Adapting to Meet the Needs of our Community

When Family & Youth first began it had two employees and one goal…to better Southwest Louisiana. Fast forward forty-nine years and Family & Youth now has nearly forty employees and eight thriving divisions, all geared towards accomplishing that same goal…to better Southwest Louisiana.

In our time as a family service organization, Family & Youth has moved locations six times and has continuously adapted our programs and initiatives in order to accommodate the growth and needs of our community. As each year passes the services that Family & Youth provides are redefined so that they will continue to always meet the changing needs of those in our community.

Some programs have phased out as needs in the community changed, or other organizations began to provide services to meet those demands. Other programs such as the Shannon Cox Counseling Center, Court Appointed Special Advocates, and the Children’s Advocacy Center, have proven to be long-term needs in our community and have not only become fixtures at the agency, but have continuously grown over the years. Still, other programs such as the Human Services Response Institute, founded for emergency response services after Hurricanes Rita and Katrina, have been realigned to meet new needs in the community such as, Victim Advocacy and Domestic Violence services.

Though Family & Youth may be relatively small in size, the impact we have on this community and the individuals who call Southwest Louisiana home is small by no means. Over the years, when the community has grown, Family & Youth has followed in suit. When the needs of Southwest Louisiana have shifted, Family & Youth has adapted to meet those needs.

In 1980, the Performance Employee Assistance Program was incorporated to provide services to local industry and businesses in Southwest Louisiana. In 1997 the Children’s Advocacy Center joined the brand, followed by Court Appointed Special Advocates in 1999. The Human Services Response Institute was created in 2005 in the wake of Hurricanes Rita & Katrina. In 2010, it was the addition of a Grief Counseling Initiative to provide Grief Counseling Services and support to children. In 2016 it was the development of initiatives to combat the effects of domestic abuse, and help survivors of crimes gain strength. And now, in 2019 it is the expansion of our facilities that will allow an additional 4,400 individuals in our community to receive the vital services that Family & Youth provides.

Owen Thompson
2019 Board Chair

Julio Galan
President and CEO
these examples Family & Youth recognized a need in the community and adapted to meet that need, taking the necessary steps to continue to provide the appropriate and relevant services to Southwest Louisiana. Just as the past has proven, we are confident that Family & Youth will continue to work tirelessly to ensure that we are able to rise to the challenge of providing services to our rapidly changing community. And we know that you, our generous donors and supporters, will continue to assist Family & Youth in accomplishing our mission, as we discover new ways to expand, adapt, and innovate to ensure they cater to the needs of individuals who rely on their services.

We would like to extend a sincere and heartfelt thank you to those who have supported Family & Youth throughout the years and will continue to do so for many years to come. With your support we look forward to another successful year.

Owen Thompson
2019 Board Chair

Julio Galan
President & CEO

Family & Youth Mission

It is the belief of Family & Youth that all individuals possess the ability to solve their own challenges and live full and healthy lives when support is available. It is the mission of Family & Youth to provide affordable and professional support, through programs and services dedicated to advocacy, counseling, and education for the people of Southwest Louisiana. Our effort and commitment to building family values will guarantee a stable and stronger community.

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Life has changed! Indeed it has! And though we know life changes every day in a million ways, the dynamics of the last many weeks has opened our consciousness like never before.

Each person can speak to his or her own new awareness about what is important and how fragile life and the comforts of life actually are, but one thing is clear: The pandemic has touched everyone.

Three things have not changed, however.

1. Human nature has not changed. If you are an observing person, you can find much to observe. (We humans never disappoint!) My favorite psychology professor asked our class one day, “What makes people unpredictable?” The answer: “Our ignorance of people.” So, if you are a student of people, human nature in the face of a pandemic is not a surprise to you.

2. Our need to connect physically with one another has not changed. We are a relational species. Our newly thwarted ability to hug our family members and friends; celebrate a life at the funeral home; tailgate at the football game; and attend a concert or a rodeo feels almost painful. We are forced to learn new ways of connecting, and we are!

3. Our need to sustain and improve psychological health has not changed. An above average level of well-being is required to manage positively the changes of which we are currently aware and the changes ahead of us. The opposite of well-being is distress. The greater one’s distress, the more difficult one’s life, regardless of socioeconomic standing.

We can rate our sense of well-being on a scale from 1 to 10, with 10 as excellent and 1 as full-on distress. If our number stays low for more than several days, we can pay attention to that trend and reach out to family and friends. We can also make a strong move toward self-care by working through our challenges with a professional counselor.
Has Life Changed? (cont.)
Candis J Carr, Ed.D. Senior Vice President

Family & Youth has not missed a single day of providing counseling to the good people of Southwest Louisiana, despite the challenge of the pandemic to our most customary way of relating and communicating with others. We remain available to provide counseling in a variety of formats, including in-person and also via teletherapy (counseling by phone or video). Call 337-436-9533 to learn more.

Our purpose to help individuals of all ages address their challenges with our support remains the same. We join with children, youth, couples and families in helping them simultaneously address their distress and improve their sense of well-being. We listen; we identify strengths, coping skills, and support systems, and we stay in concert with our clients as they work to reach their identified goals.

And we know what happens when individuals, couples, and families fully engage in counseling! Life becomes more hopeful. Solutions become easily imagined. Insights multiply before our eyes, and life starts to look much friendlier. In a safe environment, positive change is more natural, surprisingly contagious, and long-lasting. . . and 100% possible!

As we picture life in Southwest Louisiana going forward, we at Family & Youth know our commitment to serve remains enthusiastic and reliable. We have adapted to the current status quo – and we will continue to adapt. Share our number with others: 337-436-9533; and please continue supporting our goal of making a positive difference in the lives of children, youth, and families across our city and in our neighboring communities.

Three ways you can help: (1.) Make a financial contribution to Family & Youth; (2.) Promote our services to those with whom you have influence; and (3.) Accept our thanks for all you do to encourage a stable and stronger Southwest Louisiana! (www.fyca.org)
Conducted 580 forensic interviews of children alleged to have been abused.

Delivered 39 child abuse prevention presentations to 1,507 participants in our community.

63 Volunteers devoted 1,502 hours to serving children, closing 31 cases.

Volunteers participated in 654 hours of training.

Volunteers traveled 23,343 miles to meet with children and their guardians.

Served 470 victims of crime and 42 victims of domestic abuse.

15 youth met with the SWLA delegation in Baton Rouge to learn about State Government.

58 youth participated in Career Exploration activities.

28 youth increased their knowledge of the legislative process during Civic Engagement.

566 youth developed leadership skills through experiential activities.

44 youth participated in service learning projects in SWLA.

For more information on Family & Youth and our services
Phone: 337-436-9533 Website: www.fyca.org
FAMILY & YOUTH
supporting family life, building a stronger community

2019 IMPACT

Shannon Cox Counseling Center

Individuals and families received over 8,000 hours of counseling, education, and consultation.

82 mothers with clinical depression received professional interpersonal psychotherapy.

Provided grief counseling to 193 children and families.

Provided counseling services to 315 victims of family violence.

Provided counseling services to 42 victims of domestic abuse.

Performance Employee Assistance and Business Services

Clients rated counselors an average score of 4 out of 4 for service satisfaction.

Provided 467 hours of training to area business supervisors and employees.

Provided crisis management for critical incidents throughout SWLA.

Hosted 305 participants at the 21st annual conference.

Awarded over 3,458 hours of continuing education to professional clinicians.

Autism Support Alliance
Discovering Possibilities

Conducted 135 social learning group sessions, serving 82 clients.

For more information on Family & Youth and our services
Phone: 337-436-9533  Website: www.fyca.org

Find us on Facebook facebook/FYCALC
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Trouille, Fr. Alan

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A Daisy A Day
Acadian Coffee Roasters
Accessory Zone
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Audubon Nature Institute
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Bayou Escape Rooms
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Crying Eagle Brewing Company
CSE
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Thank you to our supporters who have established endowments with the Family Foundation of Southwest Louisiana. The mission of the Family Foundation of Southwest Louisiana is to connect donors to the priorities that enhance the quality of family and community life for generations to come. If you are interested in establishing your own endowment or would like more information please visit www.fyca.org or call 337-436-9533.
Change, while often necessary, is very often difficult. Based on the numbers of children being seen annually in our Children’s Advocacy Center (CAC) and the projected population increase in our area as a result of our ongoing industrial expansion, the Family & Youth Board of Directors looked to the future and realized we needed to expand our capacity to deliver services. This led, thanks to the generous support of SWLA community, to a new building housing a larger CAC and an increased space for meetings, as well as trainings and youth activities.

While the focus was on the “new building,” there were several other considerations that had to be taken into account. An antiquated phone system and slow internet service both had to be upgraded to allow services to extend to the new facility, meaning additional costs and the headaches that came with technological change. Ultimately, though, these changes proved to be serendipitous.

While Family & Youth has always been a leader in service delivery in challenging times, I don’t think anyone could foresee the societal changes we’d be undergoing in the year 2020. The new building and the upgrades in technology, however, ensured that Family & Youth was equipped and prepared to meet these societal challenges, and when changes in the way we do business were mandated, Family & Youth was able to continue doing business.

And despite those changes in the way we do business, some things can’t change. Abused and neglected children still need to be seen face to face, and that “new building” (that our Board had the vision for) means we are now seeing children in a new, modern, expansive setting and better able to minimize the trauma that comes with them telling their story of abuse. 2019 was a year of change for Family & Youth, but that change more than prepared us for the challenges of 2020.

As always, none of what we do is possible without the support of the SWLA community, and behalf of the children and families we serve, we are always grateful.
Fiscal Year 2019

Sources of Support

Special Events                                          $117,626
Contributions, Investments & Other                                                   $183,318
United Way of SWLA                                         $114,883
Fees, Grants & Programs                         $1,753,514

Total Revenue                                          $2,169,340

Sources of Support

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
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<td>Fees, Grants, Programs</td>
<td>$1,753,514</td>
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<td>United Way of SWLA</td>
<td>$114,883</td>
<td>5%</td>
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<tr>
<td>Special Events</td>
<td>$117,626</td>
<td>5%</td>
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<tr>
<td>Contributions, Investments &amp; Other</td>
<td>$183,318</td>
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<td><strong>TOTAL</strong></td>
<td>$2,169,340</td>
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Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Amount</th>
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<tr>
<td>Management &amp; General</td>
<td>$108,619</td>
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<tr>
<td>Fundraising</td>
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<tr>
<td>Programs &amp; Services</td>
<td>$1,846,486</td>
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<td><strong>TOTAL</strong></td>
<td>$2,204,865</td>
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*The financial statements presented here are from a pre-audit report and are subject to change pending the completed 2019 financial audit.*
<table>
<thead>
<tr>
<th>ASSETS</th>
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</thead>
<tbody>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
</tr>
<tr>
<td>Cash and Cash Equivalents- Unrestricted</td>
<td>$23,324</td>
</tr>
<tr>
<td>Cash and Cash Equivalents- Restricted</td>
<td></td>
</tr>
<tr>
<td>Governor’s Conference</td>
<td>$130,873</td>
</tr>
<tr>
<td>Investments</td>
<td>$528,227</td>
</tr>
<tr>
<td>Unconditional Promises to Give</td>
<td>$58,691</td>
</tr>
<tr>
<td>Accounts Receivable, Less Allowance for Doubtful Accounts of $3,419</td>
<td>$31,910</td>
</tr>
<tr>
<td>Contracts Receivable</td>
<td>$273,531</td>
</tr>
<tr>
<td>Other Receivable</td>
<td>$51,227</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>$25,706</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td>$1,123,490</td>
</tr>
<tr>
<td><strong>Property and Equipment</strong></td>
<td></td>
</tr>
<tr>
<td>Building</td>
<td>$727,810</td>
</tr>
<tr>
<td>Furniture and Equipment</td>
<td>$269,527</td>
</tr>
<tr>
<td>Less Accumulated Depreciation</td>
<td>$997,337</td>
</tr>
<tr>
<td><strong>Net Property and Equipment</strong></td>
<td>$82,800</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>$1,351,462</td>
</tr>
</tbody>
</table>
Family and Youth Counseling Agency  
Statement of Financial Position  
December 31, 2019

LIABILITIES AND NET ASSETS

**Current Liabilities**
- Accounts Payable: $45,346
- Accrued Expenses: $141,567
- Due to Governor’s Conference: $130,873
- Unearned Income: $97,385

**Total Current Liabilities**: $415,171

**Long Term Liabilities, less current portion**: $-

**Total Liabilities**: $415,171

**Current Net Assets**
- Unrestricted
- Board Designated- Building Fund: $200,000
- Board Designated- Program Expansion Reserve: $50,000
- Board Designated- Dissolution Reserve: $246,000
- Board Designated- Operating Reserve: $641,817
- Undesignated: $(77,679)

**Total Unrestricted Net Assets**: $1,060,137

**Temporarily Restricted**: $58,691

**Total Net Assets**: $1,118,829

**Total Liabilities and Net Assets**: $1,534,000
Philanthropy and Fun!
Thank you to all who supported our special events!
Victims of sexual and/or physical abuse served: 546

135 autism social learning group sessions

63 Court Appointed Special Advocates devoted

1,502 hours to serving children

193 children received grief counseling through the Shannon Cox Counseling Center in 2019

566 Youth participated in leadership development opportunities

8,000 Hours of strength-focused counseling, consultation, and education provided to children, youth and families

470 Victims of Crime received valuable services, helping them overcome the trauma of violent crime

FAMILY & YOUTH

220 Louie St.
Lake Charles, LA 70601
www.fyca.org
337-436-9533

Autism Support Alliance served 82 Clients