



COVE
BEHAVIORAL HEALTH

A YEAR OF HOPE, UNIFICATION, AND FAMILY

ANNUAL REPORT

FISCAL YEAR

JULY 2022 – JUNE 2023



A MESSAGE FROM...
TAMMIE RATTRAY, Board of Trustees President

Family and community. Two words that hold significant – and broad – meaning. Family can include your biological family; but it can also include your chosen family – those you have elected to surround yourself with as you navigate life's challenges. We all also operate in multiple communities – those might include school, work, a volunteer organization, or a place of worship. Cove's dedicated and compassionate team strives every day to provide a family and create a community for the thousands of clients that it serves.

- Providing comprehensive coordinated care to nearly 50 pregnant women, resulting in 90% of the newborns being born substance free.
- Reunifying 13 children with their parents in the FITT Program (a statewide model designed to offer intensive in-home treatment for families working toward reunification).
- Treating over 4,200 clients, helping them to reach their mental health and addiction recovery goals.

Thank you to my fellow members of the Board of Trustees and to Deanna – it is a privilege to be part of this family and this community. And a special thank you to the entire team at Cove, especially those that are doing the day-to-day work creating a family and a community for our clients and those that love and care about them. Cove would not exist without you.

The team at Cove – led by CEO Deanna Obregon – has achieved numerous milestones this year reflecting their tireless work. Just a few of these accomplishments include:



A MESSAGE FROM...
DEANNA OBREGON, Chief Executive Officer

This past year, we have all seen or heard stories about the impact substance use and mental health has had on families. Family can be defined differently for each individual. Family could mean a nuclear family of parent(s) and children, an extended family including relatives and in-laws, a chosen family of individuals with deep bonds, or even a work family. Cove understands first-hand the devastation that untreated behavioral health issues can have on families. Our collaborative team continues to work together to address the behavioral health needs of families. Our Prevention Team works with schools to provide digital education to high schools students on prescription drug misuse and understanding mental well-being as well as counseling. Our Outreach Team offers education and screenings in the community. Our Treatment Team provides counseling and medication to adults in the family as well as to adolescents.

Our Residential Team provides a therapeutic environment for intensive support of adults needing a higher level of care including parenting education and parenting skills.

- 37 substance using pregnant women have received treatment this year with 93% delivering drug free babies.
- 6,067 high school students received education on understanding mental wellness and another 22,055 students received education on prescription drug safety
- Nearly 100 individuals have received parenting education.

Cove continues to explore new and innovative techniques to engage with families and help them access the care they need. We have assembled a top-notch team of physicians/APRNs, counselors, nurses, care coordinators/case managers, peer support specialists, behavioral health technicians, and support teammates. Their talent and dedication impresses me every day. Special thanks goes out to our Board of Trustees for their support and guidance as Cove continues to evolve to meet the needs of our families and community.

**2022-2023
BOARD OF TRUSTEES**

We express deep appreciation to our Board of Trustees, for their passion, wisdom and insight. Their support is invaluable to the growth and success of Cove Behavioral Health throughout the year.

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We are accredited by the Commission on Accreditation for Rehabilitation Facilities (CARF) for all care programs.

GROWTH AND SUCCESS THROUGHOUT THE PAST 50 YEARS



COVE BEHAVIORAL HEALTH ALUMNI
Lives transformed through COVE

JENNIFER D. – “My Work is Fulfilling and Purposeful”



I first came to Cove when I was 20 years old. I did some treatment but I was still not ready to give up my lifestyle. My life went on in active addiction for 8 more years. Then my life changed forever. On February 4, 2012, DCF removed my children from my care, due to substance abuse. This time I was put into a very intense program that became the biggest part of my long-term recovery.

I secured a new home, a job, and remained in treatment 5 days a week to get into position for reunification with my kids. I gained complete trust in my counselor at

Cove who guided me to work on myself. I felt very empowered to learn who I was. I wanted to help others. I truly took action of all the things I was learning at Cove and applied them to my life. That led me to the next phase in my life. Cove was hiring in their program. The criteria for the position was someone who was 3 years clean, reunification with her children and active in recovery. I felt this was my calling. So, I trusted the process and interviewed for the position. On January 5, 2015 I attended orientation and became a Cove employee. I worked as a Family Mentor helping engage parents early in their DCF involvement by calling them right after case transfer staffing, to engage them in treatment at Cove. I was trained and supported by co-workers and supervised with love.

Today I am the lead Peer on the FITT team. I am able to teach, coach, empathize and share the journey of my career with my fellow peers. My words are valued among my team. My work is fulfilling and purposeful. I am grateful for the sense of duty I feel to perform my job and take pride in prioritizing my personal wellness to do so.

MINDI V. – “Forever Grateful”



When I first arrived at Cove, I realized that things were happening because of me, my outlook on life began to change. While in treatment I learned to understand what my triggers were, to identify how my addiction manifests in other aspects of my life, and that I was in control of my destiny. All of the seeds that were sewn in that time at COVE made such a big difference in my recovery.

At one year clean, I was able to wean off of my methadone. It was the first time in my life I chose to be drug free for that reason, I chose this as my clean date. I have been employed since treatment and currently serve as the operations manager at a café. I am extremely involved in the Cove alumni.

I am currently in school at HCC, seeking my degree in accounting, and I just purchased a home through Habitat for Humanity.

My life would not be what it is today without the time I spent at Cove. I will be forever grateful.



Accomplishments & Growth

Stabilize, Preserve, Reunite Families

The Family Treatment Services (FTS) project in Cove Behavioral Health's Women's Residential Treatment Program provides trauma-informed services to help those in need. It is intended to serve 150 pregnant and postpartum women and 250 children over five years. The women, children, fathers of the children, partners of the women, and extended family members are all provided individualized services based on a family plan developed by the team. Transition care after families leave the residential setting is provided in addition to parenting support and workshops to enhance family functioning.

Through the use of evidence-based strategies, Cove's FTS goals are:

- Decrease the use and/or abuse of prescription, alcohol, tobacco, illicit and other harmful drugs among pregnant and postpartum women
- Increase safe and healthy pregnancies
- Improve birth outcomes
- Reduce related effects of maternal and/or paternal drug use on infants and children
- Prevent mental, emotional and behavioral disorders among the children
- Improve parenting skills, family functioning, economic stability, and quality of life for families
- Decrease involvement and exposure to crime, violence and neglect
- Decrease physical, emotional, and sexual abuse for all family members

While in treatment, women are able to re-engage in pro-social activities in the community such as a 6-week series to a therapeutic horse farm. They are also able to continue attending a structured education program at the Tampa Museum of Art. Women are able to reconnect to community support through the utilization of a Recovery Support Specialist, who transport them to NA/AA meetings in the community.

93% of women who delivered while participating in treatment had drug-free births, and were able to stabilize their pregnancies by being enrolled in an Opioid Treatment Program (OTP). FTS' continued partnership with Tampa General Hospital and their neonatologist allowed the opportunity for the women to be educated on the effects of Neonatal Abstinence Syndrome (NAS) prior to their birth. This allows for the mom and baby's needs were met throughout the post-partum period.



93%

Newborns born to women at Cove programs were born **substance free**

Strengthening our Community...

Supporting At-Risk Families

- 871 families involved in the child welfare system parents referred to services
- 460 completed assessment for services
- 296 parents engage in treatment services

Helping Our Youth Through Outpatient Services

Cove's Youth Services Prevention Program for adolescents provides preventative counseling for at-risk youth in Hillsborough County, middle and high schools. In our program, we utilize evidenced-based programming to increase successful outcomes for youth, in areas of life skills and substance use education.

Success in our services include:

- Individual and group counseling
- Counseling offered in school, in office, or via telehealth
- Life Skills and Substance Education group presentations

Keeping Families Engaged During Treatment

- Parenting and education classes
- Trauma and grief groups
- Peer support services and life skills
- Visitation Room to better engage families



DONOR LIST

Thank you for making a difference in the lives of many this year with your generous donation. Your kindness means everything to Cove Behavioral Health and we are grateful that you support our mission of creating healing and hope for the future.

\$30,000

Nancy & Earl Horton

\$26,500

Carl Lindell

\$25,000

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Ed Kaloust – Medi Weightloss

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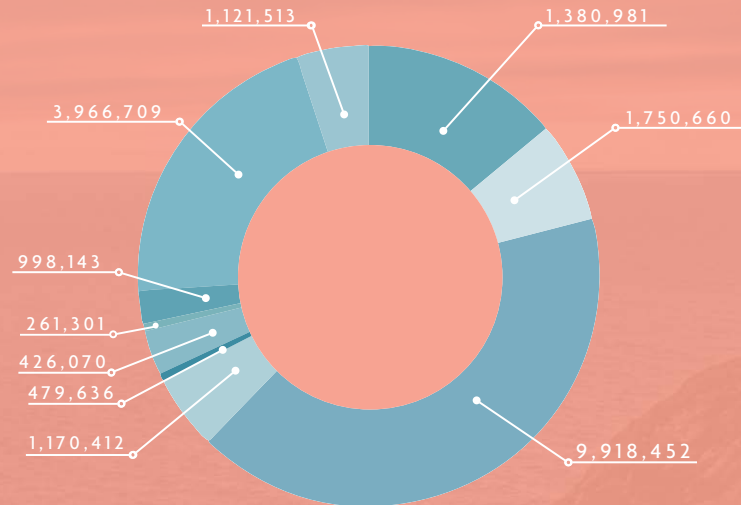
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2022-23 FISCAL YEAR REVENUE & FINANCE



TOTAL: 21,473,877

GRANTS

Network	\$9,918,452
Federal	\$1,380,981
State	\$1,121,513
County	\$3,966,709
Other	\$998,143

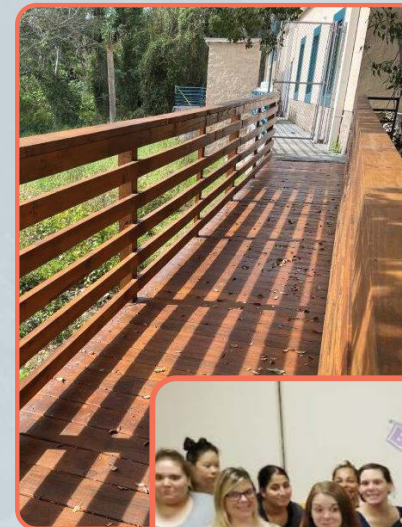
INSURANCE

Medicaid	\$1,750,660
Commercial	\$261,301
Client Fees	\$426,070
Contributions	\$479,636
Other Income	\$1,170,412

We thank you for your continued support that ensures access to needed services in our community



BE A PART OF THIS JOURNEY WITH US & A PART OF THE SOLUTION...
TOGETHER WE CAN MAKE A DIFFERENCE!



We value our donors and partners



GIVING IS EMPOWERING – YOUR DONATIONS ENABLE US TO FUND OUR PROGRAMS SUCH AS:

- Supporting pregnant women struggling with substance use disorders who are in need of treatment services
- Renovations to our Men's Residential Program
- To improve the environment for those experiencing homelessness

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US TODAY!**



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Just scan the QR Code to make a donation
Or
visit www.covebh.org/donations

**We value the strength and resilience of our Cove Team who are
Committed...Dedicated...Compassionate...Innovative**

Thank you – we are so grateful to all of you!



COVE
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