

2022

ANNUAL REPORT

we are  VCS

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Ruth Colón-Wagner

// LMSW, CEO / Executive Director //



Dear VCS Friends,

During the 2022 holiday season we met "Jean", a young man experiencing a mental health crisis. He saw our sign and knew enough English to know we were a safe haven, and he walked in. Jean was not our client and only spoke Creole. When he arrived, it was dark outside, and our Clinic was at its busiest. He communicated enough for us to know he needed to be seen. Within 10 minutes of seeing our sign on Main Street and entering the building, Jean was sitting with a Creole-speaking Clinician and together they were able to help Jean through his crisis. Jean remains with VCS and continues to work with the clinician that saw him that night. It's wonderful when things work out! However, this isn't just happenstance. As an anti-racist and social justice organization, we are ever vigilant to provide accessible equitable care to everyone, in their language, to the very best of our abilities.

Of our many stories, this young man's experience is seared into my heart because it shows our staff's teamwork, their compassion and ability to work quickly to give people what they need in the here and now. That night, Jean was not "our" client, but we turn no one away. That is what we have done since 1970. In 52 years, times have changed and decreased funding has significantly impacted on our ability to provide services at no cost. It's a business model catastrophe in the making. If we don't charge, then we don't have any services to offer anyone. If we do, we may negatively impact those who most need our services. How do you provide excellent care at no cost and with dwindling funding? Any person who balances their household budget knows the answer. The truth is you can't.

Let me be clear, the VCS heart and soul is the same as it was in our inception. We are here to meet the needs of our community regardless of their ability to pay. To that end, we turn our attention to the future and how we can want to provide all Counseling To accomplish our mission, we specifically fund VCS Counseling Creole so that everyone who Everyone who doesn't have the receive the same high-quality exception. Our goals will take us further as we bring the model of free Counseling for all to the national conversation. This is our fervent passion and our guiding star.

VCS is on a mission to provide **FREE COUNSELING SERVICES** to all in need

see our mission come to life. VCS services at no cost to all in need. seek passionate partnerships to Services in English, Spanish, and needs a scholarship is given one. ability to pay for counseling will services we are known for, without

On behalf of our community in need, I ask you to join VCS in increasing our capacity to provide our counseling services at no cost to all in need. Everyone who reads this can be helpful. Whether it's donating directly to our **VCS Counseling for All** campaign or connecting me to individuals you think would be of support to us in meeting this goal. We all know someone who knows someone. So please, connect us to people who want to join VCS in changing people's lives. Our world feels broken, and VCS is intent on providing healing to all. We have the opportunity of a lifetime ahead of us. Partner with us and participate in this momentous transformation!

VCS is a beacon of light and hope for everyone who walks through our doors. Let's ensure that everyone has equal and equitable access because counseling isn't just for the few...

Counseling is for All.

With deepest appreciation,

Ruth

THE **VCS MISSION**

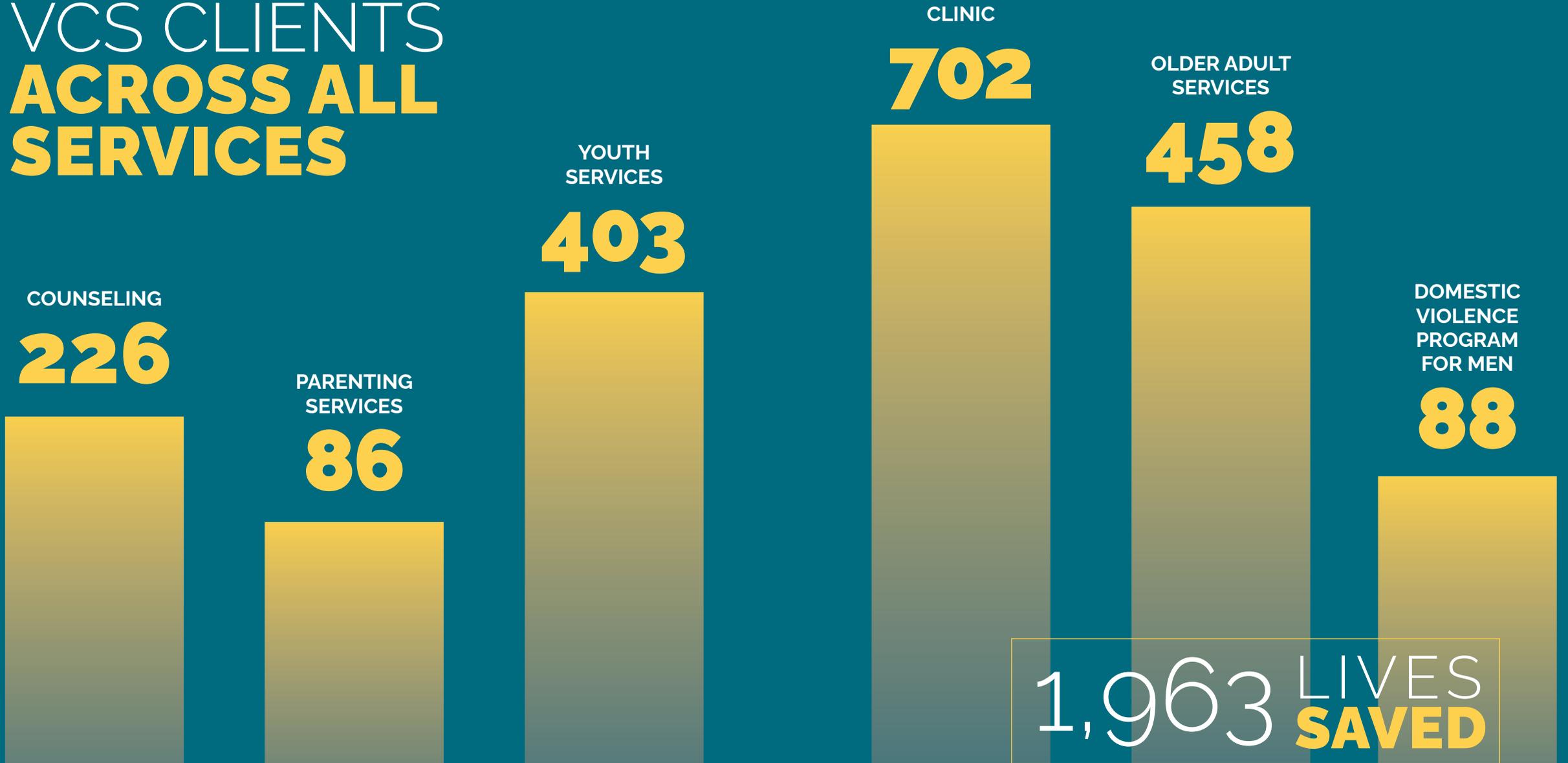
VCS saves lives every day by providing counseling services and mental health treatment with an anti-racist, social justice mission. Working collaboratively with the community, VCS identifies and fills gaps in services with programs in behavioral healthcare, training, and advocacy for those most in need.

COUNSELING
ISN'T JUST
FOR THE FEW.
**COUNSELING
IS FOR ALL.**

OUR **GOALS**

VCS strives 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.

IMPACT VCS CLIENTS ACROSS ALL SERVICES



IMPACT

VCS VOLUNTEERS AND INTERNS **TRAINING THE EMERGING WORKFORCE**

NEW VOLUNTEER COUNSELOR

875

TRAINING HOURS PROVIDED

VOLUNTEER COUNSELOR

1,944

SEMINAR HOURS PROVIDED

GRADUATE STUDENT

3,600

CLINICAL HOURS PROVIDED

6,419 HOURS

BUILDING THE **FUTURE WORKFORCE** TO SAVE LIVES

INNOVATIONS AND TRANSFORMATIONS

NEW CHIEF EXECUTIVE OFFICER

FACILITY BEAUTIFICATION & ENHANCED SECURITY

BUSINESS AFFAIRS DIRECTOR

PARTNERSHIP WITH FINKELSTEIN LIBRARY

CREST GRANT (OUTDOOR COUNSELING SPACE)

SPRAVATO PROJECT

EXPANSION OF MEDICATION ACCESS

CLINIC EXPANSION PEER SERVICES

OMH OPIOID PROJECT

IMPLEMENTATION OF PATIENT PORTAL

CONTINUING EDUCATION THROUGH RELIAS

STORIES OF US

FAMILIES IN NEED OF SUPPORT

Amelia is 11 years old and had difficulty asking for what she needed in school. **VCS FINS** helped Amelia to find her voice! Amelia now has self-confidence and the ability to negotiate relationships with her peers. Through her work with VCS, she will grow into a confident person ... changing the course of her life!

STUDENT ADVOCACY

During COVID, 15-year-old Ana, not only lost several family members to the illness, but she had also been hospitalized. This frightened her and she developed severe anxiety with panic attacks which threatened her ability to pass her grade. Through **Student Advocacy**, we accelerated her admission into our **VCS Clinic**, and she was soon receiving care. Not only did we provide her with the needed documentation for school, but our Dr. Price also recommended home instruction! In her safe space, Ana was able to catch up on all of her assignments! Ana soon returned to school and is doing very well.

MENTAL HEALTH CLINIC SERVICES

For 2 decades, Tom has experienced anxiety and depression as a result of leaving his home country and coming to America. With an unfamiliar language and culture, Tom began to feel inadequate and uncomfortable, and he soon could no longer leave his home. Our **VCS Clinic** helped Tom to belong. He is resilient and is regaining his confidence! It shows that we are never too old to find out we belong.

VCS COUNSELING - GRUPO DE MADRES

"Through **El Grupo de Madres** I found the support I needed. VCS and the other parents helped me feel that I could carry on. Thank you for your donations of food and clothing, but also for being that bridge of information to all the aid that exists in our county. Today I am strong! Thank you for helping me to see my value."

VCS COUNSELING - PUENTES

After experiencing horrific violence and rape at the hands of her husband, Teresa came to the United States for a new life. In her own words: "I found my safe space with **PUENTES**. Thanks to **PUENTES**, I have learned to conquer my fears, insecurities, and walk with my head held high. I've been able to let go of my inner guilt, thinking that somehow, I was at fault for what he did to me. I am now a person of value, courage, and strength!"

SERVICES FOR OLDER ADULTS & THEIR FAMILIES

Mary is no longer lonely. As a homebound 95-year-old widow, she has had more than her share of social isolation. Now, she receives weekly visits with her **VCS Volunteer Counselor** where she shares her fears of dying, past regrets and hopes for the future. Mary no longer feels alone. In VCS she has found a friend and her life's meaning.

RELATIVES AS PARENTS

Sonia thought she was done raising children. Now, she finds herself raising 2 grandchildren. Her daughter is mired in substance use the way so many Rocklanders are. She loves her grandchildren, but it can be a difficult and lonely experience. Through her weekly **RAPP Support Groups**, Sonia finds camaraderie among her new friends; she shares issues and is listened to with compassion and understanding. Sonia no longer feels alone.

DOMESTIC VIOLENCE PROGRAM FOR MEN

Intimate partner violence is devastating to families. It's behind closed doors violence, making it difficult to know which of our friends, family, or neighbors experience this. Whatever brings the men to our **VCS DVPM** class, we turn it into an opportunity for him, his partner, and the entire family. Jim shared, "I learned a lot from the class. I learned that I can act differently toward my partner in stressful situations. Also, I learned that it's up to me to change. Thank you for taking the time and effort to teach this class."

PARENTING APART

For Jade, separated from her husband, she felt stressed, isolated, embarrassed, and even angry. She didn't know how to co-parent while there were so many damaging and derogatory statements from both sides. Through the **VCS Parenting Apart** classes, Jade was awakened to another's point of view. That of her child, who was experiencing her own pain and suffering because of the separation. Jade hadn't realized she placed her child in the middle of the conflict. Through this revelation, Jade was able to pivot, take control of what she could and let go of the rest. Jade now places her child first!

WHY I VOLUNTEER



XIOMARA MENENDEZ

2022 Volunteer Counselor of the Year for PUENTES

"My commitment to VCS is very important to me. I love helping people. By dedicating 50 minutes a week to a person we change their life. By volunteering, I help prevent people from engaging in harmful behaviors. The truth is that I love what I do and thanks to VCS for giving me the opportunity to be there for people."



RACHEL GOTTLIEB

Volunteer Supervisor

I volunteer for VCS because I believe in making mental health care accessible to all.



LARRY BECK

Volunteer Counselor

I volunteer for VCS to help people find happiness, meaning and purpose in their lives. We all can use support to find healing in our lives. Relationships make the difference!



BILL CAPOWSKI

Volunteer Counselor

I volunteer for VCS because it makes me feel good to listen to a fellow human's joys and sorrows.



BARRIE AUSTIN

Volunteer Counselor

I volunteer at VCS because access to mental health services is essential care, not a luxury service.



SHARON L.

Volunteer Counselor

I am grateful for the opportunity to volunteer at VCS as a general counselor. I believe everyone deserves a safe and supportive space to explore their thoughts and feelings. Through active and reflective listening, I strive to empower individuals to find their own solutions and facilitate their personal growth.

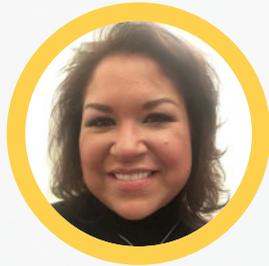


MELISSA NOVICK

Volunteer Counselor

The most rewarding part of being a volunteer counselor is knowing that you had a part in affecting the life of another human being in a positive way.

WHY I LOVE VCS



RUTH COLÓN-WAGNER | LMSW

CEO/Executive Director

I love VCS because we are a dynamic team, each dedicated to providing excellent care to everyone in our community!



DINA NEJMAN | MSW

Coordinator for Older Adults Services

I love VCS because they never stop investing in me. They help me to learn and grow professionally. I am part of team that truly knows how to work together.



IAN LAIDLAW | LCSW-R

Past Director of VCS Mental Health Clinic Services

I love that VCS always works to support the most vulnerable in our community, people who often receive no other support from any other source, so it's a privilege to work for an agency with a team of amazing people who also believe so strongly in that shared mission.



AZU NIEVES | LMSW

Director, Counseling and Family Services & PUENTES

I love VCS because every day brings new challenges, new areas for growth, and stretches me in ways I never thought possible!



ELIZABETH ALVARADO | LCSW-R

Chief Operating Officer/Deputy Director

I love VCS because everyone who walks through our doors trusts us in the delivery of quality programs and services.



KEVIN GRECO

Corporate Compliance Officer & Business Affairs Director

I love working at VCS because the company culture fosters a work-life balance where boundaries are set. The leadership is goal oriented with a determination to assist those in need. The biggest and best asset are the people that work at VCS for their compassion and determination is the conscience of the agency. The work is extremely challenging and complicated at times which in turn makes for exceptional rewards.

WHY I SERVE ON THE VCS BOARD



DEREK NELSON
VCS Board President

I love VCS because we have the ability to positively change the trajectory of the lives of the individuals we touch.



STEVEN BREEN
VCS Board Treasurer

I proudly serve on the board of VCS because we are able to help members of the community that don't have access to adequate mental health counseling or the resources to pay for it. With a relatively small budget we amplify our impact by working lean, offering counseling for everyone, and making sure every person in Rockland knows they are a valued member of our community. It is my pleasure to serve on the Board.



ANITA LEVINE
VCS Board Member

I love VCS because we provide a service for those without the financial resources to receive mental health counseling. Mental illness touches all of us. We can each identify this in a family member, friend or even ourselves. My friend, with a beautiful soul, ended her life years ago. I was devastated. Since then, I have seen the value of counseling and I am grateful to VCS for the support I received over the years, especially through my bout with COVID-19. May we continue to provide our services for many decades to come!



JON COOPER
VCS Board Member

I serve on the Board because I believe addressing mental health is the most critical of all human needs. VCS does a tremendous job assisting those who require mental health attention and support.



TERRY KNIGHT
VCS Board Member

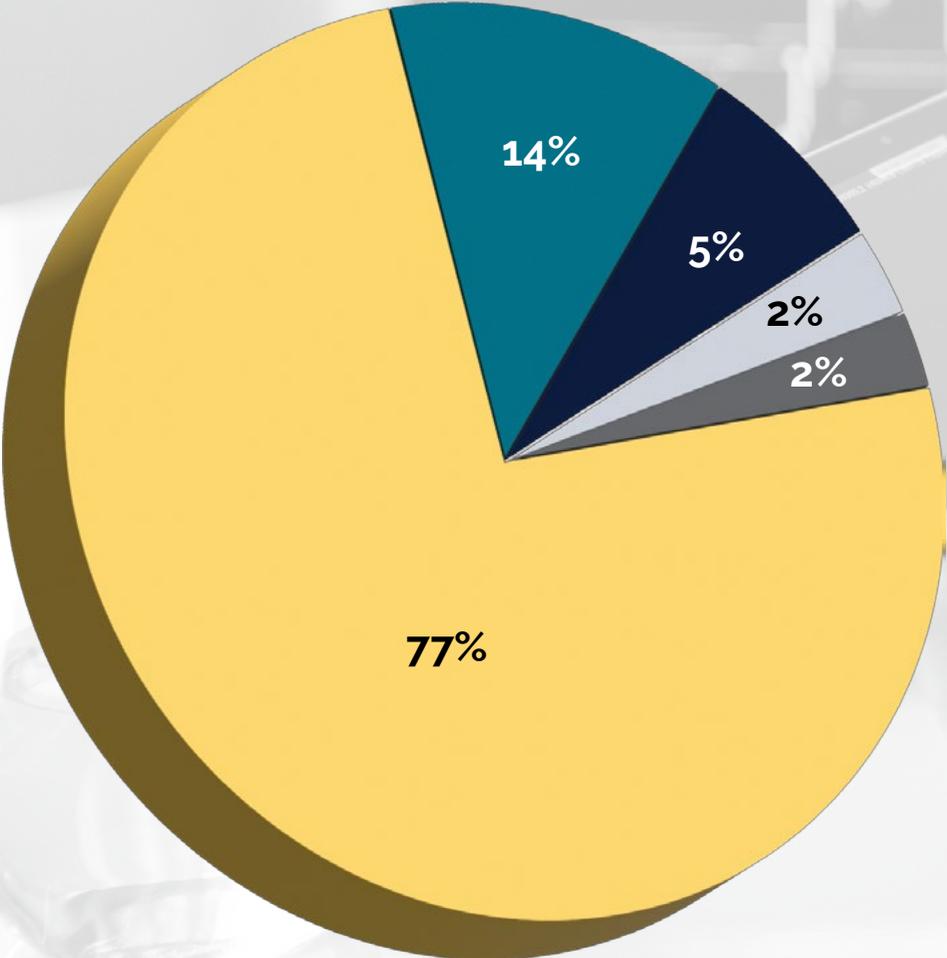
I am an only child so when I was 15 and my parents were getting divorced, I said to my mother, "I need to talk to someone and it's not you". She found a therapist and it changed the course of my life. I serve on the VCS Board because I want to be part of an organization that provides counseling services to individuals and families because I recognize the importance of having a safe place to be heard and understood to guide all decisions for the best possible future.



JONATHAN KUPPERMAN
VCS Board Member

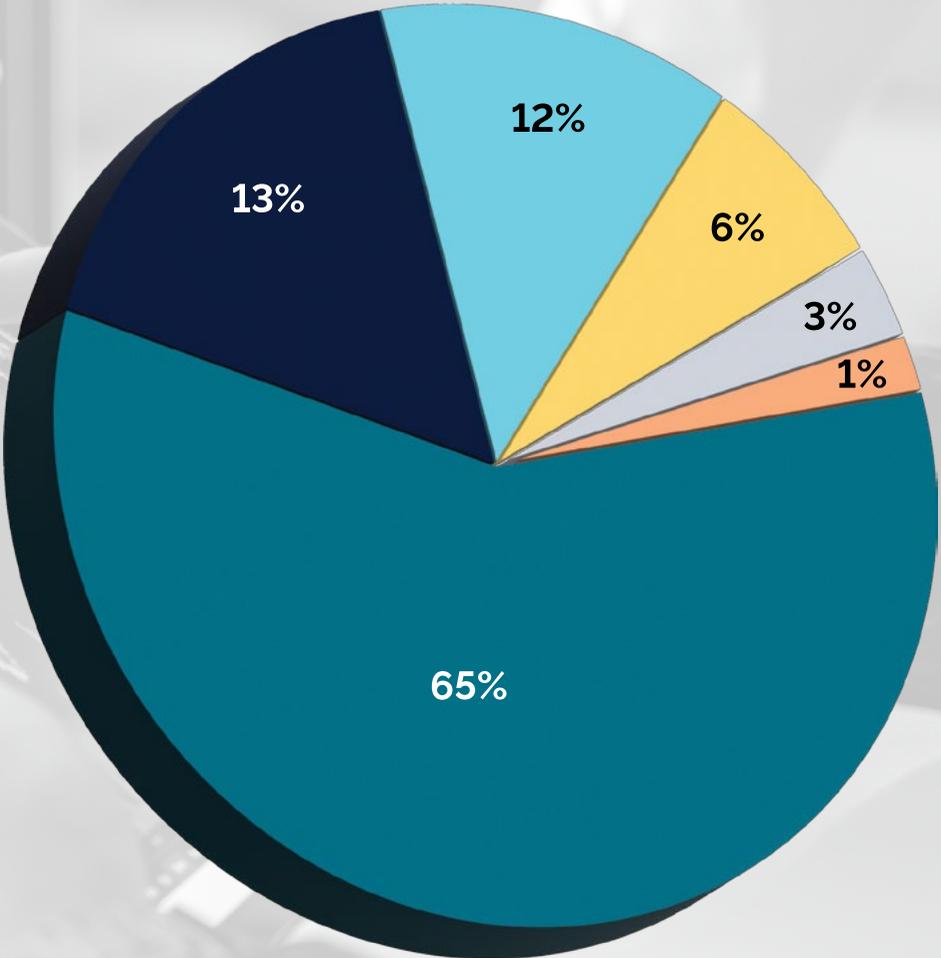
I serve on the VCS Board of Directors to help assure the Agency's viability so that it can continue to provide essential mental health and social justice services to the community.

2022 REVENUE



- CLINIC
- PUBLIC CONTRACTS
- FEES
- NYS
- FUNDRAISING

2022 EXPENSES



- PROGRAM SALARIES
- ADMIN SALARIES
- PROGRAMS & CLINIC EXPENSES
- ADOH
- MORTGAGE & UTILITIES
- FUNDRAISING

COLLABORATIVES AND MEMBERSHIPS

VCS continued its rich history of collaboration and mutual support with the following organizations:

- BRIDGES
- CANDLE
- Center for Safety & Change
- Children's Health Home of Upstate NY
- East Ramapo Central School District
- Family Service Society of Yonkers
- Finkelstein Memorial Library
- Haverstraw Community Center
- Montefiore Nyack Hospital
- Refuah Health Center
- Rockland Community College
- Rockland Community Foundation
- Rockland County Pride Center
- Rockland County School Districts
- Venture Together
- Westchester Community Opportunity Program

VCS is a proud member of the following organizations:

- New York Association of Psychiatric Rehabilitation Services
- Rockland Community Foundation
- Rockland Business Association
- Rockland Teachers Center Institute
- Rockland Women's Business Network
- United Way of Rockland County

FUNDING SOURCES

During 2022 VCS received funding from many generous private foundations, corporations and individual donors as well as the following federal, state and local agencies:

- Medicare
- New York State Medicaid
- New York State Office of Children & Family Services
- New York State Office of Mental Health
- Rockland County Department of Probation
- Rockland County Department of Social Services
- Rockland County Office for the Aging
- Rockland County Office of Mental Health
- Rockland County Youth Bureau
- United Way of Rockland County

THANK YOU.
YOUR SUPPORT GOES
SUCH A LONG WAY.

DONORS AND SPECIAL RECOGNITIONS

\$10,000 or more

- Simona Chazen

\$1,000 - \$9,999.99

- Apple Bank
- Philip & Eric Bentley
- Jon Cooper
- Mimi & Bernie Gelb
- Getler & Gomes & Sutton, PC
- Mimi & Lee Hoffman
- Patrick King
- LCM 247
- M & T Bank
- M & T Charitable Foundation
- Derek Nelson
- Mario Occhicone & Family
- Ruth Colón-Wagner
& Michael Wagner

\$500 - \$999.99

- Atlantic, Tomorrows Office
- CANDLE
- Delia Goldberg
- Jonathan Kupperman
- NAMI Rockland

\$500 - \$999.99 (continued)

- Brooke Malloy
- MGP Painting
- Colin Pohl
- Nicola Prignano
- John Sadowski
- Julie Wendholt

\$250 - \$499.99

- Active International
- BRIDGES
- Steven Breen
- Center for Safety & Change
- Electronic Office Systems
- Good Samaritan Hospital
- Sarah Goforth
- Esther Guzman
- Cecilia Halverson
- Mark & Elora Kalish Foundation
- Beth Kipperman
- Les Lieberman
- Jeffrey Mann
- Robyn McDonnell
- Nyack Hospital
- Polaris Healthcare /
Serenity Center

\$250 - \$499.99 (continued)

- Rockland Pride
- Nancy & Guillermo Rosa
- Michael & Carissa Seidenfrau
- Valentine Electric
- Wellcare
- Westchester Community
Opportunity Program, Inc.

\$100 - \$249.99

- Elizabeth Alvarado
- Yocasta Alvarez
- AWISCO NY Corp.
- Joan Balfour
- Courtney Barron
- Berard & Associates
- William Capowski
- Luisa Cerna
- Maria Chavez
- Clinic Tracker
- Eduardo Collazo
- DeCicco Family Markets
- Eddie Delgado
- Diamond Cut Landscaping
- Honorable Sherri Eisenpress

\$100 - \$249.99 (continued)

- Rena Finkelstein
- Bonnie Forman
- Richard and Stephanie Fox
- Myrna Franco
- Family Service Society of Yonkers
- Laura Greenberg
- Highland Medical, PC
- Carole Hinds
- Sarah Jerrell
- Terry Knight
- Steven Kurtz
- Ian Laidlaw
- Amy Molina
- Dina Nejman
- Lucy Marie Notaro
- Evelyn Pacheco-York
- Michelle S. Pennella
- David & Mildred Rivera
- MHA Rockland
- Harvey Rosenthal
- Rockland Teachers' Center Institute
- Judy Ryan
- Laurel Salmon
- Rosa Serrano-Delgado
- The Little Diner
- Diyanni Toxey
- Edelis Travieso
- Honorable Scott Ugell & Evelyn Salazar
- United Way of Rockland County
- Vanguard Cleaning Systems
- Sabrina Vargas-Greco
- Veronica Velasquez
- Sandra Wolf
- Ellen Woods
- Assembly Member Ken Zebrowski

UNDER \$100

- Randy Barlow
- MaryAnne Berrigan
- Daniela Dundara-Staub
- Nancie Eliscar
- Colleen Gallagher
- Jim Gallagher
- Kevin Greco
- Cynthia Hammond
- Sarah Hatkoff
- Miriam Jiminez
- Patti Kanner
- Beverly G. Kaplan
- Robert Kutulis
- Bonnie LaBar
- Aroldo Lodolini
- Jean McDonnell
- Sylvia Miller
- Patricia Orea
- Lance Patrouch
- Myrna Price
- Harry & Joanne Rigos
- Annette Saviet
- Maria I. Souto

2022 Special Recognition

- Matt Friedland of Color Swell for the donations of art supplies for children

THANK YOU.
YOUR SUPPORT MEANS
THE WORLD TO US.

WHAT'S AHEAD...

DIVERSITY, EQUITY, INCLUSION & BELONGING

These are strong VCS values. Since our inception, we have practiced through an anti-racist and social justice lens. We believe that DEI & B work must offer education and provide an atmosphere of respect and inquisitiveness. We will move beyond "tolerance" to "acceptance"; from a "sanitized" environment to an environment that "honors" everyone. We will continue to expand our staff and volunteer trainings through a collaboration with NYAPRS that will focus on all areas of DEI work. We will also continue our focus on recruiting and retaining our dynamic and exceptional staff so as to represent the diverse community in which we service.

UR SPACE CLINIC AT KAKIAT ACADEMY

Our School-based Mental Health Clinic expansion continues in the East Ramapo Central School District with the Kakiat STEAM Academy. Applications have been completed and we are awaiting OMH final approval. VCS has been sought after to provide Clinic-level services in our local schools to support the children who experience mental health challenges. We anticipate our continued expansion to other schools in the district in 2023 and beyond.

FINKELSTEIN MEMORIAL LIBRARY

VCS has partnered with the Finkelstein Memorial Library in expanding their community services. VCS will open up a Mental Health Clinic as part of this collaboration and they will provide VCS with a suite of rooms for this purpose.

OFF-SITE PSYCHOTHERAPY

The NYS Office of Mental Health's revised regulations now allow for off-site services. The Clinic now has the flexibility to provide treatment outside the office setting and in the community.

INTEGRATING SPECIALISTS

Integrating Peer Specialists into the Clinic as part of our multi-disciplinary team. Peers are people who have been successful in their mental health recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, Peer Support workers help people become and stay engaged in the recovery process and reduce the likelihood of setbacks.

VCS COUNSELING FOR ALL CAMPAIGN

Through a successful and sustained partnership with individuals who share our passion for Counseling for All, VCS will have the resources to provide counseling scholarships to all in need.

BOARD OF DIRECTORS AND STAFF

BOARD OF DIRECTORS // OFFICERS

Derek Nelson
President

Steven Breen
Treasurer

John Sadowski
Secretary

BOARD OF DIRECTORS // MEMBERS

Simona Chazen, LCSW

Jon Cooper

Mimi Gelb, LMFT

Esther Guzman

Terry Knight

Jonathan Kupperman

Anita Levine

Mario Occhicone

Beth Reichgott

Elijah Reichlin-Melnick

Julie Wendholt

EXECUTIVE STAFF

Ruth Colón-Wagner, LMSW
CEO/Executive Director

Julie M. Prevost
Chief Financial Officer

Elizabeth Alvarado, LCSW-R
COO/Deputy Director

Kevin Greco
Corporate Compliance Officer
& Business Affairs Director

ADMINISTRATIVE STAFF

Bari Lewart
Executive Administrator

Patti Trichon
Special Projects Coordinator

Genesis Torres
Front Desk Coordinator

COUNSELING & FAMILY SERVICES and PUENTES

Azu Nieves, LMSW
Director

Shelly Burns, LCSW
Parenting Apart Supervisor

Maria Gonzalez
PUENTES Coordinator

COUNSELING & FAMILY SERVICES and PUENTES *(continued)*

Beth Kipperman
Student Advocacy Program Coordinator

Dina Nejman, MSW
Services for Older Adults & Families Coordinator

Debra Roth, LCSW-R, M.Ed
Student Intern Program Coordinator

Darla Salmon, MFT
Services Specialist

Rebecca Tipa, MSW
Youth Program Coordinator

MENTAL HEALTH CLINIC SERVICES

Lauren Montanaro, LCSW
Director

Richard Price, MD
Psychiatrist

Patience Ampofo, PNP
Psychiatric Nurse Practitioner

Paola Molina-Vivar
Clinic Coordinator

Rebecca Tipa, MSW
Youth Program Coordinator

DOMESTIC VIOLENCE PROGRAM FOR MEN

Maria Gonzalez
Registrar / Court Liaison

Darla Salmon, MFT
Services Specialist

Geoffrey Cabrera
Instructor

Linda Berns
Volunteer Instructor

CLINICIANS

Betzalel Alpert, MHC

Susan Arlia, MHC

Jason Dana, LMSW

Bill DeSiena, LCSW

Stella Farrell, LCSW

Reka Foster, LMFT

Daphnee Fromentin, LMSW

Ahjah Gage, MHC

Jillian Gallo, MSW

Hunter Harrow, LMSW

Eva Hernandez, LCSW-R

Jamie Hopper, LMFT

Jackie Kelly, LMSW

Ileana LaGrutta, MHC

Ricardo Lima, LMSW

Jamer Linares, LMSW

Maria Lucibello, LMSW

Jennifer Luongo, MHC

Brianna Morrell, LMSW

Austin Ohayon, MSW

Michelle Pennella, MHC

Anna Pisano, MHC

Brenda Robinson, MHC

Carolyn Ross, MHC

Geraldine Ryan, LMHC

Snathalia Supreme, MHC

Jill Torrente, LMSW

Fanny Turbi, MHC

Alex Vangel, LMSW

Santiago Agudelo Velez, MHC

Tal Weissman, MHC

Lukas Westbrook, MSW

VOLUNTEERS AND INTERNS

COUNSELORS

Margie Adames
Deana Adams
Denet Alexandre
Yocasta Alvarez
Amy Aronson
Barrie Austin
Kathy Bareket
Kelly Barron
Larry Beck
Vivian Bencosme
Nancy Bowen
Jill Butterman
Diane Campbell
Shraine Campbell
Bill Capowski
Luisa Cerna
Abigail Cervantes
Zack Chaikin
Pam Cinque
Tess Coggins
Daniela Dundara-Staub
Vara Edara

Michelle Francois
Andrew Fuge
Eleanor Gaffney
Ginny Geerdes
Marina Gigante
Nati Guillen
Jessica Kane
Ben Kaufman
Pam Koether
Bonnie LaBar
Louise Ligresti
Martine Littlewood
Sharon Lorman
Amanda Lugo
Debby Marcarelli
Angelica Marte
Xiomara Menendez
Amy Molina
Linda Mower
Adina Muhlbauer
Melissa Novick
Justin Nuttall

Eve Pacheco-York
Ellen Palop
Colin Pohl
Beth Resnick-Folk
Suki Robins
Yudicar Rosario
Leslie Rosenberg
Kareen Ruiz
Darla Salmon
Nayelhi Sanchez
Sue Saslaw
Melissa Turk
Rosanna Ventura
Laurel Villarente
Edna Ward
Joan Wasser
Denise Weiner
Zvi Weiss
Marie Wood-Smith
Ailin Yang
Alba Zayas

STUDENT INTERNS

Hannah Amaral
Jason Dana
Charleny Genoval
Nicole Larkins
Sarah Jane Murphy
Tess Nagle
Barbara Pfingst
Marie Pierre
Nicole Shalaba
Neil Singhal
Rebecca Tipa
Lukas Westbrook
Samantha Wood

SUPERVISORS

Denet Alexandre
Elizabeth Alvarado
Shelly Burns
Simona Chazen
Laura D'Angelo
Phyllis Eisenberg
Colleen Gallagher
Lynn Gartenberg
Rachel Gottlieb
Jamie Hopper
Ian Laidlaw
Ricardo Lima
Gail Maurer
Dina Nejman
Azu Nieves
Debra Roth
Judy Ryan
Marsha Safran
Steve Safran
Celine Stillman
Alice Taylor

VOLUNTEER COUNSELING

PIONEERING WORK

Since 1970, VCS Inc. of Rockland County, New York, has pioneered the innovative use of community lay people to do high-level counseling for clients with a wide range of social problems. In 1970, a group of family court judges in New York State expressed concern that many families seeking aid through their courts appeared to be in need more of counseling assistance than of judicial remedies. Child abuse, domestic violence, parent-adolescent conflict, and post-divorce problems were only some of the difficulties for which the judges were asked to provide solutions. A Ford Foundation grant was secured to test this hypothesis. Nearly fifty years later, VCS Inc. is an established part of the service delivery system in Rockland County. The agency works closely with the family court, schools, the Center for Safety & Change and other community agencies. VCS counsels residents of Rockland County and beyond and works with court-mandated referrals and voluntary self-referrals. The community often turns to VCS to fill a service gap when a local problem is not being well addressed.

VCS CLIENTS

VCS serves battered women, teenagers, parents of teens, men who batter, people with marital problems, people with reactive depression, and families experiencing divorce or illness. VCS also works with people who are struggling with issues of aging, caregivers of the elderly, parents who are abusive or neglectful of their children, and people with reactive anxiety. VCS provides individual, couples and family counseling to adolescents and adults. You do not need to have health insurance and do not need to be a US citizen or documented to receive services. A client who is motivated to continue counseling may attempt real changes in his or her life - leaving a marriage, changing jobs, going back to school, developing a talent or interest, or risking new relationships.

VCS VOLUNTEERS

We find that almost all people have the ability to work through their concerns if they have a safe place to talk with a good listener. Counselors at VCS are therefore trained to create a safe, non-judgmental and supportive space for you to share and work through your concerns. The profile of a typical volunteer has changed over the years. In 1970, many volunteers were women at home raising school-age children. A recent training group included two psychiatric nurses, a child care worker, the assistant to a college dean, a real estate broker, a lighting technician, a vocational rehabilitation counselor, a veterinarian's assistant, two homemakers, and a teacher. Recent groups also have included an increasing number of men.



IF YOU ARE INTERESTED IN **VCS COUNSELOR TRAINING**,
PLEASE COMPLETE AND SUBMIT THE FORM AT:
vcs-inc.org/volunteer-counseling

WAYS TO DONATE

// SCAN QR CODES
for more information



COUNSELING FOR ALL

secure.givelively.org/donate/vcs-inc/counseling-for-all

We believe that everyone deserves quality mental health counseling. However, access to counseling is not always readily available to all. Some people... our friends, neighbors, and/or family just can't find counseling that is affordable, readily available and culturally competent. Through our VCS Counseling for All initiative, we aim to make counseling accessible in the community and affordable to all. Partner with us to offer counseling scholarships to all who have financial need. We can work together to heal our community. That is who we are. We are VCS.



VOLUNTEER SCHOLARSHIP

secure.givelively.org/donate/vcs-inc/vcs-volunteer-counselor-training-model

Offer an opportunity of a lifetime to train individuals on how to provide quality mental health counseling. By supporting Volunteer Scholarships, you in turn are supporting dozens of people who will receive counseling through each volunteer you sponsor. VCS Volunteer Counseling Services is a one-of-a-kind model that trains lay people on how to provide counseling services. Each Volunteer Counselor is trained through our exclusive model and will receive weekly supervision under the guidance of a licensed clinical practitioner as well as ongoing continuing education to ensure they provide competent care.



BECOME A VCS G.E.M.

secure.givelively.org/donate/vcs-inc/vcs-g-e-m

By partnering with us through monthly giving, your contribution is used throughout the year. Give Every Month makes donating more manageable to partner with us. You can schedule your giving to your preferred dates and it will automatically submit your support and provide you with a receipt.

All donors will receive documentation for your annual tax purposes.

Self-addressed envelope



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THE BOARD, STAFF & VOLUNTEERS OF

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Rockland Conservatory of Music**

Elijah Chen • Morayo Oleteju • Isabel Gallegos • Myla Vijayan

Jeff Weinberger

President • Double Tree by Hilton

for his generous donation of the Regency Ballroom for
The Annual Public Meeting of the VCS Board of Directors



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