



# We help foster *hope & success*

## *2020 ANNUAL REPORT*

*A year of women's reentry services that created stability and self-sufficiency for justice-involved women and their families.*



A woman with dark curly hair is smiling and looking down at a child. Another child is visible in the foreground, looking up. The image has a purple overlay.

# *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.

[CFLSDC.ORG](https://CFLSDC.ORG)



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# EXECUTIVE DIRECTOR'S *Welcome Message*



Dear Friends:

CFLS's longevity is a testament to the abiding hope and commitment of you – our clients, staff, partners, volunteers, donors and supporters. But it is also an indication that the need for our services persists despite the hard work and dedication of an entire community. While the need has been intensified by the challenges of a pandemic, so too has the hope we all bring to building CFLS' vision of a world that, supports women's reentry, will see reduced incidents of domestic violence, decreased homelessness and increased family stability.

2020 was a milestone year when many of us learned we are resilient, resourceful and hopeful in the face of conditions unimagined in our lifetimes. By maintaining our focus on the individuals and families we serve, we successfully recalibrated our programs to a virtual system that continues to meet clients where they are in their personal journeys, culminating in the launch of our Virtual Services Department. With our dedicated partners, we also launched new initiatives that helped ease transitions in our newly virtual world including Passport to Success and Starter Kits that contain a laptop, tablet or kindle in addition to other basic necessities.

Our short-term crisis assistance was critical to many over the past year providing food and basic essentials in the face of greatly increased need. However, our work is both immediate and long-term. And we continued to give people living in poverty and homelessness the tools they need to move towards permanent economic and social self-sufficiency. We believe our success is based in part on having effective and evidence based interventions, and using reading, writing and learning as the core of our mission, vision and values. Look for more on this as we roll out plans for our September 2021 Visible Voices event celebrating "Knowledge Empowering Impact."

Despite the unprecedented conditions of 2020, CFLS completed the first year of our three-year strategic plan building momentum toward our critical goals: providing direct and holistic services; developing research, evaluation and data collection capacity; building a legal department and improving community education and outreach. We intend to differentiate CFLS as the go-to resource for women's reentry and are committed that our clients become self-sufficient, that our services are transformative, and that individuals touched by our programs reaches their fullest potential. Read on to meet some of our clients and learn about their personal success stories.

As the intensity of the past year recedes and we look to the future, we pledge our continued passion and dedication to realize a world that is more inclusive, stable and loving because of the successful reintegration of justice involved women. For those of you considering joining us, we look forward to welcoming you into the CFLS family. For those of you who are engaged with CFLS now – Thank you!

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

# About Us

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## 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 and worth 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 the CFLS STAFF

## LEADERSHIP



**ASHLEY MCSWAIN,  
LMSW, MSOD**  
Executive  
Director



**ASHLEY HOWELL**  
Director of  
Supportive  
Programs



**SHENA  
MCFADDEN, MCS**  
Director of  
Housing and  
HIV Services



**KATHERINE  
RUSSELL, MCJ**  
Director of  
Women's  
Reentry &  
Victim Services

## 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, LMSW,  
MSOD, Executive Director*  
Organization Affiliation:  
Community Family Life Services





**RAY ALLEN**  
Resident/Trinity  
Arms Overnight  
Monitor



**ALEXMA  
ALVARADO**  
Housing & Non-  
Medical Case  
Manager



**WHITNEY ARKIN**  
Medical Case  
Manager



**ETHEL BARRETT**  
Employment  
Program  
Manager/Job  
Advocate



**GERALD BLUNT**  
Maintenance  
Supervisor



**KATHLEEN BYKS**  
Program  
Manager/Medical  
Case Manager



**DIANE  
CARTER-BRYANT**  
Community  
Health Worker



**KAREN COLLINS**  
Resident  
Monitor



**TYRESE COX**  
Office  
Manager



**JOE D'ANTONIO**  
Speaking Coach  
& Partnerships  
Coordinator



**ROBIN EDWARDS**  
Office Manager &  
Executive Assistant



**JUSTIN  
FLEMMINGS**  
Employment  
Development  
Manager



**MELANIE JULION**  
Part-Time Parent  
Educator



**JOANNE  
LANGEVIN**  
Financial Literacy  
Coach



**STEVE MAXFIELD**  
Maintenance  
Technician



**MACKENZIE  
MCSWAIN**  
Speakers Bureau  
Coordinator



**TIM PERKINS**  
Public Ally and  
AmeriCorps  
Volunteer



**TENZIN PHUNTSOK**  
Domestic Violence  
& Reentry Case  
Manager,  
Outreach Liaison



**LACHRISA  
RICHARDSON**  
Security and Drop  
In Center Support



**BRIDGET ROBINSON**  
Parent Education/  
Home Visitation  
Program Case  
Manager



**RISHEENA  
SCHWEMLE**  
Staff Attorney



**APRIL SHEPHERD**  
Domestic  
Violence &  
Reentry Program  
Manager



**LISA SLOBODZIAN**  
HOPWA Medical  
Case Manager



**ERNESTINE  
SPRIGGS**  
Trinity Arms  
Resident Monitor



**MAHENDRA  
SUPENO**  
Program &  
IT Support



**CARMEN THORPE**  
Early Intervention  
Services (EIS)  
Program Manager



**DENNIS VASQUEZ**  
Drop-In Center  
Coordinator



**SHELBY  
WALLINGTON**  
HIV Prevention  
& Outreach  
Specialist



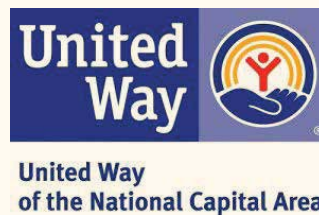
**MARY  
WILSON-BYRON**  
Human  
Resources



**YAO YIHENG**  
Finance and  
Accounting  
Program Manager

# Our Supporters

Through the generous support from our partners, 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.



ARCANA FOUNDATION, INC.



Jovid Foundation

THE WORLD BANK  
IBRD • IDA | WORLD BANK GROUP



## IN MEMORIAM

*As members of our founding church, First Trinity Lutheran, they understood the need for our work and shared our vision to alleviate homelessness, poverty and domestic violence. They each created a legacy of compassion and commitment to service with their gifts, ensuring that CFLS continues to support women returning home and their families on their journeys to self-reliance. We are profoundly grateful to these members and their families for their generous bequests to CFLS.*

**Mel Willis (\$25,000 bequest)**

**Anonymous (\$148,382.23 bequest)**

*For information on how you can create your own legacy and invest in the future of CFLS please contact Robin Edwards at [redwards@cflsdc.org](mailto:redwards@cflsdc.org) or 202-864-6298. Thank you.*





Community  
Family Life  
SERVICES



# PLANNING *for* SUCCESS

*The journey through CFLS.*

## GOVERNMENT PARTNERSHIPS

- DC Department of Corrections/Correctional Treatment Facility
- The READY Center (The Resources to Empower and Develop You)
- The Mayor's Office of Returning Citizens Affairs
- Fairview Halfway House
- Department of Behavioral Health
- Public Defender Service for the District of Columbia
- Bureau of Prisons
- HIV/AIDS, Hepatitis, STD and TB Administration
- Court Services and Offender Supervision Agency

START

## Women's Reentry Services

## REFERRAL SOURCE

- Halfway House
- Community Based Organization
- Jail or Prison

## COMMUNITY PARTNERSHIPS

- DC Department of Corrections/Correctional Treatment Facility
- The READY Center (The Resources to Empower and Develop You)
- The Mayor's Office of Returning Citizens Affairs
- Fairview Halfway House
- Department of Behavioral Health
- Public Defender Service for the District of Columbia
- Bureau of Prisons
- HIV/AIDS, Hepatitis, STD and TB Administration
- Court Services and Offender Supervision Agency

## DROP-IN SERVICES

- Starter Kits
- Food/Clothing
- Access to Computers
- Tokens
- Birth Certificates
- HIV Testing/101

## HOUSING

- Reentry
- Domestic Violence
- Financial Literacy
- Single Room Occupancy/Milestone

## EMPLOYMENT

- Entrepreneurship
- Individual Skill Building
- Employment Partnerships
- Employment Training

## PARENTING

- 12-Week Training
- One-on-one Home Visitation
- Children's Nook

## LEGAL SERVICES

- Education
- Court Representation
- Informed Referrals
- Sentence Computations





# Community Services

## WELLNESS

- Early Intervention Services
- Risk Reduction Services
- HIV Prevention and Awareness
- HIV Testing

## MEDICAL CASE MANAGEMENT

- Non-medical/Housing Case Management
- Nutrition/Wellness
- Treatment Adherence

## SPEAKERS BUREAU

- Paid Public Speaking Training
- Paid Engagements
- Healing & Community Building
- Community Education

## EDUCATION & TRAINING

- Lunch & Learn Series
- Jail/Prison Inside Workshops
- Community Workshops

## VIRTUAL SERVICES

- Virtual Case Management
- Virtual Clothing Closet
- Passport to Success



# Outcomes

- Reduction in Recidivism
- Reduced Incidents of Domestic Violence
- Secure & Safe Housing
- Improved Quality of Life

- Improved Mental Health
- Knowledge of Community Resources
- Ongoing Sobriety
- Identified Support Systems

- Improved Physical Health
- Adequate Employment
- Removal of Identified Barriers
- Financial Literacy







## *Virtual Services Department*

On December 13, 2020, we were thrilled to announce that we have officially launched our Virtual Services Department! As you know, the COVID-19 pandemic has nudged us to generate innovative ways to continue serving our clients, their families, and the community at large. We are proud of the multitude of comprehensive programming that we have provided virtually over the past nine months. CFLS has secured laptops, tablets, hot spots, and other technology to equip our clients with the necessary tools to participate in ongoing virtual programming.

With this investment, we are able to expand our service offerings virtually on a more permanent basis. The ultimate goal is to serve our clients just as we would in person. **Here's how it works:**



### **Visit CFLS Website**

Client visits  
[cfldc.org/  
book-online](https://cfldc.org/book-online).



### **Book Services**

Client will select a date and time to meet with their Case Manager to receive the desired services.



### **Zoom Details Delivered**

The Zoom details will be emailed to Client once the appointment has been confirmed.



### **DocuSign Documents**

Client will be directed to the relevant program webpage. Client will enter their email address to receive the required documents via DocuSign.



### **Virtual Services**

Client will meet with their Case Manager via Zoom to receive services.

# Supportive Services

## OVERVIEW

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.

## PARENTING PROGRAM

The CFLS Parenting Programming is designed to support the stability of the most at-risk families in DC to prevent child abuse and neglect by empowering parents and strengthening families. Target population: low-income families, women incarcerated, and returning citizens. The primary goal of parent education programs is to provide support and information in ways that help parents become more capable and competent.

Our parenting programming is trauma-informed, family-centered and practices include: treating families with dignity and respect, meeting families where they are, providing individual, group, flexible and responsive support. Formative information is shared so families can make informed decisions; ensuring family choice regarding intervention options.

Programming also provides the necessary resources and support for parents to care for their children in ways that produce optimal outcomes for parents and children. We do this by implementing a four-tier approach:

- Parent Education & Home Visitation Program
- Parenting Workshops & Events
- Parenting Support Groups
- The CFLS Children's Nook



*We pair parent education sessions with home visits to build strong relationships with parents and to establish nurturing parenting skills.*

## CANDID PARENTING CONVERSATIONS

We hosted two events in this series of virtual parenting conversations that address the needs of our families and children as they navigate through the age of COVID-19 and social injustices in our local communities and the nation.



2  
VIRTUAL  
EVENTS



## BACK TO SCHOOL DRIVE

Every year, CFLS provides school supplies to the families that we work with. CFLS had an extremely successful Back to School Drive this year. With the generous contributions from various donors, we collected over 150 backpacks filled with school supplies. It was delightful to see the smiles on their faces as each child received a bountiful school supply bag.

150  
BACKPACKS  
COLLECTED



## CHILDREN'S NOOK

The CFLS Children's Nook is a new read-aloud program for children impacted by family trauma and incarceration. Beginning Tuesday, November 10, 2020, we offered monthly morning sessions for ages 0 to 5 and afternoon sessions for ages 5 to 12 every 2nd and 4th Wednesday. Our program runs concurrently with the DCPS school year.

CFLS is extremely grateful to those who volunteered their time to read a book in those 6 sessions:

- Ashley McSwain, LMSW, MSOD, CFLS, Executive Director
- Bridget P. Robinson, MA, CAPM, DVACT, Program Manager, CFLS Parent Education & Home Visitor's Program
- Melanie Julion, BS, HCHD, PFC, CFLS Parent Educator
- Volanda Washington, UDC Student
- Larissa Johnson, Community Volunteer
- Jennifer White-Callaghan, Community Volunteer



**CFLS BOOK BASH ENTERTAINERS**

Dr. Avon Hart-Johnson is a university educator, researcher, and author of multiple books, journal articles. Her children's books include *Jamie's Big Visit* and *Baby Star Finds Happy*. She is the president and co-founder of DC Project Connect (DCPC). Dr. Hart-Johnson was elected vice-president of the International Coalition for Children with Incarcerated Parents.

Culture Queen is an author, educator, and entertainer who creates empowering entertainment for your royal children. Join her for fun, interactive and engaging songs, dances, and stories from many royal lands. To learn more about Culture Queen, visit [www.culturekingdomkids.com](http://www.culturekingdomkids.com).

Nakia Nicholson is a mother born & native Washingtonian. A certified violence interrupter in the Ward 8 community, & has spoken before DC Council and become an advocate for change in her community. She is now using her story as a platform to assist other young girls in garnering the confidence to share their own stories. Nakia has a desire to inform youth that it is okay to speak up.

A lover of justice & human rights educator! The Baltimore native Mid-Atlantic & New England. Poetry Vibe, & a member of Village Arts.

Poet & venue host Simply Sherri is of 2nd Wednesdays & Pajama Jam! how important it is to connect & she conducted workshops for DC Score becoming a "poetry auntie" to many and the book *Love Simply*.

## ANNUAL BOOK BASH

Every year, CFLS holds a Book Bash. Our Book Bash is a celebration of reading where we give away hundreds of free books to our community, bring in a DJ and authors to entertain the children, and engage families in educational activities. Our Book Bash is all about getting families excited about reading!

**180  
BOOKS  
DONATED**

In 2020, due to COVID-19, we held our Book Bash virtually. In advance of the event, we mailed out packages of books, games, and crafts to our clients, and we hosted a series of dynamic virtual performances. Please visit [www.facebook.com/cflsdc](https://www.facebook.com/cflsdc) to view the recording.





Thank you, [Deutsche Evangelische Kirchengemeinde Washington, D.C.!](#)  
We are grateful for this generous donation. We are honored to support families in the District of Columbia this holiday season.

# Turkey Giveaway



[Deutsche Evangelische Kirchengemeinde Washington, D.C.](#)  
November 12 · 🌐

[Follow](#)

25 Thanksgiving baskets are donating our community to [Community Family Life Services \(CFLS\)](#) in Washington, DC this year to help families have a nice celebration. A big thank you to [Susann Kollmar](#) and [Wolfgang](#) and the young helpers who implemented the project. And thank all donors for their generosity!

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



Special thank you to Capital One for its generous grant of \$2,000 in support of our mission.

Together, we were able to serve 150 people with our Thanksgiving baskets!

150  
BASKETS  
GIFTED





## Holiday Toy Drive

**70+**  
**FAMILIES**  
**GIFTED**

*To donate this year, please contact Dennis Vasquez at [dvasquez@cflsdc.org](mailto:dvasquez@cflsdc.org) or 202-347-0511.*

The CFLS parenting program provided Christmas Gift Baskets and provided our parents with an opportunity to pick out gifts for their children from our general toy donations.

Through the CFLS partnership with Ella's Kids Inc., the parenting program also provided the following agencies with Christmas gifts:

- Olaiya's Cradle
- Jubilee Housing
- Platform of Hope
- My Sister's Place
- Maya Angelou Young Adult Learning Center
- Griffin House (SOME)



# Speakers Bureau

## OVERVIEW

The CFLS Speakers Bureau provides a platform for survivors of trauma such as domestic violence, human trafficking, and incarceration to learn public speaking skills, progress in their healing journey, and become agents of change. Members of the Speakers Bureau communicate their lived experiences to educate lawmakers, service providers, law enforcement, nonprofits, private organizations, and community stakeholders.

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.



Though our program looked a little different in 2020, we couldn't be more proud of our Speakers Bureau members who persevered to complete their training and graduate. We are happy to report that in just the first two months of 2021, some of our newest graduates let their voices be heard as featured speakers around DC.

# 7 VIRTUAL EVENTS

## HIGHLIGHTS

### 'I BECAME' VIRTUAL DISCUSSIONS

We hosted **four fishbowl conversations** with active members of our Speakers Bureau. These interviews were an opportunity to get an in-depth look at one woman's journey through surviving incarceration, domestic violence, and reentry.

### WOMEN-CENTRIC CRIMINAL JUSTICE VIRTUAL DISCUSSIONS

We hosted **three virtual discussions** on a range of important topics impacting women facing incarceration and reentry. These topics included: current policies and practices around women giving birth in prison; mental and physical health impacts on incarcerated women; and the experiences of LGBTQ+ people in the criminal justice system.

### ONE IN FOUR PODCAST

We were thrilled to partner with One in Four Podcast for its Season II episodes dedicated to the topic of "Re-entry Amidst a Pandemic." This partnership offered a unique paid professional development opportunity to **four of our Speakers Bureau members** as reporters-in-training, while sharing critical stories about vulnerable members of our society. Most importantly, each of the **four episodes** leveraged the valuable insight of people with lived experiences and documented what it is like to go from incarceration to freedom in a societal lockdown—possibly without family support, housing, or a job.



### DC COUNCIL TESTIMONY

Speakers Bureau Member Marlene Aiyejinmi testified at a hearing before the DC Council Committee on the Judiciary & Public Safety as part of a presentation being given by DC Justice Lab. Marlene spoke about the need to reform the Metropolitan Police Department's practices when it comes to people experiencing homelessness, mental health issues, and addiction.

### TED TALK

Speakers Bureau Member and Juvenile Justice Reformer Aaliyah Polite gave a powerful Ted Talk, sharing her experience as a 15-year old girl in the juvenile justice system. She spoke of her journey of change to become a compelling speaker who offers her testimony to policymakers, criminal justice advocates and other key influencers.

# Reentry & Victim Services

## OVERVIEW

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.



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.

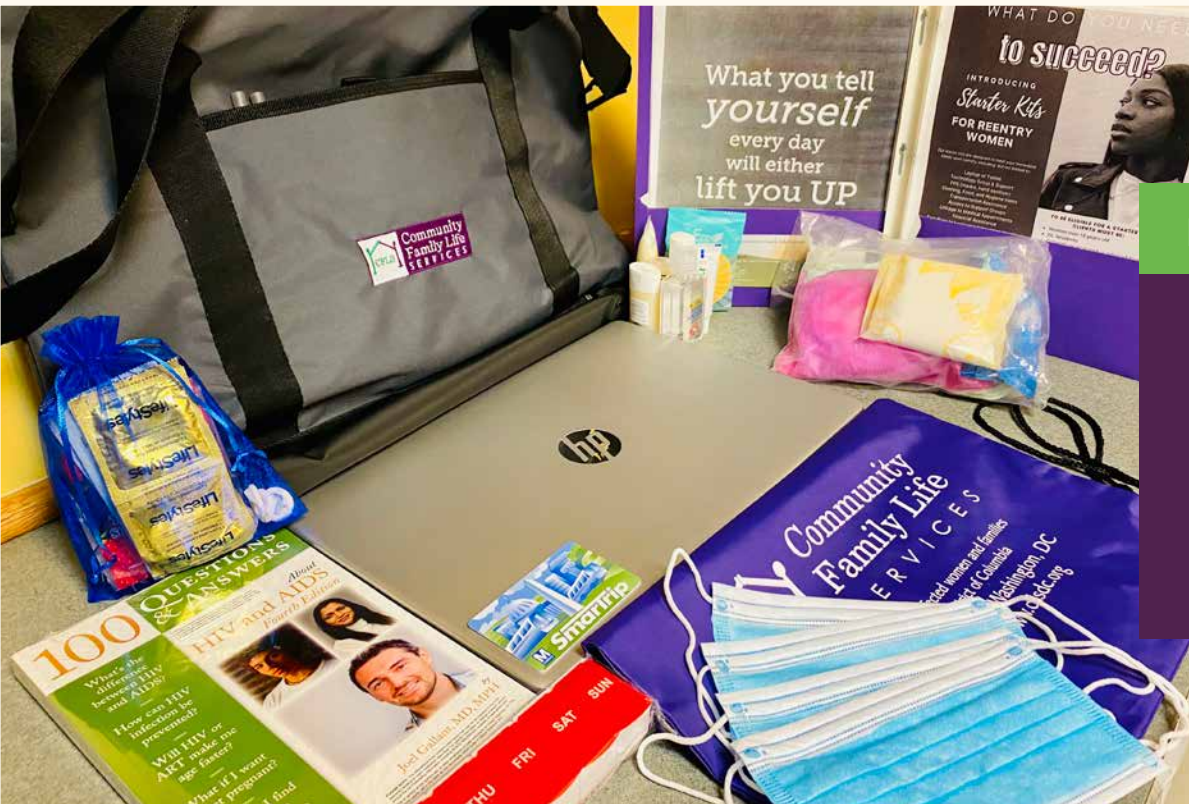
## STARTER KITS INITIATIVE

The most critical time of a woman’s reentry are the days immediately following her release. Often women who do not have stable housing or a supportive network upon their release, return to tenuous situations that lead back to abuse or cause recidivism. CFLS’s goal is to create a reliable supportive community that clients can turn to in their moments of need.

On October 16, 2020, we were thrilled to announce a new initiative in partnership with the **DC Department of Corrections (DOC), READY Center (Resources to Empower and Develop You), Court Services and Offender Supervision Agency (CSOSA), DC Reentry Action Network, Fairview Halfway House, Federal Bureau of Prisons, House of Ruth, Jubilee Housing, and Thrive DC** to provide women returning home from DOC a Starter Kit containing the essential tools needed to thrive.

It is important to highlight that the Starter Kits will equip clients with a laptop and the necessary technology to participate in ongoing virtual programming. With this investment, CFLS will be able to expand our service offerings virtually on a more permanent basis. The ultimate goal is to serve clients just as we would in person.





PROGRAM LAUNCH

## Starter Kits

28  
WOMEN  
SERVED

On average, there are approximately a total of 100 women housed at DOC and Fairview Halfway House. In conjunction with our partners, CFLS will ensure each Starter Kit is appropriately customized to address each woman's specific needs.

Each Starter Kit includes:

- Tote Bag to keep your belongings together
- Laptop or Tablet with Technology Setup and Support
- PPE: masks and hand sanitizer
- Clothing, Food, and Hygiene Items
- Access to Support Groups
- Transportation Assistance
- Linkage to Medical Appointments
- Financial Assistance

# *Housing & Wellness Programs*

## **HOUSING SERVICES**

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.

**41**  
**CLIENTS**  
**SERVED**

We help create  
*stability &*  
*self-sufficiency*





123  
CLIENTS  
SERVED

## EMPLOYMENT SERVICES

Our Employment Program offers services to assist our clients to reach their long-term goals of achieving quality employment. During the COVID-19 pandemic, we enhanced our programs with virtual offerings in order to address the barriers that they face when reintegrating into society after a period of incarceration. Services include:

- Assisting clients with implementing effective employment search strategies
- Employment clinics for resume writing, developing interview skills with mock interviewing, discussing background checks and drug testing, and teaching basic computer literacy
- Writing resumes and developing career portfolios
- Facilitating career management and career decision-making workshops
- Working closely with new hire clients to ensure job retention and monthly outreach throughout the community

To secure employment, our counselor networks and consults with employers and community organizations. Currently, we have 38 partnered employers, out of which 22 accept reentry women. By maintaining these relationships and monitoring trends in the workplace, CFLS helps clients progress towards a better future.

*Employment is one of the single most influential predictors that a person who has been incarcerated will remain out of prison.*



## EARLY INTERVENTION SERVICES

50  
CLIENTS  
SERVED

*Ryan White Program*

Through our Early Intervention Services (EIS) we serve justice involved women through a continuum of women's reentry programming. A period of incarceration has a tremendous impact on one's ability to effectively manage their health, so we offer education, testing, and linking to wellness and health care. 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. We are committed to client engagement to ensure adherence to treatment.

With the assistance of certified administrators, CFLS provides free HIV testing via **OraQuick®**. The CFLS EIS initiative is made possible with support from **The District of Columbia Department of Health HIV/AIDS, Hepatitis, STD and TB Administration (HAHSTA)**.

DC | **HEALTH**

### "Do you want a Quickie?" Public Awareness Campaign

In December 2020, we filmed a TV commercial airing on FOX 5 DC to help spread the word about Early Intervention Services. We also placed advertisements with the Washington Metro Area Transit Authority and Capital Bikeshare. Special thanks to DC Health, Melanie Bates Consulting, LLC, OUTFRONT Media USA, and Golden Prism Productions for making this public awareness campaign possible. Together, we can do more to support justice-involved women in the District of Columbia.



111  
CLIENTS  
TESTED

*Prevention Services*





*53 PARTIES HOSTED +  
227 CLIENTS SERVED*



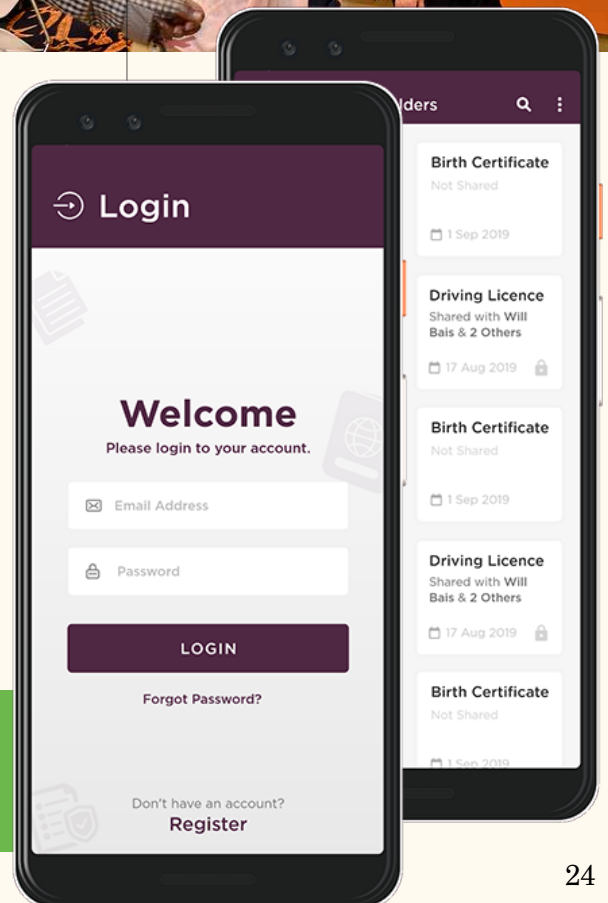
## SAFER SEX PARTIES

CFLS is dedicated to not only eliminating the HIV/AIDS stigma and promoting prevention, but also sustaining the lives of individuals living with HIV/AIDS. The CFLS Safe Sex and Testing Parties feature guest speakers who share comprehensive information about HIV/AIDS risk reduction and prevention in addition to HIV testing. We also provide free food, a live DJ, giveaways, games, safe sex demonstrations.

## PASSPORT TO SUCCESS APP

The "Passport to Success" is a tool that gives clients control of their own data and thus their own journey to success. Clients who have experienced domestic violence, or who are homeless or who have been to prison or jail often do not have current information to facilitate their forward movement. The Passport App allows clients to store information in one place, creating opportunities for them to address their own needs and gives them the power and confidence to take control of their journey with their case managers by their side, as their partner.

*29 CLIENTS  
USING THE APP*





## WOMEN'S WELLNESS RETREAT

CFLS believes in the power of a shared vision, building a sense of commitment in a group setting by developing images of the future we seek to create, and the principles and guiding practices by which we hope to get there.



The Women's Wellness Retreat is a critical component of our Early Intervention Services, where we serve justice involved women through a continuum of women's reentry programming. A period of incarceration has a tremendous impact on one's ability to effectively manage their health, so we offer education, testing, and linking to wellness and health care. 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. We are committed to client engagement to ensure adherence to treatment.

**25**  
WOMEN  
PARTICIPATED  
IN OUR WOMEN'S  
WELLNESS GROUPS

**59**  
WOMEN  
SERVED VIA  
WELLNESS AND  
MEDICAL CASE  
MANAGEMENT





# Organization Highlights

## LUTHERAN FRONT LINE HERO

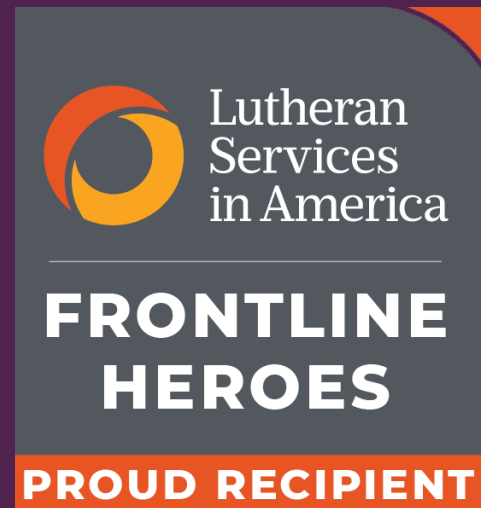
CFLS was honored to be highlighted for our work in the midst of the COVID-19 pandemic by Lutheran Services in America, who created a quarterly series of digital books for its member organizations showcasing their extraordinary efforts during this historic time.



Summer Issue Feature: Speakers Bureau virtual programming, like the 'I BECAME' fishbowl discussion series



Winter Issue Feature: Community partner for the Whitman-Walker Health's Walk & 5K to End HIV and committed service to people living with HIV/AIDS.



## 'I VOTE BECAUSE...' SOCIAL MEDIA CAMPAIGN

The CFLS Speakers Bureau launched a 'I Vote Because' GOTV social media campaign. There is nothing more important than voting in the fight for justice. If you do not vote, you silence your voice. Please follow us on social media and help spread the word. Make your voice heard!

## EXECUTIVE DIRECTOR SPOTLIGHT

We are proud and excited to share that CFLS Director Ashley McSwain was selected as a 2021 Black Justice Fellow and will receive a \$30,000 award in support of her racial justice work with women's reentry.



# Client Stories



**ERIKA**

When Erika was first released from incarceration, she had to meet with her Parole Officer every three weeks. Over the three years she lived in Trinity housing, she undertook to change her life using the tools and resources available through the intensive case management and the continuum of care at Trinity. She learned how to take care of her physical and mental health and manage her finances; she received employment training and help with job placement; and she learned to trust herself. At Trinity, Erika devoted herself to developing the skills and confidence to take her next step toward independence.

In August 2019, Erika took that step when she moved into her own apartment as part of our Financial Literacy Housing program. Erika had been working at two pizza restaurants when she began the program. Three months later she started a job with Flagger Force where, after six months, she could receive full medical and dental benefits. After just a few short months, Erika was given the responsibility of controlling the company work truck and driving that to and from work daily. In just over one year, Erika was promoted to supervisor and now travels out of town monthly for work, meeting with her PO every three months.

As Erika became more self-sufficient, she put away roughly \$4,000 in savings. When COVID-19 shut the world down, Erika went for several months without working. She was able to turn to CFLS for support and was thankful she had savings to use if necessary.

Today Erika is financially stable, settled in her apartment, and always one month ahead on her rent. She continues to add to her savings and implement her financial plan. Now Erika rarely hears from her PO and she is always approved to travel out of state for work. CFLS helped Erika along the way but her success is a product of her own consistent hard work and dedication to a vision of the life she aspires to live.



**MARIE**

Marie arrived at Fairview reentry housing in December 2018 after 15 years of incarceration. In April 2019 she came to CFLS to begin the Financial Literacy Housing program. Wasting no time, Marie signed her lease the same day she was released from Fairview. She was making \$10 per hour, always seeking better employment. After a few different jobs, she took a position at Walmart where she very quickly worked her way up. She immediately began contributing 5% of her income to her 401k, which Walmart matches. Marie is now making \$24.78 an hour, \$50 an hour for any overtime. In October, she received a promotion.

Since her first day in the program, Marie has managed to save \$10,000. Using the planning tools she learned, Marie made the decision to use some of her savings to buy a car and does not have a car payment. She also flew to Utah to reconnect with her family, whom she hasn't seen in several years. In addition, she was able to support her mom with the purchase of a much-needed bedroom set. While Marie's savings have gone down since October, she worked with her CFLS coach and has a plan to replenish and grow her safety net.

When Marie was first released, she was meeting with her PO every week. By the time she moved into her apartment, it was down to once per month and in February of 2020 it was reduced to group check-ins once every three months – three years sooner and two months less frequent than originally scheduled. Her PO advocated for this decrease in check-ins by telling her supervisor, "I'm not spending too much time on her, she's got her own place, a 401k, and a savings account".

Marie immediately committed to every aspect of the financial literacy housing program and finished in May 2020 right on schedule. She ran with it and hasn't stopped, putting everything she's learned into practice. Her ultimate goal is to buy her first home in a few years. Until that happens, she'll stay where she is, working on the interim goals that will help her reach her dream.



MIRANDA

Miranda spent 15 years incarcerated for a violent offense, but she is an example that it is possible to rebuild from the lowest point in one's life and a true testament to the idea that people deserve second chances.

While incarcerated, Miranda seized every opportunity to improve herself. She worked consistently, which led to immediate employment upon release to the D.C. women's halfway house, where she lived for just over 5 months. During that time, she held a job making \$10 per hour. She was linked with Community Family Life Services (CFLS) shortly after her release and worked with our employment specialist to secure better employment and with our financial literacy coach to develop money management skills.

As a formerly incarcerated woman, Miranda has always turned to her strengths that got her through extreme life challenges: her perseverance, her grit, and her drive to create a better future for herself. As she learned about money management, these same strengths are what gave her the discipline to pinch pennies and make difficult sacrifices in order to put money into her savings.

Nearing the end of her stay at the halfway house, Miranda knew she would be homeless soon if she did not find an apartment. She began applying to apartments with the support of CFLS, and despite her razor-thin budget, this client was considered by a landlord in Southeast DC who saw her potential and was reassured by the financial support that CFLS would provide for the year. She signed her lease and picked up her keys the exact day she was released from the halfway house. She did not spend even one day homeless, and that is because she was given a chance.

Since entering the apartment, Miranda secured a job making 2.5 times what she was making when she first came to CFLS. Not only has she saved over \$10,000, but she has also paid her rent early every single month for the past year and a half, even throughout the pandemic.



KELLY

Kelly came to Community Family Life Services (CFLS) while living in a domestic violence shelter with her three year old daughter. When Kelly fled her abusive partner, she left behind a lease that was in her name. When Kelly's abuser stopped paying the rent, Kelly suddenly had an eviction on her rental history. As you may expect, this made it extremely difficult for her to get approved for another apartment. When Kelly connected with CFLS, she immediately began working on securing employment and learning money management techniques to clear up the debts that accrued while she was fleeing from her situation.

Once Kelly had stable employment, CFLS was able to enroll her in our financial literacy housing program, which offers rental assistance over the course of twelve months. Kelly found a property manager in Northwest DC that recognized her potential and was willing to understand the complex circumstances of her eviction record.

Kelly was approved for a studio apartment, and she held onto the goal of one day affording a two bedroom. Kelly has not only paid her rent early every month for a year and a half, but also she has been working with her previous apartment complex to pay off her prior eviction.

Kelly's property manager gave her a chance, and by the end of the first year, Kelly was ready to move into a two bedroom in the same building. Her property manager was so pleased with Kelly that she was the first person they reached out to when a unit became available.

Kelly and her daughter are now living in their own two bedroom apartment and continue to pay rent early, even months after graduating out of CFLS's program. Additionally, Kelly has saved over \$5,000. With a little support from the community, she has been able to progress from a difficult time in her life and rebuild.

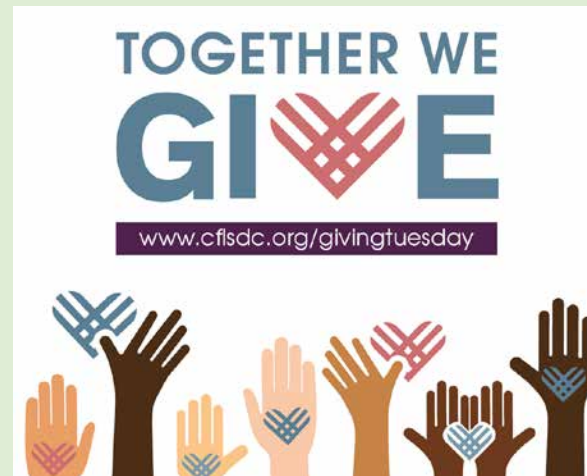


# Funding Highlights

## GIVING TUESDAY

The Giving Tuesday campaigns held in both May and December of 2020 gave us a chance to prove within 24 hours that there is power in generosity. This year, we focused on generating support for the CFLS Speakers Bureau. We were proud to participate in the campaigns through the Catalogue for Philanthropy, a local guide to giving and capacity building for our region's small nonprofits.

*\$5,679.97 total raised!*



## WORLD BANK GROUP

CFLS was honored to participate in the World Bank Community Connections Campaign November 2 through December 17, 2020. During the campaign, staff and retirees make their donations through the World Bank Group's giving platform operated by its partner, Benevity. Every gift designated for CFLS was matched two-to-one.

We would like to give a very special thank you to CFLS Board Member and longtime supporter, Wolfgang Schaefer, for making this possible.



*Thanks to World Bank's match we were able to raise a total of \$27,950!*

## STARBUCKS FOUNDATION

Thanks to Starbucks Partners and The Starbucks Foundation for recognizing how we are creating more inclusive communities. We are honored to enhance our work to support women who are returning home following a period of incarceration.



# 2020

## *Financials*

**\$338,551**

*Contributions  
Received Directly*

**\$2,520,444**

*Government Grants*

**\$292,129**

*Service Fees*

**\$3,335,836**

*Total Revenue*

**\$1,790,844**

*Total Salaries  
and Benefits*

**\$3,281,671**

*Total Expenses*

**\$54,165**

*Net Revenue*



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

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

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