



SAVING LIVES IN SO MANY WAYS

2019 VCS Annual Report

- Mental Health Counseling
- Social Justice
- Advocacy

Saving Lives in So Many Ways

Every day VCS saves lives in so many ways by providing counseling services and mental health treatment with an anti-racist, social justice mission. Working collaboratively with the community, VCS identifies and fills gaps in services with programs in behavioral healthcare, training, and advocacy for those most in need.

2019 VCS Annual Report

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Sarah Goforth, MS, CMC, CADCI
Executive Director

Dear Friends,

I am writing this message during one of the most challenging times in our country in recent memory. A deadly virus has claimed countless lives; an evolution of the civil rights movement and economic hardship has provided a backdrop for VCS to work harder than ever before. *We have conveyed a simple message, since March, through social media; **there is hope**.* We have been here, we are here and we will continue to be here. Our lights have been on, telephone lines and doors have been open. We are a resource for a community that is struggling with parenthood, school, and lack of work or balancing a virtual job with family life. We have had neighborhood drive-by graduation ceremonies and extended family visiting one another through glass doors and windows.

Our community needs us now more than ever. We established an emotional help line in April and May to provide a safe place for people to talk. These last few months have given me time to think about gratitude. I am grateful for our staff, volunteer counselors, Board of Directors and people like you. VCS could not carry out our mission without the support of all of our funders and friends in the community. *Our new logo is a fresh representation of what VCS has done for 50 years; "Saving Lives in So Many Ways".*

We are dedicated and strive for a just world that allows people to be who they are and to be treated with dignity and respect. Our charge is to provide hope through counseling, mental health treatment, advocacy and training. I could not be prouder to have had the opportunity to serve as the Executive Director for the past seven years. *VCS employs a unique combination of professional staff, trained volunteers and collaborative partnerships to create innovative multicultural and multilingual responses to pressing social needs and issues.*

The VCS mission is carried out with a sense of pride and purpose by a unique blend of volunteer and professional staff and an active, vital Board of Directors. The report that follows is a synopsis of our work and accomplishments in 2019. 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 in Rockland County who otherwise would not be able to access critically needed services.



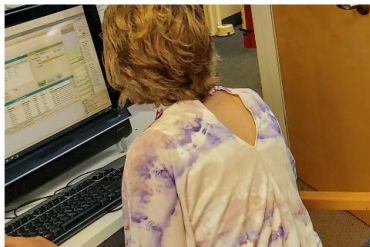
Thank you,
Sarah Goforth, MS CMC, CADCI

Mental Health Clinic

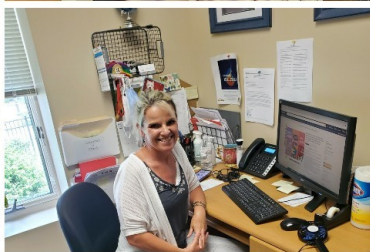
The VCS Mental Health Clinic celebrated its fifth year in 2019. We increased our capacity from 192 to 267 clients and grew our team from 19 to 23 clinicians. We worked with 443 unique individuals over the year totaling 7,202 appointments; approximately 40% growth from the prior year.

Thanks to everyone's extraordinary work (administrative team and clinicians) we exceeded our income budget target for the year by 30%. The target for 2019 was about 50% higher than that for 2018.

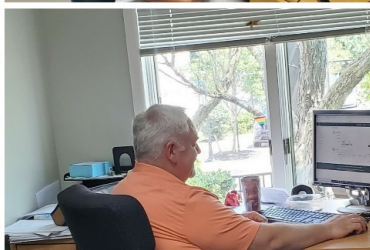
We also hired a compliance and privacy officer, who immediately got to work and brought us into compliance with many of the state regulations and quality standards we had been pursuing for several years, and found innumerable ways to streamline and make our operations more profitable.



Clinicians at the VCS Mental Health Clinic break from work with clients in team rooms where they can catch up on progress notes, a quick meal, and find each other easily.



Communication and collaboration are facilitated in this type of setting, as are spontaneous conversations, reducing the need for planned meetings or hunting for another staff member.



Clinical team rooms help break down traditional barriers and improve clinical workflow.

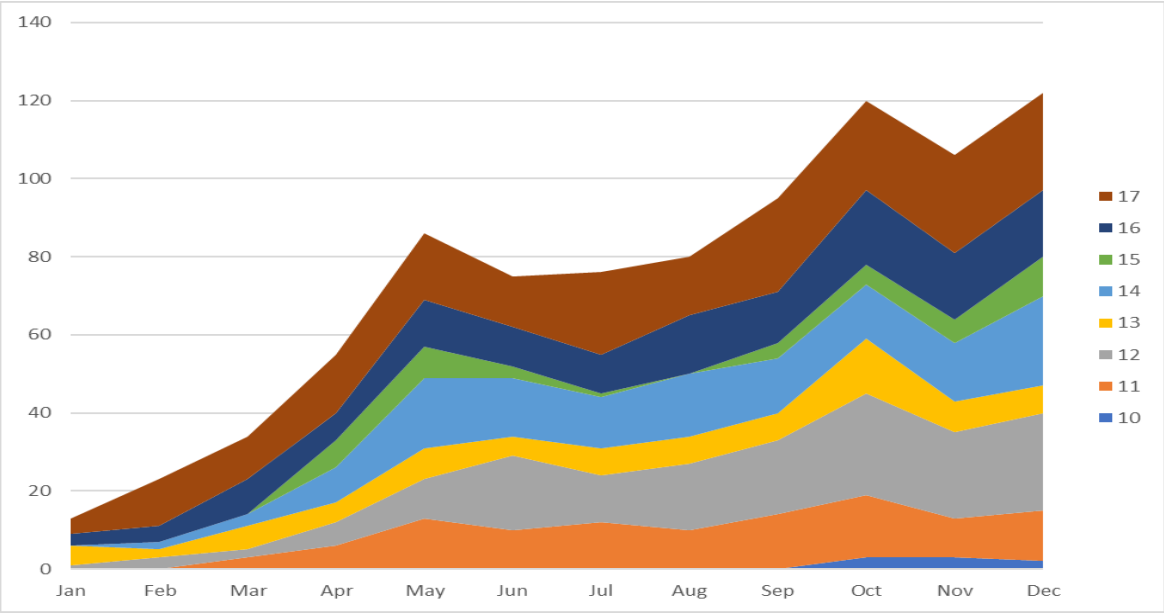
Clinical Services for Youth

The School-Based Youth Services Program had a very successful start with the Ur Space clinic up and running at Spring Valley HS. Our expansion continued with a site license approval to serve children in the Haverstraw Elementary School.

The unending support of the school staff and administration in the North Rockland and East Ramapo School districts coupled with the dedication and professionalism of our clinicians made 2019 a very successful year! We look forward to continued growth of our clinic services throughout Rockland County.

Our youth services program at VCS has seen substantial growth with a total of 884 appointments for 94 clients under the age of 18. We hope to continue seeing steady growth with the implementation of tele therapy services.

Child and Adolescent Program Appointments per Month by Age



Counseling and Family Services

The General Counseling Program

- Served a total of 380 clients in 2019. 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.
- We implemented a very successful group program with two groups for Spanish speaking students in the East Ramapo Central School District – Latinos Unidos and Todos Unidos.
- We continue to work closely with local schools to expand the FINS program throughout Rockland County.

Outreach to Elders

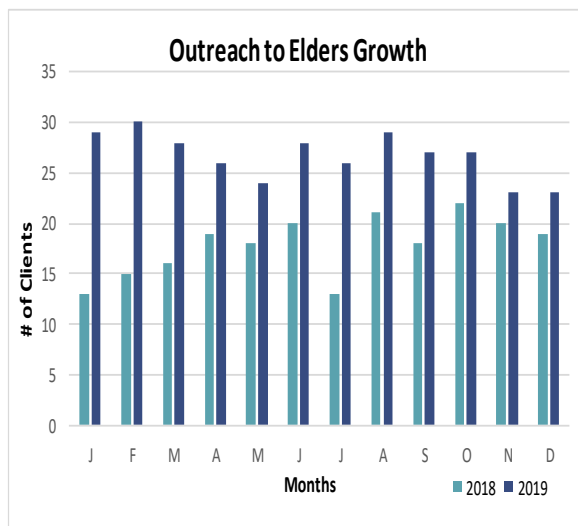
- Provides in-home counseling to seniors with 10-12 volunteers serving 20 to 30 clients at any given time. The majority are in their 80's, with health and financial concerns as well as emotional issues. Having a counselor come to their homes to meet with them on a weekly basis has proven to be a critically needed intervention.

Caregiver Support Group

- Darcy Bauer continued to facilitate the evening group, which expanded rapidly thanks to her wealth of knowledge and resources from The Office for the Aging.

Caregiver Resource Center

- Continues to take calls on a daily basis, and responds to requests for information about subsidized senior housing, caregiver agencies, how to select adult day care and nursing homes, and transportation options in Rockland County.



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

- Families are referred from the Integrated Domestic Violence Court and Family Court.
- In 2019, we continued alternating classes between Saturday and Sunday keeping a steady balance of active cases from all communities.
- Served more voluntary families thanks to positive feedback from previous clients.

Center for Parents Education and Counseling At-Risk Youth

- Counseling for youth and parenting classes for men and women continues to thrive.

Rockland Student Advocacy Program

- Continued to provide information, referrals and direct advocacy support to nearly 200 Rockland families in 2019. This is accomplished 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. Our service is available to children in all 8 Rockland school districts and Rockland BOCES.

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.

Graduate Student Internship Program

- VCS 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 few years we have mentored over 100 students.

Counselor Training Program

- An effective and practical preparation for counselors and highly regarded throughout the county and by prominent educational institutions.
- In 2019, we trained 32 lay community members and 5 interns who are now active and dedicated counselors.
- The diversity of this training group continually grows. At this time, we have counselors fluent in Spanish, Creole, French, Yiddish, Greek, Arabic, Russian, Italian and Portuguese .

PUENTES

- Celebrated it's 2nd annual event, which was a lot of fun and very successful . We now offer all of our services in Spanish. In 2019, 29 counselors served approximately 200 clients.

Social Justice and Domestic Violence Initiatives



Highlights from VCS Social Justice Initiatives:

- VCS hosted six Undoing Racism Workshops (URW) with 233 participants. VCS received a grant to hold two more Undoing Racism Workshops for 84 participants. One graduate of this unique 2½-day workshop said, ". . . I am committed to start the conversation within my own circle in order to expand the knowledge gained this weekend."
- VCS held 19 Working Together for Racial Justice Meetings: 12 during the day and 7 in the evening (with 121 people). These monthly discussions for URW graduates, is to deepen the 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 “Racial Justice” with the staff of the Nyack Public Schools from Sept 2018 – Dec 2019.
- VCS was asked to present on Racial Justice at Lexington Center for Recovery during their 5th Annual Training Day – and presented it to overwhelmingly positive reviews.

Photo Collage: Phyllis B Frank & Darla Salmon host Undoing Racism Workshop Trainers

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 August



VCS was invited by the NYS Commissioner of Probation to present on domestic violence offender accountability and batterer programs.

VCS was asked to present on Domestic Violence at the Rockland County Teacher's Center.

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

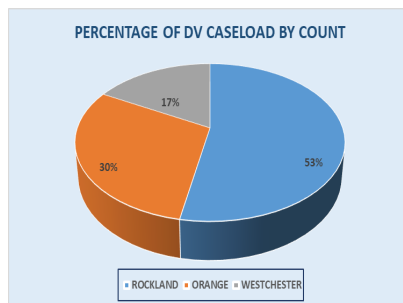
Classes for court mandated participants were conducted in Rockland, Orange and Westchester Counties serving domestic violence, criminal, family and IDV courts in those counties.

- Rockland: # of men ordered114
- Rockland: # of men who became participants 130*
- Orange: # of men ordered 54
- Orange: # of men who became participants 75*
- Westchester: # of men ordered 41
- Westchester: # of men who became participants ... 41

*The number attended is more than the number ordered as there were several ordered at the end of 2018 who would not be counted in the "Ordered" but would be counted in the "Attended" for 2019.

In keeping with our multi-language support, there were 25 Spanish registrations for 2019.

Instructors: Haki Baruti, Linda Berns, Tony Garnere, Barry Goldstein, Peter Heymann, Deanna Joy, Jean-Max Naissant, Cherron Petruzzi, Lisa Whiteside



"Accountability and consistency is key."

VCS at a Glance

"We are a resource for countless people across the lifespan who would not otherwise have access to services in Rockland County."

General Counseling Program
Relatives as Parents Program (RAPP)
Services for Older Adults & their Families
Youth and Families in Need of Support (FINS)
Parents Education & Support
Rockland Student Advocacy Program
Employee Assistance Program
Graduate Student Internship Program
Volunteer Counselor Training Program



VCS
PUENTES

All VCS services provided in
Spanish in the PUENTES Program

Nancy Ros
Director of Fi

Rosa Serrano-Delgado
Manager Counseling
& Family Services

B
Execut

Board of Directors

a
nance



Sarah Goforth
Executive Director

Sari Lewart
ive Administrator

Phyllis B. Frank
Senior Director

Patti Trichon
Special Projects Coordinator

Ian Laidlaw
Manager, Mental Health Clinic

English, Spanish, Creole, French,
Yiddish, Hebrew



Domestic Violence
Program for Men



UNDOING RACISM WORKSHOP
The People's Institute for Survival and Beyond

Trainings, Educational
Institutes, Social
Justice Initiatives



Ur Space

Spring Valley High
School Clinic Satellite

Haverstraw Elementary
School Clinic Satellite

English & Spanish

VCS in the Community



Bari Lewart and Sarah Goforth walk with Team VCS, for NAMI in September



Stephanie Madison, MHA Rockland, with Sarah Goforth at the Jawonio Brunch in November



Denet Alexandre at Office for Aging's Elder Abuse Conference in September



Rosa Serrano-Delgado and Martha Robles at the Catholic Charities event in October



Rosa Serrano-Delgado presents the VCS table at Healthy Haverstraw in October



Phyllis B. Frank honored by the NAACP at their 60th Annual Membership Dinner in April



The United Way Spring Day of Caring in March. Bari Lewart and Ginny Geerdes gave their all to the front gardens at VCS with the volunteers



Puentes' 2nd celebration in April with the community



VCS Board President Mary Ann Tozer and friends celebrate at Puentes in April



VCS Executive Director, Sarah Goforth, at the United Way of Rockland Gala in October



Jill Bieber and Joan Faison at the Mental Health Fair, in May, hosted by Senator David Carlucci at RCC



Silent Auction Chair, Nancy Kupperman, enjoys the excitement at the 16th Annual VCS Golf Outing in August



Jonathan Kupperman, of PDI, and friends golfing in August. PDI is the VCS Golf Outing's Premier Event Sponsor

Donors and Special Recognitions

\$10,000 or more

The Chazen Foundation
PDI Inc. (Jonathan Kupperman)

\$1,000 - \$9,999.99

Activeviam
Apple Bank for Savings
Arthur Rogovin
ASC Technologies
Bernhardt Moving
Centro de Amigos, SADC
Elisabeth Voigt
Jonathan & Nancy Kupperman
Mario Occhicone
Mary Ann Tozer
Mimi Gelb
Paul Orazio
Pell Wealth Partners
People's United Bank
Phyllis B. Frank
Theresa Egan
Toni Fallon *
Wegmans Food Markets, nc.

\$500 - \$999.99

Active Cares
Atlantic Tomorrow's Office
Bridges of Rockland
California Closets
Danny Quintero
DeCicco Family Markets
Derek Nelson
Electronic Office Systems
Elisabeth Voigt
Frank Orzo
Gail Maurer
Inserra Supermarkets Inc.
Judy Ryan
M&T Bank
Marshall's of Nanuet

*"A donation makes
a difference in
people's lives."*

Mimi Gelb
NAMI of Rockland
Prestige Employee
Administrators, Inc.
Raymond Francis
Rosa Serrano-Delgado
Stephen Seward

\$250 - \$499.99

Berard & Donahue, CPA's P.C.
Beth Kipperman
Connie Coker
Construction by Allison Inc.
David Kurland
Deborah Fix
Edward Mooney
Geoffrey Cabrera
Ginny Geerdes
Good Samaritan Hospital
Hendo Contracting
Henry Rosen
James Barry
Jawonio Inc.
John McDonald
John Sadowski
Michael S. Rothstein, D.D.S.
Michael Seidenfrau
Monserrat Santana
Nancy Rosa
Orangeburg Volunteer
Fire Association
Phyllis Eisenberg
Richard Wolff
Rockland Business
Exchange

Rockland County Pride Center
RRC CPAs P.C.
Sarah Goforth
Steven Breen
Suki Robins
Total Advanced Communications

\$100 - \$249.99

AFLAC
Aldan Press
Allstate Insurance Company
AW Auto & Truck Wholesalers
Basiliso Negron
Betsy Benjamin
Bob's Art and Framing
Carole Gelfer
Carpets Plus of New York
County Animal Hospital, Inc.
Cristina Mineo
Dana Treacy
Danilo Sulit
Darcy Bauer
David Rivera
David's Bagels of New City
Dennis Fleming
Dina Nejman
Dominic Ferro
Don & Cissy Hanson
Donna Borell
Edwin Diaz
Ellen Palop
Elsa Seguinot
Eric and Sabrina Roffman
Everlyn Pacheco-York
Eyes of Nanuet

* Toni Fallon, much beloved supporter and advocate of VCS passed away on December 25th, 2019. Toni was of service to VCS for many years, the last 13 of which she served as a member of our Board of Directors.

Donors (continued)

Faist & Yassky Families	Martha Taveras	Rockland Realty
Hon. William P. Warren	Mary Velez	Rockland YMCA
James & Ann Smith	Michelle Lockett	Rosie & Raymond Marrero
Jill Farrell	Morgan Stanley Wealth	Sharon Wohl
Joseph & Cathy Zayas	Management	Sherri Eisenpress
Julie Wendholt	Nyack Seaport Center	Stanley Cadet
Karen Stern Cohen	Orangetown Smiles	Steve & Leigh Kinnard
Lauren Ardizzone	Paul Trader	Susanna Cruz
Linda Mower	Pet Nutrition Center	United Way of Rockland County
Malki Gartenberg	Philip & Alba Zayas	Victor York
Marcus & Sonia Williams	Phyllis Sirois	Wanda Nieves
Mark & Elaine Carlevaro	Rena Finkelstein	Yemaya Massage & Wellness Center
Mark & Fiona Sanders	Rockland Bakery, Inc.	
Mark & Rachelle Acker	Rockland County Hispanic Society	

2019 Special Recognition

For years of service to VCS El Grupo de Madres

Eileen Burge

**We sincerely appreciate *all* of
our donors at *all* levels.**

For Photography

Ginny Geerdes: Shadow Photography

For Decorations at our Events

Maria Perez: Daisy's Decoration

2019 Golf Committee

Kathy Bareket
Kathy Bernhardt
Susanne Fitzpatrick
Phyllis B. Frank
Ginny Geerdes
Sarah Goforth
Michele Kansky
Nancy Kupperman
Bari Lewart
Douglas Mattliano
Ed Mooney
Patti Trichon
Marie Wood Smith



The newest VCS teammate,
Lily Salmon, in her VCS onesie

Volunteers

2019 Volunteer Counselors, Student Interns and Supervisors

Counselors

Raquel Abreu	Esti Glauber
Margie Adames	Monica Griffin
Deana Adams	Tiffany Grosso
Judy Aiston	Elinor Holland
Denet Alexandre	Jamie Hopper
Barrie Austin	Mia Howard
Yosmeirin Baez	Deirdre Jayko
Kathy Bareket	Claire Jordan
Rebecca Bassin	Deanna Joy
Darcy Bauer	Devorah Karp
Maria Bautista	Doris Katz
Richard Benfield	Susan Katz
Valerie Bernan	Benjamin Kaufman
Kathy Bernhardt	Lorraine Knabe
Ruth Berrios	Elizabeth Kotchmar
Jane Bosley	Nancy Kupperman
Nancy Bowen	Bonnie LaBar
Eileen Burge	Suzanne Lefkowitz
Diane Campbell	Debby Marcarelli
Evelyn Carayannis	Candice Manson
Zachary Chaikin	Angelica Marte
Tina Chamak	Xiomara Menendez
Laura Coleman	Joel Michel
Susanna Cruz	Linda Mower
Chinee Dunn	Everlyn Pacheco-York
Vara Edara	Ellen Palop
Nancy Elcik	Ana Marcela Patino
Nancie Eliscar	Maria Perez
Joan Faison	Barbara Pfingst
Joseph Felix	Lara Pohs
Sheila Foster	Andrew Raska
Michelle Francois	Sabrina Reider
Ryan Gardiner	Beth Resnick-Folk
Malki Gartenberg	Suki Robins
Ginny Geerdes	Phil Rockfeld
Carina Genova	Kareen Viviana Ruiz Pietro
Marina Gigante	Darla Salmon
Louis Gilbert	Monserrat Santana
Cindy Gisser	Sue Saslaw

Deborah Sheehan
Susan Silver
Phyllis Sirois
Veronica Strong
Martha Taveras
Melissa Turk
Roiza Ungar
Migdalia Valdes
Rosanna Ventura
Sonia Wagner
Edna Ward
Joan Ann Wasser
Zvi Weiss
Marie Wood Smith
Alba Zayas

Student Interns

Akiel Andrew
Jamesha Bradley
Alana Cohen
Ravi Dasari
Theresa Egan
Delia Esposito
Baila Glauber
Sarah Hatkoff
Mariluz Hernandez
Jacqueline Kelly
Jennifer Ledesma
Jamer Linares
Eva Rappoport
Jill Torrente
Bobbie Angela Wong

Supervisors

Elizabeth Alvarado
Jill Bieber
Shelly Burns
Kathy Carty
John Corcoran
Phyllis Eisenberg
Reka Foster
Lynn Gartenberg
Sarah Goforth
Christine Haskell
Marisa Kuropatkin
Ian Laidlaw
Gail Maurer
Dina Nejman
Azu Nieves
Ellyn Rabinowitz
Judy Ryan
Marsha Safran
Steve Safran
Rosa Serrano-Delgado
Dale Singer
Celine Stillman
Alice Taylor

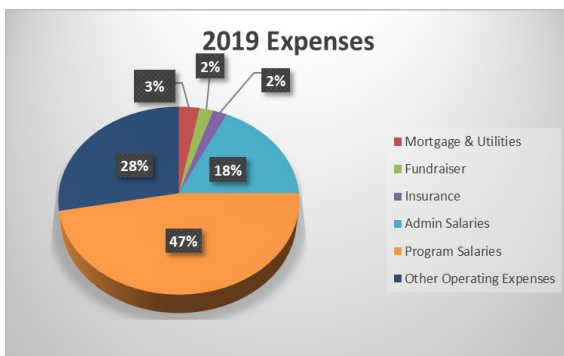
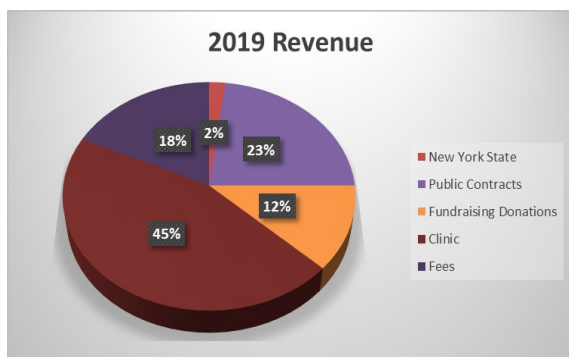
***“Volunteers do
not necessarily
have the time;
they just have
heart.”***

Funding Sources

During 2019, VCS received funding from many generous private foundations, corporations and individual donors, as well as the following contractors:

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

Rockland Community Foundation
Rockland County Dept. of Probation
Rockland County Dept. of Social Services
Rockland County District Attorney's Office
Rockland County Office for the Aging
Rockland County Office of Mental Health
Rockland County Youth Bureau
United Way of Rockland County



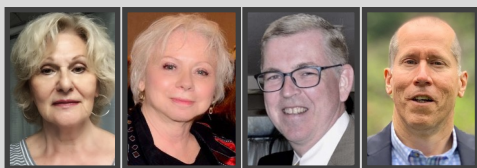
Collaboratives

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

Catholic Community Services
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 so
much.”***

Board of Directors and Staff



Board of Directors Officers

Phyllis Eisenberg, President
Mary Ann Tozer, LCSW, Vice President
Steven Breen, Treasurer
John Sadowski, Secretary

Board of Directors Members

Simona Chazen, LCSW
Dennis Fleming
Mimi Gelb, LMFT
Esther Guzman
Terry Knight
Jonathan Kupperman
Anita Levine
Derek Nelson
Mario Occhicone

Advisory Board

Jeffrey M. Adams
Hon. Harriet Cornell
Hon. Frances M. Hunter
Lawrence S. Karnbad
Leonard Lipson, MA
Amy Baldwin Littman, Esq
Dennis McGloster
George Menken, DDS
Hon. Howard Miller
Selma Porter, LCSW
Les St. Louis

Executive Staff

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

Administrative Staff

Yosmeirin Baez, Front Desk Coordinator
Bari Lewart, Executive Administrator
Patti Trichon, Special Projects Coordinator

Counseling and Family Services

Rosa Serrano-Delgado, LCSW, Manager
Jill Bieber, LMHC, Services for Older Adults & Families Coordinator
Shelly Burns, LCSW, Parenting Apart Supervisor
Kathy Carty, MS, Families in Need of Support Coordinator
John Corcoran, LCSW, Student Intern Program Coordinator
Beth Kipperman, Student Advocacy Program Coordinator
Dina Nejman, MSW, General Counseling Intake Coordinator
Darla Salmon, MFT, Parenting Apart Coordinator

Mental Health Clinic

Ian Laidlaw, LCSW-R, Manager
Kevin Greco, Compliance/Privacy Officer
Bari Lewart, Executive Administrator
Richard Price, MD, Psychiatrist

Denet Alexandre, MHC
Felicia Asch, LMSW
Kathy Carty, MS, MHC
Christy Castillo, MSW
Bill DeSiena, LMSW
Delia Esposito, MSW
Julie Fadl, MSW
Stella Farrell, LCSW
Reka Foster, LMFT
Hunter Harrow, MSW
Eva Hernandez LCSW-R
Mariluz Hernandez, MSW

Jamie Hopper, LMFT
Bonnie LaBar, MHC
Ricardo Lima, LMSW
Jamer Linares, MSW
Maria Lucibello, MHC
Willie Mae Murphy, LCSW
Eva Rappoport, MSW
Geraldine Ryan, MHC
David Shipper, LMHC
Jill Torrente, MSW
Migdalia Valdes, LMSW

Social Justice and Specialized Training Services

Susanne Fitzpatrick, DVPM, Records & Administration
Maria Perez, DVPM Registrar, Court Liaison; English/Spanish
Darla Salmon, MFT, NY Model for Batterer Programs and
Racial Justice Initiatives, Administrative Coordinator, DVPM
Instructor, Coordinator, Registrar



Our services to the community are always growing

In order to continue to flourish and provide valuable services to the individuals and families of our community, we rely on our generous donors. You can make a difference in someone's life with a donation to VCS. Visit us online at vcs-inc.org to find the best way to contribute.

Services currently available in English, Spanish, Creole, French, Portuguese, Arabic and Yiddish.

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
- Employee Assistance Program
- Graduate Student Internship Program
- Volunteer Counselor Training Program

Puentes: All VCS Programs & Services in Spanish

Social Justice Initiatives and Trainings

- Undoing Racism Workshops
- Domestic Violence Program for Men
- NY Model for Batterer Programs
- National Training Institute

Saving Lives in So Many Ways



SAVING LIVES IN SO MANY WAYS

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New City, NY 10956
(845) 634-5729

vcs-inc.org



facebook.com/VCSRock