressors that are impacting their school experience. We collaborate with school counselors and the family to develop a plan of care that will address the student's needs and support the family.

Gateway School Services: Our agency is proud to provide substance use services to Gateway students in partnership with CCPS. A licensed CCYSB therapist is onsite several days per week at Gateway, providing students with support dealing with issues related to the use and abuse of alcohol and drugs. Our CCYSB therapist works closely with Gateway and CCPS staff to provide support, resources, and coordination.



Violence Intervention Program: This program provides assessments for students who have been suspended because of a violent threat or act. The assessment looks at multiple domains of the student's life, protective and risk factors, as well as the referring incident. A written report is provided to the school and the family which includes recommendations for treatment. The program also provides short-term weekly counseling sessions for students identified as needing immediate support.

Psych & Counseling Program: CCYSB offers short-term psychiatric and counseling services for students presenting with acute needs that can be addressed in an outpatient setting.

Students may present with undiagnosed mental health issues that are contributing to maladjustment in the home and school settings. Students receive direct services with a licensed therapist to address immediate concerns and work collaboratively with the family and school to develop and implement a plan of care. Services also include a psychiatric evaluation and medication follow-up appointments, if needed.

Suicide Intervention Program: This program offers on-call emergency consultations and same-day assessments for students presenting with thoughts or behaviors of suicide or self-injury. Students k-12 are referred to their school counselor by concerned peers, school staff, parents, or even the student themselves, where the school counselor conducts an initial risk screening. School counselors can then reach out to CCYSB and speak with a licensed therapist at any time during school hours to consult and facilitate a voluntary emergency assessment at CCYSB.

FOR MORE INFORMATION:

Please contact our
CCPS Initiatives Program Director,
Robert Jarrett, LCPC
rjarrett@ccysb.org
443-244-8657



OUR SIGNATURE FUNDRAISING ^{Non-}EVENT... AGAIN!



The 14th Annual



Once ,
instead of
hosting our
annual LIVE,
fabulous, formal
fundraising event,

A Stay-At-Home, Non-Event, Event... AGAIN!

Carroll County Youth Service Bureau raised funds through another 'non-event.' ALL donations raised through this "Flannel and Frost"-themed Ball directly supported our mission, a cause so extremely important during these unprecedented times.

This event was not real, but the need is most certainly there!

Once again, we politely asked everyone who supported us to stay at home safely and relax, knowing they made a HUGE difference in the lives of those in need served by CCYSB. Our fundraising event was generously sponsored by both Kairos Wealth Advisors of Raymond James & Associates and Shelter Systems, Ltd. All event sponsors received our Chocolate Ball "Experience Baskets", filled with gift certificates, favors, and of course, chocolate.



We are happy to announce that just over \$33,000 was raised before expenses, and as always, we are so very grateful for the continued generosity and support from our community!

Photos: Our wonderful baskets along with our amazing supporters who received our decadent Chocolate Ball "Experience Baskets." to enjoy at home or the office.



988

SUICIDE & CRISIS
lifeline

24/7 CALL, TEXT, CHAT

Carroll County Mobile
Crisis: 410-952-9552

The Trevor Project:
(866) 488-7386



GIVING CIRCLE PARTNERS AND PATRONS



Very special thanks to our agency's generous "Have a Heart" Giving Circles' Partners and Patrons for FY2022. Their support directly impacts the clients and communities we serve both today and for years to come.

Barnes-Bollinger Insurance — Mr. Gary and Mrs. Dena Bauer
Mr. William Baylor and Mrs. Jennifer Teeter — Bounds Accounting & Tax Services, LLC
Clear Ridge Nursery, Inc. — Mrs. Richard and Mrs. Lynn Davis
Dr. George and Mrs. Elizabeth James — Koons Westminster Toyota
Mr. Bill and Mrs. Rose Lambert — Mr. Michael and Mrs. Jodi Lupco
Mr. Matthew & Mrs. Emily Miller — Mr. Edmund and Mrs. Dawn O'Meally
Penguin Random House — Mr. Aaron and Mrs. Laura Pierce
Mr. Steven and Mrs. Heather Powell — Mr. Pat and Mrs. Sue Scheper — Mrs. Carolyn Scott
Mr. Richard and Mrs. Margaret Simmons — Thomas, Bennett & Hunter, Inc. — Ms. Jessica Todd

For more information on how to join our "Giving Circles" or making a donation, please contact our Development Office at 443-244-8139.

DONOR APPRECIATION EVENT

On September 16th, 2021 from 4 to 6pm, Carroll County Youth Service Bureau, held a donor appreciation event in the beautiful tobacco barn at Union Mills Homestead. Close to 50 guests and staff members attended and celebrated our agency's achievements over the past few years, amidst a surge in mental health service needs during the COVID pandemic. The occasion was especially important as it recognized the generous donors who support the work of CCYSB. Attendees also enjoyed hearing an uplifting story about perseverance from one of our favorite clients named Sylvia, who spoke and sang to the crowd.

The event offered light refreshments and piano by Pat Colgan. Our agency is so thankful to the numerous donors who support our agency each year, allowing us to sustain our efforts in making a difference in the Carroll County Community.



Above: Event attendees listen to our incredibly moving guest speaker and CCYSB client, Sylvia (seen in photo to the right.) Shari Bowman, LCSW-C is seen with Sylvia and is the Director of our Assertive Community Treatment program.



OUR GENEROUS DONORS

*Thank you to the individuals, companies and community groups who have supported Carroll County Youth Service Bureau during our 2022 fiscal year.**

Your generosity makes a tremendous difference in the lives of those we serve!

Mr. Said Aboulhana and
Mrs. Joyce Agatone
Amatus Foundation Limited
Apple Plumbing, Heating, & Air, Inc.
Dr. Damian and Dr. Oluchi Ayichi
Mr. R. Wayne and Mrs. Bonnie Barnes
Barnes-Bollinger Insurance
Mr. Gary and Mrs. Dena Bauer
Mr. William Baylor and
Mrs. Jennifer Teeter
Best Western, Westminster
Mr. Michael Billingslea and
Mrs. Jackie Johnson
Mrs. Carolyn Boner
Mr. Richard Boswell and
Mrs. Cathy Cutchins
Bounds Accounting & Tax Services
Brandenburg United
Methodist Church
Mr. David and Mrs. Katie Burkhouse
Mr. Thomas Butt and
Mrs. Karen Von Sas
Mr. John and Mrs. Melinda Byrd
Carroll Community College
Carroll Hospital
Clear Ridge Nursery, Inc.
Mr. Stuart and Mrs. Linda Crook
Ms. Andrea David
Mrs. Richard and Mrs. Lynn Davis
Mr. James L Derenberger
Mrs. Olga T Derenberger
ANONYMOUS
Mrs. Cynthia Eckenrode
Mr. Emmet Eckman and
Mrs. Terra Bjorling
Farmers & Merchants Bank
Mr. David and Mrs. Janet Flora

Mr. Barry Friedland and
Mrs. Kathryn Mitchell
Mr. Brent and Mrs. Lisa Goretsas
Mr. Mark and Mrs. Teresa Greenberg
Greentech Landscaping
Mr. Stephen and Mrs. Barbara Guthrie
Mr. Charles and Mrs. Virginia Harrison
Hoffman, Comfort, Offutt,
Scott & Halstad, LLP
Mr. Gary and Mrs. Mary Honeman
Ms. Tracy E Hood, LCSW
Ms. Cynthia Howe
Dr. George and Mrs. Elizabeth James
Ms. Judith Jones
Kairos Wealth Advisors
of Raymond James
Kimble Family Foundation
Koons Westminster Toyota
Mr. Howard and Mrs. Francis Kramer
Mr. Bill and Mrs. Rose Lambert
Mr. Bob and Mrs. Cindy Lord
Mr. Michael and Mrs. Jodi Lupco
Mr. and Mrs. Robert Maseth
Mercedes Specialists, Inc.
Mr. Matthew & Mrs. Emily Miller
Dr. Judith Milliken
Mt. Airy Children's Dental Associates
Mr. Douglas Myers and
Mrs. Ellen Finnerty Myers
Mr. E. Alexander and
Mrs. Cynthia Myers
Mr. Stephen and Mrs. Carol Nevin
Mr. John and Mrs. Ellen Nicodemus
Mr. Edmund and Mrs. Dawn O'Meally
Mr. Christian Orr and
Mrs. Jennifer Newcomb
Penguin Random House
Pessin Katz Law, P.A.

Ms. Lisa Picker
Mr. Aaron and Mrs. Laura Pierce
Pitrone, Sorkin & Jarvis Orthodontics
Mr. Steven and Mrs. Heather Powell
Mr. Terrence and Mrs. Victoria Powell
Robin Ford Building &
Remodeling, Inc.
Dr. Michael Rosner
Mr. Don and Mrs. Christine Rowe
Mrs. Deborah Ruggles
Mr. Patrick Scheper
Mr. Pat and Mrs. Sue Scheper
Mrs. Carolyn Scott
Shelter Systems Limited
SIG, an Alera Group Company
Mr. Richard and
Mrs. Margaret Simmons
Mr. Andrew and Mrs. Cheryl Snyder
St. Mary's United Church of Christ
Sturgill & Associates LLP
Terry's Tag & Title Service, LLC
The Kahlert Foundation, Inc.
The Velnoskey Wealth Management
Group of Janney Montgomery Scott, LLC
Thomas, Bennett & Hunter, Inc.
Ms. Jessica Todd
Mr. John Tomko Jr.
Union Bridge Church of the Brethren
Dr. and Mrs. Robert Wack



*Every effort has been made to assure accuracy and include all donations to CCYSB for FY2022. We sincerely apologize for any errors, and request that you notify us of any omissions and/or incorrect information. *Donations are of \$25.00 or more and for the donation period from 7/1/2021 through 6/30/2022, 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



PROUDLY
ACCREDITED BY:



ADDRESS SERVICE REQUESTED

MISSION

We, Carroll County Youth Service Bureau, commit ourselves to provide a continuum of community-based mental health and substance use 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.

VISION

- We will continue to be the foremost mental health and substance use 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.

"It Starts With the Heart."

