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## **ANNUAL REPORT**

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Our mission is to improve lives and strengthen families by mobilizing and engaging the caring power of communities and enhancing natural support systems using strength based services with an emphasis on trauma focused treatment.

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### **Clients Served**

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Over 540 clients were served during the calendar year 2012. Of those, 92% were under 18, 6% were over 18 and 2% under the age of 5.

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### **Geographic Locations of Clients Served:**

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- Volusia County (56%)
- Flagler County (28%)
- Putnam County (16%)

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### **Identified Client Diagnoses:**

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- Attention Deficit Disorder
- Adjustment Disorder
- Bipolar Disorder
- Depressive Disorder
- Mood Disorders
- Oppositional Disorder
- PICA
- Post-Traumatic Stress Disorder

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### **Evidenced Based Practices Used in Treatment**

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A Helping Hand, Inc. recognizes that many individuals seeking behavioral health services have suffered traumatic events which have resulted in negative or debilitating behavior. To address these conditions, A Helping Hand, Inc. uses practices that have been proven effective through research. The following is a partial listing of the evidenced based practices used by A Helping Hand, Inc. to assure individuals receive the most effective interventions.

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## Evidenced Based Approach Utilized through A Helping Hand, Inc.

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- Trauma Focused Cognitive Behavioral Therapy
- Infant Mental Health Therapy
- Play Therapy
- Narrative Therapy
- Skill Building
- Cognitive Behavioral Therapy
- Comprehensive Continuous Integrated System of Care

## AGENCY REVENUE AND EXPENSE

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Revenue	\$2,393,477.49
Expenditures	\$2,392,152.01