



ANNUAL REPORT

2024

Inspiring Hope.
Strengthening Families.
Building a Stronger Community.

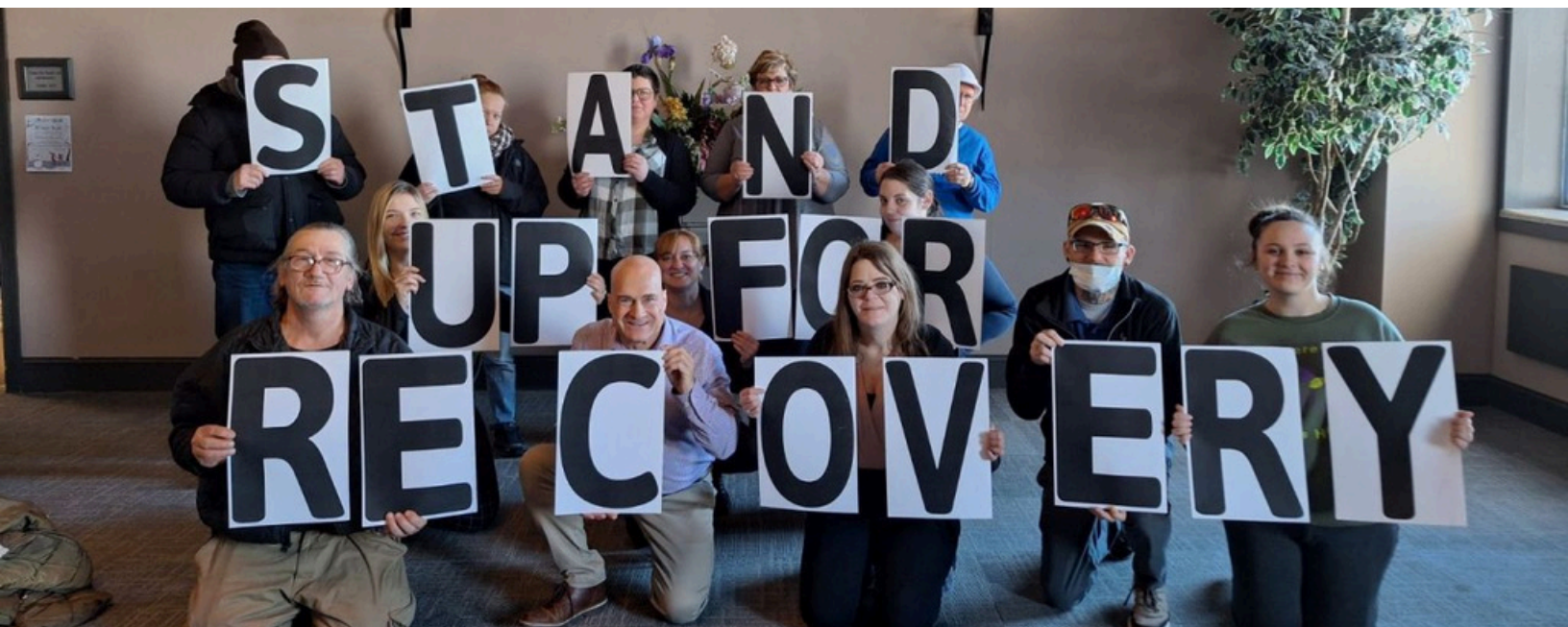


Table Of Contents

01 Vision, Mission & Values

02 Our CFLR Team

03 Message from the CEO

04 A Year in Review

05 Investing in Our People

06 Program Impact

07 Community Impact

08 Circle of Care

09 Prevention Programs

10 Prevention Programs

11 Volunteer Programs

12 Recovery Programs

13 Family & Community

14 PINS Diversion Program

15 Behavioral Health

16 EAP Program

15 Camden Life Center

16 Camden Life Center

17 CFLR in Action

18 CFLR in Action

19 Special Events

20 Special Events

21 Thank You Donors

22 CFLR Strategic Plan

23 Our Core Strategies

24 Rome Life Center

25 2025 Commitments

26 Stay Informed

27 Join Our Team

Our Vision, Mission & Values

Our Vision

To be a leader in creating a world where people have the power to achieve and celebrate recovery.

Our Mission

The Center for Family Life and Recovery supports individuals struggling with addiction, mental health and behavioral issues by inspiring hope, providing help, promoting wellness and transforming lives.

We provide transformative, client-centered, empowering and holistic programs and services to individuals and families.



Our Values

Integrity

Purpose

Excellence

Efficiency

Kindness

Courage



Our CFLR *Team*



Board of Directors

Tom Reilly, President
 Tricia Sticca, Vice President
 Steve Mitchell, Secretary
 Brian Reese, Treasurer
 Adam Burback, Member
 Tammy Ellinger, Member
 Michael Kline, Member
 Sheila Cucarro, Member
 Lorie Guerrieri, Member
 Thomas Cole, Member

Not Present for Photo: Lorie Guerrieri and Thomas Cole

A Message from the CEO



Cassandra
Sheets



As we reflect on 2024, I am proud to share that CFLR has grown stronger in both spirit and purpose. This year brought its share of challenges, but it also revealed the depth of our resilience and the strength of our culture. We saw a meaningful increase in employee engagement, a testament to our shared commitment to the values that define us: purpose, courage, efficiency, excellence, integrity, and kindness. These values are not just words—they are the foundation of how we lead, serve, and support one another.

Resilience and empathy continue to be the keys to our success. They guide us through uncertainty and unite us in our mission. Each year, I am honored to serve alongside such dedicated individuals who bring these values to life every day.

A Year in Review



2024 Revenue

\$3,309,478



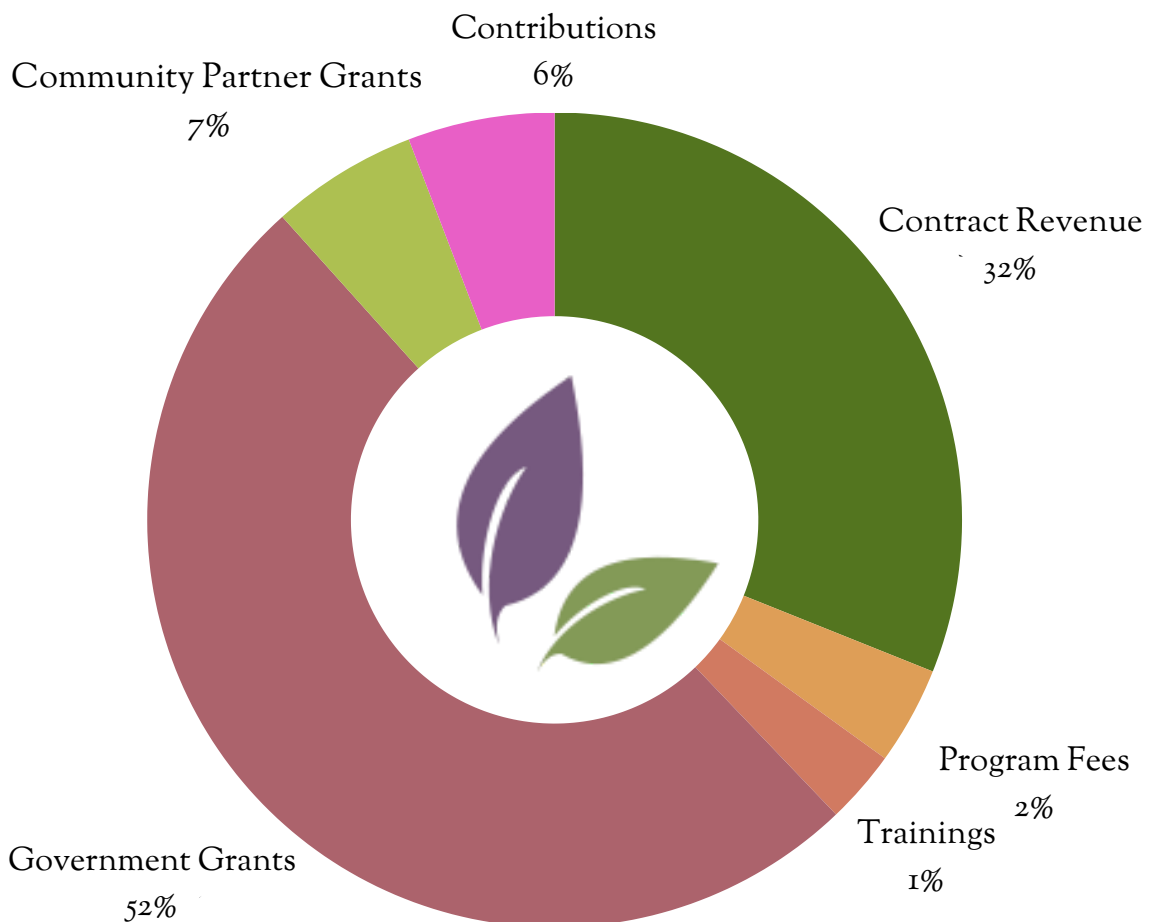
2024 Assets

\$2,991,235



2024 Staff

47



Investing in Our People



People Are Our Core

At CFLR, our greatest investment is in our people—because they are the heart of everything we do. Their passion, purpose, and unwavering commitment fuel the transformative work we lead in communities every day. The results of our 2024 Employee Engagement Survey make one thing clear: our intentional focus on culture and values is not only resonating—it's paying off.

Together, we're building more than programs—we're building impact, connection, and a workplace where people thrive.

2024 Employee Engagement Survey Results

96%
feel CFLR
supports their
professional
development

96%
are proud
to work
for CFLR

87%
feel their
work and life
balance is
met

92%
feel
respected by
their
supervisor

Versus 2023 Results

82%
felt CFLR
supports their
professional
development

86%
felt proud to
work for CFLR

86%
felt their work
and life
balance is met

87%
felt respected
by their
supervisor

Empowering Change

Program Impact

Prevention

Youth Mental Health Day

Welcomed 180 students to Rome's Kennedy Arena for a day of inspiration, connection, and wellness.

Suicide Prevention Programs

Honored with the Marginalized Voices Impact Award for our inclusive approach.

Take Back Day

Collected 400+ lbs. of unwanted medications, protecting our community from misuse.

BOCES Partnerships

Hosted 60+ students for interactive prevention learning.

Suicide Prevention Art Competition

Engaged 93 students from six school districts in creative expression and awareness.

Recovery

Recovery Workforce Development

Trained 13 new Certified Recovery Peer Advocates to meet growing mental health needs.

Celebrate Recovery & Peer Alliance

Launching new recovery-centered groups.

SAMHSA Family Support Grant

Funded two new Family Peer Advocate/Navigator roles to support families in treatment court.

Tornado Relief Efforts (July 2025)

Served as a primary aid hub in Rome during natural disaster response.

Recovery Café Network

Home to New York's first Recovery Café, offering healing spaces and community connection.

EAP

Mental Health & Counseling

Provided 1,100+ confidential counseling sessions to employees and families, supporting emotional well-being and removing financial barriers to care.

Community Education & Outreach

Reached over 1,000 individuals through outreach events and workplace wellness trainings—reducing stigma & access to care.

Mediation & Case Management

Supported employees and employers through substance use recovery, SAP, and hardship navigation—promoting accountability, healing, and retention.

Crisis Response

Delivered 8 CISDs for over 50 individuals, providing immediate support and trauma-informed care after critical incidents.

New 24/7 EAP Portal

Launched a self-guided portal with round-the-clock access to wellness tools, mental health resources, and personal growth support.

PINS

Mental Health Support

Youth access trauma-informed care and wellness tools to manage stress and build resilience.

Academic & Life Skill Tutoring

Hands-on learning, and life skills like communication and decision-making prepare youth for success.

Pro-Social Activities

Creative expression, group sessions, and team-building promote confidence and healthy relationships.

Family Connection

Caregivers gain access to parenting resources, strengthening families and supporting stability at home.

Peer Advocacy & Prevention

Youth engage with CFLR's recovery and prevention teams, learning about substance use, healthy coping, and early help-seeking.

Empowering Change

Community Impact

64,957

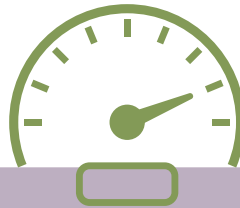


Total People Served



People reached on
CFLR's social media
platforms

523,677



Miles driven by CFLR staff
for programs, outreach,
transportation, services
& more

30,068



Total dollars raised
through fundraising,
events, contributions and
donations

\$193,910

“

Center for Family Life and Recovery has worked with Friends of Recovery – New York for the past two years, providing ongoing training, education, and mentorship to the Oneida County community. This partnership has allowed our organizations to amplify the voice to the recovery community, provide educational resources, and train and expand a recovery peer workforce that can adequately support the recovery community.

Jennifer Donadio, MSW
Project Director – Rural Recovery

”

“

CFLR continues to make a powerful impact by actively breaking down the stigma surrounding substance use and recovery. When stigma fades, access to help becomes possible—and that's when real healing begins. A healthier, more compassionate community starts with hope, and CFLR is leading the way.

Tricia Sticca
CFLR Board Vice President

”

“

CFLR has given me a renewed sense of purpose. I can feel the growth and see progress every week. Granted it was a slow start, and I got discouraged a couple of times. However, the thought of letting down everyone who depends on me—especially my daughter—and, most importantly, myself, kept me going. I love helping people, and I'm deeply grateful for this new sense of motivation in that regard. This is what I want to do for the rest of my life.

Anthony O'Donnell

”

Circle of Care

At CFLR we have a high level of integrity, we know our purpose, and we are excellent at shaping puzzle pieces to create a holistic team approach. The professional staff of CFLR take pride in providing unique, customized, and trauma-informed programs to “meet people where they are at.”

CFLR is widely acknowledged for the variety of client programming provided under a comprehensive system of care model called the “Circle of Care.” The pathway provides each individual client and/or family with access to prevention, recovery, family services and (based on employment qualifications) employee assistance/referrals/clinical counseling services.



Prevention Programs



Francesca Esposito, Program Director

1,742

Total number of students we support through Educational Based Schooling

We identify and understand risks and protective factors to help guide individualized prevention services that engage health, social, educational, and behavioral impacts of substance use. The goal is to develop a supportive community that enables children, adolescents, young adults, and families to have a healthy environment to thrive and grow.

School Programs

166 Sessions Partnership &
4,216 People Capacity Building

29 Sessions Vaping & Marijuana
1,227 People Youth Education

2,145 Total reached at Awareness Events

2,316 Total Reached at Positive Alternatives

1,972 People Total Reached at Speaking Events

25,440

Total Social Media Reaches

Our Programs

- School Prevention
- Community Prevention
- Compeer
- Oneida County Suicide Prevention Coalition

Community Events

Take Back Day
400 Attendees



Prevention Programs



Franchesca Esposito, Program Director

School Prevention



School Prevention Services embedded into Holland Patent, Adirondack, Camden, OHM BOCES, MOBOCES. Some services are also offered to school districts outside of embedded programs in Oneida County. Programming includes Educationally Based Programming, Non-Educationally Based Programming, Awareness Events, Information Awareness, and Community Capacity Building.

Impaired Driver Program

IDP offers classes at various locations, serving Oneida, Herkimer, and Lewis counties on multiple days and nights of the week, including Saturdays. Our IDP instructors are approved by the NYS Department of Motor Vehicles, have years of experience and have completed extensive training.



Community Prevention



Awareness events hosted by this program include Youth Mental Health Days and the Light of Hope vigil. Community education initiatives encompass training sessions focused on prevention efforts and awareness, grief and loss, resource fairs, and tabling events. Additionally, we engage in community capacity building and foster connectivity. Our community prevention efforts also feature family programming, such as Family Peer Advocacy and family classes.



Volunteer Programs

Compeer
Celebrating 50 Years 1973 - 2023

CFLR offers Mental Health Mentoring Programming for Youth and Adults. 1:1 mentorship matches are offered to promote friendship and connectedness. We also offer weekly events to promote community and connectedness.

The need for volunteer mentors is constant as our waiting list is always long! Spending an hour a week over coffee, going for walks, etc. is such a simple task, but means the world to someone who needs companionship.

Your Help Matters

Volunteers help in many ways from volunteering at a CFLR event, as board members, assisting with advocacy efforts, being part of our recovery aftercare programs or mentoring. They often call on elected officials to encourage support for addiction recovery policies, speak up at community forums and share personal stories with others to help fight stigma.



to explore our Volunteer
Opportunities

Recovery Programs

Colleen C. Kirkland, CASAC II, Program Director

Our community and families are supported throughout their recovery process with CFLR by their side. Home, Health, Purpose, and Community are the foundations of how we educate, engage, and support you, your family, and our community in this journey of Recovery.

54 outreach events
300 attendees



#Erinslight 

Every Recovering Individual Needs Some Love
Inspiration, Grace, Hope, Today

4 outreach events
800 attendees

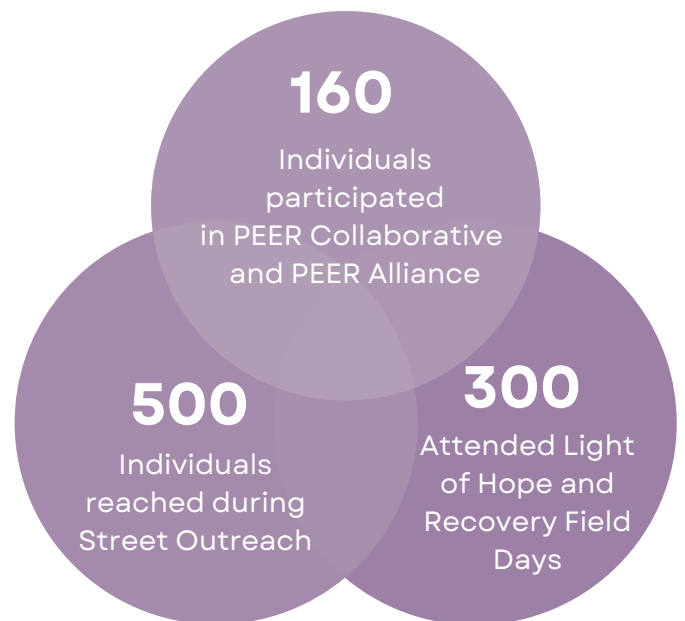
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“

I have learned that recovery is different in all cases. What recovery is to me may be different to others. My trainers in the Peer Collaborative are amazing and awesome at what they do. I am really looking forward to what the future holds and hopefully a career with CFLR.

-Karisha Gulbin

”



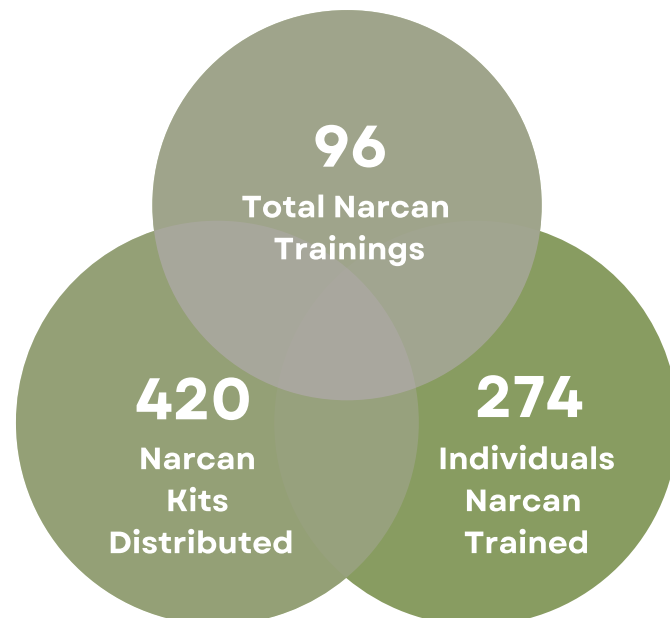
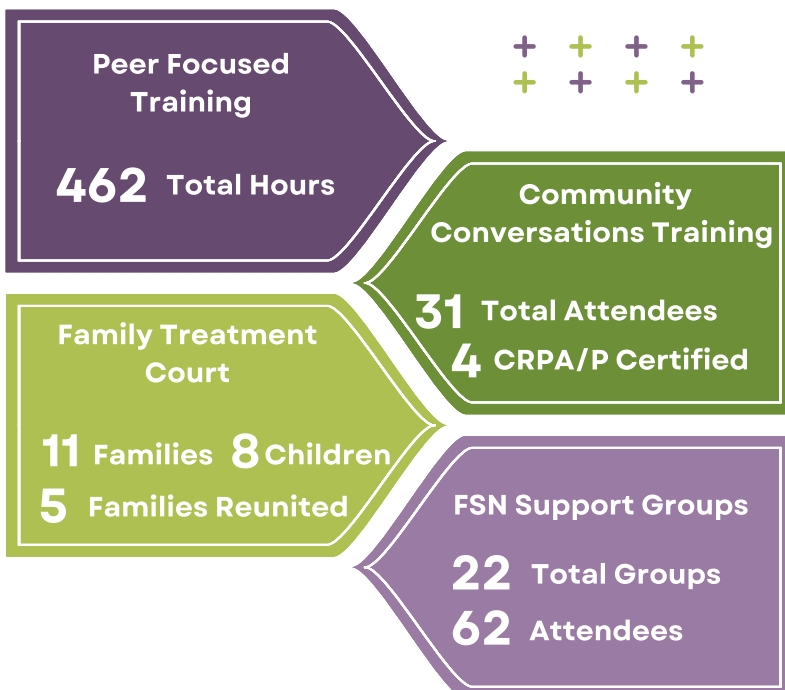
Family & Community Programs

Colleen C. Kirkland, CASAC II, Program Director

Family Treatment Court (FTC) is a program designed to help respondents and their children get back together and stay together. The FTC staff help the parents recover from alcohol or substance abuse and work toward reuniting parents with their children. CFLR is a member of the FTC team. Our Family Peer Advocate (FPA) works with families and helps the adults with connecting with service providers, attend appointments as needed, supervise visitation, and assist with parenting skills. Our FPA works with children that struggle with behavioral challenges and supports children and their families through the reunification process. Families learn how to interact with each other in a healthy manner, that often was not there when the individual was using substances.

Family Support Navigation

Through our Family Support Navigation program families with an addicted loved one learn how to best communicate. They are also taught to understand the science of addiction and recovery, they receive NARCAN training, have one-on-one meetings, and have access to Support Groups like our Nurturing Palms Wellness Group.



PINS

Diversion Program

Oahmidah Chalbat, Program Director

CFLR Clinical staff, in collaboration with Herkimer County Probation and the Herkimer County Department of Social Services, provide individual and group counseling for Herkimer County youth experiencing emotional challenges, as well as their families. Services are also available for youth at risk of developing emotional difficulties. Through the PINS and IMPACT programs, youth under the age of 18 and their families receive counseling and advocacy aimed at reducing out-of-home placements, decreasing aggressive behaviors, and strengthening parenting skills.



Herkimer County Youth and Family Program

Clinical staff provide short-term counseling to youth and their families residing in Herkimer County. Through grant funding, youth ages 21 and under who live in Herkimer County are eligible to receive these counseling services at no cost.

Number of
Groups held at
our CFLR
Herkimer Office

5

25

Number of
children served
during group
sessions

Number of
Adults and
Children
served in their
homes

118

87

Number of
referrals from
parents, schools
and police



Behavioral Health Programs

Youth with Problematic Sexual Behavior:

CFLR Clinical staff provide specialized counseling to youth under the age of 20 who have engaged in problematic sexual behaviors. Services are designed to address underlying issues and promote healthier behaviors and decision-making.

Sexual Abuse Treatment Program:

Clinical staff offer targeted counseling to youth under the age of 20 who have experienced sexual abuse. Therapy is aimed at helping youth process their trauma and develop functional coping strategies in a supportive and healing environment.

Sex Offender Treatment Program:

CFLR provides sex offense-specific treatment for adults who have committed sexual abuse. This comprehensive program includes individual, couple, family, and group therapy using a holistic, cognitive-behavioral approach focused on accountability, behavior change, and prevention of reoffense.

Supportive Care Management:

In partnership with The Neighborhood Center, Inc. and Catholic Charities of Oneida & Madison Counties, CFLR Clinical staff deliver case management services to adults aged 18 and older who meet the New York State Office of Mental Health's criteria for severe and persistent mental illness. Services focus on coordination of care and improving overall quality of life.

Employee Assistance Program

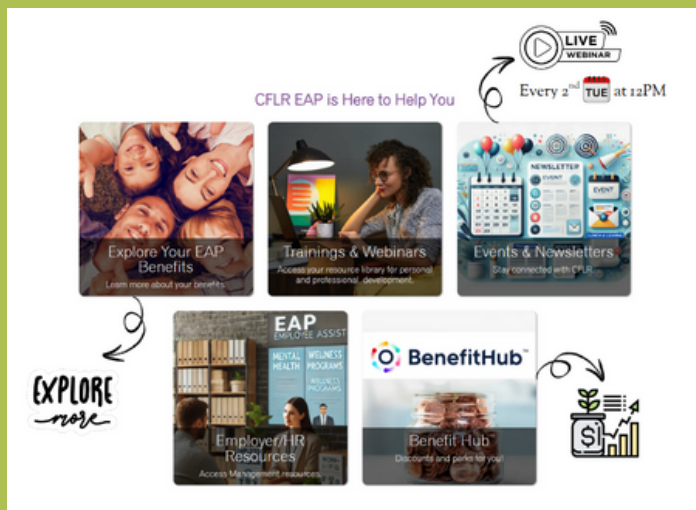
78

Our mission is to empower organizations by supporting the personal and professional well-being of their employees. Through confidential counseling, proactive wellness services, and strategic workplace solutions, we foster healthier work environments, reduce stigma around mental health, and promote resilience, growth, and overall productivity. We are committed to being a trusted partner in creating compassionate, engaged, and high-performing workplaces.

Employers in CNY and beyond chose CFLR-EAP in 2024

2024 Highlights

EAP PORTAL



2,240 Total Reaches

People supported after a critical incident

42

1,104

Total number of EAP Counseling Services



“

Our organization has long partnered with CFLR to support students and families, but enrolling in their Employee Assistance Program has been transformative for our team. In a year marked by personal and professional loss—including a devastating tornado and the sudden passing of a colleague—CFLR provided the space for our staff to feel heard, supported, and connected to meaningful resources. From group debriefs to one-on-one counseling, their team helped guide us through trauma and reminded us as ‘helpers’ to prioritize our own well-being. We’re grateful for the compassionate support and continue to value this partnership deeply.

Central New York Health Homes

”

Lunch & Learns:
11 times
with
133 attendees

Sexual Harassment Trainings:
15 times
with
168 attendees

Tabling Events:
7 times
with
746 attendees

Training Workshops:
45 times
with
426 attendees

CFLR &



Camden Life Center

Jessica Perusse, LCSW-R, Camden Director



CFLR

EXPANDING RURAL ACCESS THROUGH PARTNERSHIP

In 2024, the Center for Family Life and Recovery (CFLR) proudly deepened its collaboration with Come to the Table Counseling—a partnership rooted in a shared mission to inspire hope, provide help, promote wellness, and transform lives within rural communities with the creation of the Camden Life Center.

The Camden Life Center serves as a centralized hub, bringing together multiple agencies under one roof to address a wide range of community needs. This collaborative model ensures that residents of Camden and surrounding areas have streamlined access to essential services, reducing barriers and enhancing overall well-being.

Milestones

- Launched the MetLife Emergency Food Pantry and expanded our Outdoor Emergency Food Pantry with the installation of a Community Fridge, made possible through the support of the Change Club Project.
- Established a Youth Advisory Council to empower young voices and strengthen their role in shaping positive change within our community.
- Secured Reaching Rural grant funding, allowing us to expand our Court-In Reach efforts across local town courts and enhance support for individuals.

Through this initiative, CFLR and Come to the Table Counseling have created meaningful opportunities for connection and growth, supporting the health and well-being of the community.

Our partnership exemplifies the power of collaborative efforts in addressing the unique challenges faced by rural communities. Together, we continue to work towards a future where every individual has access to the resources and support they need to thrive.

Camden Life Center

Jessica Perusse, LCSW-R, Camden Director



Inaugural Black Tie & Blue Jeans Gala

In 2024, we hosted our inaugural Black Tie & Blue Jeans Gala at Burlap & Lace Barn, bringing together community members, partners, and supporters for an evening of celebration and impact. The event not only raised vital funds for our programs but also increased awareness of our mission, laying the foundation for future engagement and growth.



\$35,000

Dollars raised to grow our services and impact on the community

2

Guest speakers who shared their personal journeys through Recovery

200

Attendees from the Camden community

Testimonials

“

Just an appreciation post for the Camden Life Center. I was just able to review their newsletter that was inside my Queen Central News and I think it's wonderful to see all the services and support they are providing to our community. It's heartening to know that such resources are available right here in Camden.

”

CFLR In Action

At CFLR, our team shows up with purpose and passion—every event is an opportunity to serve, connect, and celebrate our values. Whether we're leading community initiatives, supporting awareness events, or hosting family-friendly gatherings, we bring our commitment to kindness, excellence, and service to every moment.



National Prescription Take Back Day



Recovery Field Days



Erin's Light Outreach



Hope In A Bowl Of Soup



Rome Street Outreach



Utica Heartwarming Campaign



Tornado Relief in Rome



Winter Bash



Plant Exchange Giveaway



Mohawk Valley Gives



In Action Continued

Cycle the Erie Block Party



Camden AmeriCorps Station of the Year



Black Balloon Day



Earth Day Clean Up



Rome Honor America Days



Chalk the Walk



Stand Up for Recovery



FBBC Food Drive



OHM Boces Field Trip to Munson



Logo Art Show



Special Events



Take the Day

On May 16, 2024, CFLR hosted its second annual Take the Day! at 5 Points Public House in Utica, NY, in celebration of Mental Health Awareness Month. This event offered a unique space for business professionals and community members to step away from their routines and focus on self-care.

Guests enjoyed a luncheon, pampering experiences, wellness-focused breakout sessions, shopping, and raffles—all aimed at promoting balance and mental well-being.



Light of Hope

Light of Hope Ceremony Honors Lives Lost and Raises Awareness

On August 31, 2024, CFLR hosted its annual Light of Hope ceremony in Rome to honor International Overdose Awareness Day. The event paid tribute to those lost to overdose and suicide while offering support to grieving families and loved ones.

This year's theme, "Recognizing those who go unseen," highlighted the often-overlooked individuals impacted by these crises. The evening served as a powerful reminder that both overdose and suicide are preventable—and that healing begins with awareness, education, and compassion.

Special Events



Annual Awareness Breakfast

Annual Awareness Breakfast Celebrates Community Champions
On April 2, 2024, CFLR hosted its Annual Awareness Breakfast at Hart's Hill Inn in recognition of Alcohol Awareness Month. The event welcomed attendees from across the Mohawk Valley to explore local recovery and prevention services and honor those making a difference.

This year, the Paul Dunn Advocacy Award was presented to attorney Tim Foley for his three decades of advocacy and recovery leadership. The Amethyst Award went to Megan Flanders of ACR Health for her outstanding work in harm reduction and support for those in all stages of recovery.



Tim Foley Recovery Golf Tournament



On September 23, 2024, CFLR hosted its annual Tim Foley Recovery Classic at Teugega Country Club in Rome, NY. The tournament honored Tim Foley for his 25 years of board service and over 30 years in recovery, celebrating his continued advocacy and commitment to hope and healing.

Thank You

To Our Donors



We extend our deepest gratitude to the generous individuals, families, and organizations for their support of CFLR and our mission.



Mary Gregor
Bonnie Zweifel
Tricia Sticca
Robert Green
Christine Spiak
Lisa Briggs
Joan Grande
Miriam Kasseris
Joshua Simon
Zanna Curry
Karim Madmoune
Pinny & George Kuckel
Saunders & Kahler
Jesse Lipson
Anne Milograno
Carol Northrup
Tracey Lazore
James Crossman
Ron Arbour
Richard Roman
Scazlo, Zogby & Wittig
Sue Paratore
Ward, Arcuri, Foley & Dwyer Law Firm
Fitzgerald, DiPietro & Wojnas
Calogero & Associates
Eric Turner
Martin J. Daly
Kane Financial
Adirondack Financial
Empower Business Strategies
Preferred Mutual
Paradigm Consulting
Gates-Cole Insurance
Jeremiah McCarthy Foundation
Lavoda Home Furniture LLC
Edward Lamont
Tom Bushey
Kelly Garofalo
Lynda Klein
Joseph Santa Maria
Bill Cole
UPD Federal Credit Union
Robert Desnoyers
Timothy Fenton
Central New York Health Homes

BME Company
Trevor Wiggins
Iris Buczkowski
Eliza Jones
Adam Burback
Sydney Dean
Heather Watson
Amy Aceto
Greater Herkimer Lions Club
Colleen Callaghan-Kirkland
Coriale Flowers
Adonis-Avanti Transport
Spresso's
Cassandra Sheets
Heather Evans
Kelly Walters
Louanne Cossa
Daniel Herrmann
Timothy Lyon
Tara McKee
Laurie Cowan
Shiela Cuccaro
Lillian Flanders
Kerr Flanders
Adam & Renee Lopez
Kelsey Morton
Maureen Segur
Michael Kiline
Rachael Roberts
Pat & Jeff Roberts
Farrah Abdelaal
Alicia Rocco
Ashley Neuschel
Tanya Davis
Zoie Lehman
Nancy Corbin
John Lauchert
John Hobika
Richard Rinko
Kinho Chan
Catherine Fauss
Lisa Internicola
Elena Reddick
Alice Savino
Douglas Bartell

Katie Gonzalez
Michael Kline
Ian Wiernicki
Teresa Bost
Dominica Liscio
Sean Rafferty
Francesca Esposito
Dan Mody
Karima Wines
Jamie Olsen
In Bloom Yoga
Cynthia Marchione
Tammy O'Connell
Carrie DeProspero
Jennifer Ayer
Jaqueline Newton
Jenna Carbone
Kimberlee Enea
Kaylee Meeker
Jessicas Sweet Treat's
Kindful Art
Lisa Matte
Monda Fellito Sauce
Margaret Lisewski
Kenna Williams
Lovely Essentials
Kessler Promotions Inc.
Randi Keith
Valerie Capodiferro
Gretchen Odell
Catherine Puma
Elizabeth Uebelhoefer
Karima Wines
Sarah Militano
Human Technologies
The Neighborhood Center
Marianne Buttenschon
Jackson Sangiacomo
SUNY POLY
Camden Life Center
Robert Maciol
Cheryl Rossi-Walczak
Richard Williams
Buffalo Beacon Center
Catholic Charities

County of Oneida
Bank of Utica
David Dunn
Brad Tift
Tom Reilly
Stephanie Eghigian
Workforce Development Board
Utica University
AmeriCU
Nancy Corbin
MVHS
Liz Douglass
Julia Brouillette
Anita Mohr
Rachelle Guitian
ICAN
Amanda Abbe
Tom Cole
Brenda Brown
Michael Cowan
Jaime Jordan LMV
Edward Barone
Stephanie Davis-Clark
Fred Huante
Nancy Peterson
Mary Katherine Moylan
Sarah Feola
Trevor Wiggins
Douglas Burke
Dale Wagner
ACR Health
Sean Miri
Beth Petroski
Kim Barkett
S. Elliot
Karen S.
C. Smith
M. Marion
S. Yates
Monica Mercurio
Bank of Utica
Carpenter & Damsky Advertising
Sania Randolph
Lisa Bronk
Mid York Library System

CFLR'S



Strategic Vision for the Future

As the landscape of health and human services continues to evolve, the Center for Family Life and Recovery (CFLR) remains steadfast in our commitment to meeting the needs of our community with agility, compassion, and purpose.

In 2024, we launched a Strategic Planning Group—an empowered team dedicated to advancing our vision and elevating our impact. Together, we have reimagined our strategic goals to reflect the realities of today while staying grounded in the values that define us.

REDUCE STIGMA AROUND MENTAL HEALTH AND SUBSTANCE USE

Reduce stigma around mental health and substance use by increasing community awareness, empowering local voices, and promoting inclusive, recovery-focused messaging.

GROW ORGANIZATIONAL ASSETS FOR LONG- TERM SUSTAINABILITY

Expand and strengthen the organization's financial, relational, and operational assets to ensure long-term sustainability, community responsiveness, and mission impact.

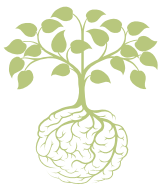
CULTIVATE A VALUES- DRIVEN CULTURE THAT ATTRACTS & RETAINS DIVERSE TALENT

Establish an inclusive, mission-centered workplace where equity, trauma-informed care, and professional fulfillment are embedded in daily practice, making the organization a top employer in the human services field.

EXPAND COMMUNITY PRESENCE TO ADVANCE HEALTH EQUITY

Intentionally grow our reach and deepen our partnerships in rural and underserved areas through innovative service models, expanded Life Centers, and proactive community engagement.

OUR FIVE



Strategic Core Strategies

REDUCE STIGMA

- Community Education Campaign – Target reach 10,000 + people
- Youth Engagement & Education – Target reach 500 + youth
- Leadership & Partner Training – Target reach 100+ community leaders
- Peer-Led Support Programs – Target reach 3+ peer led programs at each Life Center
- Family Engagement – target reach – host 6 annual family centered workshops focused on recovery support

GROW ORGANIZATIONAL ASSETS

- Diversify and Expand Revenue Streams
- Evaluate and Leverage Organizational Resources
- Strengthen and Expand Strategic Partnerships
- Advance Business Planning for Community Responsiveness
- Develop and Implement a Comprehensive Fund Development Strategy

CULTIVATE A VALUES-DRIVEN CULTURE

- Position the Organization as a Regional Employer of Choice
- Embed Equity and Inclusion in All People Practices
- Strengthen a Trauma-Informed, Value-Based Culture
- Align Organizational Structure with Core Values
- Invest in Employee Engagement and Retention

EXPAND COMMUNITY PRESENCE

- Expand Life Centers by 50% in Strategic Locations
- Develop and Implement a Shared Service Business Model
- Increase Geographic Reach Through County Expansion
- Strengthen Community Influence Beyond Programs
- Prioritize Rural Impact Through Tailored Engagement Strategies

Rome Life Center

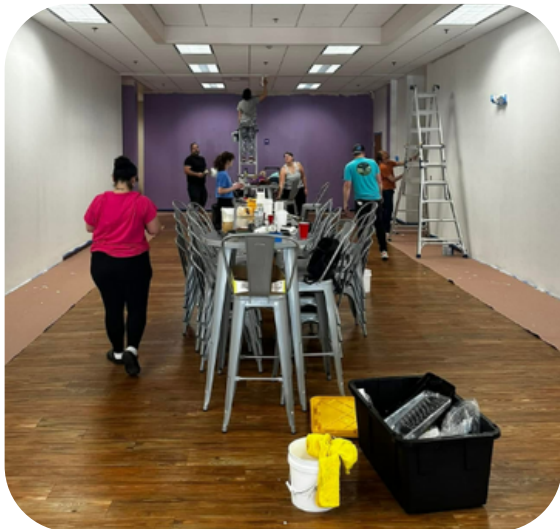
SUCCESSSES & GOALS

In 2024, the Center for Family Life and Recovery (CFLR) achieved significant milestones at the Rome Life Center, strengthening its commitment to fostering recovery, wellness, and community engagement in Rome, NY.

2024 Highlights



LMV Project to complete our Recovery Cafe



OUR Goals

Replicate the Camden Life Center Model:
Transform the Rome site into a vibrant hub for integrated services, recovery, and community connection through strategic partnerships.

Expand Behavioral Health Services:
Launch on-site mental health and substance use services in partnership with Helio Health to address critical community needs.

Grow Recovery Support Programs:
Build a network of peer-led and community-based recovery supports to foster long-term wellness.



Together, *We Build What's Next*

As we close a powerful chapter in 2024, we look toward 2025 with bold vision, renewed energy, and unwavering purpose. Our mission remains clear—to inspire hope, promote wellness, and transform lives. But we're just getting started.

In the coming year, CFLR will continue to expand our reach, deepen our partnerships, and strengthen the systems of care that empower individuals and families across Central New York.

OUR 2025 COMMITMENTS

- Expand access to behavioral health and recovery services across underserved regions
- Open new Life Centers designed to meet people where they are—in rural towns, in schools, and in the workplace
- Enhance our trauma-informed culture for both clients and staff
- Provide more professional training opportunities in leadership, mental health, and recovery advocacy
- Amplify peer voices and lived experience in shaping our future
- Lead the way in reducing stigma and advancing equity in wellness

The future is not something we enter. The future is something we create together.

Be Part of the Movement

Stay Informed, Get Involved

Recovery, prevention, and wellness start with connection—and we want you to be part of it.

Whether you're a supporter, advocate, volunteer, or partner, there are many ways to stay engaged with CFLR throughout the year.

FOLLOW US ON SOCIALS



FACEBOOK

facebook.com/WhenTheresHelpTheresHope



INSTAGRAM

[@centerforfamilylifeandrecovery](https://www.instagram.com/centerforfamilylifeandrecovery)



LINKEDIN

www.linkedin.com/company/center-for-family-life-recovery/

SIGN UP FOR OUR MONTHLY NEWSLETTER



SCAN HERE!

SUPPORT OUR MISSION



DONATE HERE!

Join Our Team

Career Opportunities



At CFLR, kindness, excellence, integrity, and purpose aren't just words—they're values we live by. You'll join a workplace that values your voice, honors your experience, and supports your well-being.

When you join our team, you become part of a compassionate, forward-thinking organization dedicated to empowering individuals, strengthening families, and transforming communities across Central New York. Our staff are the heart of our mission, and we believe in investing in them every step of the way.



WEBSITE

whenthereshelpthereshope.com



PHONE

315-733-1709

**READY
TO BE THE
DIFFERENCE?**



SCAN HERE!


Apply or volunteer today and help us build a healthier, more hopeful future—together.



You are Loved?



You are worth it



You are not alone

Reach out.

