



**TIDES FAMILY SERVICES**

**WE NEVER GIVE UP ON A KID... NEVER!**

# **Tides Family Services 2025 Client Profile Report**

March 2026

## **Introduction and Purpose**

This report has been prepared for the purpose of providing information and context about the clients who received treatment and services from Tides Family Services between January 1, 2025 and December 31, 2025.

Tides clients are characterized by the unique challenges they and their families face across multiple facets of living. As this report will demonstrate, these challenges are significantly elevated compared to other children and families in Rhode Island. These challenges will be illustrated throughout the report, which will include a breakdown of client demographics, family and household profile, community environment, educational factors, and behavioral health insights. Additionally, 2025 client data has been compared against that of 2024.

## **Summary of Findings**

This updated 2025 Client Profile Report will explore the same domains as its 2024 counterpart: domain: race and ethnicity, family composition and stability, community environment, education, and behavioral health.

Differences between 2024 and 2025 data may reflect enhancements in data collection and reporting practices across the agency. Direct service staff and data quality personnel have gathered client information more consistently and accurately, enabling more comprehensive analysis.

As demonstrated throughout the report, there have been no major changes to the client population between 2024 and 2025. Youth and families served by Tides Family Services face obstacles to a greater extent compared to other children and families across Rhode Island.

Although the racial and ethnic makeup of Rhode Island is diverse compared to the rest of the nation,<sup>1</sup> Tides clients are more diverse. Tides clients in 2025 were less white, more Hispanic/Latino, and older than other children in Rhode Island. The Rhode Island Kids Count 2025 Factbook notes that “structural racism, institutional racism, and racial bias and discrimination all contribute to worse outcomes for Children of Color who come in contact with these systems”.<sup>1</sup>

Tides clients are increasingly living in single-parent homes. There was also an increase in clients living with foster families, in residential treatment, and psychiatric stays. Tides clients are much less likely to live with both parents when compared to their peers across the state. Single parenthood is more likely to be associated with financial hardship and stress.<sup>1</sup>

Nearly half of all 2025 Tides clients live in the four core cities of Rhode Island, where poverty is most concentrated. These cities have elevated disparities including heightened lead exposure, abuse and neglect, and teen birth rate, among other divergent challenges.

Tides clients in 2025 are nearly twice as likely to have received special education services than other RI children. Children of Color receiving services at Tides are more likely to face school disciplinary actions than their White counterparts. Two thirds of Tides clients attend a 1 or 2 star school, as rated by the RI Department of Education’s 5-star rating system.

Clients are referred to Tides for a wide range of behavioral health issues. Since 2024, rates of depression, anxiety, and conduct/impulsivity disorders have increased significantly among Tides clients.

Despite these overwhelming hardships faced by clients and their families, nearly two thirds of all clients discharged from services in 2025 successfully reached their goals. This is a testament to the incredible resilience and character of our clients and their families, and the dedication and professionalism of Tides staff.

Respectfully submitted,  
Tides Continuous Quality Improvement Team  
March 2026

## Client Demographic Profile

In 2025, Tides served 1384 unique clients with 1680 enrollments. That is, 296 clients had multiple enrollments.

Tides clients are more racially and ethnically diverse than the state of RI as a whole. Tides has a lower percentage of white clients and a higher percentage of all other documented races (Asian, Black, and “Other”). Tides clients are 6% more likely to be Hispanic and Latino compared to other children in the state.<sup>2</sup>

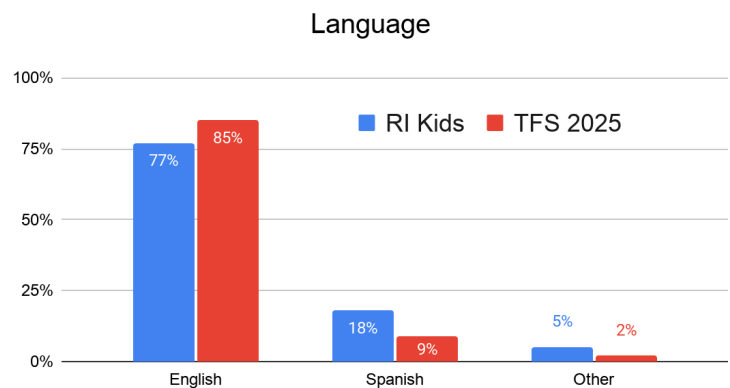
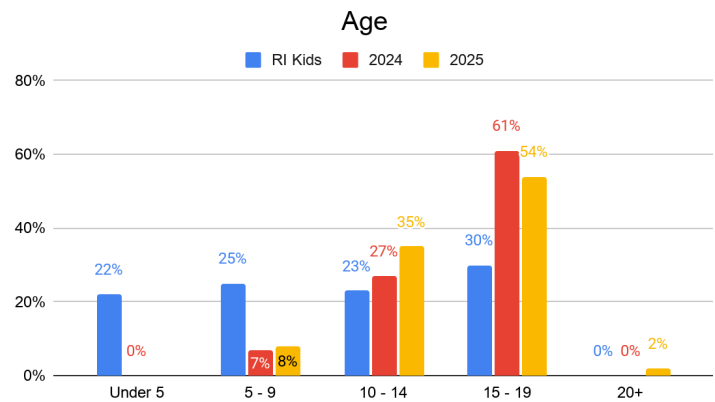
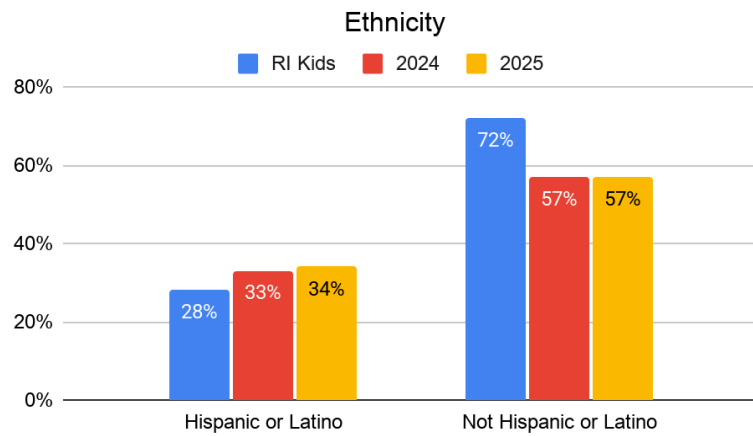
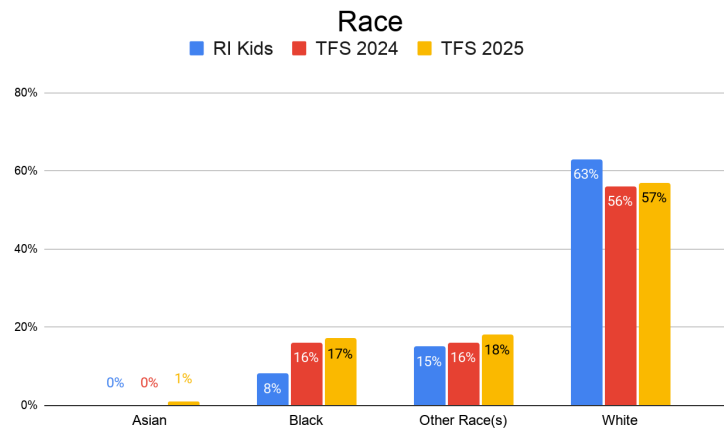
Interestingly, Tides clients are more likely to speak English and less likely to speak Spanish compared to children in RI.<sup>2</sup> This could be inaccurate data, considering Tides is more representative of Hispanic/Latino populations compared to the rest of the state.<sup>2</sup>

There have been no major changes to the demographic makeup of Tides clients since 2024. Most changes are between 1-2% and can be attributed to improved data gathering of demographic information.<sup>2</sup>

The exception to this is age, with clients in 2025 skewing younger than in 2024. Inversely, the introduction of adult outpatient services explains the increase of clients that are 20 years and older.<sup>2</sup>

Both gender at birth and gender identity are similar to that of state percentages, with male clients exceeding that of female clients. Additionally, 3.1% of clients identify as non-cisgendered, close to the figure of 3.9% of children across the state.<sup>1</sup>

Gender Identity	TFS 2025
Demigirl	1
Female (cisgender)	553
Genderfluid	3
Male (cisgender)	682
Non-binary	9
Other	5
Questioning/Exploring	1
Transfemale	5
Transmale	15



## Families

The family composition of Tides clients is unique when compared to the state of RI. By far, most clients served by Tides are part of a single-parent household (57%), compared to 31% statewide. Tides clients are more likely to live in foster care (7%) than statewide (2%), and more likely to have lived in residential treatment (3%) than other children in the state (<1%). Out-of-home placements, especially longterm, cause emotional, behavioral, or educational problems that can negatively impact children’s long-term well-being and success”.<sup>1</sup>

Living Situation	RI Kids	TFS 2024	TFS 2025
Home with 1 Parent	31%	55%	57%
Home with 2 Parents	59%	11%	23%
Living with extended family	8%	8%	7%
Living with foster family	2%	4%	7%
Psych Hospital/Residential Treatment	<1%	<1%	3%
RITS	Unk	4%	2%

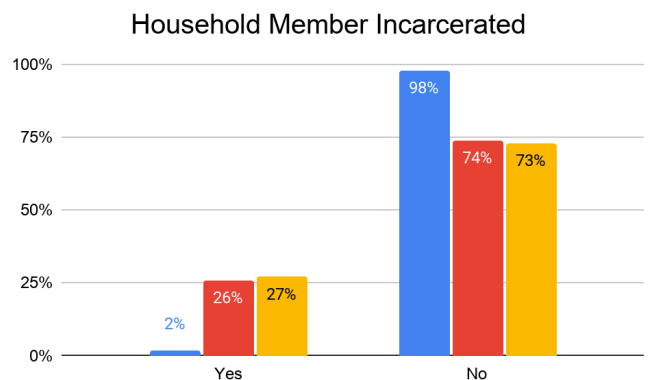
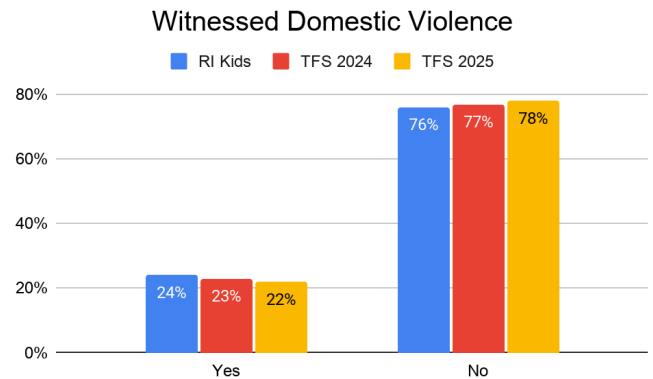
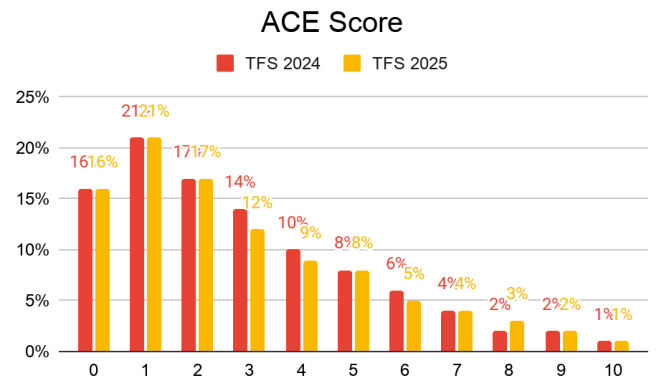
Referrals from DCYF provide insight into family needs at the time of intake, for all DCYF programs. When looking at DCYF referrals (n=626), assistance with family relationships is the highest need, and rose by 9% since 2024. The most common needs identified in the 2025 referrals have not changed rank since the 2024 analysis.

Family Needs at Referral	
1.	50% Family relationships
2.	39% Supervision and discipline skills
3.	29% Social resources and network
4.	27% Involvement in youth’s care
5.	20% Parent mental health needs

Adverse Childhood Experiences (ACE) are linked with toxic stress, maladaptive behaviors, increased risk of substance use, depression, heart disease, and cancer among other health concerns.<sup>3</sup> Tides clients completing ACE assessments (n=1165) have higher scores than children nationwide. Tides clients are more likely to have a high ACE score. Compared to 13% of children nationally who have 4 or more adverse childhood experiences, 34% of Tides clients score 4 or more.<sup>3</sup>

Tides clients are on par with state figures as witnesses of domestic violence. Witnessing domestic violence can lead to impairment of partnering and parenting later in life; “this cycle can be broken through honest conversations with supportive adults”.<sup>1</sup>

Tides clients are much more likely to have a parent incarcerated compared to children across the state. Children of incarcerated parents experience higher rates of physical and mental health problems, educational challenges, learning disabilities, ADHD, conduct problems, developmental delays, and speech problems.<sup>1</sup>



## Communities

In Rhode Island, 35% of children live in Providence, Pawtucket, Central Falls, or Woonsocket.<sup>1</sup> These towns are often referred to as “core cities” due to the elevated disparities in these areas.<sup>1</sup> Child poverty is most concentrated within these areas, with 64% of RI children living in poverty living within just these 4 of RI’s 39 municipalities.<sup>1</sup> In 2025, 45% of all Tides clients lived in one of the core cities. The core cities face elevated disparities across many facets of life:

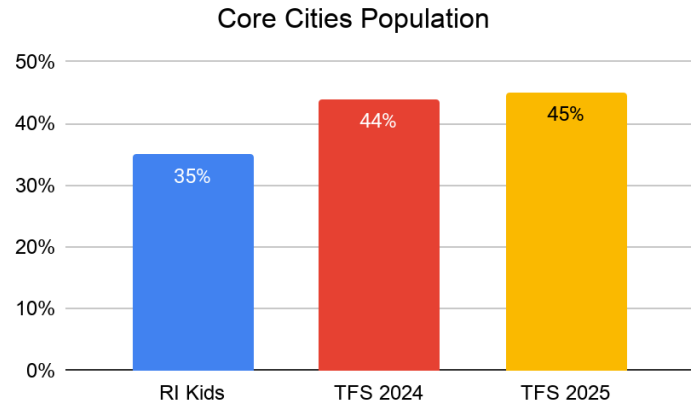
- Infant mortality rate (5.8 per 1000 children vs 3.7 in the remainder of RI)
- Elevated blood lead level rate (9.2% vs 3.2%)
- Teen birth rate (12.2 per 1000 children vs 3.3)
- Abuse and neglect rate (14.7 per 1000 children vs 8.9)
- Headstart enrollment rate (28% vs 12%)
- School mobility rate (22% vs 9%)

The four core cities also demonstrate significant racial, economic, and educational disparities. More than half (59%) of all Children of Color in RI lived in the four core cities. Over three-quarters (79%) of children living in the four core cities were Children of Color. Black and Hispanic children in RI are more likely to attend school in the core cities and less likely to meet expectations in reading and mathematics by the third grade compared to white or Asian children. Of the 22 RI schools that were identified as in need of “Comprehensive Support and Improvement”, 82% were in the four core cities.

Another method of measuring community impact on Tides clients is the Child Opportunity Index (COI). The COI combines data from 44 indicators into a single score for each zip code. Indicators are grouped into three domains: education, health and environment, and social and economic. The COI ranks neighborhoods on a scale of 1 to 100, with higher scores indicating more opportunities.<sup>4</sup>

53% of Tides clients live in a zip code with a “low” or “very low” COI rating. All of the low and very low rated zip codes are located in the core cities. Clients in low and very low-rated zip codes attend lower quality schools, live in neighborhoods with low graduation rates and low rate of highly-skilled employment; a high neighborhood poverty rate; lower environmental quality; and fewer resources for healthy living.<sup>4</sup>

City	# TFS 2025
Central Falls	100
Pawtucket	176
Providence	230
Woonsocket	128



Zip Code	COI	# TFS 2025
02862	Very Low	0
02863	Very Low	101
02895	Very Low	149
02907	Very Low	58
02908	Very Low	51
02909	Very Low	88
02940	Very Low	0
02841	Low	0
02860	Low	175
02861	Low	29
02893	Low	93
02903	Low	7
02904	Low	39
02905	Low	27
02911	Low	24
02914	Low	39
02918	Low	1

## Education

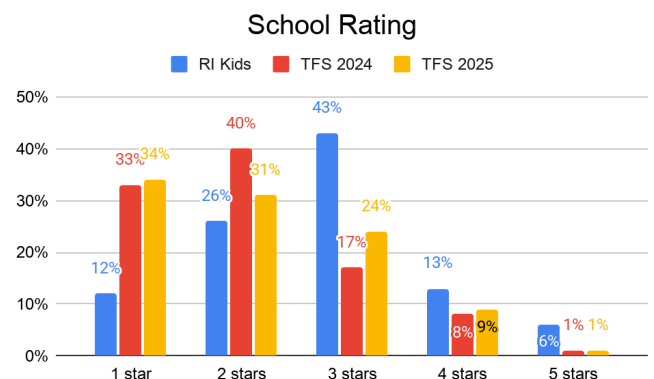
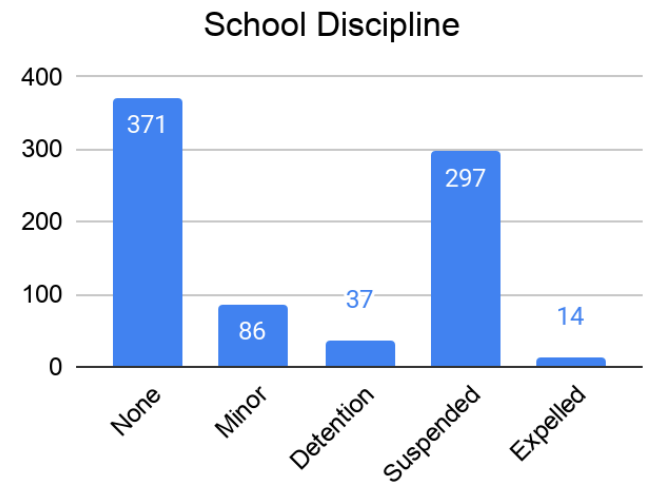
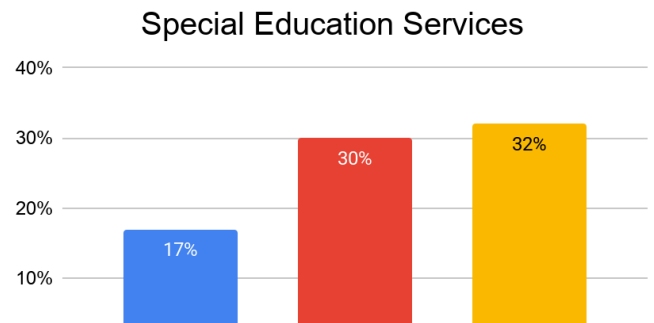
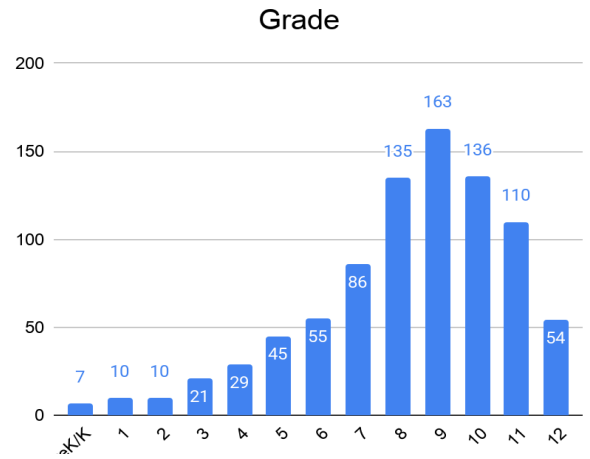
Among clients with a DCYF referral (n=626), 63% cite truancy as a reason for referral. This is significantly higher than statewide rates of truancy (36% middle school, 43% high school). When asked to elaborate on truancy, clients often identify factors such as anxiety, poor bedtime/morning routine, bullying, and tardiness as affecting their attendance.

32% of Tides clients have an IEP, 504 plan, or other special education services. The RI Kids Count Factbook notes that “not all children who could benefit from [special education] services are identified, that Children of Color are less likely to receive special education services than their white peers”.<sup>1</sup> This is reflected in Tides data, as the majority of clients receiving special education services identify as white (59%). Additionally, students with disabilities have a lower graduation rate (65% compared to 88%) and are more likely to be suspended.<sup>1</sup>

Tides clients face elevated amounts of disciplinary action in school compared to other RI students. 297 clients (21%) reported being suspended at least once, compared to 10-15% statewide.<sup>1</sup> 14 clients (1%) reported school expulsion. School suspension increases the chances of a student experiencing academic failure, youth justice system involvement, disengagement from school, isolation from teachers and peers, and dropping out of school<sup>1</sup>. Although 36% of Tides clients identify as a race other than White, they account for nearly half (49%) of all reported school suspensions. Students of Color were also more likely to be expelled than their White peers (64% vs 36%).

Rhode Island schools are given a star rating annually between 1 and 5 stars, which illustrates how well the school performs across several indicators, such as academic achievement, graduation rates, chronic absenteeism, and student growth.<sup>5</sup> Of the 69 schools in the core cities, there is only one 5 star school (charter) and no 4 star schools; 74% of schools in the four core cities are 1 or 2 stars.

Tides clients are nearly 3 times more likely to attend a 1 star school compared to students statewide. 65% of Tides clients attend a school with a 1 or 2 star rating, compared to 38% statewide. Only 1% of Tides clients attend a 5 star school.



## Behavioral Health

Rhode Island adolescents struggle with mental health concerns, with nearly 1 in 3 children reporting a mental, emotional, or behavioral health issue <sup>1</sup>. These challenges can affect daily functioning and academic achievement, increase involvement with juvenile justice and child welfare systems, and increase the risk of chronic health conditions and suicide.<sup>1</sup>

Tides clients were referred for services by DCYF for a wide variety of mental and behavioral health challenges. Of the 626 DCYF referrals, the most significant reasons for referral were truancy, anxiety, and/or ADHD/hyperactivity. All of the listed reasons for referral decreased from 2024 to 2025, except trauma and suicidal/self harm behaviors. The reason for this is not known and will continue to be monitored for explanation.

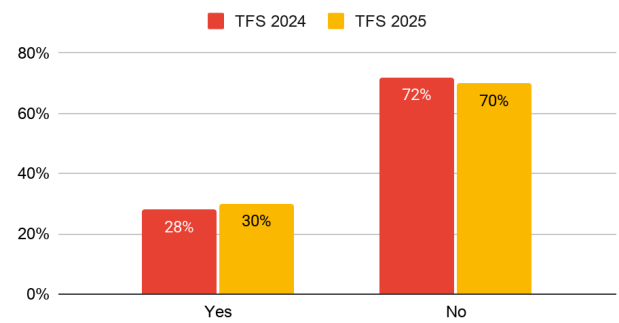
Referrals also indicate if a client has experienced an out of home placement (foster care, group homes, residential treatment, assessment centers) or psychiatric hospitalizations. These clients “suffer more frequent and more serious medical, developmental, and mental health problems than their peers, with mental and behavioral health being the largest unmet health need”.<sup>1</sup> Compared to 2024, there were slightly more clients with a history of out-of-home placement (2% difference) and slightly less clients with a history of psychiatric placement.

Clients receiving treatment with Tides similarly demonstrated a large variety of diagnoses. While the top five categories of diagnoses remained the same from 2024 to 2025, there has been a significant increase in diagnoses of depression, anxiety, and conduct-related determinations. This is likely due to calculation differences between 2024 and 2025, as 2025 includes a greater number of primary diagnoses than the previous year.

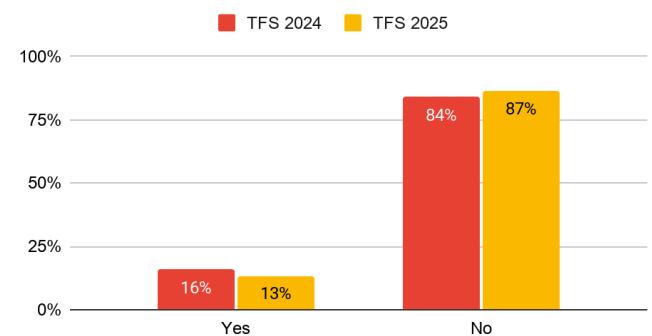
Interestingly, although *referral* diagnoses such as anxiety, depression, ADHD, and oppositional behaviors/conduct disorders have decreased since 2024 as noted above, the rates for clients obtaining these diagnoses during treatment with Tides have increased since 2024. This may be because referrals are prepared by state caseworkers, as opposed to treatment diagnoses being made while receiving services by licensed Tides clinicians.

Behavioral Health Issue	TFS 2024	TFS 2025
Truancy	33%	28%
Anxiety	32%	25%
ADHD/Hyperactivity	27%	25%
Oppositional behavior	25%	21%
Depression	23%	19%
Anger	24%	18%
Social/Peer Functioning	18%	17%
Trauma	12%	13%
SUD	13%	11%
Conduct DO	11%	10%
Bullying	9%	8%
AWOL	9%	8%
Suicidal/Self-harm	5%	6%

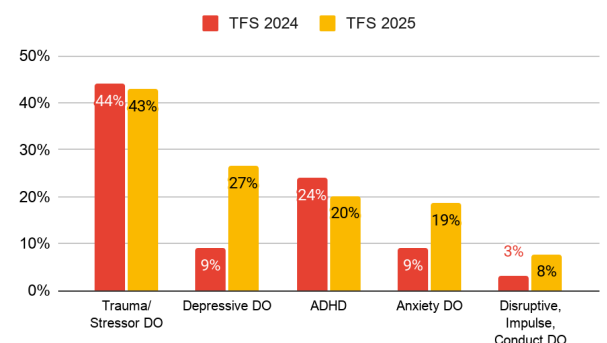
Previous Out of Home Placement



Previous Psychiatric Placement



Primary Diagnosis



## Process and Methods

This report was prepared using a variety of data sources. Client data is extracted from the EchoVantage electronic health record (EHR). Data in the EHR is input by the CQI team and treatment staff as clients are engaged in services. As CQI increases its oversight of data input and reporting abilities, data is becoming increasingly accurate and thorough, which may account for year-to-year changes that are otherwise inexplicable (for example, rates of depression disorder diagnosis have tripled since 2024). Client data from 2024 came from last year's client profile report, which was also prepared by the CQI team.

Nearly all information about Rhode Island children came from the RI Kids Count 2025 Factbook. When appropriate, the 2024 Factbook was utilized instead for comparison purposes. The Kids Count Factbooks are so comprehensive, detailed, and thorough that other data sources specific to Rhode Island were not needed; in fact, most RI resources utilize the Factbook as their single source of information.

An updated version of the Children's Opportunity Index (COI) was utilized for this year's report, which reports on 2023 COI data. Adverse Childhood Experiences data was taken from both the RI Kids Count Factbook and the American Academy of Family Physicians resource. The Rhode Island Department of Education provides in-depth information about public and charter schools across the state, which was utilized in this report.

## References

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