



## 2015 YEAR IN REVIEW

***“We rise by lifting others.”***

– Robert Ingersoll

## MISSION STATEMENT

As a leading provider of cost-effective evidence-based services, Federation of Organizations partners with individuals, families and communities to promote wellness and enrich quality of life.

We are agents of change in a rapidly evolving health care environment. We collaborate with community leaders and progressive healthcare providers to educate and motivate people to improve their health.

For more information or assistance, please contact us at **1-877-INTAKES** or visit our website at: **[www.fedoforg.org](http://www.fedoforg.org)**

## AFFILIATIONS\*

Association for Community Living  
Community Healthcare Network – Brooklyn  
Community Healthcare Network – Queens  
Coordinated Care Partners  
Concerned Citizens for Creedmoor  
Coordinated Behavioral Care, Inc.  
Corporation for National and Community Service  
Foothold Technology  
Hudson River HealthCare, Inc.  
Long Island Cares  
Medford Chemists  
Nassau - Suffolk Coalition for the Homeless  
National Alliance on Mental Illness (NAMI)  
New York Association of Psychiatric Rehabilitation Services (NYAPRS)  
New York City Department of Health and Mental Hygiene  
New York State Council for Behavioral Health Care  
New York State Office of Mental Health  
New York State Office for the Aging  
North Shore – LIJ Health System – Queens, Nassau, Suffolk  
Suffolk County Department of Health Services, Division of Community Mental Hygiene Services  
Suffolk County Office for the Aging  
Supportive Housing Network of New York (SHNNY)  
The Townwide Fund of Huntington, Inc.  
United Way of Long Island  
US Psychiatric Rehabilitation Association (USPRA)

\*This is a partial listing.

## WHO'S WHO AT FEDERATION

### Board of Directors

Nancy Schonberg  
*President*

Edward Varon  
*Vice President*

Greg Durso  
*Secretary/Treasurer*

Harry Alberts, Esq.  
*Member*

Richard Turan  
*Member*

### Executive Staff

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*Chief Executive Officer*

Philip Matcovsky, LMSW, CPRP  
*Chief Operating Officer*

Anthony J. Angelo, M.D.  
*Chief Medical Officer*

Stephen McCarthy, CPA  
*Chief Financial Officer*

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## NANCY SCHONBERG

PRESIDENT | BOARD OF DIRECTORS



From essential mental health services to residential programs to supported employment services, Federation of Organizations empowers men and women of all ages across the New York area. The exemplary care and compassion shown has been impacting families for more than 40 years.

Through the tireless efforts of executives, board members and staff at Federation of Organizations, many individuals continue to flourish in the community. The importance of community inclusion is evident with every success story we encounter.

Each day, individuals learn new skills, gaining renewed independence and greater self-confidence. They're cooking, shopping, working and navigating public transportation. And that's just to name a few.

As Federation's individuals grow, so do our employees. The agency continues to provide training opportunities to social workers and other staff, to ensure we stay on the cutting edge of healthcare to best meet the needs of those we serve.

Support and advocacy remains the highest priority at the agency, in spite of financial challenges the not-for-profit field has encountered. Our high quality care will never be comprised to cut costs. Federation's individuals have, and always will, come first. To quote one of our advocacy program supervisors, "Our programs celebrate life." As board members, we will continue to guide the agency as it steers individuals on a successful path to recovery.

## BARBARA FARON

CHIEF EXECUTIVE OFFICER



It's been a year of growth and expansion for Federation of Organizations amid changes in healthcare and the ongoing challenge of doing more for less.

Our deep commitment to delivering high quality care while helping people to help themselves has enabled

the agency to rise above those challenges and remain a vital resource for people across Long Island and New York City.

Thanks to a grant from the New York State Department of Health, Federation recently launched a new Nursing Home Diversion Supportive Housing Program, which provides housing and healthcare support services enabling individuals who qualify for nursing home care to live at home and remain integrated in the community.

Our Care Coordination program expanded, as well as housing opportunities for individuals with disabilities, chronic health conditions and chemical dependency challenges. Federation's Financial Management Program began offering new workshops to navigate individuals through the complex public benefits system, and our IT systems were enhanced for greater data security.

Federation remains prepared to adapt to any new challenges that arise in the healthcare and not-for-profit sectors so we can continue to impact the lives of hundreds of individuals we serve and help them to thrive.



## ACCOMPLISHMENTS FOR 2015

(This list is not exhaustive, but it gives some idea of the impact of our activities).

### Senior Community Service:

168 seniors provided over 103,441 hours of one-to-one service, valued at nearly \$1.4 million\*, to over 200 at-risk children in Suffolk County at 46 community sites, resulting in improved classroom performance for 96% of the children.

Seniors provided 30,764 hours of assistance valued at over \$417,000\* to 81 elders in Suffolk County to help them remain in their homes.

More than 30 families received 5,100 hours of service valued at over \$69,100\* to assist them in caring for a frail elderly family member, avoiding high-cost institutional placement.

\*Based on the Suffolk County Living Wage of \$13.58 in 2015.

### Housing:

In New York City and on Long Island 600 people in recovery from mental illness resided in safe, affordable housing with flexible support services. After learning needed skills 50% of the residents of our transitional housing programs obtained permanent housing within a year.

### Outreach and Advocacy:

Peer advocates in Suffolk reached out to over 1,500 people with mental illness, providing the support necessary to remain independent in the community.

### Hunger and Homeless Services:

Over 1,100 people who were homeless or at risk of homelessness received housing, employment, and peer services through our homeless outreach programs.

Our food pantry and soup kitchen in Suffolk County provided 23,839 meals to hungry individuals and families.



### Personal Recovery-Oriented Services (PROS):

Over 500 people in recovery participated in integrated rehabilitation, support and treatment

services with over 80 people securing safe affordable housing, higher education and employment. Members were empowered to achieve their goals and report improved relationships with family and friends and increased use of community resources and events. There was a dramatic reduction in the use of psychiatric hospitalization.

### Financial Services:

In Suffolk County, over 350 mental health consumers were able to achieve financial stability and regain control over their finances. 92% of the individuals served were able to avoid psychiatric hospitalizations and 96% maintained housing and avoided homelessness.

### Care Coordination:

On Long Island and in New York City, over 4,000 people were supported in their recovery from mental illness and other chronic illnesses and linked to services and community resources.

### Employment:

Of 70 people receiving supported employment services, approximately 47% obtained employment.

### Clinical Services:

Over 800 people received clinical treatment in New York City and Suffolk County, supporting them in achieving their goals and remaining in community settings of their choice.

## MENTAL HEALTH SERVICES

### Peer Services

Peers are essential participants in the delivery of all our mental health services. Peer Counselors provide one-to-one support and are role models for independent living, teaching the skills required to promote wellness, and foster hope for a better life. They relate on a personal level, sharing their own life experience. Peer Advocates teach self-help, link people to resources, and foster self-advocacy. Today more than 35 percent of our staff members could be considered peers. Many are self-identified, but others use their experience with the mental health system to inform their practice and do not choose to label themselves.

### Outreach and Advocacy

In Suffolk County, through our POWER (Peer Outreach with Evening Recreation) Program, Federation provides emergency assistance, advocacy, referral to housing, and information to homeless individuals and families, as well as people with mental illness. A weekly meal program, vocational, educational and employment services are available as well as a food pantry.

## Care Coordination

On Long Island and in New York City, our care coordination program assists individuals with mental illness, chronic medical conditions and/or substance abuse disorders, to improve their overall health and keep them well in the community. Utilizing a person-centered approach, the program assists individuals to access behavioral and primary medical care as well as social supports such as housing, entitlements, vocational services and employment to help them live successfully.



While individuals are waiting for care coordination services, the Bridger Program in Suffolk begins the process of linking people to services and natural supports. Professionals and peers staff the Bridger Program. Through support, advocacy and empowerment, they assist individuals to set goals and create plans to achieve them.

## Wyandanch Mental Health Clinic

In March, Federation took over the Wyandanch Mental Health Clinic operations. The Wyandanch Clinic offers a full range of psychiatric services and interventions to children, adolescents and adults. The clinic offers culturally sensitive, person centered treatment. Specific services provided include: group and individual psychotherapy, medication management, health monitoring and psychiatric assessment. Utilizing a multi-disciplinary staff, the Wyandanch clinic offers holistic care designed to improve wellness, maximize recovery and improve overall quality of life for the recipients.

## Residential Services

Federation provides a continuum of housing services throughout Nassau, Suffolk and Queens Counties for people recovering from mental illness. The residential division includes transitional housing within community residences, apartment treatment program and CR/SRO's, as well as permanent housing placement within various supported housing programs. We provide support services, case management and teach skills necessary to maximize independence in the community. In 2014, individuals within a variety of housing programs were also eligible for residential transition residential transition support (RTS) from a mobile team of mental health professionals, with the goal of assisting residents in successfully managing their housing in the community.



## Enriched Adult Home Services

Federation provides Enriched Adult Home Services in New York City and Suffolk County, which are designed to support residents in meeting their recovery goals, improving their overall quality of life, and exploring other housing options. The model utilizes principles of psychiatric rehabilitation to provide on-site case management, peer support and clinical services to adult home residents. Utilizing an evidence-based, person-centered approach, the program promotes healthy life-styles by teaching self-management/wellness, increasing involvement in community activities, and promoting independence and self-advocacy.

## Assertive Community Treatment Program (ACT)

Our mobile, interdisciplinary clinical support teams in Babylon and New York City work with people who have not had success with traditional mental health treatment services. Visiting with participants in their homes, or wherever they wish to meet, the ACT team provides full clinical, community living, employment and recovery support services, while coordinating medical, financial, and legal services. Recognizing the person's unique cultural and spiritual dimensions, the aim is to provide the support necessary for the participants to reach maximum recovery, and to live as independently as possible while making progress toward personal goals. Team members include a psychiatrist, peer specialists, a registered nurse, social workers, family specialist, substance abuse specialist, and an employment specialist.

## Supported Employment

Federation offers individuals recovering from mental illness the opportunity to return to work in a supportive environment. On Long Island and in Queens, Federation provides job readiness training and job placement in the community. Supported employment is also offered through our affirmative business, The Big Nosh Café, as well as within our programs. Through the Companion Program, volunteers gain work experience by providing mental health advocacy and rehabilitation services to others.



### Family Education

Federation provides education and training to family members

of those with mental illness to help them support their loved one and the family in the recovery process. Educational forums and support groups are geared toward helping the family learn about the diseases of mental illness, treatments and available community resources, and to help them to cope. Family members learn to care for themselves and have opportunities to learn from others with similar life experiences. We also host the NAMI Central Suffolk Family-to-Family 12 week course taught by family members, which offers comprehensive information about diagnosis and medications.

### Respite Care Plus

The Respite Care Plus Program provides time off for families living with an individual with mental illness through peer support, companionship and short-term housing.

### Personalized Recovery Oriented Services (PROS)

Federation's PROS programs located at our community resource centers in Patchogue and Babylon provide a menu of clinical and rehabilitation services customized to assist individuals recovering from mental illness. Services include psychiatric and clinical treatment, substance use services and relapse prevention, wellness management, assistance with employment, finances, school and housing. Family education and support are also available. Individuals can restore and develop skills that are needed to help them successfully live in the environment of their choice. All services are designed to fit the interests, goals and preferences of each person.

*"They help me pay my bills and assist/guide me when I need to make special purchases, such as a car. I know I can count on my representative payee for sound financial advice."*

### Financial Management Program

Federation provides financial management representative payee services to individuals recovering from mental illness who are unable to manage their own income. Financial Managers assist people to live within their means, maximize their resources, stabilize their lives, and regain control over their finances. We assist with paying bills, budgeting money and saving for future expenses while providing one-to-one support and counseling. Trust Services are available for individuals who find themselves over resourced for public benefits.

### Transportation Services

Federation's fleet of vehicles is used to provide transportation services for people involved in our Long Island and New York City programs. We also work in cooperation with several transportation companies to supply transportation for a number of other not-for-profit agencies throughout Suffolk County. This cooperative effort provides approximately 1,200 people with transportation to other community based programs.

### Mobile Support Services, Residential Transitional Support Teams

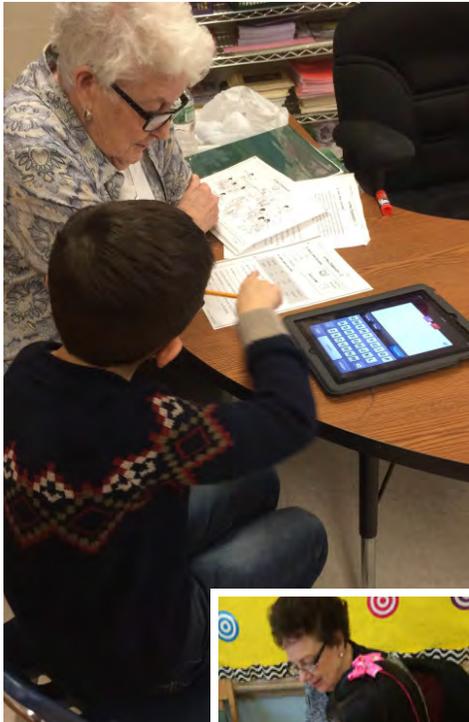
At the end of 2013, Federation launched the supported housing components of the Transitional Community Residence program originating with the Office of Mental Health closure of the Residential Care Center in Kings Park. Residents of the supported housing program have been successful based on the enhanced support they receive from the Residential Transitional Support Team (RTS). This team transitioned from the community residence staff into the community based enriched support team. The RTS team is comprised of master's level behavioral health workers, RNs, LPNs, direct care staff and peers. RTS provides weekly skills building groups in which residents are accompanied to local stores with staff to assist them with integrating in the community. Staff assists with making healthy food choices, budgeting, nutritional meal planning, benefit assistance, socialization, appropriate daily living skills and safety. RTS staff provides recreation trips to the library, concerts, parks, movies and any other trips residents would like to attend that assist with community integration. RTS provides linkages and education on any additional services that assist residents with their recovery goals.

## Mobile Residential Support Team

In July, Federation began providing Mobile Residential Support (MRS) services for individuals residing in Nassau. MRS service recipients reside in supported housing across Nassau County. Federation's MRS team is comprised of a social worker/coordinator, registered nurse and a direct care worker. MRS staff assist residents with medication management, medical coordination and linkages, daily living skills and community integration.

## FOSTER GRANDPARENT PROGRAM

Federation's Foster Grandparent Program offers older adults (aged 55+) residing in Suffolk County the opportunity to volunteer their time in a classroom setting to assist children on a one-to-one basis with their academic and/or social-emotional needs. Foster Grandparents are placed in elementary schools, head start facilities and day care centers throughout Suffolk County, and serve a minimum of 15 hours per week. They provide children with necessary support to foster their success in the classroom, and advance to the next grade level. Volunteers receive a tax-free stipend, mileage reimbursement, paid time off, training, recognition and the opportunity to share their wisdom and experience while engaging in a meaningful activity.



## Respite Care

The Suffolk County Respite Care Program provides cost effective in-home services to caregivers of individuals 60 years of age or older who may be frail, disabled or in need of assistance and /or supervision. The program provides time off for the caregiver, supporting their ability to sustain their loved one in the home and prevent or delay institutional placement. Respite service provides a companionship level of care and support.

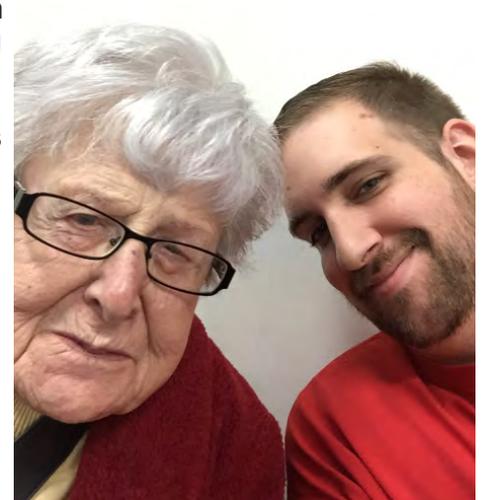


## Senior Companion Program

The Senior Companion Program enrolls older adults (aged 55+) to assist frail, homebound and/ or isolated seniors residing in Suffolk County. Senior Companions provide socialization, assistance with preparing a light meal, light house keeping, occasional transportation, friendship and support to help their recipients remain living independently in their homes. They also provide time off to caregivers so that they can tend to their own needs. Companions receive a tax-free stipend, mileage reimbursement, paid time off, training, recognition and the opportunity to make valuable use of their time by assisting other seniors in need.

## Nursing Home to Independent Living

Federation began providing Nursing Home Diversion Supported Housing Services in 2015. The New York State Department of Health awarded a two-year grant pilot program to Federation to assist with Nursing Home Diversion placements in Nassau and Suffolk. Staff, comprised of a physician assistant, registered nurses, social workers, case managers and community care workers, have been providing supported housing, medical and daily living services to recipients identified through the Universal Assessment System. All recipients in this program may have otherwise been placed in a nursing home setting; instead they are able to remain in the community and receive services in scattered site housing units across Long Island.

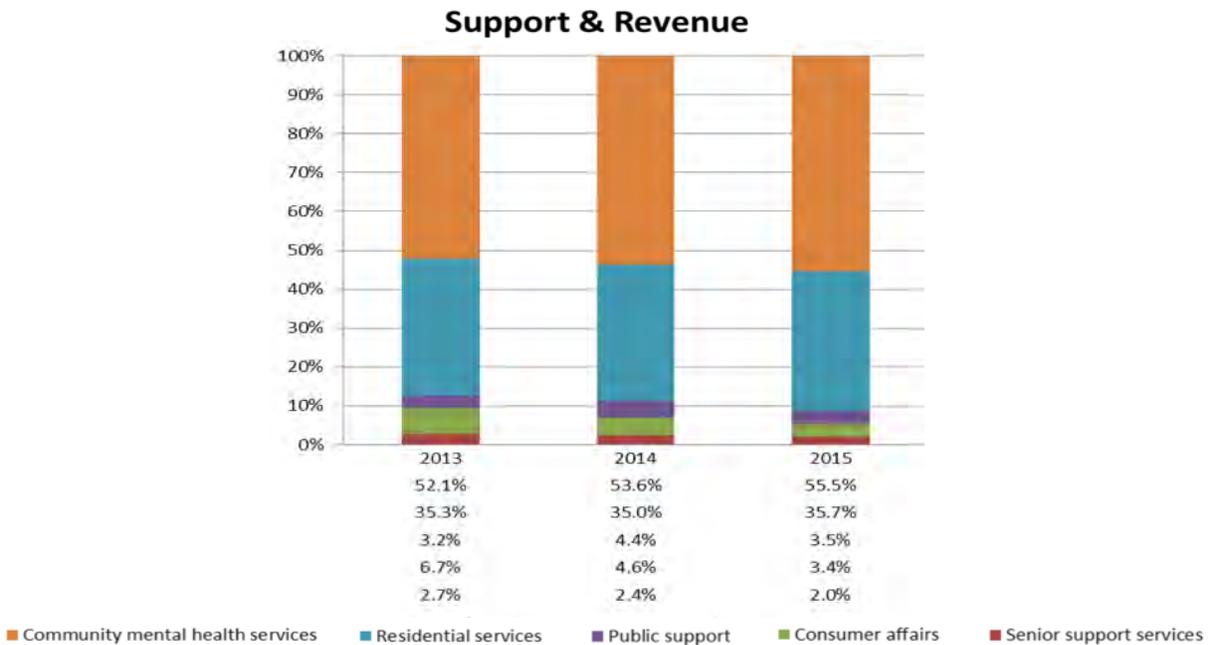
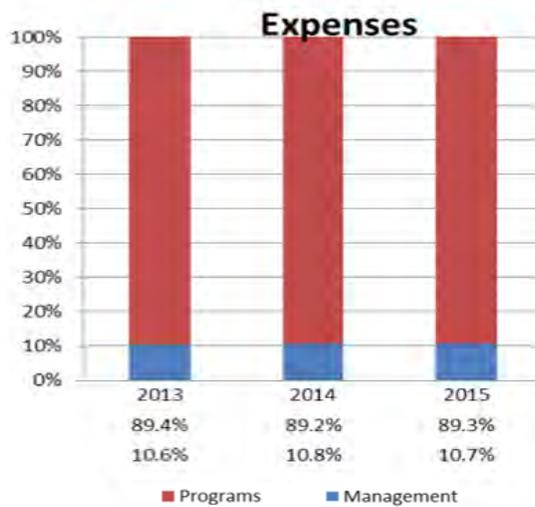


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