

CELEBRATING **45** YEARS



VCS Inc.  
77 South Main Street  
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[www.vcs-inc.org](http://www.vcs-inc.org)

CELEBRATING **45** YEARS



A YEAR OF CELEBRATION  
2015  
ANNUAL REPORT

# A MESSAGE FROM SARAH

August 19<sup>th</sup> will mark three years for me as the Executive Director at VCS. Time flies by when you are as busy as we are! I have titled this year's annual report the "Year of Celebration".



VCS celebrated forty five years of continual service to the Rockland Community on October 8<sup>th</sup> 2015. We honored Dr. Cliff L. Wood, President of Rockland Community College, and Wylene Branton Wood, VCS Board of Directors President, at The View, in Piermont, New York. At the event, we highlighted our Student Advocacy Program designed to help parents and students seek accommodation in our public school system for special needs such as depression and or behavioral issues. Nearly two hundred people were in attendance and the agency was able to raise money and awareness. We thank all of you for helping us achieve our fund raising goal. In that same month we were presented with a life time achievement award by the Spring Valley NAACP.

After a year of tireless planning, calculating, filings and reviews, VCS opened its New York State Office of Mental Health Article 31 Outpatient Mental Health Treatment Clinic in June of 2015. We currently see 100 clients with various degrees of impairment seeking both therapy and psychiatric services. The staff sees clients from 8:00 in the morning until 5:00 PM with some evening hours dependent upon need. We provide 24/7 crisis services relying upon staff who rotate the responsibility weekly. We are filling a much needed gap in services which has been our mission for the last forty five years.

I was chosen to be a member of the 2015-16 Leadership Rockland Program and Phyllis B. Frank was named Woman of The Year by Venture Women, a philanthropic branch of Camp Venture. There are more achievements that you will read about or see pictures of throughout this report. Our biggest triumph is the growing number of clients that pass through our doors daily seeking assistance.



Phyllis Eisenberg presenting award to Honorees Dr. Cliff and Wylene Wood



Recognition of the Student Advocacy Program Beth Kipperman and family



J. Guillermo Rosa, Sue Sherwood and Mary Ann Tozer



Dr. Cliff and Wylene Wood



Matt Deutschman, Steven Breen and Phyllis B. Frank



Mary Lou Dillon and Ellen Jaffee

## *We appreciate our donors*

### **In Kind (con't.)**

Simona Chazen  
Spook Rock Golf Course  
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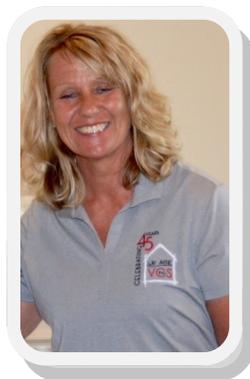
Kathy Bareket, Karen Snyder-Kadish  
and Eve Pacheco-York

\*Any omissions to our donor list are not intentional.

## **VCS 12TH ANNUAL GOLF OUTING**



Barry J. Dorfman, Phyllis B. Frank  
and Judy Wendholt



Sarah Goforth

## **A MESSAGE FROM SARAH (con't.)**

In 2015, fifteen thousand five hundred hours of volunteer service was delivered to more than six hundred people. Families and individuals often turn to us in times of personal and family crisis. Our youth and Spanish speaking counseling programs continue to grow which has allowed us to reach more diverse communities. The issue of domestic violence in our state and tri-county area continues to be one of the largest sociological challenges with which we wrestle. VCS is proud to report that the New York Model Batterer Program not only serves the community courts and holds batterers accountable but is a national teaching model as well.

A decision was made to establish a Rockland County Pride Center in 2016, effectively spinning off VCS LGBT services into a separate 501C3. We feel strongly that this important work should have a designated and safe space. We look forward to a grand opening in the fall of 2016.

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. And more than ever, our Board of Directors have been invaluable in their support.

The report that follows is a synopsis of our work and accomplishments in 2015. 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 that otherwise would not be able to access services.

Thank you,

Sarah Goforth, MS CMC, CADCII  
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



Rosa Serrano-Delgado

## 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

## VCS Mental Health Clinic

## Volunteer Recruitment, Training and Supervision

## *We appreciate our donors*

### **In Kind (con't.)**

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- Nyack Fitness
- Orangetown Smiles
- Oscar Nails
- Paramount Country Club
- Patriot Hills Golf Club
- Patti Trichon
- Pepe Ramon Hair Salon
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## *We appreciate our donors*

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Alexandra Shapiro

Mary Louise and Eugene Tomaselli

Washingtonville HS Sunshine Club

Yuva Laser & Skin Care

### **In Kind**

16 Handles

Airmount Diner

Animal Medical of New City

Annie's Nails

## Agency Highlights

- VCS continued to rebrand by adding the 'We are VCS Celebrating 45 years' to our logo.
- VCS became a licensed Article 31 Mental Health Outpatient Clinic
- The Mental Health Clinic is now operational and seeing clients filling a widening gap in services.
- The Spanish language program continued to outperform previous years' services and one Spanish language counselor training a year is now offered.
- Our 12<sup>th</sup> Annual Golf Tournament generously sponsored by PDI and ably led by a board member almost doubled the number of participants from 2014.
- VCS became actively engaged in the Rockland Business Association.
- VCS Executive Director Sarah Goforth was chosen for the 2015/2016 Leadership Rockland Program.
- Gay Pride was renamed Rockland Pride to encompass all people celebrating their diversity. In 2015 we celebrated the land mark Supreme Court decision to grant equal rights for same sex couples seeking marriage.
- This year we were able to fund capital improvements such as a new and safe parking lot, re-modeled bathrooms, carpeting on the second floor and painting of our interior walls donated by PDI and Clarin's through United Way.
- VCS was presented with a lifetime achievement award given by the NAACP of Spring Valley.
- VCS celebrated 45 years of continual service to Rockland County and honored Dr. Cliff Wood and Wylene Branton Wood.

## Counseling and Family Services Highlights

### February 2015

With the help of Counselors Maria Perez and Kareen Ruiz, we designed and implemented a school based support group for recently arrived Spanish speaking teens at Spring Valley High School. The group helped 28 students talk about their adjustment to a new country. The group ran for 8 weeks.

### March 2015

The beginning of a new Spanish Speaking Counselor Training Group. The group had 28 participants.

### April 2015

Gail Golden and Rosa Serrano-Delgado presented a workshop at the NYC NASW Conference: "Retooling Mental Health Models for Racial Relevance". Second annual VCS celebration to Honor Volunteers. The event was held at Del'Arte and the event was enjoyed by all. Approximately 70 people participated.

Preparations by the Clinical Staff for the opening of the VCS Mental Health Clinic accelerated in anticipation of a summer opening date.

### October 2015

The beginning of the second Training Group for Spanish Speaking Volunteer Counselors. The group had 8 people.

The beginning of the first Training Group for 15 Orthodox Jewish Women who have partnered with VCS to provide counseling to their community.

The group was a big success.

VCS continued to participate in many community groups, including the Health Priorities Steering Committee, the Rockland Children's Action Network, the Refuah DISRIP Committee and the Rockland Immigration Coalition.

The Immigration Coalition is in its 16<sup>th</sup> year of advocacy, networking, information and referral services for newcomers in our community. VCS houses the coalition.

## *We appreciate our donors*

### ***\$100 - \$249.99***

African American Historical Society	Gail Golden
Aldan Press	Tim and Eva Goley
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## *We appreciate our donors*

### **\$250 - \$499.99**

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Morgan Stanley (Julie Wendholt)	

## **Counseling and Family Services Highlights**

### **Internship Program**

VCS is approved as a field learning site for many local colleges and universities. Our interns pursue social work and mental health degrees. New York University, Fordham University, Yeshiva University, Long Island University, Dominican College, Lehman College, Rutgers University and Adams State University, Colorado have placed students at our agency. Field instruction is an integral part of their graduate training and an invaluable experience for the interns. In 2015 VCS hosted 12 student interns.

### **Families in Need of Support (FINS)**

Our Families in Need of Support (FINS) program had an exciting growth year. FINS works with school students and families with trauma experiences (such as domestic violence, community violence, sexual violence, traumatic migration, severe bullying, and family breakup). The students are generally having trouble focusing in class, getting into fights with other students and teachers, are often absent from school, engaged in health risk behaviors, and are often self-harming and considering suicide.

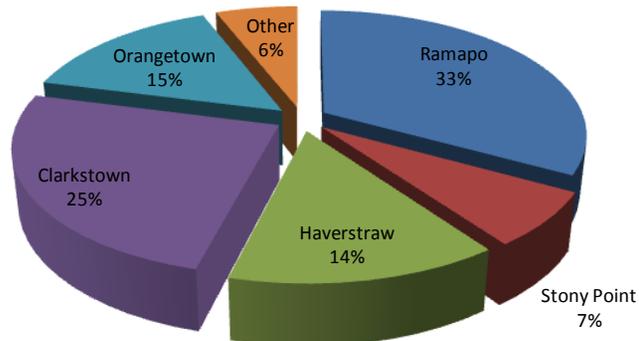
The program sends counselors into schools to meet with students since the students and their families often struggle to make it to VCS. It is particularly challenging to convince students to attend counseling appointments outside the school as it is understandably very difficult for them to talk about their experiences with trauma. We worked with 24 students in 2015 under the Youth Bureau grant at both of our existing schools (Spring Valley High School and Ramapo High School) and were awarded a United Way grant to expand our program into Haverstraw, where we began working with four new 6<sup>th</sup> grade students at Haverstraw Elementary School.

## Counseling and Family Services Highlights

### Families in Need of Support (FINS) (continued)

The work is very complex and demanding but has also been extremely rewarding. We are fortunate to have a group of highly dedicated counselors who have been willing to travel to and from the schools multiple times per week to work with students, their families, the school administration, as well as outside services such as CPS. Our success with our students is entirely due to the dedication, caring, and skills of our VCS counselors. We are currently applying for a third grant to further expand the scope of the program to begin assisting the schools and community in developing alternative interventions, other than the normal disciplinary systems, for traumatized students.

**Distribution of clinical clients in Rockland County**



## *We appreciate our donors*

### ***\$10,000 or more***

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PDI, Inc. (Jonathan Kupperman)  
The Chazen Foundation



Joe Allen, Trish Austin,  
Mimi Vilord and Edwin Ortiz

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Beth and Edward Kipperman  
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Louise Chazen Banon  
Gail Maurer  
Edward Mooney  
Nyack College  
Stephen Seward  
Renee Silva  
St. Thomas Aquinas College  
Wylene Branton Wood (VCS Board of Directors)

## 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  
Elora Kalish, LMSW  
David Shipper, MHC  
Ester Ben-Dov, LMHC  
Willie Mae Murphy, LMSW

## Domestic Violence Program for Men

Phyllis B. Frank, Director  
Susanne Fitzpatrick, Records & Administration  
Vanessa Green, Supervisor  
Darla Salmon, Program Assistant

## Training and Social Justice Programs

Phyllis B. Frank, Director

## VCS Mental Health Clinic Established

The VCS Mental Health Clinic opened in June 2015 after outstanding work trudging through the complex and laborious application process, the administrative setup and credentialing with insurance and billing companies. The Clinic Manager worked tirelessly on building the clinic team. We began taking clients in July 2015 with three part-time clinicians and one intern who is now on staff. Our administrative coordinator at the front desk handles client scheduling, billing, compliance and insurance issues (a job we found out that is normally handled by three separate people in established clinics). Our psychiatrist is here one day a week.

We started slowly with two clients and three kept appointments in July, and built exponentially throughout the rest of the year with 25 kept appointments in August, 99 in September, 190 in October, 210 in November and 247 in December. In 2015 we had a total of 774 appointments for the year and an exceptional 75% attendance rate. There was a total of 136 individuals served with 68 active clients enrolled by the end of year.



Ian Laidlaw & David Shipper

We suffered endless delays in being reimbursed by insurance companies, which is normative for new clinics as most established clinics report it takes 6-12 months to start getting paid (we managed to start getting payments after 8 months). To date we have been paid \$43,201 for claims submitted in 2015 and still have some payments coming in currently for 2015 claims.

## VCS Community Change Project Highlights

Community Change Project Staff represented VCS and especially VCS LGBT programming at two (2) Village of Nyack Street Fairs.

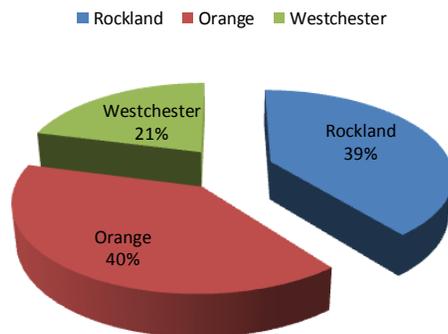
### NY MODEL FOR BATTERER PROGRAMS

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

- Rockland: # of men ordered .....142
- Rockland: # of men who became participants .....122
- Orange: # of men ordered .....130
- Orange: # of men who became participants.....123
- Westchester: # of men ordered.....61
- Westchester: # of men who became participants.....65 \*

\*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".

### Percentage of DV Caseload by County



## Officers of the Board of Directors

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



Wylene Branton Wood

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Jeffrey M. Adams  
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Sarah Goforth, MS, CMC, CADCI, Executive Director  
 Phyllis B. Frank, Director of Communications & Development  
 Nancy Rosa, Financial Director



Sarah Goforth



Phyllis B. Frank



Nancy Rosa

Thank you Gail Kadison-Golden for your dedication and service as Clinical Director of VCS, 1979 - 2016.

## 2015 Volunteers Domestic Violence Program for Men

Dick Benfield  
Linda Berns  
Anthony Garnere  
Barry Goldstein  
Darla Salmon

## 2015 Volunteers LGBT Programs

Kendall Brenner  
Karen Cancro  
Peter Cancro  
Jennifer Cancro  
Joseph Coe  
Tahrah Cohen  
Alex Drab  
Ginny Geerdes  
Eva Hernandez Goley  
Judith Gringorten  
Susan Harrington  
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Arlene Levine



Phyllis B. Frank, Vanessa Green,  
Brooke Malloy and volunteers

Matt Ortiz  
Michael Ortiz  
Hal Parker  
Arnold Roufa, MD  
Darla Salmon  
Larry Tantay  
John Vanderslice  
Christina Vitolo

## VCS Community Change Project



### National Training Institute on the NY Model for Batterer Programs

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

### 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.

## VCS Community Change Project

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

#### ROCKLAND EVENTS

- VCS LGBT Film Festival: VCS instituted a Corporate Sponsor for the film festival. Films meant to educate and/or entertain regarding LGBT issues, were shown at The Nyack Library, New City Library and Green Meadow Waldorf School. All were open to the public, at no charge. Films shown include: Lady Valor, The Kristen Beck Story; Intersexion; Kate Bornstein, A Queer and Pleasant Danger
- Community Social “Friend-Raisers”
  - o Meet and Greet at Restaurant X
- Professional Training
  - o Dominican College
  - o Nyack Hospital—Medical Staff
  - o BOCES
- Transgender Programming
- TaG ~ Talking about Gender: A support group for Transgender people age 18 and older.  
Total number of Transgender adults served..... 22
- 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.....53



Diana Wilkins, Brooke Malloy, Darla Salmon



## THANK YOU TO OUR VOLUNTEERS!

### 2015 VCS Golf Committee

Trish Austin  
Bill DeSiena  
Matt Deutschman  
Barry J. Dorfman  
Susanne Fitzpatrick  
Phyllis B. Frank  
Ginny Geerdes



Sarah Goforth  
Vanessa Green  
Bari Lewart  
Brooke Malloy  
Darla Salmon  
Patti Trichon  
Diana Wilkins

Sarah Goforth, Nancy and Jonathan Kupperman

#### Special thanks for hole coverage:

Judy Andersen  
Diane Campbell

### 2015 VCS Reception Volunteers

Barrie Austin  
Jerlyn Calixte  
Sarah Caspari  
Ginny Geerdes  
Madeline Newman

### Special Recognition

For volunteering for the Mothers Group and Golf Tournament  
Eileen Zollner

For providing floral arrangements at our 45th Gala  
Maria Perez: Daisy's Decoration

For providing VCS Staff with free Yoga Classes at VCS  
Betsy Benjamin

Photography donated by:  
Ginny Geerdes: Shadow Photography  
Dr. Arnold Roufa: Photo Doctor

## THANK YOU TO OUR VOLUNTEERS!

### 2015 Volunteer Counselors and Student Interns

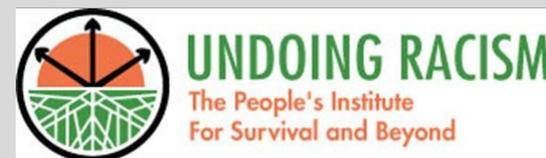
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Deana Adams	Karen Dorangrichia	Miriam Klugman	Phil Rockfeld
Judy Aiston	Phyllis Eisenberg	Lorraine Knabe	Myrna Rolon
Judy Andersen	Stella Farrell	Nancy Kupperman	Sandy Rosenblum
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Nancy Bowen	Jinny Geerdes	Chinee McMillian	Rachel Spitzer
Meryl Brown	Mimi Gelb	Regina Mezheritsky	Pamela Stone
Esther Brunner	Louis Gilbert	Linda Mower	Cindy Tabacco
Elyce Bristol	Julianna Green	Willie Mae Murphy	Alice Taylor
Eileen Burge	Joseph Grossman	Elizabeth O'Hara	Joel Traveras
Jerlyn Calixte	Tiffany Grosso	Everlyn Pacheco-York	Martha Traveras
Diane Campbell	Ishirelle Henry	Ellen Palop	Erica Trestyn
Kathy Carty	Ricki Herbst	Maria Perez	Chris Vanasse
Tina Chamak	Glynis Herrman	Barbara Pfigst	Audrey Wachsman
Pamela Cinque	Surie Herzog	Angela Piatek	Sonya Wagner
Wendy Cohen	Judy Judka	Marie Pierre	Bridget Waldron
Sonya Cook	Elora Kalish	Myrna Price	Joan Ann Wasser
Garrett Crozier	Doris Katz	Ashley Rappaport	Shuly Wolman
Ariel De La Cruz	Benjamin Kaufman	Miguela Reyes	Mindi Yeager
Rachel Deutsch	Dina Kaufman		Bob Zollner

## VCS Community Change Project

- 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: 27
- 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 2015-2016 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
- 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 the VCS Community Change Project, 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 2015 Golf Tournament for Programs for Prevention of Child Abuse for the third year.

Phyllis B. Frank received **Camp Venture's** 2015 Inspiration Award.

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

**Spring Valley NAACP** presented VCS with the Virginia Atkins Beasley Lifetime Achievement Award for our social justice work.

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 2015; Rockland County Pride and the Golf Outing were all well attended by Rockland County Officials as well as our supporters.



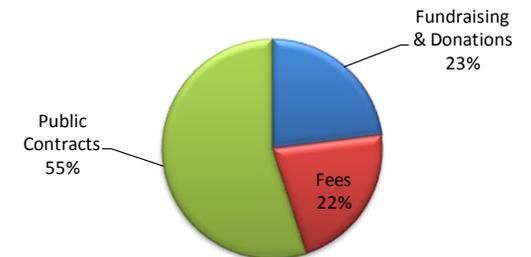
Jonathan and Nancy Kupperman and Simona Chazen

## VCS Funding Sources

During 2015, VCS received funding from many generous private foundations, corporations and individual donors, as well as the following

Avon Products, Inc.	Rockland County Department of Social Services
Camp Venture	Rockland County District Attorney's Office
County of Rockland	Rockland County Youth Bureau
NYS Office for the Aging	United Way of Rockland County
NYS Office of Children and Family Services	Village of Spring Valley
NYS Medicaid	
NYS Medicare	
Rockland County Department of Probation	

### 2015 Revenue



### 2015 Expenses

