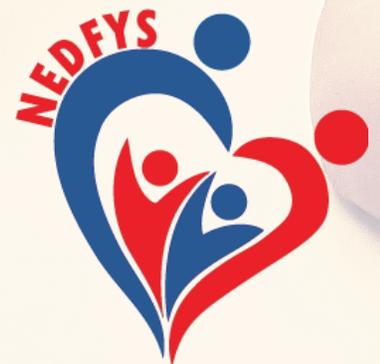


NORTHEAST DUPAGE FAMILY & YOUTH SERVICES



**EMPOWERING YOUTH
STRENGTHENING FAMILIES
BUILDING COMMUNITY**



Northeast DuPage Family & Youth Services (NEDFYS) is a community-based, non-profit organization that provides high-quality, accessible mental health and social services. NEDFYS works with children, adolescents, adults, and families to promote good mental health, treat mental health problems, facilitate healthy relationships, and build resilience against stress and trauma.



Empowering Youth

NEDFYS' programs equip youth with the tools and skills necessary to live healthy lifestyles and achieve their full potential. NEDFYS works with schools and other community-based agencies to deliver youth programs.



Strengthening Families

NEDFYS works with youth and their families in various settings to help them navigate stressors that disrupt meaningful parent-child connections to restore a healthy family dynamic.



Building Community

NEDFYS partners with schools, libraries, and law enforcement agencies to support individuals and families by providing coordinated, comprehensive mental health care and social services.

Board of Directors

Timothy Hayden

President
Addison Police Department

Daniel Schulze

Vice President
Bensenville Police Department

Robert O'Connor

Secretary
Itasca Police Department

John Binneboese

Treasurer
Itasca Bank & Trust Co.

James Duda

Owner
Millies Pancake Shoppe

Bridgett Hannon Schuda

Chief Growth Officer
NAMI Chicago

Cathy Hundley

Criminal Investigator
DuPage County State Attorney

Jennifer Larrabee

DuPage County CASA

Stephanie Murauskas

Retired Police Sergeant
University of Illinois at Chicago

Ingird Sharos

Retired Deputy Director
DuPage County Probation

David Sieffert

Director
Bensenville Public Library



Contact Us

777 Army Trail Blvd.
Addison, IL 60101
(630) 693-7934
www.nedfys.org

From our Executive Director

I never imagined that a global pandemic would be the catalyst for stressing the importance of mental health. In October 2021, the American Academy of Pediatrics declared child and adolescent mental health a national emergency. The U.S. Surgeon General's December 2021 advisory called the pandemic's effect on youth mental health "devastating." Consequently, addressing mental health issues is urgent, particularly among adolescents.

In 2021, NEDFYS experienced unprecedented demand for our services across all age groups, serving 498 individuals, a 50% increase from 2020. Our staff played a critical role in helping to mitigate the pandemic's overall impact on mental health and assisting individuals and families in coping with other stresses and challenges.

While NEDFYS helped more people than ever before this past year, many others still need us, and we are committed to providing them with high-quality, accessible mental health care. NEDFYS has been and will remain a critical resource for individuals and families across DuPage County.

The NEDFYS board of directors and staff invite you to join us as we continue to address the urgent mental health crisis facing our communities. In the words of author David Brin, "The best time to act on this was decades ago. The second best time is now".



A handwritten signature in black ink that reads 'Shannon Hartnett'.

Shannon Hartnett, MA
Executive Director

New at NEDFYS in 2021

EMPOWERING YOUTH

NEDFYS provided 500 mental health kits to the middle school children in Bensenville School District #2. Each kit included cards with mindfulness exercises, a stress ball, stickers, molding putty, and a journal.

With the help of Teen REACH funding from IDHS, our prevention staff provided homework help, STEM education, mentoring, and life skills programming to 30 5th-8th graders at the Henry Hyde Resource Center in Addison.



STRENGTHENING FAMILIES

NEDFYS counselors and interns facilitated four truancy prevention groups for 39 middle school students. After eight weeks in the group, over 90% of youth attended more school days per week than before the group.

A care coordinator program was launched to help individuals and families navigate multiple systems of care, servicing mental health and basic needs.



BUILDING COMMUNITY

We relocated our administrative office to a 2,000 sq. ft space in Addison, allowing our staff to come together for team-building activities and provide comfortable rooms for our group programs.

Our staff conducted wellness workshops for local libraries, school administrators, and staff in collaboration with the DuPage County Regional Office of Education.



NEDFYS by the Numbers

4702

**Therapy
Sessions Provided**

1500

**Mental Health Kits
for Youth Distributed**

498

**Clients
Served**

421

**New Client
Intakes**

243

**Cases
Closed**

14

**Clinical
Interns**

6

**Bilingual
Therapists & Staff**

3

**New State
Funded Programs**

2

**New School
Partnerships**

Police Social Work



Police departments receive thousands of calls every year, with domestic violence and mental health-related situations making up much of the call volume. For over two decades, NEDFYS has partnered with police departments to provide community residents with immediate linkage to social services and mental health care to preserve limited police resources for crime response. In 2021, NEDFYS entered into **two new partnerships** with Bartlett and Woodridge.



HOW NEDFYS MAKES A DIFFERENCE

NEDFYS social workers in the Glendale Heights and Addison Police Departments provided regular follow-up for domestic violence incidents and mental health crises. Some follow-ups included home visits to offer additional, personalized resources.



Goals of our police social work program:

- increase access to community-based mental health care and social services
- improve officer and community safety
- decrease arrests and jail admissions of persons with mental illness
- decrease repeat encounters with police
- provide immediate help to domestic violence victims

"The Glendale Heights Police Department refers every domestic-related call for service to NEDFYS for follow-up. By doing so, we have reduced our repeated calls for domestics and provided much-needed counseling to our residents during a likely stressful time in their lives".

Kelley Darre,
Deputy Chief of
Support Operations,
Glendale Heights Police



Juvenile Justice Services

NEDFYS provides services to youth and their families involved at **each stage** of the justice system, from initial law enforcement contact to incarceration in state youth correctional facilities. Our programs adhere to national and state best practices in community-based mental health care for justice-involved youth.



NEDFYS partnered with police to serve **32 youth in the ReDirect program**, a group-based intervention for youth arrested for minor offenses that promotes accountability, skill-building, and community service.



NEDFYS provided **58 justice-involved youth with critical mental health assessment** and counseling services to reduce the likelihood of future arrests and decrease truancy risk.



The **Step Up Program served over 75 youth** and their parents/guardians to reduce violence in the home and prevent future police and court involvement.



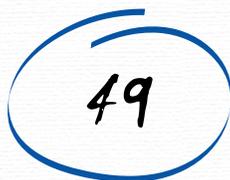
Therapists provided **weekly group education and counseling** to youth incarcerated at the Illinois Youth Center in Warrenville to prepare them for release back into their communities.



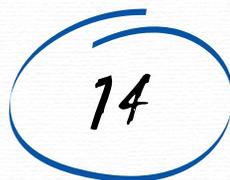
NEDFYS therapists and interns provided over **1,000 individual and family counseling sessions** to reduce risk factors for delinquency and treat ongoing mental health concerns and trauma symptoms.

Step Up: Child-to-Parent Violence Intervention Program

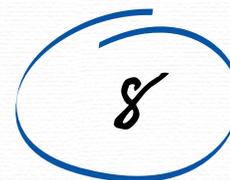
Child-to-parent violence is a unique form of family violence often misunderstood and not always appropriately addressed. For over a decade, NEDFYS has successfully worked with youth and their families through the Step-Up program to help them stop using violent behaviors to resolve conflict. Step-Up is a skills-based restorative group therapy program that focuses on building respectful family relationships for adolescents involved in the juvenile justice system.



Group Sessions



Youth Served



Completed 21-week program

CLIENT SUCCESS STORY: A FATHER, A SON & HOPE

After years of failed interventions, Matthew entered Step-Up. Step-Up gave Matthew and his father the confidence needed to change their communication pattern and overcome the cycle of anger they were both experiencing.

Matthew graduated and said:
"I learned to have more positive communication and ... more patience with my family members. I also need to take more responsibility for my actions."

LAKE COUNTY REPLICATING NEDFYS' STEP UP PROGRAM

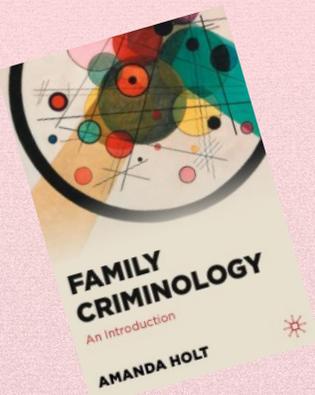
In 2021, NEDFYS began training Lake County juvenile justice stakeholders to use Step Up to address the growing challenge of adolescent domestic battery and family conflict.



"The training went very well. We are excited to start our program! Thank you so much for all your help."

-Karen Levi, Chief of Juvenile Division, Lake County State's Attorney

LOCALLY ESTABLISHED, INTERNATIONALLY RECOGNIZED



In 2021, NEDFYS Clinical Managers Jackie LaPorte and Libby Sanders were featured in a new book about family violence by London, UK researcher Amanda Holt. Ms. Holt stated that NEDFYS's work on child-to-parent violence was among the most advanced she had seen on this topic. Jackie and Libby were also interviewed for a Belgian documentary, "If You Only Knew," to be released in May 2022.



Jacklyn LaPorte



Libby Sanders

FINANCIAL REPORT FY21

Revenues

- Grants & contracts: \$796,664
- Contributions & other: \$122,099

Total Revenue: \$918,763

Expenses

- Program services: \$663,176
- Management/General: \$123,964
- Fundraising: \$ 3,834

Total Expenses: \$790,893

**THANK YOU TO OUR FUNDERS FOR HELPING US TO
EMPOWER YOUTH, STRENGTHEN FAMILIES, & BUILD COMMUNITY.**

Alfred J. Bersted Foundation	Chicago Foundation for Women	IL Dept. of Children & Family Services
Ann & Victor Pokorny Memorial Fund	DuPage County Human Services Grant Fund	Illinois Criminal Justice Information Authority
Benevity Community Impact Fund	DuPage County Probation	IL Dept. of Human Services
Bensenville Community Foundation	DuPage Foundation	IL Dept. of Juvenile Justice
Bensenville School District #2	DuPage Medical Group	Longbehn & Company Inc.
Bloomington Township	Charitable Fund	Travers Foundation
Mental Health Board	Green Street Grille	Skull & Thrones Hair Society
	Hinsdale Junior Women's Club	Villages of Addison, Bensenville, & Itasca

NEDFYS STAFF

Shannon Hartnett, MA
Executive Director

Felicia Acosta, LSW
Associate Therapist

Ashley Liem, MPH
Program Coordinator

Martin Sanchez, BA
Program Associate

Dana Pavlu, LCSW
Clinical Director

Yvette Aguilar, LCPC
Bilingual Therapist

Yamileth Obando, LCSW
Bilingual Therapist

Ali Smith, LSW
Associate Therapist

Katalyna Thomas, JD
Operations Director

Elizabeth Franssen, LSW
Associate Therapist

Jessica Pendergast, LSW
Associate Therapist

Patricia Yadgir, MSW
Counselor

Jaelyn LaPorte, LCPC
Clinical Services Manager

Misty Javan, LSW
Associate Therapist

Vanessa Rangel, LCPC
Bilingual Therapist

Libby Sanders, LMFT
Clinical Services Manager

The Time Is Now

2021 Annual Report

...to advocate for youth mental health

...to support police social work

*...to normalize conversations about
mental health*

*...to increase access to mental health services for
underserved populations*

NORTHEAST DUPAGE FAMILY & YOUTH SERVICES

777 Army Trail Blvd. Addison, IL 60101
(630) 693-7934 • www.nedfys.org

