



THE FAMILY ADVOCATE

THE NEWSLETTER OF FAMILY SERVICE LEAGUE

Fay J. Linder Health & Wellness Center Brings Healthcare to South Shore Residents



Located on Family Service League's **Judith & Thomas Iovino Campus** in Bay Shore, the **Fay J. Linder Health & Wellness Center** will offer mental health counseling, addiction prevention and treatment, primary care medicine, and Genoa Pharmacy

all under one roof. This unique facility, operated in medical partnership with South Shore University Hospital Northwell Health — as part of the Community Health Care Collaborative, will improve access to care for children and adults living in the

greater Bay Shore community. The "Pathway to Health & Wellness" features inscribed bricks purchased by valued friends of FSL. These can be created in honor of, in memory of, or just to show your support. Call 631-470-6771 to learn more.

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2021 Marks A Milestone

Family Service League is celebrating 95 years as a premier provider of human services for Long Island families. Today, FSL remains one of Long Island's most trusted care organizations and provides over 60 programs which offer resources and services that children and adults depend on. We look to the future with hope. Our immediate focus continues to help thousands through the emotional and economic recovery of the pandemic.



Message From Our President & CEO

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For most of us, 2020 was a year of challenges overshadowed by the COVID-19 health crisis along with the many levels of uncertainty and trauma that accompanied it. Even as we grieve the tragic loss of loved ones, 2021 began with glimmers of encouragement that vaccines and our continued work together will strengthen us as a community. 2021 also marks a milestone for Family Service League — we are celebrating 95 years as a premier provider of human services.

Today, FSL remains one of Long Island's most trusted care organizations. I look to the future with hope as FSL continues to help thousands of people through the emotional and economic recovery ahead.

It is now a full year into this health emergency, and I am thankful for the generosity of donors, the compassion of volunteers, and the dedication of the FSL staff. The impact that our "FSL Family" has had in the face of this crisis is inspiring. Working together, FSL continues to make a difference in the lives of those most vulnerable...

- 11-year-old Danny, who is now receiving weekly counseling care for depression, which was heightened by the seclusion of COVID-19.
- Christine and her infant, struggling with poverty. She received prenatal care, links to tangible resources, and counseling to overcome the trauma she experienced due to years of neglect during her own childhood.
- Nick became withdrawn and anxious after the unexpected passing of his father and began counseling to help him cope during this difficult time.
- Florence, unable to access services and suffering from social isolation, who depends on FSL's Senior Outreach Workers.
- 8-year-old Crystal, whose mother sought shelter from an abusive environment and found invaluable safety-net resources.

Today, FSL continues to evolve and create innovative care in the areas of mental health counseling, addiction prevention and treatment, housing services, crisis care, education, and integrated healthcare solutions to help meet the changing needs of our neighbors. Throughout the COVID-19 crisis, these are the life-altering programs that children and adults are now relying on more than ever.

Our 95th Anniversary presents an opportunity to reiterate our founding values promoting equity and justice. FSL rejects racism, prejudice, and intolerance on every level. We are committed to helping all affected by this health crisis, as well as remaining a critical safety-net for those in need.

Throughout these pages you will read about the programs and plans we are developing, the caring acts of those who have joined us in our mission, and ways you can get involved. To learn more about our vital services visit fsl-li.org or email me at restorehope@fsl-li.org. Thank you for your continued support and, until we can celebrate together again, be well.

Sincerely,

Karen Boorshtein, LCSW
President & CEO

FSL Receives Recognitions of Note...

- **Empire Whole Health Hero's Award from Crain's New York Business**
- **2021 TOP Workplace Newsday**
- **Energage - Top Workplace USA Award**

These recognitions are even more meaningful this year since the pandemic has brought new challenges and difficulties to all organizations. In response to the health emergency and outcry for help, Family Service League's dedicated staff of 700 worked together to adapt and develop various new models for providing care and support activities while vigilantly following suggested public health guidelines and protocols. The FSL team, regardless of the situation or circumstances, remains committed to providing vital programs that children and adults depend on every day. This type of professionalism, peer respect, and commitment can only thrive in a positive work environment and we are honored to be recognized with these awards.



FSL Welcomes Scott Maskin to its Board of Directors



Scott Maskin co-founded SUNation Solar Systems, Inc. in 2003 as one of Long Island's first solar installation companies. He has over 25 years of business experience and is a master electrician who has designed and constructed hundreds of commercial and residential projects. He believes that giving back to society and supporting the community are an integral part of corporate and social responsibility. In addition to FSL, Mr. Maskin proudly supports

and sponsors the efforts of organizations such as Last Chance Animal Rescue, HIA-LI, Make-A-Wish Foundation, United Way, and Long Island Cares. In 2018, he received the Philanthropy Award from the Long Island Chapter of the Association of Fundraising Professionals for his outstanding efforts on behalf of those in need.

Continue Your Education and Enhance Your Skills

FSL is one of Long Island's largest accredited human services agency. FSL's Continuing Education Courses offer quality curriculum that focus on issues impacting our communities today. These courses are facilitated by professionals with experience in highly specialized areas. FSL is recognized by the New York State Education Department's State Board for Social Work (0360) and Mental Health Counselors (MHC-0030). For information and the 2021 schedule of classes contact Robyn Berger-Gaston at rberger-gaston@fsl-li.org or 631-591-7580.



SeniorNet Online Technology Courses Designed for Long Islanders 50+ years old

All courses are online in lieu of in-person and are designed for beginner through advanced students. Webinars show what can be done using today's technology. This semester's topics include: Introduction to the Cloud, Genealogy, Streaming Video, Smartphone Photo Editing, Smartphone Photography, Windows 10, Microsoft Outlook, Google Docs for Beginners, and Google Docs Intermediate. For more information contact fslseniornet@fsl-li.org or 631-470-6757.

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During this time of COVID-19, it has become even more important that FSL's safety-net of programs remain a dependable life-line. FSL staff has seen firsthand the significant increase in Long Islanders reaching out for help. From counseling for anxiety and depression, to dire financial situations, to trauma from the loss of a loved one. Thanks to you, the FSL team of health care professionals that stand ready to help those in need.

FSL's DASH: A 24-hour, 7-Day-A-Week, Crisis Care Center Serving Vital and Immediate Care to Suffolk Residents



The **Diagnostic, Assessment, and Stabilization Hub** (DASH) team works with individuals experiencing suicidal thoughts, severe depression, anxiety, overwhelming stress, drug or alcohol abuse, erratic behavior, extreme family or interpersonal conflicts, and workplace or school trauma. Challenges that cannot be faced alone – DASH provides immediate help.

Since the opening of DASH through December 2020,

- **7,500** children and adults have been assessed, treated, or provided with support on their journey to a better life.
- The DASH hotline (631-952-3333) has received over **26,000** calls from those in distress.
- The Mobile Crisis Team component of DASH delivers much needed crisis care and has assessed over **1,700** individuals by responding to locations throughout the community such as schools, businesses, and private residences.

We thank those that support and embrace the DASH model of care: Suffolk County Legislators, Suffolk County Department of Health, NYS Office of Mental Health (OMH), NYS Office of Addiction Services and Supports (OASAS), Suffolk County Sheriff's Office, Suffolk County Police Department, and Stony Brook University Hospital, in addition to the many healthcare providers, school districts, and civic groups that have embraced DASH as a viable and necessary resource.

Expanding FSL's Riverhead Clinic

To better serve the residents of Eastern Long Island, FSL expanded its Riverhead Clinic, a convenient community-based outpatient program created for children and adults, located at 400 West Main Street, Riverhead. The first step was the implementation of the **Certified Community Behavioral Health Clinic (CCBHC)**. CCBHC offers 24-hour care for those who are struggling with mental health issues and/or addiction disorders and these services are available to everyone — those insured and uninsured.

This center includes mobile crisis teams, which work in conjunction with DASH, that go out into the community. To bring additional resources, increase staff, and develop a broad base of telehealth options for clients to be seen virtually, the much smaller FSL Westhampton Beach Mental Health Clinic merged with the Riverhead facility. FSL values the importance of treatment continuity whether through virtual or in-person counseling, and this move gives clients access to additional critical programs all under one roof.

FSL's dedicated professional team includes nurse practitioners in psychiatry, registered nurses, social workers, credentialed alcoholism and substance abuse counselors, case managers and peer specialists. Clients are offered medical screenings, assessments and diagnosis, crisis care, counseling, medication management, psychiatric evaluation, and rehabilitation services. Those seeking treatment may be offered individual, group, or family therapy, on-site primary medical services, as well as same-day access to care and referrals to other resources. This facility coordinates efforts with the east end clinics located in East Hampton, Mastic, and Mattituck.



FSL has worked with the NYS OMH, NYS OASAS and Suffolk County Division of Community Mental Hygiene in conjunction with grant funding from the Substance Abuse and Mental Health Services Administration on this plan.

631-369-0104 | 400 West Main Street, Riverhead, New York 11901
Clinic Hours: Mon. - Thurs. 8am-10pm, Fri. 8am-8pm, Sat. 9am-5pm
631-952-3333 | HOTLINE available 24/7/365

Early Education Matching Campaign

Funding cuts due to the expenses associated with COVID-19, and the high rate of unemployment had a negative impact on providing early education programs. Many of us would never even consider that a nurturing, educational environment could be eliminated. Children deserve a great start and we are excited to share that Vickie Moskowitz, a long-time friend of FSL, feels so strongly about this needed resource that she has offered a matching donation, up to \$50,000, for any contribution made to this campaign. This effectively doubles your gift! To find out how you can help, call 631-470-6770



New York
Community Bank
Member FDIC

New York Community Bank was one of the first corporate donors to come forward with a \$10K gift toward the Matching Campaign. Our thanks to all of the donors who help us with our mission of service to Suffolk County's children.



AvalonBay Communities, Inc., has a long-track record of supporting FSL programs that focus on critical issues of housing and homelessness. This year they encouraged employee donations through a virtual campaign to fund memorable holiday celebrations. Their efforts resulted in feeding more than 80 families this Thanksgiving and throughout the December holiday week as well as using additional funds to purchase hundreds of toys this season.

FSL is Combating the Negative Impact COVID-19 is Having on Children



Childhood should be fun, easy, and care-free, but for many children this isn't the case. Homelessness, food insecurity, and anxiety, as well as coping with loved ones battling addiction or mental illness takes a toll. While COVID-19 has made life more complicated for all of us, it has had an overwhelming impact on children. Families on the edge of poverty have been forced to make a choice between buying food and paying rent. At FSL, the need for our services is increasing, while securing funding is becoming more difficult. FSL is dedicated to helping individuals, children, and families mobilize their strengths and improve the quality of their lives. The support of donors helps us to provide for children who depend on the over 60 programs that FSL offers to Long Islanders every day.

Family Centers Offer Needed Assistance

The FSL staff are the strength behind our mission. The multi-service care facilities known as Family Centers and the FSL Community Advocacy Information and Referral (CAIR) team often provide a lifeline for those most vulnerable. This year, these team members provided vital programs and support to nearly 10,000 individuals and families. Many of the staff are bilingual and there are additional translation services available. The CAIR staff have a reputation for creating a caring environment regardless of immigration or financial status.

Throughout the COVID-19 crisis, in addition to distributing masks and other vital supplies, these are some of the services the Suffolk County community depends on everyday.

- **Advocacy, Information, and Referral:** Linkages to resources such as health insurance, diaper programs, dental emergencies. In addition, the CAIR staff connects clients to local food pantries on a regular basis.
- **Youth Services:** Operation Success gives needed and appreciated one-on-one tutoring. Children and teens are provided with opportunities that are both recreational and educational. Book giveaways, family fun nights, arts & crafts, police precinct tours, reading activities, nutrition classes, bowling, and educational outreach with local school districts are among the activities available. Every year, FSL CAIR staff at

our Family Centers take on the monumental task of organizing and soliciting for two annual drives — Bethpage Backpack Program and Project TOY, the holiday gift drive that provides gifts and gift cards to children from families facing severe financial hardship.

- **Workplus:** This program assists people, currently in low income wage jobs, develop new skills and gain resources through computer training, ESL classes, job assistance, assistance with applying for unemployment benefits, and resume writing.
- **Counseling & Crisis Intervention:** Social workers offer short-term counseling for individuals, couples, and families. CAIR staff also make referrals to our various clinic and DASH programs whenever necessary.

FSL Family Centers are located in Bay Shore, Huntington Station, Mastic Beach, and Riverhead.



Lucille and Ronnie in the Riverhead CAIR office make food baskets for those in need.

FSL's Network of Family Shelters Offer Hope & Help



The importance of safety and stability for children facing homelessness cannot be overstated. Feelings of uncertainty may undermine their confidence and self-worth, and have a negative impact on their social, physical, and educational growth. COVID-19 has made things worse. The shelter houses children ranging in age from infancy to 18 years old and FSL is dedicated to working with families facing the trauma of homelessness to provide support. Families are assigned an FSL case manager and a housing worker. These teams are committed to working with each family to ensure that they have access and referrals to services such as counseling, healthcare, education, and most critically, the availability of food. Additional services such as homework help, education, and recreational opportunities, which include developmentally appropriate programs toddlers, UPK, teens, and on-site adult education, foster a caring, warm environment. This model helps facilitate the family's well-being and the ultimate goal of transition into affordable permanent housing.

Many generous donors contribute to our shelters throughout the year. Working together we are stronger.

- Active 20-30 Club of Brentwood ■ Birthday Wishes of Long Island ■ Brambrut Pereira Family ■ Brentwood School District ■ Bridges Worldwide Ministries
- Candlewood Middle School ■ Carroll's Kitchen
- Cassandra Serpico ■ Catholic Daughters of the St. Joseph's Church ■ City Hill Church ■ Country Pointe at Plainview ■ Cow Jumped over the Moon
- Disguise Costumes ■ Dix Hills Jewish Center Social Action Committee ■ Eastern Suffolk BOCES ■ Forum of Indian Women on Long Island ■ Four Season's Hotel
- Gary Brown and the Dream 68 Foundation ■ Give Kids Hope, Inc. ■ Half Hollow Hills West Middle School
- Holiday Dreams ■ Holy Church of Christ
- Kathleen Bart ■ Katie's Way ■ King of Kings Church
- LifeWorks Restaurant Group ■ Liberty Coca Cola
- Long Island School for the Gifted ■ Marconi Manor-Mastrantonio Caterers Inc. ■ McDonald's Restaurant
- New Jerusalem Baptist Church ■ Newborns in Need
- Pay It Forward Group ■ Police Athletic League
- Portledge Lower School ■ Saint Sylvester's Parish Prayer Shawl Ministry ■ Starbucks - 13 Long Island Stores ■ Suffolk County Court Officer Association
- Suffolk County Police Community Relations Bureau
- Suffolk YJCC ■ Sunshine Donation Fund
- Temple Beth Torah ■ The Dorf Family ■ The Pajama Program ■ The Shah Family ■ The Spera Family
- The Siroli Family ■ The Transition Network
- The Winkler Family ■ Torta Fina Bakeshop
- Verint Systems Inc. ■ Weico Wire & Cable, Inc.
- Wyandanch Mothers for Change

...and to the many more who have given time and items to help make the Shelter a home for hundreds of families.

Visit and like us on Facebook to view photos of our friends. Thank You!

In the spirit of service, celebration and charity, **PSEG** and the **PSEG Foundation** are donating \$1.5 million to 14 organizations throughout the Long Island and New Jersey service territories which provide help to thousands of families and individuals who are struggling due to the COVID-19 pandemic. FSL was one of the nonprofit organizations receiving this surprise year-end contribution which was awarded to address needs that have been exacerbated by the pandemic, such as food insecurity, unemployment, mental and physical health, and poverty. The gifts also provided support for ongoing issues such as domestic violence, substance abuse and child neglect.



Programs Making a Difference

Throughout this health emergency, the kindness and compassion of our corporate friends and individual neighbors has been truly remarkable. Many FSL services and programs depend solely on the generosity and funding of community members. These donations often bridge the gap between hardship and hope.

Bethpage Backpack Program

Whether in person or virtual, a successful start to the school year helps children develop emotionally, communicate effectively, form friendships, and grow as individuals. This becomes even more critical when the child and their family are facing the challenges of poverty. This year, over 3,000 Suffolk County children were smiling and very appreciative as they came to FSL offices to receive much needed supplies. **Bethpage Federal Credit Union** has been supporting this vital program since 2007. They are the principal underwriter and have committed \$40,000 each year to this unique program — ensuring that Long Island youngsters are prepared for school. Our thanks to many other supporters such as **Allstate, Campolo, Middleton & McCormick, Chase, Huntington Hospital, NYCB, PSEG, Parishioners of Old First Presbyterian Church of Huntington, Prudential Financial Services, SUNation Solar Systems, Long Island Coalition for the Homeless, Backpack Pirates, and Zebra Technology.** Each collected hundreds of much needed items during the summer months to complete this project.



Thank You to Camp Champions and Donors for Helping to Make Summer Memories



For over 40 years, FSL has provided children the opportunity to enjoy a camp experience where they have made memories which last a lifetime. Summer camp can be a positive influence. The restrictions of the pandemic made us reassess the best way to provide a safe, fun experience. Our staff came up with “Camp in a Box” along with finding in-person camps for those families comfortable with that option. The “Camp in a Box” included a computer tablet and traditional summer games that children enjoyed with their siblings. On behalf of the hundreds of children who received these gifts, we extend our profound appreciation to those who joined our **Camp Champions Program** (a commitment of \$2,500 for three years) as well as to those who have generously given a donation to the FSL Camp Program. Please consider the impact your gift will have on the life of a child. Contact Jonathan Chenkin, VP of Development at jchenkin@fsl-li.org or 631-470-6770.

The 2020 Annual Project TOY Drive Made the Holidays Brighter for over 4,500 Children



Community Health Care Collaborative Partners to Improve the Health of New Mothers and Infants

Throughout the COVID-19 pandemic, FSL has provided Long Island's underserved by remaining a resource for behavioral and physical healthcare. FSL's **Community Health Care Collaborative (CHCC)**, in coordination with **Northwell Health**, continues to integrate primary care through in-person and virtual visits at their Bay Shore location as well as its Family Shelter. In 2018, CHCC formed a partnership with Northwell Health's **Breastfeeding Resilience Engagement and Empowerment (BFREE)** to increase access to breastfeeding and parenting education. Through NYS grant funding, BFREE seeks to increase education, and support of breastfeeding mothers. Benefits of breastfeeding include the reduction of



chronic conditions and obesity in childhood and adolescence. In 2019, CHCC launched a **Baby Café** at the Family Shelter, where new mothers that face unique challenges to breastfeeding reside. It can be difficult for mothers experiencing homelessness to breastfeed due to increased stress, access to proper milk storage methods, decreased

support networks, difficulty accessing healthcare providers, and the availability of necessary equipment. An additional Baby Café support group will open at the **Fay J. Lindner Health & Wellness Center**. For information, contact Marissa Harrington, LMSW, Program Coordinator for Community Health Care Collaborative at mharrington@fsl-li.org or 631-650-0103.

Those Impacted by the Suicide of a Loved One Find Comfort with the C-CAT & JOE'S PROJECT Programs



In 2007, Joe's Project was created to offer support for those facing the complexity of loss and often unbearable grief. Today, police detectives responding to these traumatic scenes provide Joe's Project information to family members who lose loved ones to suicide. FSL's staff are available 24/7 to provide support, psychoeducation,

and resources. In 2020, FSL's Joe's Project team responded with care and compassion to the loved ones of 27 suicides.

For almost twenty years, FSL's Community Crisis Action Team (C-CAT) helps families and other groups impacted by traumatic events and critical incidents. The highly

trained staff responds to devastating occurrences which include natural disasters, workplace violence, accidents, and unexpected deaths.

The pandemic has created an unprecedented level of stress for many and FSL's C-CAT team is providing a wide range of support for first responders and health care professionals. Since April 2020, more than 260 Long Island professionals, including nurses, case managers, therapists, emergency medical technicians, nursing home aides, domestic violence workers, as well as library staff and bank employees, who continue to serve the public have come to FSL for support. The C-CAT and Joe's Project programs are in addition to FSL's other licensed clinical operations, including the DASH 24/7 crisis stabilization center, out-patient mental health clinics, chemical dependency clinics, and integrated care sites.

1-888-FSL-CCAT (1-888-375-2228)
24/7 Crisis Care Hotline for Suicide Survivors

You Can Help...

Find out how you, your company, or organization can help make a difference. Underwriting, partnership, and fundraising committee opportunities are available. Please contact Tricia O'Hare, Dir. of Dev. & Communications at tohare@fsl-li.org or 631-205-8944 and Jennie Sandler Fiocca, Dir. of Dev. at jsandler@fsl-li.org or 631-470-6775.



The Second Annual WALK for Wellness raised more than \$100,000!

Whether walking, running, or biking through their own neighborhoods and local parks, over 200 participants enjoyed a beautiful September day. Friends and staff joined us for the virtual 2nd annual WALK for Wellness fundraiser to help build awareness and raise funds for the 60 vital programs that thousands of children and adults rely on each day. Heartfelt thanks to the co-chairs, Fran Whitehead and Molly Ferro, committee members, volunteers, clients, supporters, and walkers for their time, talents, and commitment to making this a great day for everyone.

FSL's WALK for Wellness generously sponsored by...

- John and Elaine Kanas Foundation ■ Raynor Country Day School ■ AvalonBay Communities, Inc. ■ Gerde Family
- USI Insurance Services ■ Accumedic Computer Systems
- Callegari Family ■ Altice ■ Alure and Ferro Foundation
- BNB Bank (DIME) ■ Central Business Systems
- Custom Computer Specialist ■ Dr. Jay Enden ■ Fran and Brian Whitehead ■ Geico ■ Genoa ■ Northwell Health
- Leviton ■ Lincoln Computer Services ■ Posillico
- PSEG ■ SUNation Solar Systems ■ USI ■ Walker Family
- 103.1MAX FM & Connoisseur Media

GREAT CHEFS Of Long Island

Because we could not gather, we adjusted the **28th Annual Great Chefs of Long Island**.

This wonderful virtual evening of entertainment and magic was hosted

by FSL's Karen Boorshtein and Jonathan Chenkin. FSL recognized distinguished honorees for their commitment to helping ensure the continued availability of services for thousands of our neighbors in need. South Shore University Hospital Northwell Health received the Corporate Leadership Award which was accepted by Donna Moravick, RN, NP, MBA, Executive Director and Dr. Jay B. Enden, Regional Medical Director. Paul Fleishman, Newsday's former Vice President of Public Affairs, was presented with the much deserved Community Leadership Award.

This special virtual event raised over \$245,000! Our heartfelt thanks to the co-chairs, committee members, and sponsors for their time, talents, and commitment to making this virtual event an exciting experience for viewers across Long Island.

Thank you to our Great Chefs of Long Island Sponsors



*Celebrating 95 years of service to the
Long Island Community!*



95th Anniversary Raffle

Don't miss your chance to win \$9,500!

**Plus two cash prizes of \$500 each and
those winners are reentered for additional chances to win.
Celebrate this milestone and show your support by
purchasing a 2021 raffle ticket today.**

\$100 each or 3 tickets for \$250

To purchase tickets contact 631-470-6771 or kimberly.tucker@fsl-li.org

Only 500 tickets will be sold. Drawing will take place by September 30, 2021.

Visit www.fsl-li.org for the details and rules of this special offer.

Thank you for your support!

MISSION STATEMENT

Family Service League helps individuals, children and families throughout Long Island to mobilize their strengths and improve the quality of their lives at home, in the workplace, and in the community.

FSL has been **Restoring Hope and Rebuilding Lives** for 95 years with the help of the caring people in our Long Island community. For every dollar donated, 87¢ goes directly to programs and services, an average well above industry standards. Please support this work. Our text to give option is easier than ever – **Text “FSL” to 41444**

www.fsl-li.org



Olsten Family Center
790 Park Avenue
Huntington, NY 11743

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2021 CALENDAR

Bethpage Backpacks Program School Supply Drive

- June, July & August

Camp Champions Program

- Join Anytime!

3rd Annual Walk for Wellness

- September 18th

Project TOY Holiday Children's Gift Collection

- November & December

95th Anniversary Celebration

- November 15th

For information, contact VP for Development Jonathan Chenkin at jchenkin@fsl-li.org or 631-470-6770



Participating Agency



THE TOWNWIDE FUND
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