

cayugacenters

2011-2012 Annual Report

Celebrating 160 years serving children and families

Report: (noun)

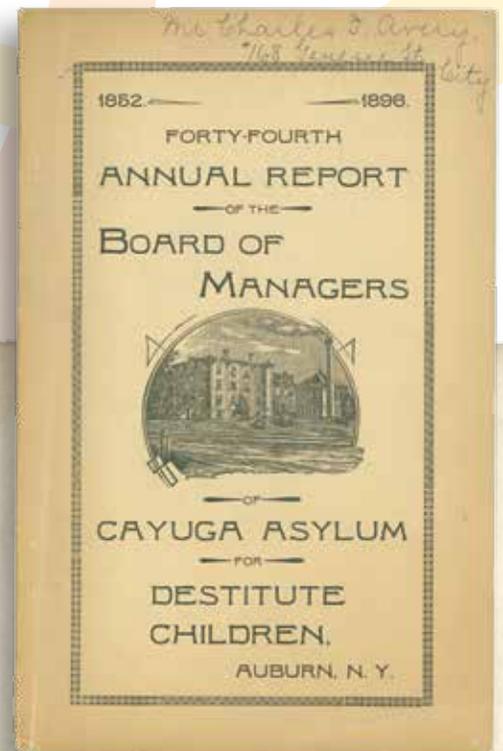
An accounting of events, actions and findings.

Timeline: (noun)

As it happened; As it will happen.

History: (noun)

The study of past events. A chronological record of the development of life, the people, and the institution.



1793

Auburn, NY founded

1852

Cayuga Asylum for
Destitute Children founded

**From the
Asylum Ledger:**

William Donaldson –
Colored child,
three years old.
Mother dead.
Father gone
to California.

**Received June 26, 1852
Died August 22, 1852.**

“ I visited the
Asylum and was
greatly interested in
the orphans. One of
them has died and
is to be buried this
morning. As he was
a poor colored child
placed by my advice,
I am going round
and shall defray
the costs.”

**Mrs. Frances Seward in a
letter to her husband,
Senator William Seward**



To our community of supporters, we
celebrate another year -- our 160th to be
exact. I ask you to travel back with me.

We were called the Cayuga Asylum for
Destitute Children. While our 2012 sensi-
bilities might make us shudder at the early
name, the 'Asylum' was a revolutionary
enterprise founded to provide a safe and
nurturing environment for children who, for
whatever circumstance, could no longer be
cared for at home.

It was the wives of Auburn's leadership
who demanded an institution that would nurture, educate and sustain the lives
of many, many children, not just from our community, but from throughout the
State. Children were removed from unsafe settlement homes and County poor
houses and placed at the Asylum to live as one large family.

Since 1852, much has changed. Services for children and families are radically
different. Yet, we remain a revolutionary enterprise, offering programs that are
not anywhere else in the country. Now, we are Cayuga Centers, formerly Cayuga
Home for Children. We invite you to read about our journey, then and now.

Edward Myers Hayes

President & Chief
Executive Officer



1850
President
Millard Fillmore in office

1852
Cayuga Asylum and
Fort Hill Cemetery founded

Willie Donaldson first orphaned child
buried at Fort Hill Cemetery

Cayuga Centers 2011 – 2012 Highlights

At Cayuga Centers Bronx:

- Our contract with New York City Administration of Children’s Services increased our capacity from 22 to 38 foster care beds;
- We established a program geared for teen moms within foster care;
- We established a program geared for working with transgender youth.

At Cayuga Centers Central New York:

- We completed major construction on the 210 Osborne St. facility that includes renovation of our on-site medical clinic, new offices and a suite for respite care services, an updated indoor recreation and workout facility, and a new library and computer lab for residential youth. For staff, we added additional on-site training space and new conference rooms, also available to community organizations;
- We introduced therapy via SKYPE as part of our residential treatment plan enabling parents and caregivers to be in regular, face-to-face communication with their child during placement;
- We continue to evolve our SPwDD (Services for People with Developmental Disabilities) in order to serve any person living at home regardless of age. Respite programs allow caregivers a scheduled break, or respite, from care, whether after school, in the evening or on scheduled weekends;
- We established a program in Oneida County to provide Functional Family and Multisystemic Therapies.

At Cayuga Centers Monroe

We celebrated our one year anniversary with one of our newest ventures, Cayuga Centers Monroe Youth and Family Center, a mental health clinic serving youth and families.



Mission:
(noun)
A defined purpose.

Goal:
(noun)
The purpose toward which an endeavor is directed.

Achievement:
(noun)
Done successfully through effort.

1954
Mission changed to adopt the “new” Cottage-model of treatment

1961
Emerson and Cowen opened

1913
Became Cayuga Home for Children

101 Hamilton Ave purchased- now corporate offices

1956
May Cottage opened

Cayuga Centers At a Glance

\$17 million budget
288 employees

Headquartered
in Auburn, NY with
locations throughout
Central New York,
Monroe and
Bronx Counties

Services include:

- Residential Treatment
- Residential Substance Abuse Treatment
- Multi-Dimensional Treatment Foster Care (MTFC)
- Functional Family Therapy (FFT)
- Multisystemic Therapy (MST)
- Family Resiliency Programs
- Services for People with Developmental Disabilities (SPwDD)
- Treatment Family Foster Care – Bronx
- Mental Health Clinic for Youth and Families – Monroe

Home: (noun)

A dwelling place
together with family.



The Residential Treatment Center Campus includes 4 cottages. Youth live in individual bedrooms, attend classes at the on-grounds school run in partnership with the Auburn Enlarged City School District, and participate in on-grounds therapeutic recreation programs.

For each resident, the treatment team creates an Individual Crisis Management Plan. The goal is to develop strategies that help troubled youth gain emotional insight, improve life skills, and move forward in positive directions.

SPwDD

Respite: (noun)

A short period of rest or relief from something difficult.

Cayuga Centers Services for People with Developmental Disabilities has grown, and now includes Early Intervention Service Coordination for birth to age three children. Medicaid Service Coordination has expanded to Onondaga County. After school, evening and weekend programs provide respite for any aged person living at home with a caregiver. These programs, unique to our community, support our mission of providing options to the family.

1991

Intensive Family Preservation Program established, the foundation of our continually evolving Family-Based Preventive Services, now Family Resiliency Programs

1999

Partnered with Auburn Enlarged City School District to open on-grounds school

1992

Purchased 46 Fleming Street for a Weekend Respite Program for individuals with developmental disabilities

1998

Received first accreditation from Council on Accreditation

A National Leader In Evidence-Based Treatment Programs

Evidence-Based: *(adjective)*

Programs or theories that substantiate success on pre-defined, measurable results.

Cayuga Centers is nationally and internationally recognized for its implementation of evidence-based programs for youth. Cayuga Centers was the first agency in the nation that offered three "T" evidence-based programs: Functional Family Therapy (FFT), Multisystemic Therapy (MST), and Multi-Dimensional Treatment Foster Care (MTFC). MTFC has been modified to a research-informed model, Treatment Family Foster Care. FFT and MST continue as Community-Based Intervention programs.

Treatment Family Foster Care

Both CNY and NYC programs include developing a treatment plan unique to each youth, and recruiting and supporting a host family that will help the youth succeed. TFFC is a unique program in the foster care services industry, and continues to be a proven, cost-effective alternative to placing youth in a group or residential treatment program.

Treatment Family Foster Care in NYC, while based on the same research-informed model, must also address urban issues affecting troubled youth. This year, this program has expanded to a capacity of 38 host homes.

Foster: *(Adjective)*

Encourage and promote positive development.

Family:

(noun)

A fundamental social group in society consisting of adults as caregivers and children.

From the 1872 Annual Report:

“The regulation of the family: Their breakfast shall consist of bread and milk, hash, and occasionally baked potatoes. The dinner shall consist of soup, codfish, meats and potatoes, Indian pudding, boiled rice or something of that character. Pudding and soup are not admissible on the same day. Supper shall consist of bread and molasses, mush and molasses, or bread and milk.”

These people are all host parents in the Treatment Foster Care Program at Cayuga Centers

What does that mean?

It means they have big hearts, and they have opened their doors to an adolescent between the ages of 12 and 17 who needs some help in a safe, supportive home environment.



A BIG HEART A SAFE HOME ALL DAY & NIGHT

Be a mentor. Become a host parent.

We offer training, 24-hour support, and monthly tax-free compensation of more than \$1,500.
Email Chris Schell at hostakid@cayugacenters.org or call 253-5383 ext. 1203



2004
MTFC NYC/Bronx Office established

2000
Functional Family Therapy (FFT) established

2002
Multi-Dimensional Treatment Foster Care (MTFC) established

2003
Opened Monroe office with FFT

2005
Multisystemic Therapy (MST) established

Cayuga Centers Monroe Youth and Family Center

Venture:

(noun)

A daring or pioneering journey.

Monroe Youth and Family Center At A Glance

Opened September 9, 2011

Cayuga Centers' first move into offering mental health services for youth and their families.

15,200 square feet facility that includes 25 treatment rooms for group, family and art therapies.

35 full-time staff including a full time Youth/Adult and Family Psychiatrist as Medical Director.

Will accommodate a caseload of 400 youth and their families.



For more than a decade, Cayuga Centers has provided Monroe County with community-based, evidence-based intervention programs. In 2010/11, we worked with Monroe County to meet an unmet need: to build a mental health clinic to serve youth and their families.

The Monroe Youth and Family Center, a licensed out-patient mental health clinic, opened in September, 2011. In its first year, Monroe Youth and Family Center has served about 300 families, provided outreach programs on topics ranging from drug use to gangs, and has built a referral network through physicians, educators and county youth program providers.

Plans this year call for the development of wide-ranging group therapies for families, couples, and youth peer groups.



2006

Played lead role in formation of the National Association for the Advancement of Evidence-Based Practices

CEO Edward Myers Hayes became first President

2011

NYC Treatment Family Foster Care expands

Monroe Youth and Family Center opens; new Bronx office opens

Present

Celebrating 160 years of serving children, families and community

2012

Oneida MST & FFT programs opened

From the 1896 Annual Report:

“We continue to have blessings from not just our community and County, but now from more far-reaching friends. An express load of premium fruit consisting of apples, pears and grapes from the exhibits at the state fair were a bountiful gift from the Western New York Horticulture Society.”

Financial Review July 1, 2011 to June 30, 2012

Operating Income

Program & Service Fees	\$14,660,010
Other Income	1,361
Contributions	70,867
Interest & Dividends	35,940
Total Operating income	14,768,178

Operating Expenses

Residential Treatment Programs	4,938,865
Multi-Dimensional Treatment Foster Care	3,014,479
Functional Family Therapy	957,623
Multisystemic Therapy	1,013,596
Family Resiliency Programs	554,987
SPwDD Programs	1,313,925
Monroe Youth and Family Center	1,928,322
Management & General	1,627,586
Total Operating Expenses	15,349,383
Change in Market Value of Endowment	27,136

Contributors

Foundations

Black-Wong Family Charitable Fund
Fred L. Emerson Foundation, Inc.
M&T Charitable Foundation
JM McDonald Foundation
The Stanley W. Metcalf Foundation, Inc.
United Way of Cayuga County

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Adams Insurance
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Cayuga Lake National Bank
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DeskSet
Finger Lakes Radio Group
Harbor Financial Group
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