



2018 VCS Annual Report

Saving Lives in So Many Ways

- Behavioral Health
- 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.

2018 VCS Annual Report

Table of Contents

Page 1	Message from our Executive Director
Page 2	Mental Health Clinic
Page 4	Counseling and Family Services
Page 6	Social Justice and Domestic Violence Initiatives
Page 8	VCS at Glance
Page 10	VCS in the Community
Page 12	Donors and Special Recognitions
Page 14	Volunteers
Page 15	Funding Sources and Collaboratives
Page 16	Board of Directors and Staff



Sarah Goforth, MS, CMC, CADCI
Executive Director

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.

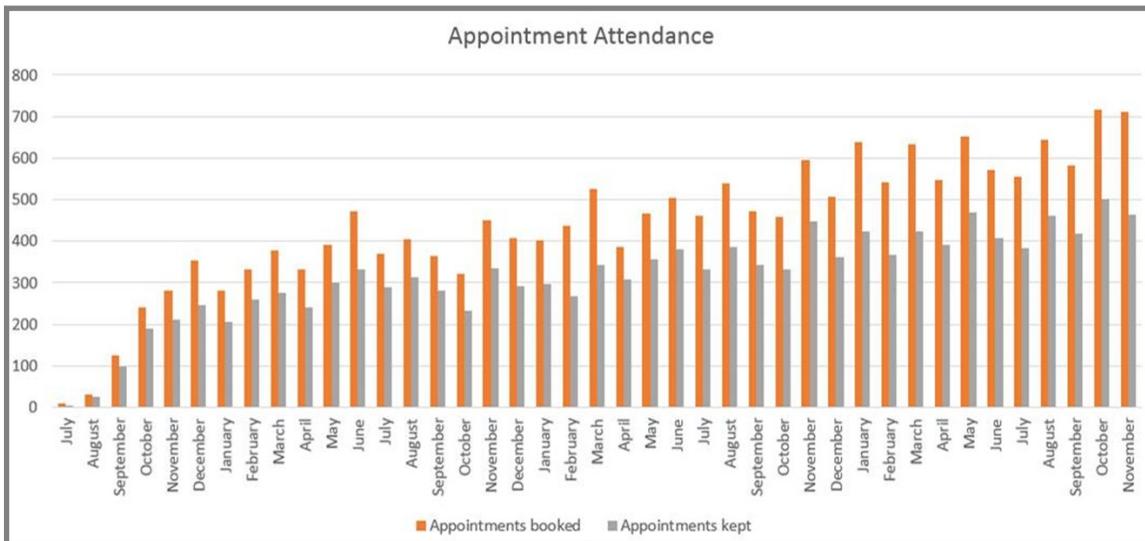
Thank you all for your support,
Sarah Goforth, MS, CMC, CADCI



VCS Mental Health Clinic



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."

The General Counseling Program

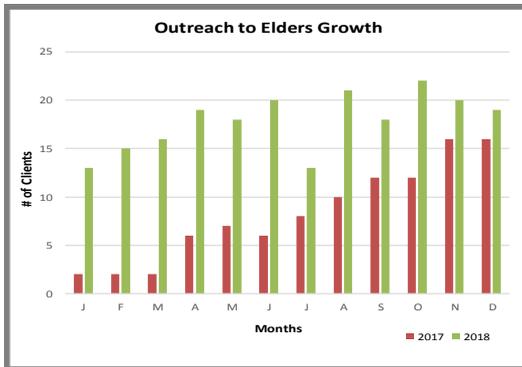
- Served a total of 257 clients in 2018. These are people of all ages, backgrounds, sexual orientations and gender identities, dealing with mental health issues, domestic violence, adverse childhood experiences and other forms of trauma.

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.

Caregiver Support Group

- Expanded to include an evening group, which is very well attended. It is facilitated by Darcy Bauer, who works at The Office for the Aging and is a wealth of information and resources.

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

- 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.

VCS Social Justice and Domestic Violence Initiatives



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.

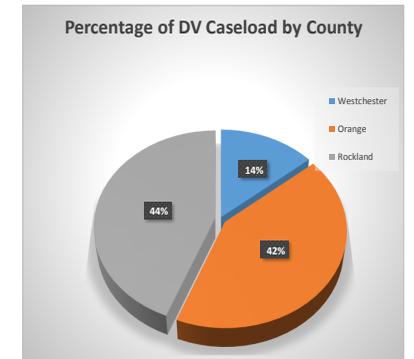
VCS participated in domestic violence elimination and prevention grants and projects in conjunction with the Center for Safety & Change.

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

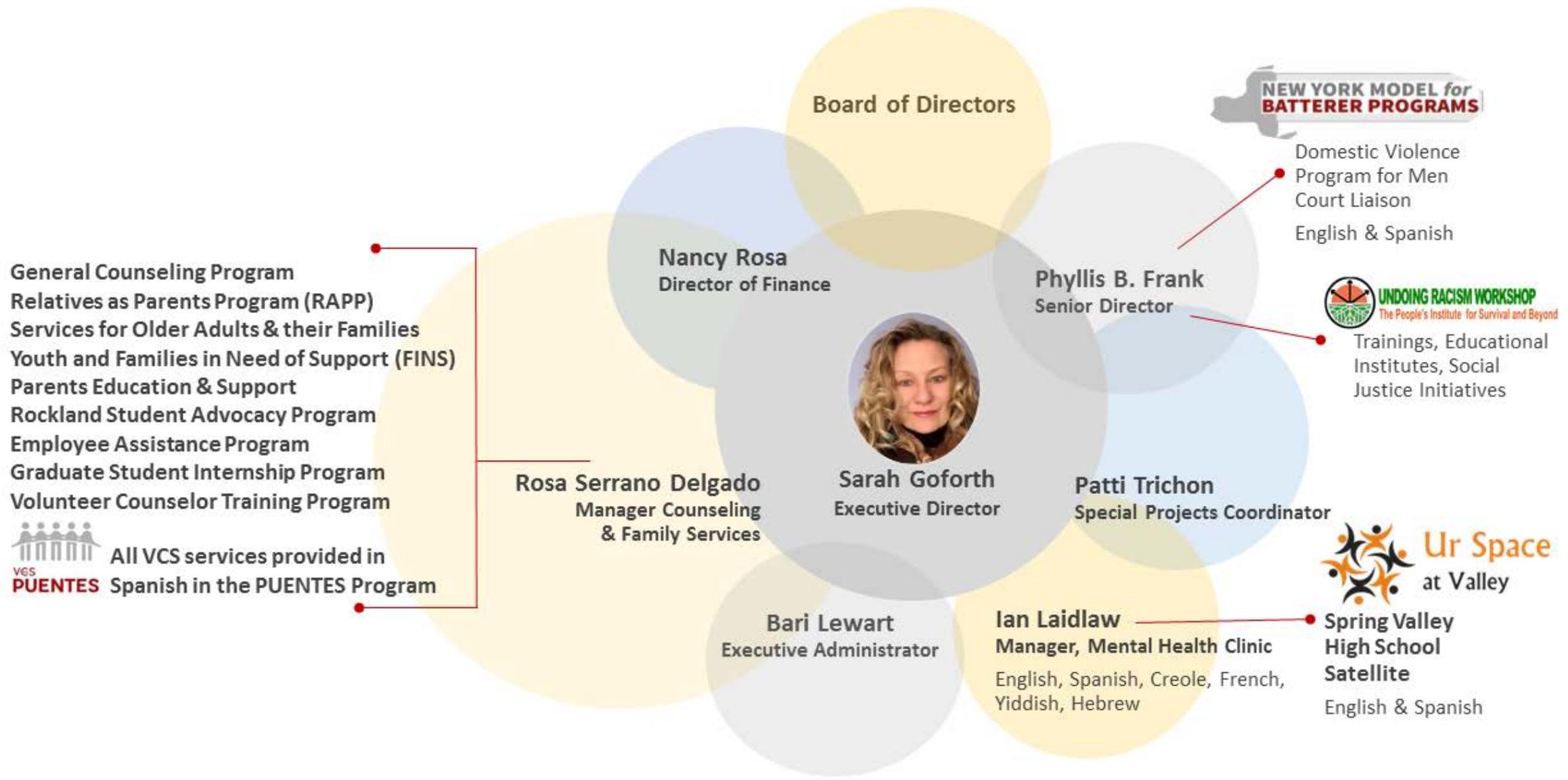
*The number attended is more than the number ordered as there were several ordered at the end of 2017 who would not be counted in the "Ordered" but would be counted in the " Attended" for 2018.



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."



VCS in the Community



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.



Simona Chazen and Phyllis B. Frank were among the honorees at the JCC Rockland's Founders Dinner in April, celebrating Jewish Women in Leadership.



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



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



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



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



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



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

VCS Donors

\$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)
Bernhardt Moving
(Don Bernhardt)
Corey and Suzanne Weiss
Electronic Office Systems
(Jim Gallagher)
Inserra Supermarkets Inc.
Judy Andersen
Lillian Chiat
M&T Bank (Arlene Rodgers)
Mario and Kristine Occhicone
Morgan Stanley (Julie Wendholt)
Orange & Rockland
Quartet Financial Systems Inc.
(Kathy Perrotte)

\$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

“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. Voigt
Simona and Jerome Chazen
Stephen Seward
Total Advanced
Communications LLC
(Arthur Cerrati)
Wegmans Food Markets, Inc.
(Linda Lovejoy)

\$250 - \$499.99

AFLAC (Jared Kansky)
Barbara McCole
Berard & Donahue, CPA's P.C.
Beth and Edward Kipperman
Bridges (Carlos Martinez)
Carmen Olavarria
Center for Safety & Change
(Elizabeth Santiago)
David and Elaine Kurland
Dennis Fleming and Gail Fleur
Dina Nejman
Don and Barbara Bermack
Edward Mooney
Elliot Rifkin
Ginny Geerdes

Good Samaritan Hospital
Hendo Contracting
(Bob Henderson)
Kareen Viviana Ruiz Pietro
Mary Ann Tozer
MHA of Rockland
Mom's Meals Nourish Care
(Margaret Hanian)
Nancy and Jose Rosa
Phyllis Eisenberg
Phyllis Sirois
Rosa Serrano-Delgado
Rosemary and Daniel Moscato
RRC CPAs P.C. (Stephen Russo)
Sarah Goforth
Phyllis Sirois
Rosa Serrano-Delgado
Rosemary and Daniel Moscato
RRC CPAs P.C. (Stephen Russo)
Sarah Goforth
Stop and Shop (Emilie Devito)
The Copper Still (Shane Buggy)
Theresa Egan
Tina Izquierdo
Hon. William P. Warren

\$100 - \$249.99

Aldan Press
All Bright Electric
(Howard Hellman)
Ameriprise Financial Services,
Inc.(Dominic Riolo)
Anthony Serafine
Arlene Sanchez
AW Auto (Vilma Cohen)
Bob's Discount Furniture
Body and Brain Yoga - Tai Chi
(Marlene Stefanelli)
Charitable Foundation, Inc.
Brittini McKinney
Carol Salmon
Connie Coker
County Animal Hospital, Inc.
(Robert Weiner, VMD, ABVP)
Daniel Rivera

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)
Insperty Services
Javier and Susanna Aguirre
Jawonio (Jill Warner)

Joan Ann Wasser
Karen Stern Cohen
Ken Huebner (Joseph Adams)
Kim Deen
Lauire Needell and
Matthew Schlanger
Marie Wood Smith
Marquis Home Care
(Cheryl Leverton)
Martha Taveras
Matthew Konecni
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

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 Everlyn
Pacheco-York
Vista Electric
Wylene Branton Wood
Yemaya Massage & Wellness
Center

2018 Special Recognition

For Years of Service to VCS El Grupo de Madres

Eileen Burge

For Photography

Ginny Geerdes: Shadow Photography

For Decorations at our Events

Maria Perez: Daisy's Decoration

2018 Golf Committee

Barry Dorfman
Susanne Fitzpatrick
Phyllis B. Frank
Ginny Geerdes
Sarah Goforth
Nancy Kupperman
Bari Lewart
Douglas Mattliano
Patti Trichon
Marie Wood Smith

2018 Reception Volunteers

Danielle DeCoursey

Myrna Price

Madeline Newman



VCS Volunteers

2018 Volunteer Counselors, Supervisors and Student Interns

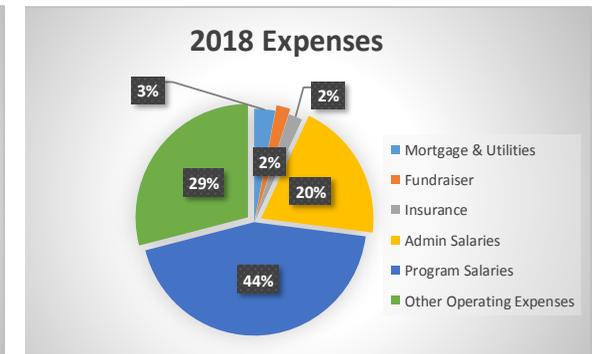
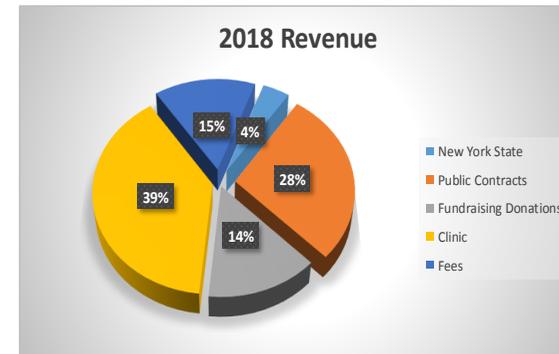
Raquel Abreu	Marina Gigante	Kristen Plake
Margie Adames	Louis Gilbert	Colin Pohl
Deana Adams	Cindy Gisser	Myrna Price
Judy Aiston	Baila Glauber	Eva Rappoport
Denet Alexandre	Esti Glauber	Andrew Raska
Evelyn Almanzar	Monica Griffin	Beth Resnick-Folk
Barrie Austin	Tiffany Grosso	Suki Robins
Kathy Bareket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

Rockland Community Foundation
 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



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 so much.”

VCS Board of Directors and Staff



Officers

Board of Directors

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

Members

Board of Directors

Simona Chazen, LCSW
Barry J. Dorfman
Toni Fallon
Dennis Fleming
Mimi Gelb, LMFT
Esther Guzman
Terry Knight
Jonathan Kupperman
Anita Levine
Douglas J. Mattliano
Mario Occhicone
John Sadowski

Advisory Board

Jeffrey M. Adams
Hon. Harriet Cornell
Jan Degenshein
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

Executive Staff

Sarah Goforth, MS, CMC, CADCI, 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
Montserrat 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

Felicia Asch, LMSW
Denet Alexandre, MHC
Kathy Carty, MS
Bill DeSiena, LMSW
Stella Farrell, LMSW
Reka Foster, MFT

Bonnie LaBar, MHC
Ricardo Lima, LMSW
Jamer Linares, MSW
Willie Mae Murphy, LMSW
David Shipper, LMHC

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



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 available in English, Spanish, Creole, French 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



77 South Main Street
New City, NY 10956
(845) 634-5729

vcs-inc.org

 facebook.com/VCSRock

