VCS is a counseling and family service agency with an anti-racist, social justice mission.
A MESSAGE FROM SARAH

I began my tenure as the VCS Executive Director in August of 2013 and it is hard to believe, at the writing of this letter, almost two years have passed since I walked through the door at VCS to start work! My joke is that once you drink the water at VCS you become part of the agency and never leave. We are fortunate to have many members of staff and our volunteer workforce who have been with VCS for several years and are dedicated in good times and bad.

I have titled this year’s annual report: A Year of Action. The staff and myself set about to improve our house last year. We painted, installed new roofing, water proofed the basement, carpeted two floors of the building and had a lot of nice furniture donated by Active International. Many of these 2014 improvements came through the good will of donors in the community as well as agencies like United Way who deploy people to volunteer at local nonprofits twice a year. PDI has been the workforce through United Way who has been kind enough to participate in our massive painting project. We thank Rockland County for its continued support.

In addition to serving countless clients in Rockland County as counselors, volunteers have tended to the front desk and done things like painted the railings leading into our building. VCS Inc. is a remarkable place and we have many plans for 2015 such as opening a licensed mental health clinic within our building to help support our precious resources; the volunteer counseling program and the social justice work we do such as Pride and the Undoing Racism trainings in the county.

Throughout 2014 almost 14,000 hours of service were provided to people seeking help. They turned to VCS for counseling -- often at times of personal and family crisis. We continued to expand our youth counseling programs in schools which have limited or no mental health services. We now offer a Spanish language counselor training program once a year. The need has been apparent for a few years but this year we were actually able to build capacity in order to make it happen. Our domestic violence program has expanded in Orange County making it one of the most viable programs in our agency.

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

The report that follows is a synopsis of our work and accomplishments in 2014. 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 and we celebrate our 45th anniversary in 2015. We are proud to be an important resource for countless people in Rockland County that otherwise would not be able to access services.

Thank you,

Sarah Goforth

Executive Director
VCS Services and Programs

Counseling and Family Services
- Counseling Program for Individuals, Couples and Families
- Parenting Apart
- Parenting Classes/Support Groups
- Program for Adolescents & Families in Need of Support
- Services for Older Adults and Their Families
- Relatives as Parents Program
- LGBT Clinical Services
- Employee Assistance Program
- Student Advocacy Program
- Spanish Language Services
- VCS/HACSO Collaboration
- Rockland Immigration Coalition

Community Change Project Programs
- Community Commitment to End Domestic Violence
- NY Model for Batterer Programs
- Lesbian, Gay, Bi-sexual, Transgender (LGBT) Educational Programs, Events, Support Groups
- Racial Justice Organizing and Training
- Community Defined Solutions Programs
- Court Training Improvement Program
- Gay Pride Rockland Annual Celebration in June
- Diversity & Cultural Competence Professional Training, Education and Workshops

Foster Grandparent Program

Volunteer Recruitment, Training and Supervision
2014 HIGHLIGHTS

Agency

- We held our two significant fundraisers for the agency: Our 11th Annual Golf Tournament and the Annual Appeal at the end of the year. We added Tennis to the Golf Tournament for the first time.

- Improvements were made to the infrastructure of the building including half a roof, carpeting, and water drainage in the basement.

- Began process to establish a VCS Clinic.
Counseling and Family Services

In 2014, our programs continued to expand along with the county's growing need for our services. During this year 106 volunteers contributed 12,660 volunteer hours to the agency. We were also home to 11 interns from eight different colleges in the Hudson Valley region.

In April 2014, VCS had the first annual dinner to honor volunteer counselors. The dinner was made possible by a bequest from Stan Hyman, a VCS counselor for many years, who left a bequest in his will to make it possible for volunteers to be honored in the way he thought they should be. The dinner was held at Del'Arte restaurant and was deemed a success by the 65 people in attendance. We were very grateful to Stan for starting a very much needed tradition for our volunteers.

In September 2014, we began our first counselor training all in Spanish. Rosa Serrano-Delgado, VCS Director of Spanish Language Programs, organized this highly successful training and eight more Spanish-speaking counselors joined VCS.

Also in September, VCS hosted visitors from the Haitian women's ministry. They were eager to learn more about our models of domestic violence counseling for women and our domestic violence classes for men. It was a very successful visit.

FINS, our intensive counseling program for traumatized high school students and families in the East Ramapo Central School District funded by the Rockland County Youth Bureau, grew and developed remarkably in 2014. We began collaborating with multiple agencies and services including MHA of Rockland, Legal Services of the Hudson Valley, Planned Parenthood, the Rockland County Department of Health, and the Partnership for Safe Youth, to better support the vulnerable students and their families. We began training and working more extensively with gang and sexuality issues. We also provided training for school staff on trauma and child behavioral problems. FINS was awarded a grant by the United Way of Rockland County at the end of the year to expand into North Rockland Central School District in September 2015, so we are looking forward to the upcoming school year and bringing services to other school districts. A huge thank you to our FINS counselors, who go above and beyond to do some tremendous work in some very traumatic situations.

Additional highlights: VCS participated in many community coalitions, collaboratives, and task forces.

- We are regular members of the Health Priorities Steering Committee.
- VCS is home to the Rockland Immigration Coalition.
- In February, we participated in a Children's Legislative Forum to present elected officials with important information about the needs of children in our county.

We also participated in a series of meetings related to creating a Safe Haven for new mothers who needed to give up their babies in safe and legal places.

![Distribution of clinical clients in Rockland County](image)
VCS Community Change Project
2014 Events

Community Change Project Staff represented VCS and especially VCS LGBT programming at four (4) Village of Nyack Street Fairs.

NY MODEL FOR BATTERER PROGRAMS

- VCS Domestic Violence Program for Men: Classes for court mandated participants were conducted in Rockland, Orange and Westchester Counties.
  - Rockland: # of men ordered .............................................................. 99
  - Rockland: # of men who became participants................................. 105
  - Orange: # of men ordered ................................................................. 133
  - Orange: # of men who became participants.................................... 93
  - Westchester: # of men ordered .......................................................... 80
  - Westchester: # of men who became participants............................ 86

- National Training Institute on the NY Model for Batterer Programs
  - Rockland County, New York
  - Buffalo, NY
  - Brooklyn, NY

- 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, ability, etc.

Percentage of DV Caseload by County

- Rockland 37%
- Orange 33%
- Westchester 30%
VCS Community Change Project (cont.)

LGBT (Lesbian, Gay, Bi-sexual, Transgender) & GAY PRIDE ROCKLAND EVENTS

- VCS LGBT Film Festival: Films meant to educate and/or entertain regarding LGBT issues, were shown at the Nyack Library, open to the public, at no charge.

- Community Social “Friend-Raisers”
  - Meet and Greet at Restaurant X
  - Comedy Night with Jessica Kirson
  - Well Strung Concert
  - Sunday Afternoon Tea Dance

- Transgender Programming
  - TaG ~ Talking about Gender: A support group for Transgender people age 18 and older. Total number of Transgender adults served ........................................ 18
  - TransParents: A monthly meeting collaboration with Rockland County PFLAG for parents and other relatives of Transgender children and youth. People served ..... 18
  - Roundtable for Professionals regarding the Transgender Community. Meets monthly. Total number of professionals served .............................................. 70
  - Transgender Day of Remembrance: Annual event to celebrate and honor Rockland’s Transgender community and acknowledge the unjust treatment and violence against them.

- Women to Women: A Lesbian Support Group. Meets monthly. Total number of women served: .................................................. 31

- Juried Art Exhibit and Sale to Benefit VCS Gay Pride Rockland: Collaboration with Rockland Center for the Arts, this annual event has become a highlight of summer exhibitions.

- VCS Gay Pride Rockland Sunday: The first Pride event ever held in the Lower Hudson Valley. This is VCS’ signature LGBT event.

- Produced 2014 Directory of LGBT Friendly Businesses, Services and Community Organizations

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

- Presented on Racial Justice To Green Meadow Waldorf School staff and student body

- Screened The Color of Fear and presented on Racial Justice to Rockland County Department of Social Service and on Birth Disparities to the Hudson Valley Peri-Natal Network

- Co-Sponsored showing of The New Black with Rivertown Film Society

- Undoing Racism Workshop, annually administered by VCS Community Change Project, presented by the People’s Institute for Survival and Beyond
Foster Grandparent Program

- During 2014, 71 Foster Grandparents—including four new volunteers, volunteered in the educational programs around the county.

- The Foster Grandparents were at West Haverstraw Elementary School in Stony Point, NY. One of the volunteers worked in a Regular Ed classroom. The other grandpa worked in the Kindergarten program—serving two classes, one in the morning the other in the afternoon. Most of the Kindergarten students in this class were English Language Learners with whom reading skills were being developing using guided reading, reading aloud, and formulating questions. These two volunteers served 61 students – 23 third graders and 38 kindergarteners (18am/20pm).

- The teachers identified students with whom the grandmas would be assigned to provide individual attention while working with all in the classroom so as not to make the students feel singled out. The grandmas carried out those responsibilities/activities as per teacher’s assessment. Some of the functions they worked on with the students were:

  SECOND GRADERS:
  * Practice re-reading texts
  * Spelling words
  * Encourage to work with others
  * Multiplication/add/subtract facts
  * Refocusing during group activities
  * Encourage collaboration with others

  KINDERGARTENERS:
  * Writing letters of [his/her] name and sight words
  * Identifying letters with corresponding sound
  * Praise and reward socially acceptable behaviors
  * Practice math facts – count by 1s, 10s, 1-100
  * Practice spelling words
  * Re-reading familiar stories
Community Recognition

The Chazen Foundation continued its invaluable financial support for VCS.

NicePak/PDI Corporation was the event sponsor for the 2014 Golf Tournament to Prevent Child Abuse for the third year.

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

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

Our signature events that occurred in 2014; Rockland County Pride, the Golf Outing and the Foster Grandparents Recognition Dinner were all well attended by Rockland County Officials as well as our supporters.
VCS Funding Sources

During 2014, VCS received funding from many generous private foundations, corporations and individual donors, as well as the following contractors:

Avon Products, Inc.
Camp Venture
County of Rockland
National Corporation for Community Service
NYS Office for the Aging
NYS Office of Children and Family Services
Medicare
Ramapo High School
Rockland County Department of Probation
Rockland County Department of Social Services
Rockland County District Attorney’s Office
Rockland County Youth Bureau
Town of Clarkstown
Town of Ramapo
Town of Haverstraw
United Way of Rockland County
Village of Spring Valley

2014 Revenue

- Public Contracts 65%
- Fees 15%
- Fundraising & Donations 20%

2014 Expenses

- Program Salaries 56%
- Other Operating Expenses 30%
- Administrative Salaries 7%
- Insurance 2%
- Mortgage & Utilities 3%
- Fundraising 3%
THANK YOU TO OUR VOLUNTEERS!

2014 Foster Grandparents

Salome Abordo
Isabel Badillo
Cresencia C. Balagot
Edumondo H. Balagot
May Barone
Sheila Bencivenga
Miriam Berkowitz
Margaret Brown
Madie E. Bullock
Purification Cabusi
Frances Calandra
Mary Clohessy
Mildred Colter
Corazon Cruz
Harriet Cummings
Cleveria Dario
Marietta DelDuco
Esther DelRosario
Severina F. Desacada
Erich J. Desch
Annette Diskin
Madeline Dorangrichia
Rosita Escobar
Luz Euden
Iraida L. Fernandez
Rosa M. Forand
Roslyn Foxman
Eileen Frawley
Janet Gajeski
Florence G. Guerzon
Flora Harris
Janie Hawkins
Mary Ann Heise
Louise Jenkins
Elizabeth Karnatz
Josephine Kavanagh
Dorothy Kinard
Martha L'Homme
Donna Lazzari
Eden Mariano
Elaine C. McCann
Delois McGill
Gail O. Miller
Maria Moscours
Angela Navatta
Ramona Ngolla
Corazon Pidlaoan
Sarah Pines
Anthony Reale
Bernard Reffsin
Teresa Romero
Deanna Rose
Zelda Rosenberg
Enid Ross

John Sheehan
Maria Squeo
Elaine E. Taylor
Perla Tolentino
Lucille Van Sise
Frances Viola
JoAnne Viola
Patricia Wilson

2014 Volunteers
LGBT Programs

Tahrah Andrews
Judy Burns
Kristina Burns
Karen Cancro
Peter Cancro
Jennifer Cancro
Peter Cheney
Joseph Coe
Jane Engel
Ginny Geerdes
Bev Goff
Nyisha Green-Washington
Ahkeim Green-Washington
Jessie Grosso
Merle Klein
Arlene Levine
Elaine Lind
Matt Ortiz
Michael Ortiz
Hal Parker
Louise Poresky
Dave Reiss
Arnold Roufa, MD
Darla Salmon
Laurel Salmon
Gio Scarcella
Travis Tacon
Ells Turk

2014 Volunteers
Domestic Violence Program for Men

Dick Benfield
Linda Berns
Maryalice Chaifetz
Tony Garnere
Barry Goldstein
Phil Heffernan
Peter Heymann
Elena Martinez
Darla Salmon
Laurel Salmon
THANK YOU TO OUR VOLUNTEERS!

2014 Volunteer Counselors and Student Interns

Margie Adames-Torres  Wendy Cohen  Doris Katz  Suki Robins
Deana Adams  Sonya Cook  Benjamin Kaufman  Myrna Rolon
Judy Andersen  Ariel De La Cruz  Raman Kaul  Karen Ruiz
Byron Avilan  Karen Dorangrichia  Lorraine Kaul  Judy Ryan
Consuelo Avilan  Laura Dunnigan  Nancy Kupperman  Darla Salmon
Kathy Bareket  Phyllis Eisenberg  Ian Laidlaw  Laurel Salmon
Andrew Barist  Leigh Anne Fagin  Sheri Langer  Lucero Sanchez
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Jill Bieber  Rosemarie Frisone  Audrey Mayer  Karen Snyder-Kadish
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Nancy Bowen  Harriet Gardner  Patrick Millien  Veronica Strong
Meryl Brown  Ginny Geerdes  Chana Moses  Cindy Tabacco
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Eileen Burge  Julianna Green  Everlyn Pacheco-York  Erica Trestyn
Jerlyn Calixte  Phillip Heffernan  Ellen Palop  Angie Tyagi
Diane Campbell  Ishirelle Henry  Maria Perez  Denise Urena
Kathy Carty  Jody Innerfield  Angela Piatek  Chris Vanasse
Maryalice Chaifetz  Esther Joseph  Marie Pierre  Joan Ann Wasser
Tina Chamak  Judy Judka  Myrna Price  Nan Yuasa
Pamela Cinque  Elora Kalish  Ashley Rappaport  Bob Zollner

VCS Reception Volunteers

Barrie Austin  Connie Coker
Melissa Butler  Hal Deutschman
Jeryl Calixte  Matt Deutschman
Ginny Geerdes  Toni Fallon
Fran Greenberg  Ginny Geerdes
Madeline Newman  Wylene Branton Wood

VCS Golf Volunteers

Eileen Zollner
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Gail K. Golden, Associate Executive Director/Clinical
Nancy Rosa, Financial Director
Eva Hernandez-Goley, Director, Foster Grandparent Program

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Mias Foot Relaxing Station
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New City Pizza
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Wylene Branton Wood
Yemaya Massage & Wellness Center
Yuva Laser & Skin Care (Divya Kumra)
Eileen Zollner

* Any omissions to our donor list are not intentional. We appreciate all the support we receive.
CAPITAL IMPROVEMENTS

Railings painted by Ginny and Eva

Lobby with new décor and furniture*

Third floor new TV and furniture *

- *Furniture received from Active International
- Delivery was donated by Bernhardt Moving Company
- Carpeting was donated by Betsy Benjamin
- TV was a donation from Betsy Benjamin

Second floor with new carpeting and furniture*