2018 VCS Annual Report

Saving Lives in So Many Ways

- Behavioral Health
- Social Justice
- Advocacy
Dear Friends,

Welcome to VCS Inc.’s 2018 Annual Report. I couldn’t be prouder to have the opportunity to serve as the Executive Director for the past six years and I am encouraged by the many accomplishments our organization has made. In these pages you’ll read about how we’ve focused on the community factors that drive the access to mental health services for those who need it the most in Rockland County. Today, we’re helping more people than ever before gain access to the help they need with a multi-cultural, multilingual approach that ensures the connections they make here are safe and relatable.

The new mission statement and goal we adopted in 2018 reflects our evolution as a collaborative, behavioral health center in keeping with the core beliefs we’ve held since 1970. Saving lives every day with counseling services and mental health treatment with an anti-racist social justice mission. In 2018 our agency helped save the lives of over 1300 people in Counseling and Family Services and the VCS Mental Health Clinic, while we touched more than 400 lives with the life changing Undoing Racism Workshops, Racial Justice Trainings and Domestic Violence Initiatives.

Our goals to collaborate and expand our services are as always, rooted in community need and social justice. Working collaboratively, with the community, VCS seeks to identify and fill gaps in services with programs in behavioral healthcare, training and advocacy for those most in need. We’ve helped many people deal with mental health issues, domestic violence, adverse childhood experiences and other forms of trauma with culturally responsive support to help create meaningful, long-term change in their lives. Thus, the goal is to strive to provide hope and promote social justice for individuals, families and communities through counseling and community change. VCS employs a unique combination of professional staff, trained volunteers and collaborative partnerships to create innovative responses to pressing social needs and issues. I am grateful for all of the support from the Board of Directors, staff, volunteers and you. I am inspired by the resilience, strength and courage demonstrated by the people we serve.

Thank you all for your support,
Sarah Goforth, MS, CMC, CADCII

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**2018 VCS Annual Report**

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*saving lives in so many ways*

Sarah Goforth, MS, CMC, CADCII
Executive Director
2018 was the VCS Mental Health Clinic’s fourth year in operation. We increased our capacity to 190 clients and added three new clinicians to our growing staff. We worked with 323 unique individuals over the year in a total of 5,115 appointments (about 20% growth from the prior year). Thanks to everyone’s extraordinary work (administrative team and clinicians) we were able to meet our budget target for the year, which was about a third higher than that for 2017.

VCS Expanded Clinical Services for Youth in 2018

In the last half of 2018 we began the complex and lengthy process of applying for a youth license to work with children and adolescents aged 10-17, and also for a site license to establish a satellite clinic at Spring Valley High School, called Ur Space, alongside the successful FINS program.

We are excited to report that both licenses were approved and we have begun to work with adolescents both at the school and at VCS. We are so fortunate to have a very capable and talented staff, who have stepped up throughout the expansion process and we have exciting plans for further expansion in 2019.

“After several negative experiences with mental health "professionals" I finally found some great people to communicate with at VCS. I’m glad that I discovered this clinic.”
VCS Counseling and Family Services

The General Counseling Program
- Served a total of 257 clients in 2018. These are people of all ages, backgrounds, sexual orientations and gender identities, dealing with mental health issues, domestic violence, adverse childhood experiences and other forms of trauma.

Relatives As Parents Program (RAPP)
- Offers counseling, education, school advocacy, referrals and support to grandparents and other relatives raising children.
- Members are able to participate in a monthly group support program where they share their concerns, laughter and tears.

Youth Program FINS (Families in Need of Support)
- The FINS Program served over 50 students in 2017-2018.
- The program was expanded into South Orangetown Middle School with after school counseling for the last quarter of the school year.
- The Haverstraw Elementary School administration has provided us with a designated FINS room equipped with table, chairs, desk and bulletin boards.

Outreach to Elders
- Provides in-home counseling to seniors with 11 volunteers serving 16 to 20 clients at any given time. The majority are in their 70’s and 80’s, with health and financial concerns as well as emotional issues. Having a counselor come to their homes to meet with them on a weekly basis has proven to be a critically needed intervention.

Grandparents Raising Children
- This group of grandparents are assisting with and involved in caring for their grandchildren. This support group offers informative programs, referral services and counseling on issues pertinent to their situations.

Parenting Apart
- Serves families referred from the Domestic Violence Court and Dept. of Social Services.
- In 2018 began alternating Saturday and Sunday classes that increased the number of active cases from the Jewish Orthodox community.

Center for Parents Education and Counseling At-Risk Youth
- Counseling for youth and parenting classes for men and women continue to thrive.

Rockland Student Advocacy Program
- Continues to provide information, referrals and direct advocacy support to over 200 Rockland families in 2018. By providing parents with information about their rights and their children’s rights, and helping them understand how to communicate effectively with their school districts, we provide a valuable service to children in all 8 Rockland school districts and Rockland BOCES.

Graduate Student Internship Program
- Is a highly sought after placement for social work and counseling programs throughout the New York Metropolitan area. We accept approximately 8 or 9 graduate interns from 5 local universities each year. In the last 10 years we have mentored over 90 students.

Counselor Training Program
- Is highly regarded throughout the county and by prominent educational institutions as an effective and practical preparation for counselors.
- In 2018, we trained 31 lay community members and 7 interns who are now active and dedicated counselors.
- The diversity of this training group continually grows. We have counselors fluent in Spanish, Creole, Hungarian, Greek, Mandarin, Russian and Italian.

Employee Assistance Program
- Provides workshops and/or counseling services for people within companies. We work with 10 to 20 employees from local organizations every year.

PUENTES
- Celebrated it’s first annual event, where we revealed our new logo. We now offer all of our services in Spanish. In 2018, 27 counselors served approximately 220 clients.
Highlights from VCS Social Justice Initiatives:

- VCS hosted 4 Undoing Racism Workshops (URW) with a total of 151 participants. One graduate of this unique 2½ day workshop said that they, “... learned to deal with cultural competence and racial dynamics in families, communities and in practice.”

- VCS held 16 Working Together for Racial Justice Meetings: 12 during the day and 4 in the evening (with a total of 145 people). These monthly discussions for URW graduates, is to deepen understanding of the tenets presented in the workshop. Discussions range from movies and books to current events and issues arising at the workplace and at home. Those who have not yet taken the URW are invited.

- VCS facilitated monthly meetings on “Cultural Competence and Inclusion” for the staff of the Hudson Valley P-TECH from Sept 2018 – May 2019.

  - (Rockland BOCES Hudson Valley Pathways in Technology Early College High School (P-TECH) is a four to six year program (grades 9-12) focused on engaging students in hands-on, project-based learning to be successful in careers in science, technology, engineering and math. Special effort is made to recruit and support students who are considered academically and/or economically at-risk; populations that historically lack access or success in higher education.)

  - VCS was asked to do this after a parent of a P-TECH student participated in an Undoing Racism Workshop and was deeply impressed by VCS anti-oppression work.

- VCS organized a workshop titled, “Bringing Social Justice to the Classroom”, for the Rockland County Teacher’s Center – and presented it to overwhelmingly positive reviews. As a result, VCS was asked to repeat it at the Monroe Woodbury School District’s Superintendent’s Day.

NY Model for Batterer Programs National Training Institute

Designed for court personnel, probation and parole officers, prosecutors, defense bar, and domestic violence advocates.

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

VCS was invited by the NYS Coalition Against Domestic Violence to participate in five forums on domestic violence offender accountability and batterer programs held in various locations throughout New York State.

VCS presented at the National Coalition Against Domestic Violence Conference in Providence, Rhode Island.

VCS participated in domestic violence elimination and prevention grants and projects in conjunction with the Center for Safety & Change.

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 ...............95
- Rockland: # of men who became participants ........103*
- Orange: # of men ordered .................. 97
- Orange: # of men who became participants ........98*
- Westchester: # of men ordered .............. 43
- Westchester: # of men who became participants ....34

*The number attended is more than the number ordered as there were several ordered at the end of 2017 who would not be counted in the “Ordered” but would be counted in the “Attended” for 2018.

In keeping with our multi-language support, there were 38 Spanish registrations for 2018.

Instructors: Haki Baruti, Linda Berns, Tony Garnere, Alan Gilliam, Barry Goldstein, Denise Johnson, Sylvia Nieves   Registrar: Maria Batista

“Perspective is life altering.”
“We are a resource for countless people across the lifespan who would not otherwise have access to services in Rockland County.”
Simona Chazen and Phyllis B. Frank were among the honorees at the JCC Rockland’s Founders Dinner in April, celebrating Jewish Women in Leadership.

Dennis Fleming was honored by the Rockland Development Council at Philanthropy Day with the Outstanding Volunteer of the Year award in November.

VCS was invited back a third time to Active Care’s Circle of Hope at Joe D’Urso’s 5th Annual Rockland Bergen Music Festival held at German Masonic Park in Tappan, NY. Southside Johnny & the Asbury Jukes headlined.

Kevin Brown, from Rockland County Dept. of Social Services, came to present on benefits available to the RAPP Support Group.

PUENTES had much to celebrate at it’s first annual event.

Mary Ann Tozer and Sarah Goforth enjoy the auction excitement at the 15th VCS Golf Outing.

Under the VCS tent at Suffern Day with Assembly Member, Ellen C. Jaffee.

Jonathan Kupperman of PDI and his foursome. PDI is the Golf Outing’s Premier Event Sponsor.

United Way Fall Day of Caring at VCS. Volunteers gave their all to the gardens.

VCS was invited back a third time to Active Care’s Circle of Hope at Joe D’Urso’s 5th Annual Rockland Bergen Music Festival held at German Masonic Park in Tappan, NY. Southside Johnny & the Asbury Jukes headlined.
“Giving is not just about making a donation. It is about making a difference.”

Marshall’s Regional Office
Guy Reda

Mimi and Bernie Gelb
NorthEast Community Bank
Raymond Francis

Phyllis B. Frank
Prestige Employee Administrators, Inc.
Tim Kelly

Richard E. Volgt
Simona and Jerome Chazen
Stephen Seward
Total Advanced Communications LLC
Arthur Cerrati

Wegmans Food Markets, Inc.
Linda Lovejoy

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

$1,000 - $9,999.99
Active International
Apple Bank for Savings
Anita Levine

Arthur Rogovin
Atlantic Tomorrow’s Office
Bob Goldman

Corey and Suzanne Weiss
Electronic Office Systems
Jim Gallagher

Bernhardt Moving
Don Bernhardt

Berard and Donahue, CPA’s
Jared Kansky

Betsy Benjamin
California Closets (Susan Kangas)

Berard & Donahue, CPA’s PC
Dominic Riolo

Barbara McCole
Berk & Donahue, CPA’s P.C.

Beth and Edward Kipperman
Bridges (Carlos Martinez)

Carmen Olavarria
Center for Safety & Change
Elizabeth Santiago

Connie Coker
County Animal Hospital, Inc.
Robert Weiner, VMD, ABVP

Daniel Rivera

Good Samaritan Hospital
Hendo Contracting
Bob Henderson

Karen Viviana Ruiz Pietro
Mary Ann Tozer

MHA of Rockland
Mom’s Meals Nourish Care
Margaret Hanian

Nancy and Jose Rosa
Phyllis Eisenberg

Phyllis Sirosi
Rosa Serrano-Delgado
Rosemary and Daniel Moscato
Stephen Russo

Sarah Goforth
Stop and Shop (Emilie Devito)
The Copper Still (Shane Buggy)
Theresa Egan
Tina Izquierdo

Hon. William P. Warren

$500 - $999.99
Berard and Donahue, CPA’s
Betsy Benjamin

California Closets (Susan Kangas)
Centro de Amigos, SADC

DeCicco of New City
Christine DeCicco

Gail Maurer
James Barry

Judy and Bill Ryan
Louise Chazen Banon Family
Charitable Trust
Luis Ruelas

2018 Special Recognition
For Years of Service to VCS El Grupo de Madres
Eileen Burge

2018 Golf Committee
Barry Dorfman
Susanne Fitzpatrick
Phyllis B. Frank

Ginny Geerdes
Sarah Goforth

Nancy Kupperman
Bari Lewart

Douglass Mattiano
Patti Trichon

Marie Wood Smith

2018 Reception Volunteers
Danielle DeCourcey
Myrna Price
Madeline Newman

Donors (continued)
Darcy Bauer
David Brand (Allstate Insurance Company)
David and Mildred Rivera
Deborah Fix and Jim Shooter
Doris and Victor Ortiz
Edwin Diaz
Eileen Burge
Ellen Palop
Eugenia Rodriguez
Eyes of Nanuet
(Michael H. Smith)
Gary and Evelyn Fiore
Gio and Betty Lozano
Hon. Harriet Cornell
Hudson River Health
(Jeffrey Palmer)

Impurity Services
Javier and Susanna Aguirre
Jawonio (Jill Warner)

Joan Ann Wasser
Karen Stern Cohen
Ken Huebner (Joseph Adams)
Kim Deen
Laurie Needell and
Matthew Schlanger
Marie Wood Smith
Marquis Home Care
(Cheryl Levertont)
Martha Taveras
Matthew Konecnici
Mike and Lisa Chang
Mr. Miguel and Guisell
Nyack Seaport Center
(Valicito Porrata-Rubino)
Orangeburg Volunteer Fire
Association (Travis Collins)

Orangetown Smiles
(Jordan M. Lewart, DMD, FICOI)

Pet Nutrition Center

For Photography
Ginny Geerdes: Shadow Photography

For Decorations at our Events
Maria Perez: Daisy’s Decoration

Rockland Bakery, Inc.
Rockland County Hispanic Society
(Richard Vasquez)
Rockland County Pride Center
(Brooke Malloy)
Rockland YMCA (Charles Mace)
Steven Breen
Suki Robins

The Little Diner (Elizabeth DiPaula)
Victor York and Evelyn
Pacheco-York
Vista Electric
Wylene Branton Wood
Yemaya Massage & Wellness
Center

VCS Donors
2018 Volunteer Counselors, Supervisors and Student Interns

Raquel Abreu
Margie Adams
Deana Adams
Judy Aiston
Denet Alexandre
Evelyn Almanzar
Barrie Austin
Kathy Bareket
Rebecca Bassin
Darcy Bauer
Maria Bautista
Diane Bender
Joseph Benedikt
Richard Benfield
Valerie Bernan
Kathy Bernhardt
Jane Bosley
Nancy Bowen
Eileen Burge
Shelly Burns
Diane Campbell
Evelyn Carayannis
Zachary Chaiken
Tina Chamak
Alana Cohen
Garrett Crozier
Susanna Cruz
Valentina Diloreto
Karen Dorangrichia
Theresa Egan
Phyllis Eisenberg
Nancy Erick
Deila Esposito
Joan Faison
Joseph Felix
Sheila Foster
Michelle Francois
Lynn Gartenberg
Malki Gartenberg
Ginny Geerdes
Carina Genova
Marina Gigante
Louis Gilbert
Cindy Gisser
Baila Glauber
Esti Glauber
Monica Griffin
Tiffany Grosso
Jamie Hopper
Deidre Jayko
Claire Jordan
Deanna Joy
Judy Judka
Devorah Karp
Doris Katz
Susan Katz
Benjamin Kaufman
Jacqueline Kelly
Lorraine Knabe
Nancy Kupperman
Bonnie LaBar
Ian Laidlaw
Laura Laureti
Jennifer Ledesma
Suzanne Lefkowitz
Dana Levine
Ricardo Lima
Jamer Linares
Debby Marcarelli
Angelica Marte
Gail Mauer
Xiomara Menendez
Linda Mower
Dina Nejman
Madeline Newman
Evelyn Pacheco-York
Ellen Palop
Ana Marcela Patino
Maria Perez
Barbara Pfingst
Angela Platek
Kristen Plake
Colin Pohl
Myrna Price
Eva Rapopoport
Andrew Raska
Beth Resnick-Folk
Suki Robins
Phil Rockfeld
Karen Viviana Ruiz Pietro
Judy Ryan
Marsha Safran
Steve Safran
Darla Salmon
Reinaldo Sanchez
Monsserrat Santana
Sue Saslaw
Miriam Scheiner
Deborah Sheehan
Doreen Shepard
Susan Silver
Dale Singer
Phyllis Sirois
Melissa Smith
Pamela Stone
Veronica Strong
Martha Taveras
Alice Taylor
Jill Torrente
Migdalia Valdes
Chris Vanasse
Rosanna Ventura
Sonia Wagner
Caroline Walker
Lauren Walkers
Joan Ann Wasser
Moshe Weiss
Zvi Weiss
Bobbie Angela Wong
Marie Wood-Smith
Mindi Yeger
Alba Zayas

VCS Funding Sources

During 2018, VCS received funding from many generous private foundations, corporations and individual donors, as well as the following contractors:

Active Cares
Rockland BOCES
Camp Venture
NYS Medicaid
NYS Office of Children & Family Services
NYS Office of Mental Health
NYS Office For The Prevention Of Domestic Violence

Community Collaboratives

The VCS General Counseling Program continues to collaborate with the following organizations:

Center for Safety & Change
Central Presbyterian Church in Haverstraw
Centro de Amigos
Haverstraw Community Center
Hudson River Health Clinic in Haverstraw
Hudson River Health Clinic in Spring Valley
Montefiore Nyack Hospital
Refuah Health Center
Rockland County School Districts

“Alone we can do so little; together we can do much.”
**Executive Staff**
Sarah Goforth, MS, CMC, CADCII, Executive Director
Phyllis B. Frank, Senior Director
Nancy Rosa, Financial Director

**Administrative Staff**
Bari Lewart, Executive Administrator
Patti Trichon, Special Projects Coordinator
Yosmeirin Hilario, Daytime Receptionist
Fran Greenberg, Evening Receptionist

**Counseling and Family Services**
Rosa Serrano-Delgado, LCSW, Manager
Jill Bieber, Services for Older Adults & their Families Coordinator
Shelly Burns, LCSW, Parenting Apart Supervisor
Kathy Carty, MS, Families in Need of Support Coordinator
Beth Kipperman, Student Advocacy Program Coordinator
Ellyn Rabinowitz, LCSW, Student Intern Program Coordinator
Darla Salmon, MFT, Parenting Apart Coordinator
Monserrat Santana, PUENTES/RAPP Coordinator
Marie Wood Smith, Volunteer Coordinator

**Mental Health Clinic**
Richard Price, MD, Psychiatrist
Ian Laidlaw, LCSW, Manager
Bari Lewart, Executive Administrator
Jamie Hopper, LMFT, Clinic Coordinator

**Social Justice and Specialized Training Services**
Susanne Fitzpatrick, Domestic Violence Program for Men, Records & Administration
Nelson Izquierdo, Domestic Violence Program for Men Registrar, Instructor and Court Liaison; English/Spanish
Darla Salmon, MFT, NY Model for Batterer Programs and Racial Justice Initiatives, Administrative Coordinator, DVPM Instructor, Coordinator, Registrar

**Officers**
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Mary Ann Tozer, LCSW, President
Phyllis Eisenberg, Vice President
Steven Breen, Treasurer

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Mental Health Clinic
Counseling & Family Services
  General Counseling Program
  Relatives as Parents Program
  Youth & Family Programs in Schools
  Services for Older Adults & their Families
  Parents Education and Support
  Rockland Student Advocacy Program
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  Graduate Student Internship Program
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