

A Message from Dr. Anthony Angelo Federation's Chief Medical Officer

The time has come to embrace mental and physical health integration

Traditional medicine has primarily focused on what we can do to mitigate or cure illnesses, while doing very little to prevent illness or support health. It has become increasingly obvious that an overall failure to implement genetics, environment and lifestyle into patient care is costing the health systems huge amounts of money.

It is imperative that healthcare providers recognize the role each of these factors can play in the generation of such chronic illnesses as diabetes, hypertension, cardiovascular disease, asthma and cancer. The vast majority of our nation's healthcare spending is on people suffering from a chronic illness.

The cost of surgeries, drugs and hospital visits now has to be diverted toward improving the education, the lifestyle and the enrollment of the people whose health we wish to preserve.

In the coming weeks, Federation will take steps to address this issue head on. Recognizing how intertwined physical health and mental health are, Federation will introduce a primary care program at one of its mental health programs, the Personalized Recovery Oriented Services (PROS) program in Patchogue.

When you look at the people unfortunate enough to develop mental illness, you see that overall, they have a higher incidence of physical illnesses. There are a number of contributing factors to this.

One is that the vast majority of people who have mental illnesses suffer some form of anxiety, and the most common coping mechanism they use to quell that anxiety is smoking cigarettes and/or marijuana. Right there is a direct link to heart disease, to hypertension and to lung disease.

Secondly, many people suffering from mental illness tend to neglect themselves and avoid seeking medical and preventative care. Also, they tend to live more on the edges of poverty, so their diets generally lack proper nutrition.

What Federation believes needs to be done is to bring a team of primary care givers into the setting where their mental health is being addressed. Primary care becomes harder to avoid. The mental health provider can take them down the hall and introduce them to a primary care doctor, instead of suggesting their patients seek out primary care in a separate location.

The other approach is to fold in mental illness and substance abuse treatment into primary care clinics, particularly in federally qualified healthcare centers. Primary care physicians are realizing that the mental health of their patients impacts the outcomes of treating the physical illness.

Bringing a primary care team to our PROS program is in line with the mission of Federation of Organizations: Helping people to help themselves. I am confident our proactive approach will make a difference.



The Story of a Recovery Champion

Recovery is like running a lifelong marathon – it takes planning, focus, strength and long term vision. Lori T is an example of someone with the spirit of a champion, successfully running her personal marathon with the help of experienced providers from Federation and other organizations.

Lori T was hitting rock bottom in 2015 when she found herself homeless and, once again, in the psychiatric ward of a hospital. Upon discharge, her case worker from the Institute for Community Living referred her to Federation of Organization's care coordination services. The Federation Care Coordination program is part of a Medicaid Health Home which helps recipients access their benefits and develop ongoing relationships with providers.

Federation Care Coordinator, Rosette Noyan, enrolled Lori and helped her develop a recovery plan with achievable, meaningful goals. Lori's long term goal is to break the cycle of mental health crises and avoid future hospitalizations. Homelessness posed a major barrier to this goal, thus Lori's immediate goal was to find safe, permanent housing in the community. Following this plan – like a training program for marathoners – gives Lori hope and reinforces her recovery with successes, large and small.

The first step toward success was stabilizing her mental and physical health. Getting to appointments, following care plans and medication regimens are common challenges for individuals in recovery. To address these issues, Ms. Noyan arranged for transportation to and from doctor's appointments and coached Lori in how to take her medication correctly. She also needed material help, and Ms. Noyan found community resources to supply clothing and food.

These supports have allowed Lori to stabilize and reach milestones in her recovery. In May 2016, a housing opportunity became available and she transitioned to the community. She is following her medication regimen correctly and attends a day program near her new home for ongoing rehabilitation and support. Becoming a successful member of the community and reaching some of her goals makes her happier, healthier and more confident in her ability to continue winning new phases of the recovery marathon.



Our Hero!

On April 26, Sadine Carida Richardson was celebrated as a Front Line Hero by the New York Non Profit Media. Sadine, along with 25 other New Yorkers, was chosen for being a committed, innovative, behind-the-scenes human service practitioner, leader and advocate for change in New York. A native of Goose Creek, South Carolina, Sadine celebrated with family members who had driven more than 15 hours to attend the ceremony.

A Peer Recovery Specialist in her tenth year at Federation, Sadine is a model of dedication, success and optimism for individuals in recovery. "Sadine is a true example of a hero," said Karen Leggio, Associate Director of Outreach Services at Federation of Organizations. "She's a tireless advocate who inspires hope and trust in the people she serves."

In her role as Peer Recovery Specialist, Sadine facilitates support groups at inpatient psychiatric wards in Suffolk County hospitals and engages clients throughout the community. Prior to joining Federation, she worked as a residence manager at a drug and alcohol recovery program in Lake Grove.

In addition to being a New York State-Certified Peer Specialist/Provisional (NYCPS-P), Sadine is currently working toward her Associate's Degree at Nassau Community College in Garden City. In her spare time, she is a motivational speaker, offering others hope and inspiration along their challenging journeys.

Two Stories of How Collaboration Generates Success!

Working together, Federation's programs and their community partners inspire individuals to strive for success and be of service to others in recovery. Lauren and Kristin are moving examples of perseverance and accomplishment. Their stories demonstrate extraordinary outcomes resulting from well-coordinated, person centered care.

Lauren receives clinic services, care coordination and housing through Federation of Organizations. She has also accessed many other community resources, including the Suffolk Long Island Mentor and Mentee program, and the Dress for Success Going Places Network at the Brookhaven Town Hall. Both have contributed to her personal and professional growth.



In August, Lauren will enter a six month medical administration course at the Hunter Business School in Medford, for which she has been awarded a full scholarship from the NYS Department of Labor. She credits courage and a strong support network for her achievement and is inspired by the counselors in the PROS program.

"I hope that through this medical administrative course, I will one day be a source of strength and relief to those struggling in their illness," Lauren said. It's my dream to make a positive contribution to the mental healthcare community.

Lauren is motivated by her family's history of struggle and adversity. One of her grandfathers was a Holocaust survivor, US Army and Navy veteran and battled cancer for 20 years. Her other grandfather committed suicide. Lauren explains "I think of them often and carry their lessons with me: there will be times of darkness and confusion." She continued, "Remember, you matter, you have a purpose, and pain is temporary. Life is always precious and worth fighting for; never give up."

Congratulations, Lauren on winning this well-deserved scholarship!

Kristin P. is another example of how hard work, determination and a network of supportive peers and services can propel an individual to new heights and achievements. Kristin came to Federation through the Peer Advocacy Program during a hospitalization for mental health and addiction issues.

After the hospitalization, she joined the PROS program for comprehensive recovery support. While in the program, Kristen began utilizing supports and services within her community to develop a support network to help her maintain her recovery. She volunteered at an Alcoholic Anonymous office and in Federation's Junior Companion program. Since graduating from the PROS program, she has returned and shared her story to encourage other members during their recovery journeys.

"Peer support played a significant role in my recovery," said Kristin, "which is why I want to become a peer specialist and help others facing the same problems and challenges.

Diana Fogarty, Program Manager of Federation of Organization's PROS program commented "Kristen is able to speak openly and honestly about her own story including her personal challenges, in a capacity to allow others to believe in themselves and recognize that recovery is a life-long process that has ups and downs."

Having actively participated in multiple Federation programs, Kristin overcame much adversity in her recovery journey and is now achieving her personal and professional goals. She recently joined Federation as a paid staff member in the POWER program and has completed her courses to become a Certified Peer Specialist.

Best wishes to Kristin for her continued recovery and success!



Congratulations to Federation’s Newly Certified Peer Specialists & to Federation’s Staff Accomplishments!

Certified peer specialists are individuals in recovery who are willing to assist others in earlier stages of the recovery process. They combine life experience with in-depth training to provide emotional support, training in coping and life skills and a unique understanding of the recovery process.

A free, on-line certification program developed by OMH (Office of Mental Health) and Rutgers University requires rigorous coursework including 12 core classes, five electives and 2,000 hours of direct peer work.

“Completing the challenging coursework and required peer hours for becoming certified is a remarkable achievement,” remarked Karen Leggio, Associate Director of Outreach Services at Federation of Organizations.

Congratulations to the following people who have accomplished the remarkable achievement of becoming Certified Peer Specialists:

Sadine Richardson
Vincent Mancini
Nancy Grimes

Alan Dicker
Dawn Batson
Peter Winston

James Cascio
Shawn Alston
Gregory Hylton

Donnell Price
Eve Cohen
Amy Brotman

Marcy Coleman
Howard Diamond
Andrew Petrov

Congratulations to Federation’s staff members on their recent accomplishments:

- June Morris promoted to Program Manager of the Big Nosh Café and Self Help Advocacy programs
- Khaite Sall graduated with a degree of Master of Public Administration in Health Care Administration from Long Island University Post Campus.

Respite Worker Brings Joy and Friendship as Well as Assistance

Anthony is a dapper 78-year-old retired mechanic who knows everything there is to know about cars, especially antique ones. In fact, one of the model cars that he built was used in the movie Goodfellas. Since the death of his wife, Anthony has been living independently while his children look out for his wellbeing. He began receiving services from Suffolk County Respite Care Program (SCRCP) in 2015 to enable him to continue living alone despite progressive symptoms of dementia. His SCRCP companion, Cathy Celeste, reminds Anthony to take his medication and encourages him to eat healthy, balanced meals. She also helps with light housework and communicates regularly with his family.



More importantly, Cathy and Anthony have become fast friends, and both look forward to their visits. Despite his memory issues, Anthony always remembers Cathy and eagerly awaits her arrival. They are a well matched pair, enjoying lunch, gardening in the yard, fixing cars and taking trips to events such as antique car shows. Anthony enjoys taking Cathy on walks down memory lane with his stories, including those of Coney Island, where he grew up. They are planning a trip there soon to see the boardwalk, the beach and the arcades.

“Anthony is a gentleman in every way,” she observed. “I enjoy our time together and am happy to provide his family with the support they require.”

Anthony dotes on those he loves, and still takes pride in being able to take care of them, including Cathy, whom he enjoys spending time with. “Having a companion who is a trusted friend brings joy and meaning into Anthony’s everyday life.” remarked Carla Hollander, Program Coordinator of the SCRCP. “While SCRCP continues to give Anthony’s family peace of mind, it’s helping to keep him living independently for as long as possible.”

Federation Doubles Amount Raised for NAMI

Each year our Jr./Sr. Companion Program volunteers spearhead Federation’s fundraising effort for our local NAMI (National Alliance on Mental Health) chapter. NAMI is an important partner in our work as it supports family members and people with mental health conditions. The volunteers raised the money through bake sales, a garage sale and an online donation link.

On May 7, a group of staff, volunteers and their families joined more than 1,000 other people at Jones Beach for NAMIwalk, one of New York’s largest events to support mental health and fight the stigma faced by people affected by mental illness. At the event the Federation team presented NAMI with \$1,600, more than double the amount they donated last year!

KUDOS to the hard working and generous NAMI fundraising team!

Picking Up Where She Left Off

Juliet G is a hard working achiever for whom the rewards of recovery are sweet. After years of working on her recovery, she is now living independently, rebuilding relationships with her children and looking to the future.

The onset of her illness was the result of too much emotional pressure caused by studying for a master's degree, working, raising two children and dealing with an abusive (now ex) husband. She found help at Sanford Manor, where she dedicated herself to recovering and putting her life back together.

When she was ready to transition back into the community, Juliet's care coordinator referred her to Federation's Adult Home Plus program, where Lauren Vierling worked to find her housing and supports in the community. Juliet is her

own best advocate and was actively involved in getting things in place for her transition. For example, she researched benefits and successfully applied for SNAP benefits on her own and receives the full amount for which she is eligible.

In May of this year, Juliet moved back to the community with a supportive care plan in place. Within a month Juliet was settled in her new home and living independently. She finds her own doctors, schedules and attends appointments, follows up and takes her medications correctly and without assistance. Her transition plan called for a personal care worker, but Juliet did not want one, feeling more than capable of taking care of herself. Determined to protect her newfound privacy, she demonstrated her ability to keep up with the housekeeping, cooking and personal care, and thus disproved the need for a PCW.

"Lauren helped me get my life back!," Juliet said. "I feel happy, healthy and independent. Most importantly, I can be with my children again."

Juliet jumped back into family life right away, making a party for her son to celebrate his High School Graduation and hosting a Memorial Day Cookout. She enjoys spending full days with her family and re-establishing relationships.

At Flushing Hospital where she volunteers one day a week, Juliet greets visitors and provides information. Her hope is to continue her education, possibly with the goal of completing her Master's degree. If the past is any indication, Juliet will certainly succeed at whatever she puts her mind to and Federation will do everything possible to help her fulfill these ambitions.

The Healing Influence of Art

Sometimes a painting or a song expresses thoughts and emotions that are hard to put into words. The healing potential of art has been well documented and many programs at Federation incorporate various creative arts to help individuals work through recovery.

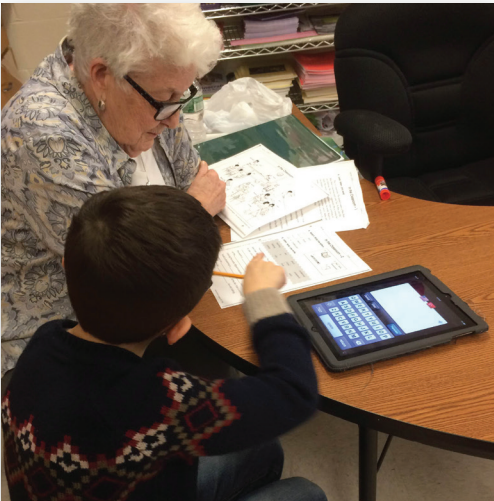
A wonderful example of the healing power of art is James C, a resident of the Glen Cove Community Residence (GCCR). James lives with a schizoaffective disorder which can make it hard for him to focus his thoughts. Since moving into GCCR in 2013 he made tremendous progress in his recovery.

A disciplined artist, James schedules time to practice guitar and paint every day. He takes great pride in his artwork, painting landscapes, flowers and beautiful subjects in the tradition of his role model, Bob Ross the television art instructor.

Tishamarie Cosby, Program Manager commented, "James' dedication to his art is remarkable and has played a major role in his recovery."

Expressing himself through painting and playing guitar helps James manage symptoms of anxiety and paranoia and concentrate better. He uses music and art as tools to cope with the challenges of everyday life and to create something beautiful and unique that give him pleasure and a sense of accomplishment. He is now able to successfully manage his medications and spends weekends visiting his family.

Older Americans Month



May was Older Americans Month, and in celebration, Federation would like to honor one of our outstanding Foster Grandparent volunteers, Grandma Jeanette! Jeanette has been volunteering at an elementary school in Deer Park for the past eight years. Jeanette's teacher feels that her assistance is invaluable, "She goes above and beyond every day playing a most vital

role in our classrooms success. Not only does each child love and adore her, and hope to earn her respect, I feel the same way."

Over the years she has shared her positive attitude and warm sense of humor with hundreds of students and has enthusiastically helped them reach their academic and/or social-emotional goals. This year, Grandma Jeanette has been working one-on-one with a young student from Turkey. To bridge the language barrier, they use an iPad to translate English words into the student's native language and vice versa. In this way, she helps him complete classroom assignments and build literacy skills.

Jeanette said, "To see the smile on his face is priceless. It makes me feel so good that I am truly helping him learn." In just four short months, the young boy was able to write the following letter to Jeanette: "You teach me letters and help me learn to read. I love when I work with you. I learn words with you on the iPad. I love you."

We are fortunate to have such a dedicated and compassionate volunteer representing our program. Thanks to Grandma Jeanette for your many years of service!

The Power of Partnership



The POWER (Peer Outreach With Evening Recreation) Program provides street outreach, a food pantry, and a social program to homeless individuals. The Nursing Home Diversion Supportive Housing Program (NHD) provides housing and enriched supportive services to individuals who qualify for nursing home care but wish to stay in the community.

Together these two programs form an effective partnership, closely coordinating to ensure individuals get appropriate services. For example, meals from the POWER food pantry help clients have enough food during the transition into community housing. The programs also refer cases to one another. When the NHD received a call from a distressed woman sleeping in a bus shelter, they called on POWER staff who met with her at the bus shelter and began the process of engaging her in services.

A true success story of this partnership is that of the Lewis family. Dianna and Lonnie Lewis both have disabilities and for many years they lived in a single, cramped room in DSS emergency housing. Then in 2015, they began receiving services from the POWER program which partnered with NHD to find them permanent housing. Recently, the Lewis' moved into a beautiful, handicapped accessible, two bedroom home with a lovely yard.

Jason Vandewater, Director of NHD observed "They have turned the house into a very happy home with photos of family on walls and a beautiful flower garden." The house is back in their old neighborhood and they have reconnected with friends and family. "Our family visits and the children come and play in the backyard. It is so wonderful to have a home again" said Dianna.

Recovery is About Getting Back Up

James R. is an inspiring example of how strength and perseverance contribute to recovery. Since 2008 James has been receiving services from the Assertive Community Treatment (ACT Team) with the goal of getting a job and improving his relationships.

Living at home with his three siblings, James has been the primary caregiver for his elderly mother and his father. The death of his father from cancer in 2015 hit James hard, and he withdrew into isolation. James's medication helped him in his recovery and he was able to secure a job working at nights.

Unfortunately, the disruption in his sleep and medication regimen caused James' symptoms to worsen and he experienced depression and hallucinations. This led to missed work, and ultimately, the loss of his job.

However, this setback did not prevent James from working toward wellness and his goal of getting a suitable job. He found a day job as a driver for an auto parts store, which has proven to be a good fit for James.

Since being able to contribute financially to the family, his self-esteem has increased and he no longer withdraws or isolates himself. His relationships with his siblings and his teenaged daughter have also improved greatly.

Despite challenges and setbacks, James keeps working at recovery, is realizing his goals and will soon graduate off the ACT team.

Federation Launches New Forensic Reentry Program

In May 2016, Federation of Organizations launched a State Prison Release Program also known as the Forensic Reentry Program. Utilizing a Housing First philosophy, the program provides housing, advocacy and linkages to services to help released individuals with mental health issues begin to rebuild their lives.

"Re-entering the community after incarceration magnifies existing challenges to recovery," said Karen Gorman, Director of Strategic Partnerships & Resource Development. "This new program fits perfectly into our mission to help individuals with mental health challenges live full, hopeful lives."

Currently a 10 bed program, individuals who meet the criteria of mental health housing in the community are placed in supported housing in the five boroughs of New York City. These residents work with a forensic re-entry housing case manager as well as other service providers, including forensic intensive case managers, mobile treatment providers, PROS providers, and assisted outpatient treatment, as appropriate.
