



“

Don't cry because it's over, smile because it happened.
Then keep moving forward.

”

Theodore Geisel (Dr. Seuss)
From a speech to Harvard graduates

cayugacenters *formerly Cayuga Home for Children*

2010-2011 Annual Report

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

From the diary of Anne Frank

Cayuga Centers At A Glance

\$16 million budget, 2011-12

45% increase this year

275 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 Foster Care – Bronx

Mental Health Clinic for Youth and Families – Monroe

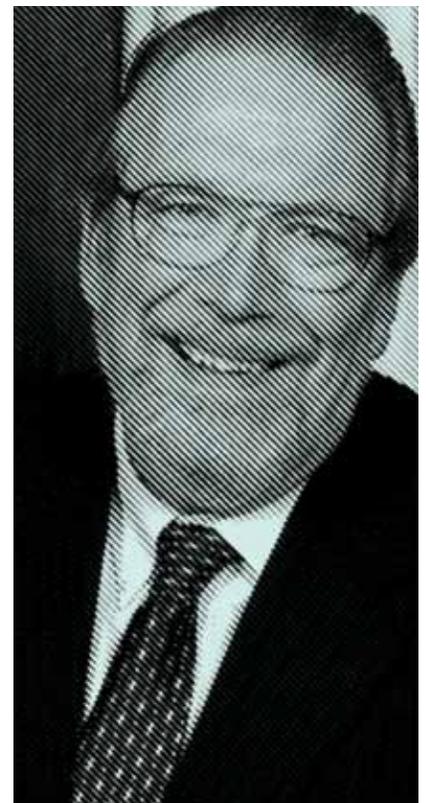
Cayuga Centers

Cayuga Home for Children is now Cayuga Centers. The name change is just one facet of what has been an exciting, productive year. It is a year that has seen the addition of 59 employees, and a 45% increase in the budget since this summer. It is a year that has added 22,000 square feet of new administrative office and programming space in two different cities. And it is a year that will provide a solid foundation for our future plans.

We invite you to review our accomplishments, learn more about our services, and better understand our mission to serve youth and families who need our help.

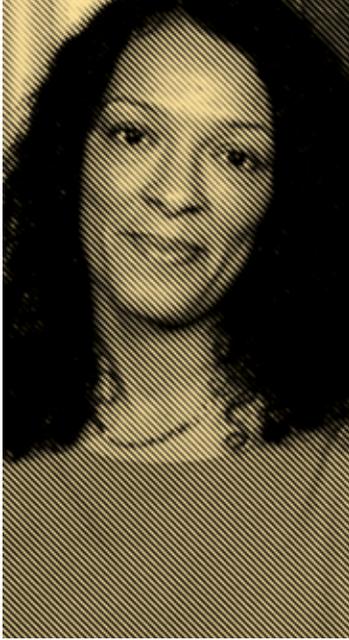
“We began the year as Cayuga Home for Children. We are now Cayuga Centers. After 159 years, we have a name that better reflects how we have evolved in scope and mission.”

Edward Myers Hayes
President and CEO



“Changing when you have to is evolution. Changing before you have to – that is how to evolve.”

Jack Welch



In just 3 months, our new Intensification Program has saved communities thousands of dollars. We are able to get our residents home faster, which saves money, and we are measuring successful outcomes for these youths.

Rhoda Overstreet-Wilson, M.S.
Vice President Residential Treatment

Residential Treatment

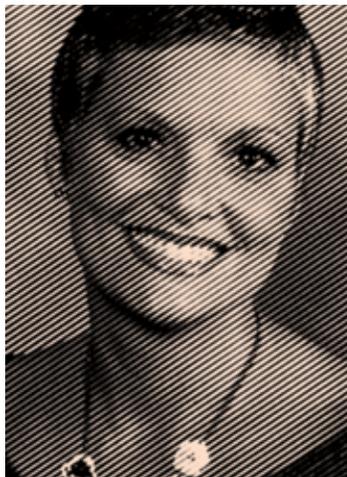
The cottages dotting the grounds of Cayuga Centers in Auburn, NY house youth who have been placed through the family court system. They live in cottages with individual bedrooms, they attend classes at the on-grounds school run in partnership with the Auburn Enlarged City School District, and they participate in on-grounds Therapeutic Recreation Programs.

While the campus offers a safe, supportive environment for youth, it is the individualized treatment team approach developed for each child that makes the Cayuga Centers Residential Treatment Program unique and successful in working with troubled youth. Each resident has an Individual Crisis Management Plan (ICMP), and is involved in setting goals and adjusting those goals as they are obtained, or obstacles are encountered. The goal is to develop strategies that help residents gain emotional insight, improve life skills, and move forward in positive and new directions.

Services for People with Developmental Disabilities

Cayuga Centers has long been serving persons with developmental disabilities, including respite services at the program center on Fleming St. In August, the agency announced a move toward a new direction, and will be working with the community network to provide early intervention services to children as young as three months old who are experiencing developmental delays. This move into serving young children is an important step in providing support options to families in need.

With our staff and expertise, we can offer excellent support services to young children and families. The earlier we engage children experiencing delays, the better the result for the child and family.



“Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has.”

Margaret Mead

Residential Treatment At A Glance

1852:

A group of well-meaning women in Auburn, NY thought the county's orphans with no options needed a place to go. The Cayuga Asylum for Destitute Children was established.

1913:

First reference to Cayuga Home for Children.

1954:

The Board of Trustees decided to refocus its mission to serving youth in the Family Court System; then they adopted the new "cottage model."

1956:

May Cottage opened.

Present:

Cottage model continues, including specialized alcohol and drug treatment Recovery Residences.

Youth served annually: 97

Shannon Abate

Vice President
Services for People with
Developmental Disabilities

“Test fast, fail fast,
adjust fast.”

Tom Peters

Cayuga Centers Evidenced-Based Programs At a Glance

1991:

One of original groups of Homebuilders Programs in NYS - Intensive Family Preservation Program begins, initiating other programs leading to Family Resiliency.

1999:

Program growth to Seneca County.

2000:

Functional Family Therapy begins; Cayuga Home becomes first Certified FFT site in NYS.

2004:

Multi-Dimensional Treatment Foster Care begins, first site in NYS.

2005:

Multisystemic Therapy begins. Cayuga Home becomes the first agency in the nation offering the three “T” evidence-based treatment programs.



In order to change the life of one young person assigned to our Treatment Foster Care program, a Cayuga Centers’ team builds a treatment plan that is unique to that youth. Part of that plan is to build a host family unit that will help us succeed. There is no program like ours anywhere. And we have measured results showing our success.

Grace Plvan, LMSW

Vice President
CNY Multi-Dimensional
Treatment Foster Care

A National Leader in Evidence-Based Treatment Programs

Cayuga Centers is nationally and internationally recognized for its development of evidence-based programs for youth – programs with measurable results that lead to successful outcomes for the youth served. Cayuga Centers was the first agency in the nation offering the three “T” evidence-based programs: FFT, MST & MTFC. This year, the facility achieved another national benchmark.

Oregon Social Learning Center, an international research center dedicated to insuring the quality of MTFC programs has approved recertification of the CNY Cayuga Centers MTFC teams.

Cayuga Centers is the first organization in the nation and the third in the world receiving certification three times.



Our youth face so many issues that can adversely affect them. We have built a team to address the life of the youth and the life of the family.

John J. Connors, M.D.
Medical Director of Monroe Youth and Family Center

“Change is hard because people overestimate the value of what they have—and underestimate the value of what they may gain by giving that up.”

James Belasco and Ralph Stayer,
Leading the Journey of Change

Welcome to the Monroe Youth and Family Center

For the past decade, Cayuga Centers has provided Monroe County with community based, evidence-based intervention programs. For the past year, Cayuga Centers has been working 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 last month.

The Monroe Youth and Family Center, with 45 full time staff, will be open extended hours, and offer free child watch services on premises. More importantly, the Center team will be developing comprehensive treatment plans for youth and their families that have and will continue to have measurable, successful results.

Monroe Youth and Family Center At A Glance

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

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

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

Will accommodate a caseload of 360 youth and their families.

The Monroe Youth and Family Center will be an extraordinary mental health clinic. Our evidence-based treatment programs are only one ingredient. The key ingredient is hiring an extremely knowledgeable and diverse team. It is the team that is the real foundation.



Alice M. Berry, LMSW
Vice President
Community Based Interventions West

“We cannot always build the future for our youth. But we can build our youth for the future.”

Franklin D. Roosevelt

Large cities can pose large issues and distractions for youth who are at risk. Large cities can also offer huge benefits. Youth who are placed in our program can thrive because we work with our host parents and youth to address real life issues. Our work is not just theory, it is action.

Troy Brathwaite, LMSW

Vice President
New York City Programs



Bronx County At A Glance

2003:

Brought MTFC to the Bronx through a NYS contract by working with a Bronx agency.

2005:

Took over program and ran it directly.

Present:

Developed a Treatment Foster Care program at the request of New York City; Doubled youth service capacity; Moved to new program offices.

Cayuga Centers in the Bronx

Just as no two individual treatment plans are the same, programs may vary from location to location. The Multi-Dimensional Foster Care Program in the Bronx must deal with different issues than MTFC in Cayuga County. Urban issues within large cities are different than urban issues in small cities. The expansion into the Bronx has demanded continued evolution of Cayuga Centers' evidence-based approach to foster care.

With the new contract for New York City, Cayuga Centers has established a presence serving a growing population with Treatment Foster Care. The Bronx and NYC programs could evolve into offering additional services and programs.

Unless someone like you cares a whole awful lot,
Nothing is going to get better. It's just not.

Dr. Seuss, *The Lorax*

Financial Review July 1, 2010 to June 30, 2011

Operating Income

Program & Service Fees	\$11,668,422
Other Income	34,718
Contributions	56,813
Interest & Dividends	38,129
Total Operating income	11,760,334

Operating Expenses

Residential Treatment Programs	4,489,480
Multi-Dimensional Treatment Foster Care	2,175,888
Functional Family Therapy	829,070
Multisystemic Therapy	1,014,596
Family Resiliency Programs	537,413
SPwDD Programs	1,022,563
Management & General	1,093,660
Total Operating Expenses	11,162,670
Change in Market Value of Endowment	291,841

Contributors

Foundations

The Cayuga Community Fund
Cayuga County Deputy Sheriff's Benevolent Association
D. E. French Foundation, Inc.
Fred L. Emerson Foundation, Inc.
The John Ben Snow Foundation, Inc.
The Stanley W. Metcalf Foundation, Inc.
Osborne Memorial Foundation
United Way of Cayuga County
The Women's Fund of Central New York

Businesses

Adams Insurance
Connor Fence
Finger Lakes Radio Group
Harbor Financial Group
Jacobs Press
Karpinski, Stapleton, Galbato & Tehan, P.C.
Lynch Furniture
M&T Bank
MetroMattress
Mission Investments LLC
Nucor
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