JUST A FEW BENEFITS OF COUNSELING

- Less anxiety
- Greater self-confidence
- Better relationships
- Regaining emotional balance
- Increased assertiveness
- Ability to set boundaries
- Stress relief
- Trauma resolution

A YEAR OF COLLABORATION 2016
ANNUAL REPORT
A Message from Sarah

August 19th will mark four years for me as the Executive Director at VCS. June will also mark the end of Wylene Branton Wood’s tenure as the President of the VCS Board of Directors. I am so grateful that she was here as an experienced Board President when I began my journey at VCS. She has been a great mentor. Wylene exemplifies grace, dignity, integrity, kindness and leadership. She is a great builder of consensus and has infinite patience. We miss her already; however we warmly welcome Mary Ann Tozer as the new Interim President of the Board of Directors.

I have titled this year’s annual report “A Year of Collaboration”. We opened our New York State Office of Mental Health Outpatient Clinic in June of 2015. We have seen 234 clients with various degrees of impairment seeking both therapy and psychiatric services. We currently see 110 active clients at any one time. Staff see clients from 8:00 in the morning until 5:00 PM with some evening hours, dependent upon need. We partner with the Rockland County Behavioral Response Team to provide 24/7 crisis response. Collaboration is the name of the game!

In keeping with this theme, Phyllis B. Frank has partnered with BOCES to provide much needed training on Racism and LGBT issues with a focus on transgender awareness and education. BOCES also offered to provide the administrative paper work for social workers to obtain Continuing Education Units to maintain licensure. There are more examples of partnerships that you will read about or see pictures of throughout this report. Our biggest triumph is the number of clients that pass through our doors daily for assistance. In 2016, fifteen thousand five hundred hours of volunteer services were delivered to more than seven hundred people. They often turn to us in times of personal and family crisis.
Our youth and Spanish speaking counseling programs continue to grow and to partner with other agencies which has allowed us to reach more diverse communities. The issue of domestic violence in our state and tri-county area continues to be a significant sociological challenge. VCS is proud to report that our New York Model Batterer Program not only serves our civil and criminal courts as they hold domestic violence offenders accountable, but is a national teaching model as well.

As the political climate in our country changes, we have experienced an increasing demand for the Undoing Racism Work Shop that VCS hosts for our training source, the People’s Institute for Survival and Beyond. Growing numbers of school districts are sending educators, school board members and other school district staff to be trained. This collaboration can only result in positive change for our community.

The VCS mission is carried out with a sense of pride and purpose by a unique blend of volunteers and professional staff. This staffing model enables VCS to provide low cost services for people who are either uninsured or underinsured.

The report that follows is a synopsis of our work and accomplishments in 2016. The greatest measure of our success continues to be the number of individuals, young people and families who look to us for help. Our organization has been a Rockland County institution since 1970. We are proud to be a resource for countless people who otherwise would not be able to access services.

Thank you,

Sarah Goforth, MS CMC, CADCII
Executive Director
**VCS Services and Programs**

**VCS Counseling and Family Services**
Affordable counseling for individuals, couples and families
- Spanish language counseling provided by native Spanish speakers
- Lesbian, Gay, Bisexual and Transgender counseling by LGBT and LGBT friendly counselors
- Divorce and Parenting Apart Programs
  - Individual Counseling
  - Classes for separated parents to manage their interactions to best support emotional and other needs of their children
- Services for Older Adults and their Families
  - In-home counseling for homebound people over 60
  - Resource Center with crucial information for eldercare provided through in person and phone consultations, family meetings and workshops
  - Caregiver Support Group
- Grandparents/Relatives Raising Children (RAPP) provides school advocacy, counseling, home visits, information and referrals
- VCS Mothers Group is conducted in English and Spanish.
- Employee Assistance Services for people within companies
  - Workshops
  - Counseling

**VCS Counselor Training Program**
Lay people and professionals from the community are recruited, screened, trained and supervised to provide high level counseling to others.

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**VCS 13th Annual Golf Outing**

*Our golf crew!!*
*A glorious day!*

*What fun we had!!*
In Kind (cont.)
Nancy Kupperman
La Fontana Restaurant
Ian Laidlaw
Bari Lewart
Liberty Mutual Group
  (Barry J. Dorfman)
Lord & Taylor (Teri Capparelli)
Matt Deutschman
M&T Bank (Arlene Rodgers)
Linda and Gary Mower
Nails by Johanna
New City Pizza
New Lily Nail Spa
Nyack Fitness
Nyack Seaport Center
Elizabeth O'Hara
Orangetown Smiles
Patriot Hills Golf Club
Susan Pavlou
PDI
Pepe Ramon Hair Salon
Pet Nutrition Center
Larry Posner
Red Hill Creamery & Cafe
Red Hill Nursery
Sheila Rees Foster
Restaurant X
Philip Rockfeld
Arnold Roufa and Arlene Levine
Saffron Trading Co.
Salon FX Ltd.
Spa Nail Plus Studio
Spook Rock Golf Course
St. Thomas Aquinas College
Sublime Salon & Spa
The Shameless Baker
Erica Trestyn
Patti and Donald Trichon
Danielle Wasserman
Dave Watson
Barbara Weinberg
West Rock Indoor Sports & Entertainment Complex
Wylene Branton Wood
  (VCS Board of Directors)
Yemaya Massage & Wellness Center
*Any omissions to our donor list are not intentional. We deeply appreciate all the support we receive.

VCS Mental Health Clinic
The VCS Mental Health Clinic is licensed by the New York State Office of Mental Health to provide outpatient mental health treatment, including individual therapy and psychiatric services to adults (age 18+) with a diagnosable mental health condition and who meet medical necessity for a higher level of care.

VCS Graduate Student Internships
VCS continues to be a highly sought after placement for social work and counseling programs (MSW, Marriage and Family Counseling) throughout the NY Metropolitan area.

VCS Domestic Violence Programs
- NY Model for Batterer Programs National Training Institute
- VCS Domestic Violence Program for Men
- Individual counseling available to domestic violence survivors/victims - in collaboration with the Center for Safety and Change

VCS Racial Justice Initiatives
- Administering the Undoing Racism Workshop, presented by the People’s Institute for Survival and Beyond
- Consulting with groups, businesses, institutions on issues of racial justice
- Monthly discussion group for Undoing Racism Workshop graduates
Agency Highlights

- VCS rolled out its new logo at the close of the 2015 Annual Meeting. The new logo reflects the longevity of our agency and its support of the community needs.

- The VCS Mental Health Outpatient Clinic successfully completed its first year and received its three year renewal.

- We increased our fundraising efforts to include a jewelry sale and attendance at the Rockland Bergen Music Festival. Successful fundraisers were also held at Bonefish Grill and the Rockland Boulders Charity Challenge.

- PDI’s sponsorship of our 13th Annual Golf Outing at the Rockland Country Club was greatly appreciated. It was the best attended golf outing for support of the VCS Child Abuse Prevention Programs.

- VCS was spotlighted in the New City Neighbors magazine.
Meet Rosa Serrano-Delgado

Fifteen years ago, working at a place like VCS was my dream. As a student of social work at Dominican College, I co-facilitated the VCS Mothers Group. While working on my masters degree at Fordham University, I completed my field placement at VCS as a student intern. I became an assistant Program Director following graduation from Fordham and went on to Program Director of the VCS Relatives as Parents Program. From there, I went on to develop and expand VCS’ Spanish Language Services. In this capacity, I had the opportunity to work with and train many wonderful people starting out in their own careers.

Today, I am Manager of the VCS Counseling and Family Services Program. I have learned from the very best! I have learned that our work has the potential to change the lives of individuals and families and it does so every day. I have learned that we must appreciate every volunteer as he or she gives up their precious time to our clients. I have learned that every contact someone has with our agency is very important and deserves immediate and respectful attention. I am a member of a team of dedicated professionals, who are committed to carrying out the VCS mission.

VCS is a place like no other. Every staff member and a great majority of our clients are there because they want to be! Even clients who are mandated to come, leave happy. We serve people from all walks of life and in their own language. We make a difference every day and I am now...living my dream!
Counseling and Family Services
Highlights

Spanish Language Program

We have been able to continue to expand our services in Spanish. We have offered services in individual counseling, parenting and couples counseling. We have been able to assist clients in the following programs: Parenting Apart, School Advocacy, Domestic Violence and our Mental Health Clinic. We have also been able to collaborate with other organizations and use their space for the convenience of our clients. We use space at the Central Presbyterian Church in Haverstraw, Hudson River Health Clinic in Haverstraw. We most recently entered into a partnership with “Centro de Amigos” senior center in Haverstraw where we will be conducting a monthly support group for grandparents and other relatives raising children.

Parenting Apart Program

In the year 2016 the Parenting Apart program included monthly seminars on sexism and domestic violence facilitated by Phyllis Frank. The feedback from seminar attendees indicated the importance of this continuing education.

In 2016 we were able to accommodate a parent in our program with a Therapy Service Dog.

VCS Counselor Training Program

Our counselor training program is highly regarded and recognized throughout the county and by many prominent educational institutions as an effective and practical preparation for counselors. It is required for anyone working, interning or volunteering at VCS. In 2016, we trained 19 lay community members who are now active and dedicated counselors. The diversity of this training group continually grows. We have counselors fluent in Spanish, Creole, Hungarian, and Russian.

VCS Donors

$10,000 or more
Toni Fallon
PDI (Jonathan Kupperman)
The Chazen Foundation

$1,000 - $9,999.99
Judy Andersen
Atlantic Tomorrow's Office
(Jon Cooper)
Betsy Benjamin
Degenshein Architects
Theresa Egan
Inserra Supermarkets Inc.
M & T Bank
Morgan Stanley Wealth Management
(Douglas Mattliao)
Quartet Financial Systems Inc.
(Kathy Perrotte)
Judy and Bill Ryan
Stephen Seward
The M & T Charitable Foundation
(Frank Micalizio)
Corey and Suzanne Weiss
Wylene Branton Wood
(VCS Board of Directors)

$500 - $999.99
Active International
Hon. Charles Apotheker
Apple Bank for Savings
(Anita Levine)
Trish Austin
Richard Benfield
Don and Barbara Bermack
Connie Coker
DeCicco of New City
(Christine DeCicco)

$250 - $499.99
Bardonia Pediatrics
(Adam Lerche)
Bernhardt Moving
(Don Bernhardt)
Thomas Della Torre
Phyllis Eisenberg
Phyllis B. Frank
Ginny Geerdes
Hendo Contracting
Bobby Hough
David and Elaine Kurland
Thomas M. Micelli
Morgan Stanley
(Julie Wendholt)
Elliot Rifkin
RRC CPAs P.C. (Stephen Russo)
Sterling National Bank
Charitable Foundation
(Lynn Bagliebter)
SUNY/Rockland Community College (Cliff Wood)
Administrative Staff
Bari Lewart, Executive Administrator
Diane Campbell, Supervisor, Administrative Support Services
Patti Trichon, Special Projects Coordinator
Jamie Hopper, MFT, Clinic Coordinator
Fran Greenberg, Receptionist
Madeline Newman, Volunteer

Counseling and Family Services
Rosa Serrano-Delgado, LCSW, Manager
Ellie Jacobson, Coordinator, Services for Older Adults & their Families
Beth Kipperman, Coordinator, Rockland Student Advocacy Program
Susan Smith, LCSW, Coordinator, Student Intern Program
Shelly Burns, LCSW, Divorce Services

Mental Health Clinic
Ian Laidlaw, LCSW, Manager
Bari Lewart, Executive Administrator
Elora Kalish, LMSW Ester Ben-Dov, LMHC
David Shipper, MHC Willie Mae Murphy, LMSW

Domestic Violence Program for Men
Phyllis B. Frank, Director
Susanne Fitzpatrick, Records & Administration
Vanessa Green, Senior Supervisor, Registrar, Instructor
Darla Salmon, Registrar, Instructor

Training and Social Justice Programs
Phyllis B. Frank, Director
Vanessa Green, DV Program Coordinator, Racial Justice Organizer
Darla Salmon, Program Assistant

Services for Older Adults and their Families
The need for services for older adults continues to grow. Our visits to the homebound elderly required more volunteers to administer the program. The Caregiver Support Group along with the Grandparents/Relatives raising children (RAPP) have more people attending the regular support sessions.

Families in Need of Support (FINS)
The VCS Families in Need of Support (FINS) Program, funded by the Youth Bureau and the United Way, provides intensive twice-weekly in-school counseling to students with symptoms of emotional distress or behavioral problems. The program has been incredibly successful over the years and continues to grow. Under the United Way grant, we were able to pick up 4 additional students at Haverstraw Elementary School, bringing our total to 8 for the 2016-17 school year. With the overwhelming support we have received from the Youth Bureau, we were able to provide counseling to 14 students in Spring Valley High School and Ramapo High School.
**VCS Mental Health Clinic**

2016 was the VCS Mental Health Clinic’s second year in operation, and it was a very successful year. Our tremendous clinical team, who began in 2015, continued to do outstanding, compassionate work with clients with very complex circumstances. We were fortunate to bring in two new interns halfway through the year. Both adapted quickly to the complex and demanding structure of the clinic and have become important and valued members of our clinical team. We also were very fortunate to bring a talented new clinician into our team and she has helped us to expand our caseload and to continue to grow our clinic.

With most of our billing and insurance problems ironed out, largely thanks to dedicated and attentive work by our administrative and management staff in 2015 and early 2016, we are happy to report that we overshot our budget target for the year by about 25%. We could not have achieved this without a highly dedicated team of clinicians and administrative staff, each one of whom played an integral part in a very successful year. We are excited to continue to grow in 2017 and further develop our reputation for high quality caring service to the community for which VCS is so well known.

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**Officers**

**Board of Directors**

Wylene Branton Wood, President
Phyllis Eisenberg, Vice President
Jeremy Apotheker, Secretary
Steven T. Breen, Treasurer

**Members**

**Board of Directors**

Jeffrey M. Adams
Trish L. Austin
Simona Chazen, LCSW
Connie Coker
Barry J. Dorfman
Toni Fallon
Dennis Fleming
Mimi Gelb, LMFT
Jonathan Kupperman
Douglas J. Mattliano
Mario Occhicone
John Sullivan
Mary Ann Walsh-Tozer, LCSW

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**Advisory Board**

Honorable Harriet Cornell
Jan Degenshein
Honorable Frances Hunter
Lawrence Karnbad
Leonard Lipson, MA
Amy Baldwin Littman, Esq.
Dennis McGloster
George Menken, DDS
Honorable Howard Miller
Selma Porter, CSW
Les St. Louis
Thomas Torpey

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**Executive Staff**

Sarah Goforth, MS, CMC, CADCII, Executive Director
Phyllis B. Frank, Senior Director
Nancy Rosa, Financial Director

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Sarah Goforth
Phyllis B. Frank
Nancy Rosa
2016 VCS Golf Committee

Trish Austin
Bill DeSiena
Barry Dorfman
Susanne Fitzpatrick
Phyllis B. Frank
Ginny Geerdes
Sarah Goforth
Vanessa Green
Bari Lewart
Douglas Mattliano
Darla Salmon
Patti Trichon
Donald Trichon

Special Thanks
Judy Andersen ~ Diane Campbell

2016 VCS Reception Desk

Ginny Geerdes
Madeline Newman
Myrna Price

Special Recognition

For years of service to VCS El Grupo de Madres
Eileen Burge

For providing VCS Staff with Yoga Classes at VCS
Betsy Benjamin

For Photography
Ginny Geerdes: Shadow Photography

For special help with the Mothers Group and Golf Outing
Eileen Zollner

We grew from 60 clients in January to 100 clients in December
200 appointments in January to 300 appointments in December
250 Rockland County residents served to date
120 clients currently being served
75% attendance rate
More VCS Highlights

- VCS Appreciation and Thank You hosted by Restaurant X for a crowd of more than 100 VCS friends and supporters
- International Conference on Sexual Assault, Domestic Violence and Engaging Boys and Men, Washington DC
  ◦ VCS presented a workshop on Valuing Offender Accountability: The NY Model for Batterer Programs
- VCS Spins Off Rockland County Pride
- VCS has a 35 year history of creating educational and community programs for and about the Lesbian, Gay, Bisexual and Transgender (LGBT) community. During that time, VCS produced the first ever Pride event to be held in the Lower Hudson Valley of New York. After 18 annual Pride events, VCS knew it was better for the LGBT community to have a separate and dedicated Pride Center. In a selfless move for the betterment of all, VCS proudly conducted its last Pride Event in 2016 and passed the baton to the newly formed Rockland County Pride Center.
- VCS was chosen to participate in the Circle of Hope for non-profits at the two day long Rockland Bergen Music Festival. The VCS table was manned for both days by different VCS board members, as well as the VCS E.D. and her executive assistant.
- VCS was selected to participate in the Active International Rockland Boulders Charity Challenge and our own Board Member, Jonathan Kupperman, who donated the suite catering, won the 50/50 raffle that night!

2016 Volunteer Counselors & Student Interns

Margie Adames-Torres
Deana Adams
Judy Aiston
Felicia Asch
Barrie Austin
Kathy Bareket
Rebecca Bassin
Darcy Bauer
Maria Bautista
Richard Benfield
Valerie Bernan
Kathy Bernhardt
Nancy Bowen
Esther Brunner
Elyce Brystol
Eileen Burge
Diane Campbell
Kathy Carty
Zachery Chaiken
Tina Chamak
Wendy Cohen
Garrett Crozier
Ariel De La Cruz
Bill DeSiena
Rachel Deutsch
Karen Dorangrichia
Phylis Eisenberg
Stella Farrell
Iris Febres
Johanny Ferreira
Jacqueline Fine
Dahlia Fishman
Reka Foster
Sheila Rees Foster
Michelle Francois
Baila Friedmann
Rosemarie Frisone
Lorraine Garcia
Harriet Gardner
Maliki Gartenberg
Ginny Geerdes
Louis Gilbert
Cindy Gisser
Monica Griffin
Tiffany Grosso
Ricki Herbst
Sandra Henriquez
Glynis Herrmann
Surie Herzog
Judy Judka
Doris Katz
Benjamin Kaufman
Dina Kaufman
Pearl Kaufman
Miriam Klugman
Lorraine Knabe
Elizabeth Kotchmar
Nancy Kupperman
Ian Laidlaw
Gitty Langsman
Chavi Levi
Bari Lewart
Laurie Lieberman
Debby Marcarelli
Miriam Margulies
Angelica Marte
Gail Maurer
Audrey Mayer
Xiomara Menendez
Regina Mezheritsky
Chinee McMillian
Linda Mower
Willie Mae Murphy
Elizabeth O’Hara
Chrystelle Okwo

Everlyn Pacheco-York
Amy Palefsky
Ellen Palop
Maria Perez
Barbara Pfingst
Angela Piatek
Marie Pierre
Myrna Price
Ashley Rappaport
Miguela Reyes
Suki Robins
Sandy Rosenblum
Karen Ruiz
Judy Ryan
Darla Salmon
Lucero Sanchez
Monserrat Santana
Sue Saslaw
Paula Schwartz
Deborah Sheehan Esq.
David Shipper
Susan Silver
Rachel Spitzer
Pamela Stone
Alice Taylor
Martha Taveras
Erica Trestyn
Deborah Triglia
Chris Vanasse
Audrey Wachsmann
Sonja Wagner
Joan Ann Wasser
Shuly Wolman
Marie Wood-Smith
Mindi Yeager
Bridget Waldron
Bob Zollner
**VCS Funding Sources**

During 2016, VCS received funding from many generous private foundations, corporations and individual donors, as well as the following contractors:

- Active Cares
- Avon Products, Inc.
- BOCES
- Camp Venture
- NYS Medicaid
- NYS Medicare
- NYS Office of Children & Family Services
- NYS Office of Mental Health
- Rockland County Dept. of Probation
- Rockland County Dept. of Social Services
- Rockland County DA’s Office
- Rockland County Office for the Aging
- Rockland County Office of Mental Health
- Rockland County Youth Bureau
- United Way of Rockland County
- Village of Spring Valley
- Rockland County
- Orange County
- Westchester County

**2016 Revenue**

- New York State: 17%
- Public Contracts: 30%
- Fundraising & Donations: 22%
- Clinic: 1%
- Fees: 30%

**2016 Expenses**

- Mortgage & Utilities: 37%
- Fundraising: 20%
- Insurance: 3%
- Administrative Salaries: 2%
- Program Salaries: 4%
- Other Operating Expenses: 34%

**NY Model for Batterer Programs**

**National Training Institute**

- Rockland County, NY in May and October
- Buffalo, NY in May

**VCS Domestic Violence Program for Men**

Classes for court mandated participants were conducted in Rockland, Orange and Westchester Counties serving domestic violence, criminal, family and IDV courts in those counties.

- Rockland: # of men ordered …………………………………..72
- Rockland: # of men who became participants ……………..93
- Orange: # of men ordered  ……………………………………..137
- Orange: # of men who became participants …………………..201
- Westchester: # of men ordered ……………………………….52
- Westchester: # of men who became participants …………..48*

*The number attended is more than the number ordered as there were several ordered at the end of 2014 who would not be counted in the “Ordered” but would be counted in the “Attended”.

**Instructors:** Haki Baruti, Linda Berns, Barry Goldstein, Tony Garnere, Alan Gilliam, Denise Johnson, Sylvia Nieves, Jose Roman

**Transgender Roundtables for Professionals**

- Eleven (11) meeting were facilitated by VCS

**Philadelphia Trans Health Conference**

- Attended by VCS staff
VCS Racial Justice Initiatives

VCS Cultural Competence Drop-In Thursdays

- Weekly meetings open to counselors, professionals and students. Ongoing dialogue about achieving cultural competence in the workplace. Topics include sex and gender equity, racial justice, economic and immigration status, etc.

Racial Justice Organizing

- Working Together for Racial Justice: Twelve (12) monthly meetings designed to create a forum for community agencies and individuals to join to support the tenets of the Undoing Racism Workshop.
- Participated in NYS’ Regional Multi-Cultural Advisory Committee
- Presentation on Racial Justice made to the Green Meadow Waldorf School staff and student body.
- Social Justice Film Series:
  - Brother of the Black List
  - Anita
- Co-Sponsored showing of The New Black with Rivertown Film Society.
- Undoing Racism Workshop, annually administered by VCS and presented by the People’s Institute for Survival and Beyond.

Community Recognition

The Chazen Foundation continued its invaluable financial support for VCS.

NicePak/PDI Corporation was the event sponsor for the 2016 Golf Tournament to support VCS Child Abuse Prevention Programs for the third year.

The Avon Foundation awarded VCS a grant to support counseling for victims of domestic violence.

NRG and PDI volunteers painted parts of the agency to freshen up our building as part of the Day of Caring held by the United Way of Rockland.

With the help of a generous donation by volunteer counselor and Sabra Originals owner, Kathy Bareket, VCS held two successful fundraising jewelry sales.

Phyllis B. Frank was the inaugural recipient of the Natalie Couch Award, presented by the Rockland County Bar Association.

We were awarded a grant from the Non-Profit Behavioral Health Information Technology (BHIT) Investment Program through the New York State Office of Mental Health. This allowed us to upgrade our old technological infrastructure.

A grant for construction within our building was awarded by the Non-profit Infrastructure Capital Investment Program (NICIP). It will be administered through the Dept. Authority NY State.