



Changing Our Lives Today, Inc.

*A nonprofit subsidiary of
Clinical Counseling and Consulting Services, PLLC*

STRATEGIC PLAN

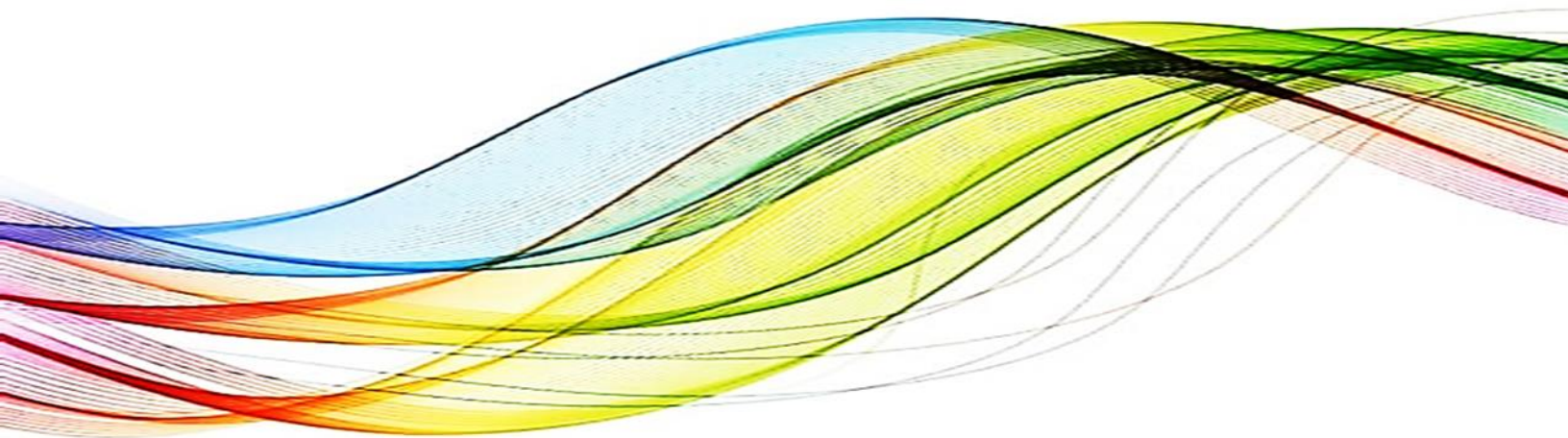
August 1st, 2020-July 31st, 2023

Updated February 2021

Side Effects of COVID-19

The enormity of the coronavirus disease 2019 (COVID-19) has created a nation-wide crisis that has left all societies uncertain of their future and survival. According to the Center for Disease Control and Prevention (CDC, 2020), more than 2 in 5 US residents report struggling with mental or behavioral health issues associated with the COVID-19 pandemic, including anxiety, depression, increased substance use, and suicidal ideations. Additionally, students of all ages have endured educational challenges due to school closures and remote learning. For children and adolescents, learning loss resulting from school closures has impacts that can extend into adulthood, including reduced earning potential and educational attainment (NCSL, 2021).

Our strategic plan considers the influence of COVID-19 on human development, education, and behavioral health. This plan presents opportunities for community members to obtain additional human service supports that are detrimental to their well-being, especially during the COVID-19 pandemic. Throughout this unprecedented time, we intend to modify our plan according to our community needs. Although this pandemic is devastating, it presents an opportunity for each of us to be “agents of change” and for us to execute critical yet, necessary plan of action.

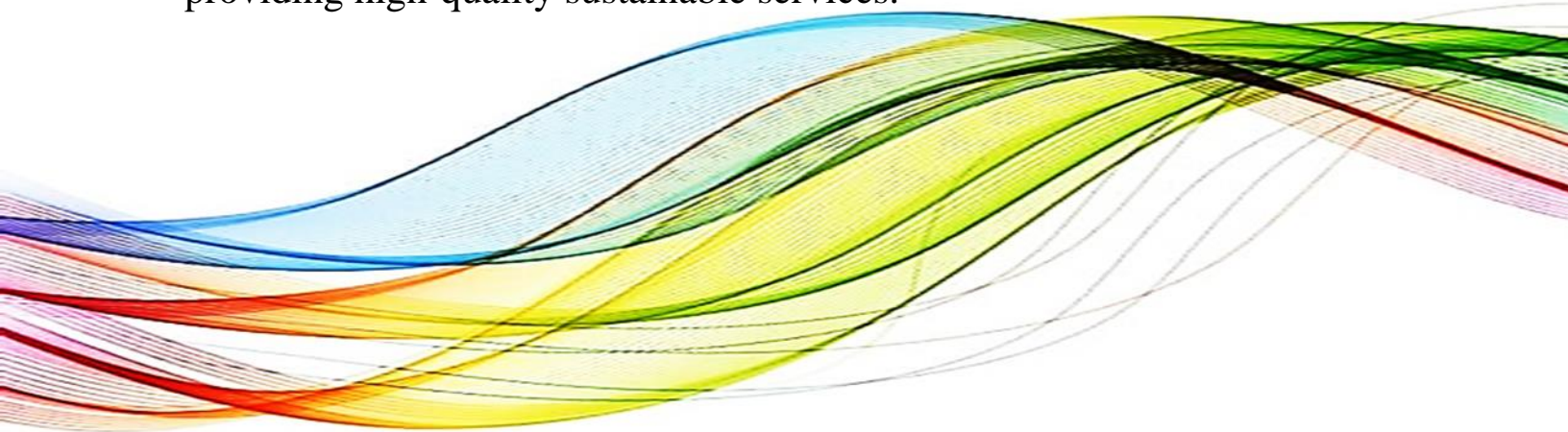


Executive Summary

Changing Our Lives Today (COLT) incorporated is a non-profit subsidiary of Clinical Counseling and Consulting Services, PLLC (CCCS). This division provides community-based human development, educational, and behavioral health programs to underserved populations with limited financial resources. The programs of COLT are focused on assisting families, children, youth, and adults with improving behavioral and cognitive capacities to enhance their well-being and quality of life.

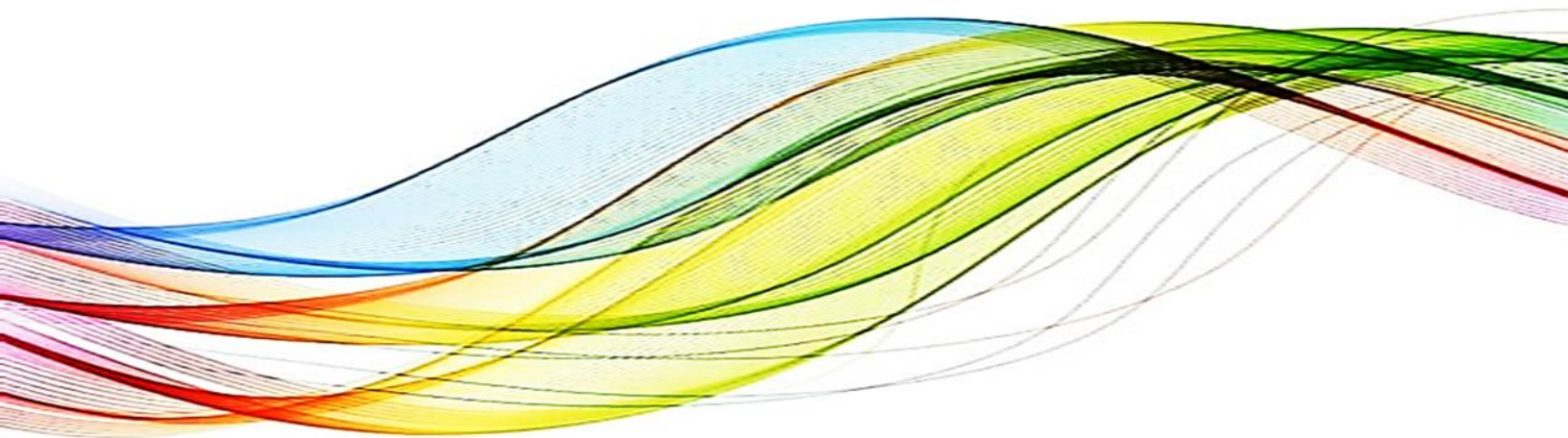
COLT originated in the latter of 2017, as a result of lack of access to behavioral health care for low-income individuals and families. Additional investigation found that access to educational and human development care was also limited. These findings were corroborated by CCCS through clinical practice. This discovery led to Licensed Psychotherapists of CCCS providing pro bono services to such populations to fulfill the service gap. However, the pro bono services were determined by CCCS to be insufficient to the populace need. Thus, requiring more financial resources and support to provide adequate service provision. Hence, resulting in the development of COLT.

We expect the next three years as well as years to come to be the most impactful and viable to our community. We look forward to developing more relationships with community agencies and stakeholders while providing high-quality sustainable services.



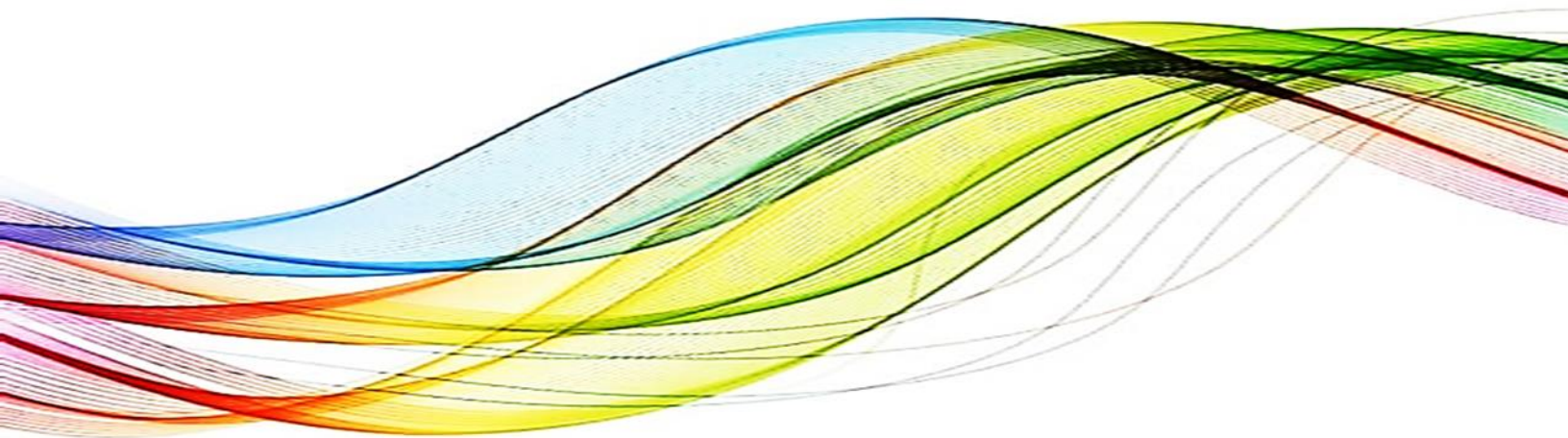
Vision 2023

“To provide a continuum of viable human development, educational, and behavioral health programs”.



Mission 2023

“To offer accessible,
innovative, and sustainable
human services”.



COLT Values

COMMUNITY

We are pillars of our community who provide community outreach and support.

ACCOUNTABILITY & INTEGRITY

We pride ourselves on honesty, transparency, and responsibility from ourselves and for those we serve.

RESPECT

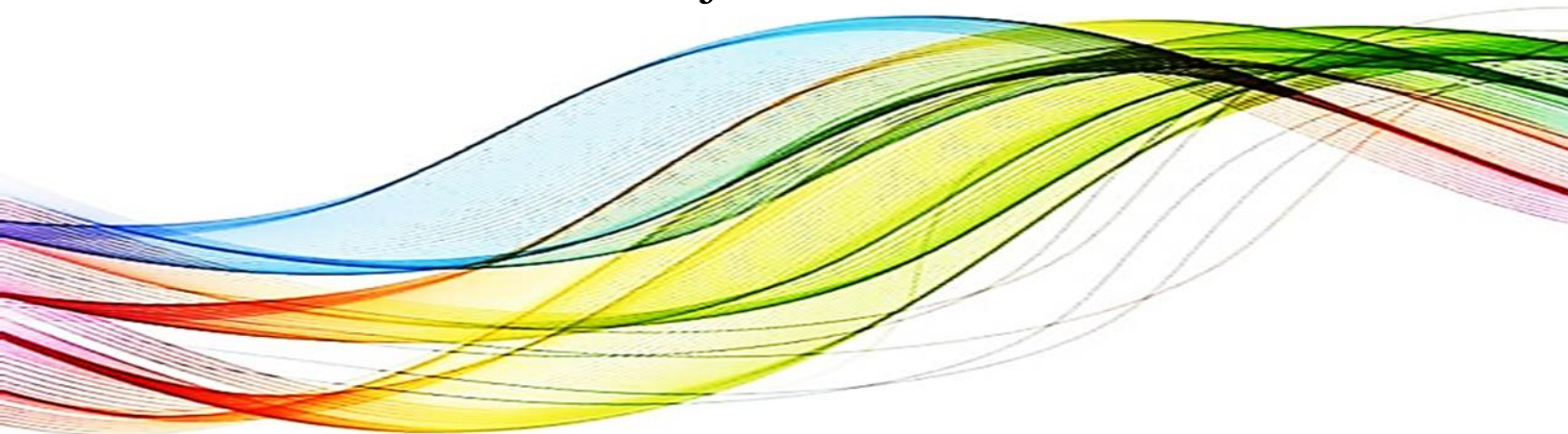
We accept you as you are!

GROWTH

We constantly seek and share knowledge through listening, learning, and research.

EQUALITY

We aim to achieve equality through equity and justice.



Organizational Overview

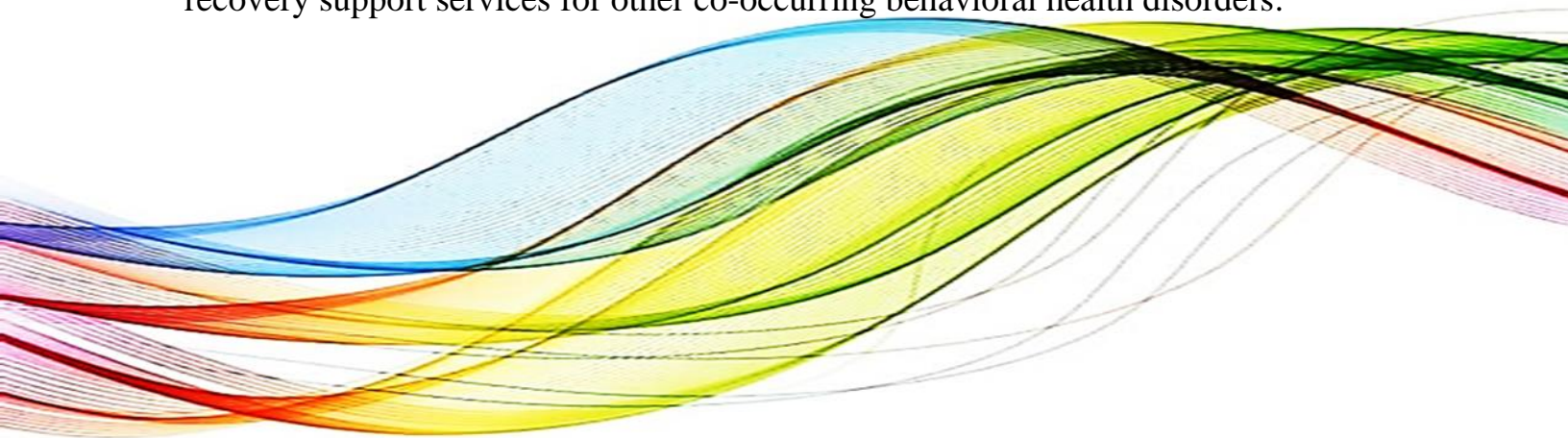
Services and Sustainability

COLT provides various services within the following program areas: Human Development, Education, and Behavioral Health. Service availability is primarily determined by grant-funding and donations, when necessary, we sustain and implement programs by available support from our parent agency, CCCS and fund-raising projects.

Human Development: We assist individuals with developing and improving vocational skills to obtain housing, employment, and independence. We also link individuals with community resources that can assist adults and families with attaining stability and improving their quality of life. Such services consist of resume development, interview preparation, job search, budgeting, and etiquette.

Education: We assist children and adolescents with identified educational deficiencies. We provide individualized basic skills instruction in the areas of reading, mathematics, and writing. We also provide a virtual learning center to assist children and adolescents with remote learning. Our educational services consist of after-school remediation and our virtual learning center.

Behavioral Health: We assist children, adolescents, adults, and families with improving their behavioral health through implementing services that focus on prevention and rehabilitation. These services are intended for criminal offenders and individuals with behavioral health diagnoses and addictions. These services consist of individual, family, and group psychotherapy, collaboration with medical professionals, when applicable, addictions treatment, problematic sexualized behavior/sexually offending behavior and a continuum of intervention, and recovery support services for other co-occurring behavioral health disorders.



Strategic Goal (1)

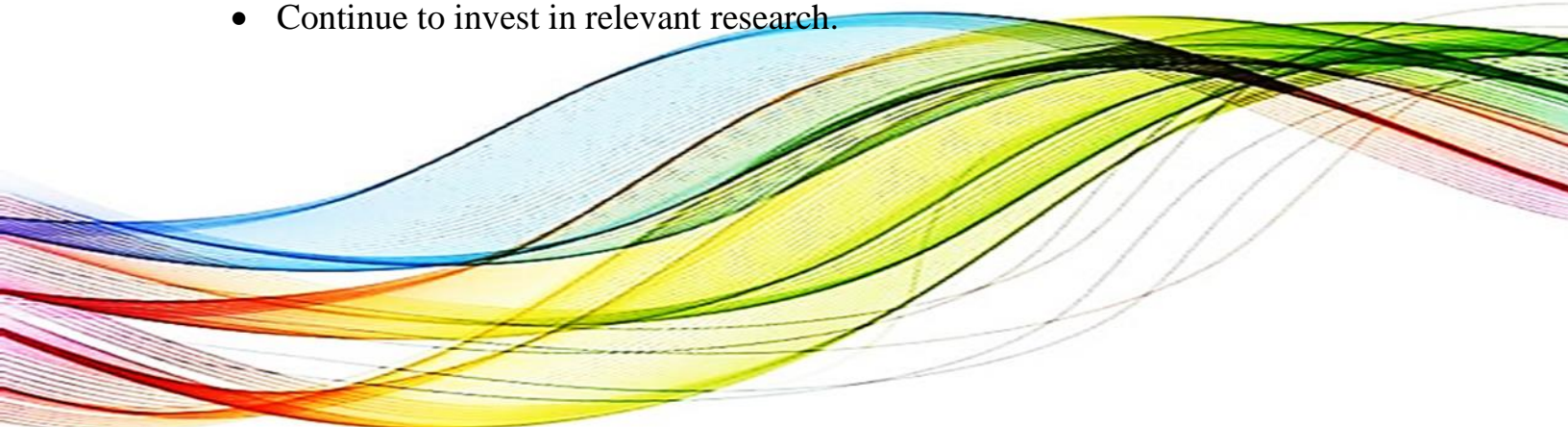
Expansion

Within the next three years, COLT will expand and enhance its presence in both rural and armed forces community, the broader Fayetteville, Hope Mills, and Raeford communities, and will cultivate funding through community support, communal vision, understanding and partnerships.

Funding:

- Secure sustainable long-term funding
- Demonstrate the social-economic impact of human development, educational, and behavioral disparities through research and analysis.
- Expand giving and donor stewardship, keeping current with philanthropic changes in fund development Invest in retention and minimize attrition.

Public Awareness

- Increase brand awareness.
 - Continue to grow and share our expertise in human development, education, and behavioral health.
 - Establish relationships with marginalized and yet-to-be-served and underserved populations.
 - Continue to invest in relevant research.
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Strategic Goal (2)

Relationships

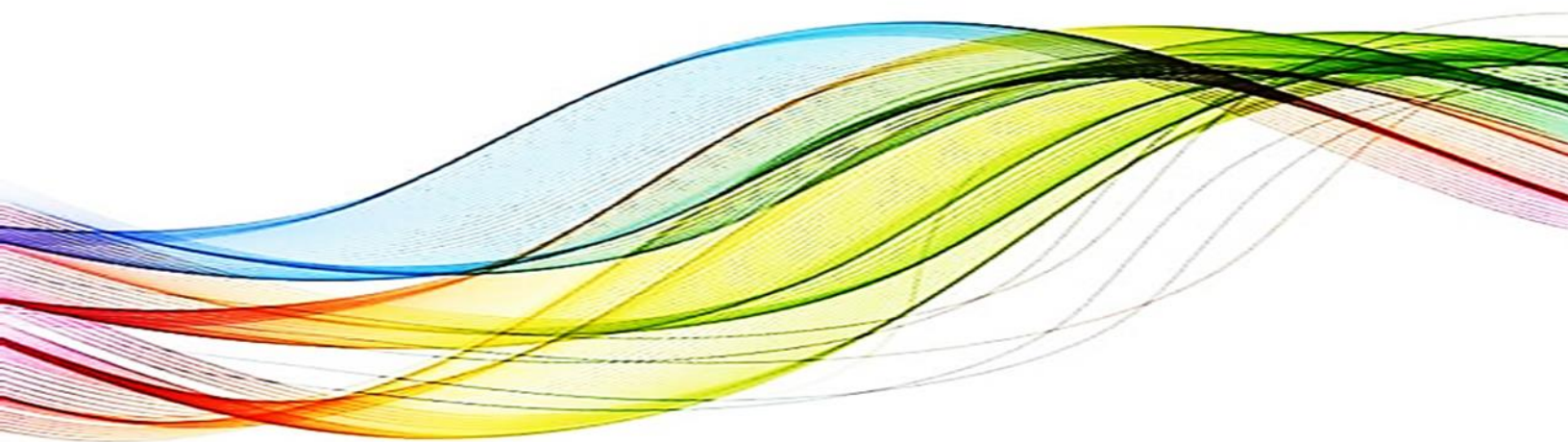
Within the next three years, COLT will develop additional relationships with law enforcement, local governments, military officials, and behavioral health vendors to increase service participation and service awareness within the community.

Engagement:

- Foster a cohesive culture invests in compassionate relationships internally and externally with other community vendors.
- Model respect, equality, compassion for all relationships

Programming:

- Identify gaps in current programming.
- Offer programming with needs of clients and community, reflecting the vision of COLT.



References

National Conference of State Legislatures (2021, January 14) retrieved from <https://www.ncsl.org/research/education/public-education-response-to-coronavirus-covid-19.aspx>

Centers for Disease Control and Prevention (2020, August 14) retrieved from <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

