



Community
Family Life
SERVICES



ANNUAL REPORT 2019

CFLSDC.ORG

A photograph of a woman and a young boy looking at each other, overlaid with a purple tint. The woman is on the right, wearing a patterned top, and the boy is on the left, wearing a striped shirt and denim shorts. They are both looking towards the center of the frame.

We specialize in
**REENTRY SUPPORT
FOR WOMEN**

We help create
**STABILITY AND
SELF-SUFFICIENCY**

We help foster
**HOPE AND
SUCCESS**

We provide support for
**THE ENTIRE
FAMILY**



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EXECUTIVE DIRECTOR'S *Welcome Message*



Dear Friends:

Community Family Life Services (CFLS) was founded in 1969 to address the needs of recently released individuals and their families. Over the years, CFLS grew and evolved to provide services to low-income and homeless families and individuals in the District of Columbia. More recently, CFLS set its strategic direction and refined its mission to target the needs of women returning home from prison or jail. This focus was in response to the intersection of homelessness, incarceration, poverty and trauma.

Our goals are to understand and deliver impactful services given the increased rates at which women are entering the criminal justice system, the nature of this population, and the high percentage of homelessness – 75% of women in prison or jail returning to the community are homeless. The majority of women in DC who are cycling through the criminal justice system are low-income, African American, victims of past or present trauma, live with a past or current substance use disorder, have a mental health diagnosis or co-occurring substance use history and often have limited and inconsistent support.

CFLS meets women at the beginning of their incarceration – acknowledging the frequent short stays – and implements strategies that address the entire above-mentioned complexity of issues simultaneously rather than considering them independently or sequentially. We use gender responsive programming and an understanding of how trauma informs behavior. We believe that in order to build trust we begin by treating all clients with dignity and respect and using their voice and lived experiences to inform our service delivery. This is achieved by offering low barrier and accessible programming and supports. We work to bring each woman to readiness then support her as she tackles new behaviors and operates in new environments.

We strive to give people living in poverty and homelessness the tools they need to move towards permanent economic and social self-sufficiency. Not only do we offer short-term crisis assistance, but we also empower families and individuals to change their lives permanently. We believe this includes having accurate data, and using reading, writing and learning at the core of our mission, vision and values. Our dedicated staff and volunteers provide a variety of services in the following areas: Women's Reentry & Domestic Violence, Housing and Wellness Services, Supportive Services, and Research and Evaluation.

With the generous support of our community of Board members, staff, volunteers, donors, supporters, partners, and clients, CFLS has helped DC women throughout 2019 and 2020. Women who are facing issues like homelessness, domestic violence, HIV, family reunification, job training and seeking, and access to devices and internet connection.

2020 has brought with it its own set of challenges. However, all of us at CFLS, have risen to the occasion to meet the new needs presented by the COVID-19 pandemic. As a result of your gracious contributions, we still are able to provide women with all the tools that they and their families need the most.

Hope is something CFLS strives to always keep and spread every day to inspire. Hope is needed -- because the challenges that the pandemic has presented to our clients and our organization are challenges that existed before it arrived, and will persist long after it's gone. CFLS will continue to provide hope, togetherness, knowledge, and inspiration. We are looking forward to the future and to new opportunities to bring our community together. We hope you can join us later this year for our 4th Annual Visible Voices Celebration and Fundraiser where we will celebrate 'Knowledge Empowering Impact.' Until then, please stay safe, stay informed, and stay hopeful.

With gratitude,
Ashley McSwain
Executive Director, Community Family Life Services

About Us

VISION

CFLS envisions a world that through supporting successful reintegration of justice-involved women, we will reduce incidents of domestic violence, decrease homelessness and increase family stability.

MISSION

- Support the needs of female returning citizens both before, during and after incarceration
- Provide services to alleviate homelessness and overcome barriers to reintegration
- Educate our internal and external stakeholders
- Identify and raise resources for our clients and the work of CFLS

VALUES

- The dignity of the whole person
- Meeting people where they are
- Focus on individuals and families
- Self-care and professional development for our staff, and community service providers
- Reading, writing and literacy as a core to clients becoming their own advocates



Meet CFLS

LEADERSHIP



**ASHLEY
MCSWAIN,
LGSW, MSOD**
Executive
Director
Manager



**JASMINE
LUSANE, MPH**
Research,
Evaluation, and
Professional
Development
Director



**SHENA
MCFADDEN,
MCS**
Housing
and Wellness
Director



**KATHERINE
SPONAUGLE,
MCJ**
Reentry and
Victim Services
Director

BOARD OF DIRECTORS

Gary Randolph, Chair
Organization Affiliation:
Business Consultant

**Mannone A. Butler, Esq.,
Vice Chair**
Organization Affiliation:
Criminal Justice Coordinating
Council

Derek Ford, Treasurer
Organization Affiliation:
Washington, DC Economic
Partnership

**Jacquelyn Bengfort,
Secretary**
Organization Affiliation: JACIB

Jim Hines
Organization Affiliation:
General Electric (Retired)

Wolfgang Schaefer
Organization Affiliation:
Georgetown International

Deema Tarazi, Esq.
Organization Affiliation:
American Diabetes Association

Ronald Morgan
Organization Affiliation: RDM
Associates

**Ashley McSwain, LGSW,
MSOD, Executive Director**
Organization Affiliation:
Community Family Life Services

CFLS STAFF



WHITNEY ARKIN

Medical Case
Manager



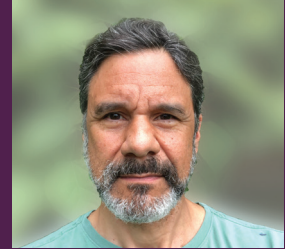
**LISA
MARQUEZ**

Drop-In Center
Coordinator



KATHLEEN BYKS

Program Manager/
Medical Case
Manager



**GERALD
BLUNT**

Maintenance
Supervisor



**STEVE
MAXFIELD**

Maintenance
Technician



**JUSTIN
FLEMMINGS**

Supportive Programs
and HIV Services
Support



**LACHRISA
RICHARDSON**

Drop-In Center
Program Support



**DIANE
CARTER-BRYANT**

Community
Health Worker



**MAHENDRA
SUPENO**

Program Support/
Diaper Program
Manager



**SHELBY
WALLINGTON**

HIV Prevention and
Outreach Specialist



**MIRACLE
GOLDEN SMITH**

Speakers Bureau
Public Allies Staff



RAY ALLEN

Resident Monitor
(Milestone)



**ANDREA
CHICHESTER**

Employment
Coordinator



**APRIL
SHEPHERD**

Domestic Violence
and Reentry
Case Manager



LATASHA OWENS

Job Developer



**JOANNE
LANGEVIN**

Financial
Literacy Coach

Our Supporters

Through the generous support from our partners, Community Family Life Services (CFLS) is able to meet the needs of each individual who comes through our doors. The grants and financial support that we receive have brought in new and creative programs such as our reentry housing initiative, our newly revamped computer space and literacy program and supports us to sustain the programs that keep on making a difference within the community. We continue to offer opportunities for organizations to get involved in ways that best align with the values and goals of the company while meeting our clients' needs. On behalf of our staff, volunteers and those we serve, we thank you for your continued and consistent support and generosity.



A YEAR IN REVIEW *BY THE NUMBERS*

SUPPORT SERVICES



*108 families +
199 children
participated in
the Parenting Program*

*55 families +
23 mentors
participated in
Mentoring and Coaching*



*372 individuals
benefited from
Employment Services*

*681 clients
received Emergency
Services and visited
Drop-In Centers*

HOUSING SERVICES

*35 single adults
moved into
Milestone Housing*

*15 women +
22 children
lived in Trinity Housing*



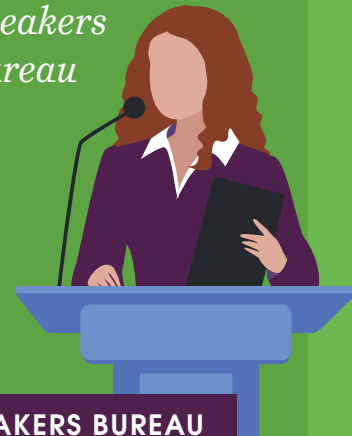
WOMEN'S REENTRY



*84 women
received Case
Management*

*100 women
received Referral and
Navigation Support*

*12 women
completed
public speaking
training
through the
Speakers
Bureau*



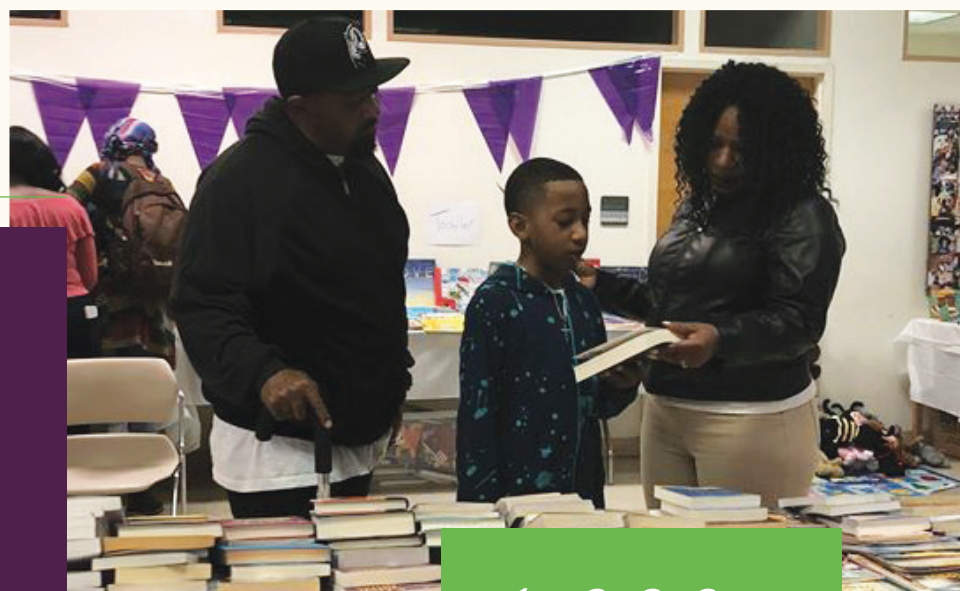
SPEAKERS BUREAU

HIV/AIDS PROGRAMMING



*216 HIV/AIDS
workshops
hosted in the community*

*1,616 participants +
371 individuals tested*



EVENT RECAP

Annual Book Bash

1,000+
BOOKS
DONATED

The Drop-In Center and multiple outside staff came together to successfully host the 2nd Annual Book Bash on April 7th. We collected over 1,000 books and \$100 in donations. We served 43 children and 20 adults. Our partners from DC Public Library, Resolution Read, and DCPS Early Stages Program were in attendance to provide resources. We had face painting, balloons, food, a DJ, crafts, hair braiding, and haircuts. We created books out of twine and construction paper where the children could write their own stories. Two costumed superheroes came to facilitate games and read to the children – Black Panther and Spiderman from Superhero Stu. After the event, our intern arranged a library in our computer lab with leftover books.



HIV/AIDS Walk

EVENT RECAP



WHITMAN-WALKER HEALTH
We see you.

*\$450
RAISED
&
DONATED*

Community Family Life Services was proud to participate in the Whitman-Walker Health Walk & 5K to End HIV held Saturday, October 26, 2019, at Freedom Plaza. The WWH Walk & 5K to End HIV has been held for the past 32 years and gathers thousands of Washington, DC area residents in support of ending HIV/AIDS.

As a community partner for the WWH Walk & 5K to End HIV, half of the money CFLS raised benefited its medical case management program. The program is designed to support individuals living with HIV or AIDS to ensure they have access to and can utilize necessary medical, mental health and other supportive services within the community.



EVENT RECAP

Turkey Giveaway



During the Thanksgiving holiday, families are given a bountiful food basket with all the necessary items for a traditional Thanksgiving meal.

With generous donations from various partners, last year in 2019, 168 families received Thanksgiving baskets and were able to share a gratifying meal with their loved ones on this special holiday.

168
FAMILIES
SERVED

If you are interested in participating, please email Lisa Marquez at Lmarquez@cflsdc.org or call 202-864-6295 if you have any questions.



Toy Drive

EVENT RECAP

82
FAMILIES
GIFTED

To donate this year, please contact Lisa Marquez at Lmarquez@cflsdc.org or 202-64-6295.

Each year, CFLS organizes a toy drive for the families in the community. Parents are given the opportunity to pick out gifts for their children. Through generous donations from companies and individual donors, we were able to provide holiday gifts for 82 families.

CFLS is extremely grateful for the following 2019 Toy Drive supporters:

- Allen & Overy LLP
- Anastasia Kolivas (family)
- Fannie Mae
- KGlobal
- Gay Men's Chorus
- Trinity Lutheran Church N. Bethesda
- St. Matthew Lutheran Church
- Bethlehem Lutheran Church
- The Episcopal Church of the Redeemer in Bethesda
- Valo Tenants Association



Early Intervention Services Launch

We were thrilled by the results of the Community Family Life Services Holiday and HIV Testing Party held Friday, December 13, 2019. This event celebrated the official launch of our Ryan White Early Intervention Services (EIS) HI-V strategy, where we target justice-involved women through our continuum of women's reentry programming and offer education, testing, and linkage to wellness and health care services. Former Mayor and Ward 7 Councilmember Vincent C. Gray served as the keynote speaker. Our goal is to reach as many as possible, teach all who will listen, test everyone in need, link to services that will guide, and keep clients connected to care.

For more information about EIS, please contact our Director of Housing & Wellness Services, Shena McFadden at smcfadden@cflsdc.org.

50th Anniversary Event Visible Voices

Rise Together

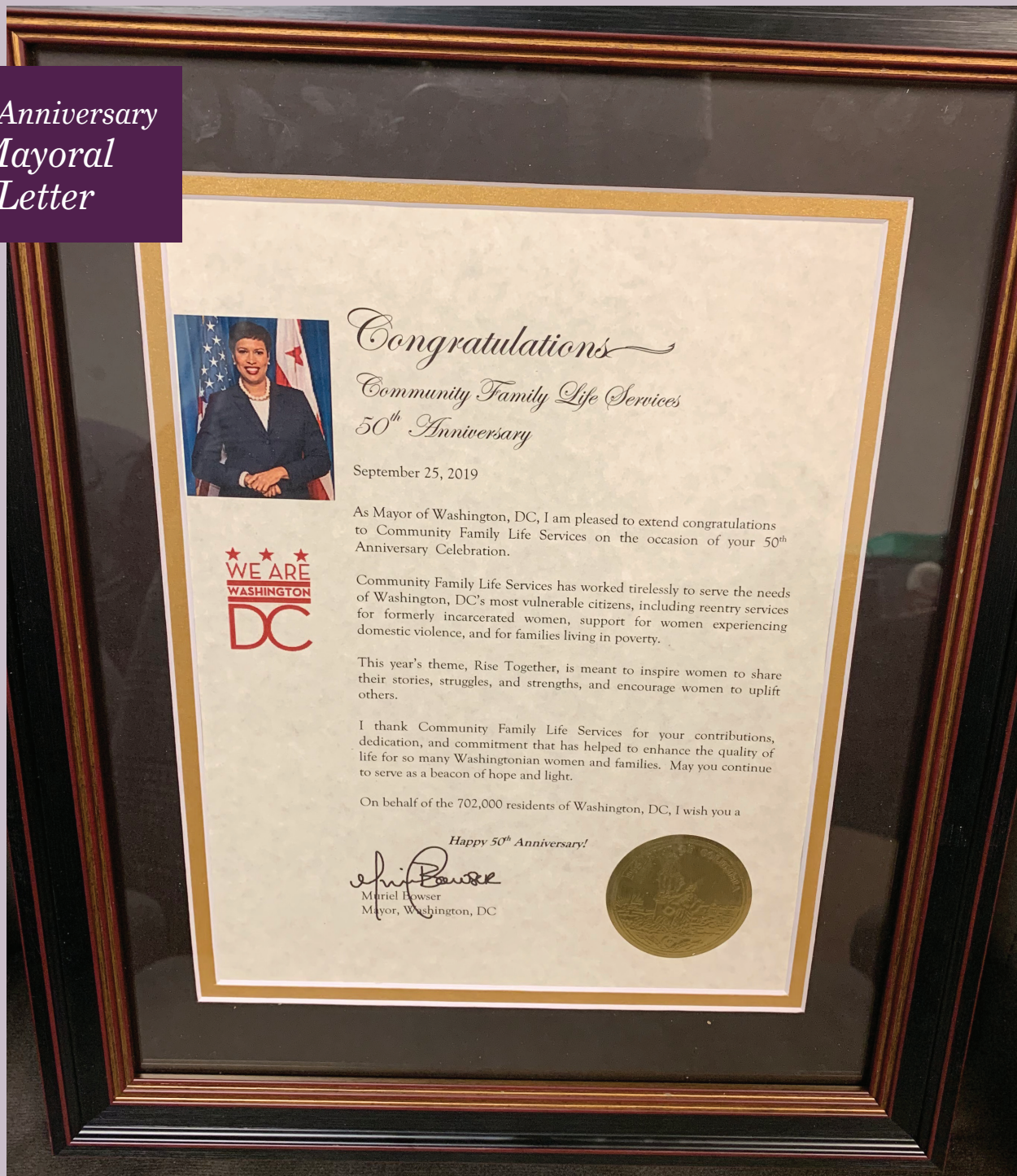
Our 3rd Annual Visible Voices Event
Celebrating 50 Years in the DC Community



The Honorable Eleanor Holmes Norton delivered the keynote address at the Community Family Life Services 3rd Annual Visible Voices Celebration and Fundraiser on Wednesday, September 25, 2019, at BusBoys and Poets. In 2019, CFLS celebrated half a century of working tirelessly to serve the needs of the District of Columbia's most vulnerable citizens. In 2015, under the leadership of newly appointed Executive Director Ashley McSwain, CFLS expanded its mission to include holistic community reentry services for women returning home from periods of incarceration.

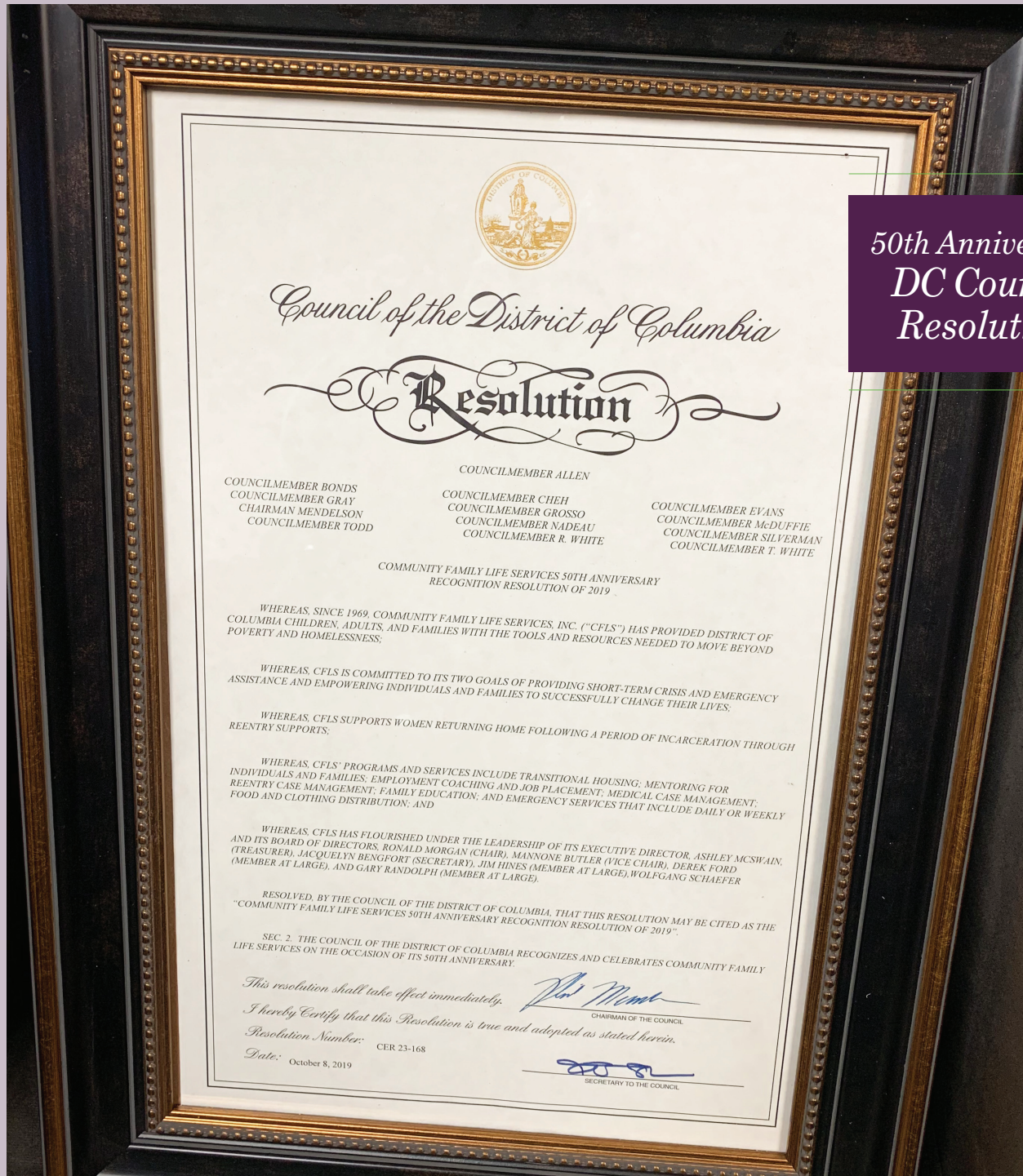
"CFLS was extremely honored that Congresswoman Norton delivered the keynote address for our 3rd Annual Visible Voices Celebration and Fundraiser," McSwain said. "The year's theme was 'Rise Together,' inspired by the power in each of us to share our stories, our strengths, and our struggles in the service of lifting up others. Congresswoman Norton is the embodiment of these principles."

50th Anniversary
Mayoral
Letter



Community Family Life Services is excited to share that it has been honored by Mayor Muriel E. Bowser and the Council of the District of Columbia on its 50th Anniversary. Mayor Bowser wrote a thoughtful congratulatory letter, highlighting our commitment to serving Washington, DC's most vulnerable citizens, including reentry services for formerly incarcerated women, support for women experiencing domestic violence, and for families living in poverty.

Under the leadership of Councilmember Charles Allen, the Council of the District of Columbia unanimously passed the "Community Family Life Services 50th Anniversary Recognition Resolution of 2019." The Resolution declares that the Council of the District of Columbia recognizes and celebrates CFLS on the occasion of its 50th anniversary.



50th Anniversary
DC Council
Resolution

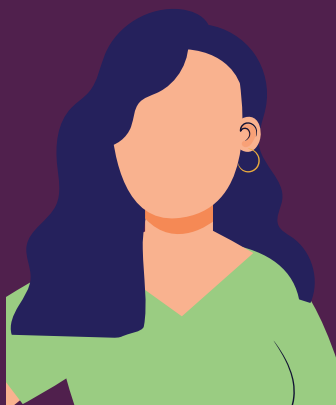
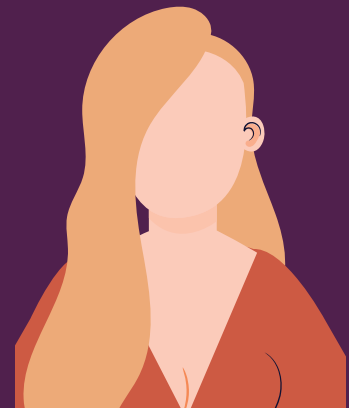
Client Stories



MARY came to CFLS in April of 2019 and began working with our Financial Literacy Coach. Through the Project Empowerment, Mary saved money until after two months she could sign her own lease. Today, Mary has stable employment, has a 401K, is consistently adding to her personal savings account, and has consistently met all conditions of her probation. She now goes once every 3 months to a group meeting. She can travel and has plans to go out of town to a family member's wedding over the summer in 2020. Mary sees the overall long-term benefit of the housing and financial literacy program and is very appreciative for the support. CFLS was able to assist Mary with starting her life over, but it is the hard work that Mary has consistently put in to achieving her success that deserves the credit.

TRACY, a pregnant young single woman in her early twenties, enrolled in our Parenting Program at one of our partner sites where we facilitate group and individual sessions. Over the 12 individual parenting sessions, Tracy's confidence grew in her ability to develop nurturing skills as a first-time mother and in her recognition of the importance of mental health, healthy relationships, and advocating for herself.

Tracy not only developed her parenting skills at CFLS, she found her voice and motivation. Tracy is now set on a mission to break generational patterns that are detrimental to developing and maintaining a nurturing parent-child relationship. We are happy to announce that Tracy recently delivered a healthy baby boy. She is looking forward to staying connected to the CFLS parenting program as she embarks on this new journey of motherhood.



ANDREA moved into Milestone early 2019. She was a re-entry case and had come from a half-way house after spending more than 10 years in prison. During her time at Milestone, she has worked hard to become physically and mentally healthy, and she is now working to secure employment. She is also an advocate for other women like herself who are going through re-entry.

This past year, Andrea applied to the Speakers Bureau program where she shares her story about what it is like being a woman re-entering society after being incarcerated. In December 2019, she graduated from the Speakers Bureau program. She has also been securing additional speaking opportunities, including speaking at a Case Management Operating Committee (CMOC) training this past October, on the topic of re-entry from a female perspective.



FRANK began receiving services from CFLS in early 2019. During that time, he was homeless but had secured full time employment. Frank was also struggling with addiction and managing his HIV. When I met Frank, he had been on a methamphetamine binge for several days. He was very ill and was showing signs of a mild overdose. Frank explained that he had been attempting to kill himself with the drugs.

After much discussion, Frank agreed to go to treatment. Frank completed a treatment program through Regional Addiction Prevention (RAP). He then moved to transitional housing at Cornerstone. He maintained his job and is still working. Today, Frank is now four months sober. Once he reaches six months of clean time, he is hoping to apply to Milestone for the Housing Opportunities for Persons with AIDS (HOPWA) program where he can continue to stabilize and eventually move into transitional housing.

MONA began her involvement with CFLS when she moved into Milestone in 2016. She had been living with her sister-in-law and was ready for independence. She was a model resident at Milestone. She attended the Relapse Prevention meetings and some outside meetings and never once tested positive for drugs while living at Milestone. She was already going to school and working part-time when she became a resident.

Mona says that Milestone was a stepping stone for her. She worked with her case manager to search for apartments and get connected with a housing voucher program. She secured transitional housing after just one year and four months and has not looked back. Even though she moved out of Milestone, she still engages in CFLS case management and participated in the Thanksgiving and Christmas gift programs for her grandchildren. She also recently graduated from the CFLS Prime-Time Women's Circle.

Mona says that she came to Milestone to get back what she had lost and she is not the type of person to just stay down. She says she is comfortable now and says that CFLS has helped her tremendously.



Overview of Programs

HOUSING AND WELLNESS

To provide safe transitional housing where clients can learn self-sufficiency and have access to HIV testing, information and treatment options.

Milestone Place was established as a single room occupancy (SRO) residence facility for previously homeless single adults with low income.

Through Milestone Place, CFLS provides affordable temporary housing for 35 single adults, many of whom are veterans in need of intensive case management. In addition to intensive case management, Milestone residents receive substance abuse counseling, relapse prevention support, employment counseling and access to emergency services. Through these services, we prepare Milestone residents to live fuller lives of self-empowerment and long-term sustainability.

Residents share lounges, dining areas, kitchens and bathrooms. We provide 24- hour security surveillance with an electronic front door.



REENTRY AND VICTIM SERVICES

To support women returning home following a period of incarceration, that improves their quality of life by providing a continuum of care. The continuum of care leads to permanent housing, employment, healthy parental relationships and mental and physical health support.

Create long-term housing and financial stability.

Provide a safe space so clients can rediscover their own self-worth and develop new habits that reinforce self-love and self-care.

Reduce recidivism and incidents of abuse and incarceration.



Community Family Life Services (CFLS) provides emergency food and clothing to homeless and low-income families and individuals, as well as women returning home from a period of incarceration. Our Drop-in Center serves clients in our programs with immediate and unexpected needs and caters to those with short term needs who may not need ongoing case management.

Reentry women (released from jail or prison within the past 6 months) are particularly encouraged to “drop in” to receive an HIV test, access hygiene items, use our clothing closet, and get connected with our broader services.



SPEAKERS BUREAU

We offer a 7-session paid public speaking training to women who have experienced domestic violence, incarceration, human trafficking, and other trauma. Participants must demonstrate a desire to share their stories in order to elevate their communities and advocate for causes important to them.



RESEARCH, EVALUATION AND PROFESSIONAL

To create a culture of learning and of data driven best practices that informs the work we do and informs the work of the greater re-entry community.

CFLS is transitioning to a learning organization. We are evaluating our programs and services and using the data to create new best practices in the field of women's reentry and family services. We serve as a model reentry organization and an informational hub for the DC community and on the national level.



SUPPORTIVE PROGRAMS

To enhance education, parenting, employment and professional/personal development opportunities.

We lead groups and one-on-one sessions to educate parents and guardians of children on techniques to make the challenges of raising children easier.

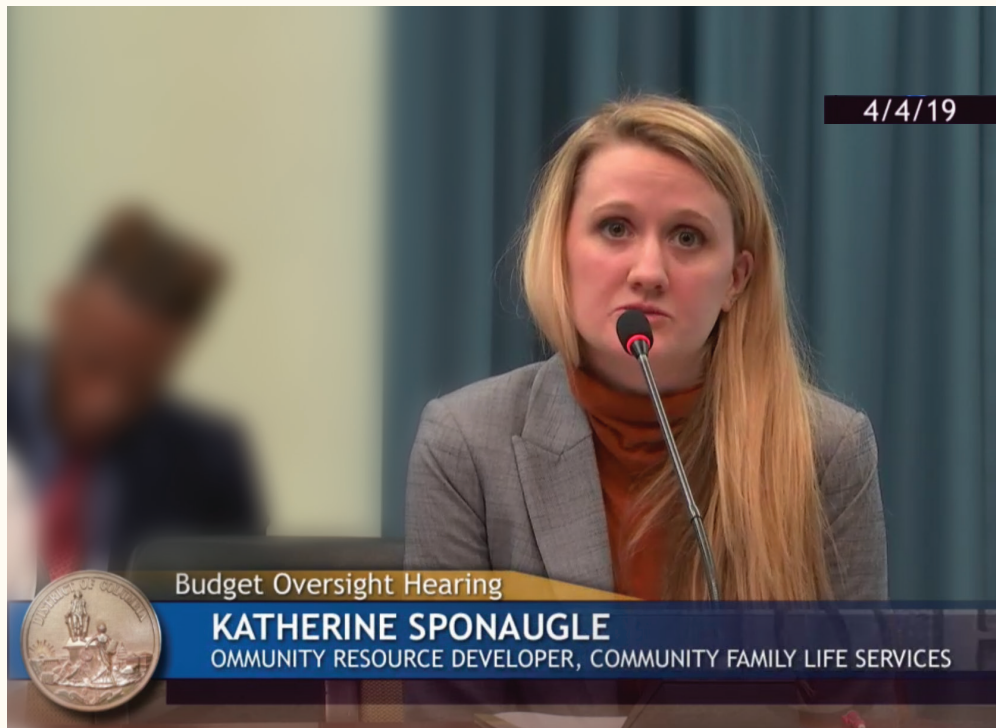
We provide individualized assistance with resume writing, interviewing skills, job opportunities and monthly employment clinics.

We match families with trained mentors to empower and support them by sharing financial, educational, parental, and household management ideas and tips.



Government Relations

In 2019, CFLS testified at several public hearings before the Council of the District of Columbia on issues related to the justice system, homelessness, and domestic violence, among others. CFLS strives to continually engage with legislators to ensure the directly impacted population has an avenue to share first-hand knowledge and experience that can inform policy and practice.



What I know for sure is that speaking your truth is the most powerful tool we all have.

— Oprah Winfrey

2019

Financials

\$306,621

*Contributions
Received Directly*

\$2,558,733

Total Revenue

\$1,787,009

Government Grants

\$1,412,685

*Total Salaries
and Benefits*

\$465,103

Service Fees

\$2,610,780

Total Expenses

\$52,047

Net Revenue



**COMMUNITY FAMILY
LIFE SERVICES**
305 E Street, NW
Washington, DC 20001

COMMUNITY FAMILY LIFE SERVICES
202-347-0511 | CFLSDC.ORG

ENGAGE WITH US



@CFLSDC