

THE FAMILY ADVOCATE

THE NEWSLETTER OF FAMILY SERVICE LEAGUE



YOUR LIFELINE FOR WELLNESS

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ONE MISSION THREE GREAT EVENTS!



WEDNESDAY
June 7th

SUMMER COCKTAIL PARTY
STONEBRIDGE COUNTRY CLUB
SMITHTOWN, NY

5TH ANNUAL
WALK FOR WELLNESS
BELMONT LAKE STATE PARK
WEST BABYLON, NY

SATURDAY
September 9th



MONDAY
November 13th

30TH ANNIVERSARY
GREAT CHEFS OF LONG ISLAND
CREST HOLLOW COUNTRY CLUB
WOODBURY, NY

RESERVE YOUR SPONSORSHIP & TICKETS
www.FSL-li.org
631-205-8944 or tohare@fsl-li.org



Message From Our President & CEO



Every day, thousands of our neighbors struggle emotionally and financially. Compassion and the availability of quality human services mean the world to those facing crises. Whether it's providing counseling to someone whose life is on the line, connecting people with resources, or providing housing and emotional security. I'm proud that FSL has not wavered in our mission. We continue to be a transformative force for children and families across Long Island.

FSL's services, counseling, and group therapy, as well as our DASH 24-hour crisis center and hotline are true lifelines for children and adults. In this issue, you will learn about new partnerships, expanded programs, advocacy work, and initiatives we've created — all of which are designed to empower individuals and strengthen us as a community.

I'm delighted to announce our 2023 special events. The first, a Summer Cocktail Celebration on Wednesday, June 7th. This will be followed by our 5th Annual Walk for Wellness held on Saturday, September 9th. We will be rounding out the year with the 30th Anniversary of the Great Chefs of Long Island tasting event. I hope you consider joining old friends and new, as we raise funds for the vital programming people depend on every day.

We welcome individuals, businesses, and civic organizations to become involved in our mission. Reach out and learn more by contacting me at restorehope@fsl-li.org or 631-470-6770. Please take a moment to follow us on social media and read our weekly eNews for the latest happenings.

As always, my deepest appreciation to all who have given of themselves to support our Long Island neighbors. Together, we are Restoring Hope and Rebuilding Lives. Be well!

Sincerely,

Karen Boorshtein, LCSW
President & CEO

Family Service League's Board of Directors, a distinguished group of volunteers, share FSL's mission to help our neighbors.

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Recognitions of Note

FSL has a team of 700+ dedicated staff working together at over 20 locations across Long Island. Our agency is committed to providing vital programs that children and adults depend on every day. This type of quality care, professionalism, and commitment can only thrive in a positive work environment, and we are honored to be recognized with these recent awards.

- Imagine Award - Innovation Category
- LIBN Executive Circle - Jonathan Chenkin, Chief Development Officer
- LIBN TOP 50 Hall of Fame Women in Business - Karen Boorshtein, President & CEO
- Crain's New York Business Notable HR Leader - Nancy Jacob, Chief Human Resources Officer
- TOP Workplace - Long Island Press & Dan's Paper
- TOP Workplace - USA Award - Energage

Norman A. Gomez-Vasquez Joins Board of Directors



Family Service League is proud to announce the election of Norman A. Gomez-Vasquez to its Board of Directors. Mr. Gomez-Vasquez is an Insurance Broker and Area Vice President at Gallagher, located in Jericho, NY. He is a Sergeant of Marines, having served 8 years (2014-2022) in the Marine Corps Reserves attached to 6th Communications Battalion, located in Brooklyn, NY. In 2022, he was selected for the Town of Huntington's Hispanic Advisory Task Force and the Town of Huntington's Anti-Bias Task Force.

He is excited to have the opportunity to return to FSL - the very same organization that had kept him busy with afterschool tutoring and summer camp experiences when he was a child. Recently, Mr. Gomez-Vasquez secured additional funding for FSL's Camp Champion program and is spearheading a Summer Camp Backpack Drive. Additionally, he is an active volunteer on the planning committees of Great Chefs of Long Island and the Annual Walk for Wellness. We are pleased to welcome him to the Board and look forward to working with him in the coming years!

Chief Human Resource Officer Nancy Jacobs Retires

It is always bittersweet to say farewell to a dedicated employee. Nancy Jacob has been a valued colleague at FSL. Her decades of experience in employee relations, employment policies, compliance regulations, and most of all, her in depth understanding of FSL's culture has helped FSL grow as an organization and strengthened our effectiveness as a team. We wish Nancy a happy and fulfilling retirement!



FSL Expands with New Initiatives to Help Long Island Families

Healthy Families New York Expanding Services to Nassau County Residents

This home-visiting program in the Hempstead, Uniondale and Roosevelt communities offers services to expectant families and new parents with infants under the age of three months. Participants are screened to identify risk factors and stressors that the family may face, and then receive long-term, in-home services until the child is pre-school age or kindergarten ready. The program enhances family functioning by establishing a

nurturing relationship, improving the family's support system, teaching problem-solving skills, building positive parent-child interaction, and promoting healthy child growth and development. The Nassau office is located in West Hempstead and the staff includes four full-time Family Support Specialists. For more information contact Patricia Biondo, Program Director at tbiondo@fsl-li.org or 631-650-0051.

Introducing the Smart Start Program in Bellport and Wyandanch

Experts recognize that early intervention and support is the best mechanism to ensure future success for young families living in poverty, having low literacy rates, limited education, experiencing language barriers, or struggling with housing. In an effort to help conquer these obstacles, FSL will be introducing the Smart Start Program to the residents of Bellport and Wyandanch. The program will utilize the expertise, curriculum, and the guidance of the international, research-based Child Parent Plus model. For over fifty years, this method of care has been leveling the playing field for young families, ensuring that vulnerable children start school and life ready to succeed.

Smart Start will provide families who have children between the ages of 16-48 months with a home visit twice a week. Each week, a parent or caregiver and their child will be introduced to a new educational game, toy or puzzle, and the early learning specialist will model positive interaction for this family. The interaction will be reinforced on the second weekly visit and the item will be left for the family's use in the future. Focus will be on school readiness and introduction to early literacy. In addition, families will learn about expected developmental milestones and will be assisted with problem solving within the home. Community resources and counseling will be provided at FSL's Family Centers located in Mastic Beach or Huntington Station. The goal



is to ensure that children in Bellport and Wyandanch, regardless of their race, socio-economic status, or zip code have equal possibilities from the start. Our work with families and communities will support not only early literacy and school readiness, but early opportunities.

Program made possible through support from the Suffolk County Department of Health.

Triple P - Positive Parenting Program

Triple P is an effective, evidence-based parenting program, backed by more than 35 years of ongoing research. FSL is offering FREE parenting classes on nine different topics. The discussions focus on parenting children in two age groups, 2-12 and 12-17. The instructor shares simple and practical strategies to help build strong, healthy relationships, encourages parents to confidently manage a child's behavior, and helps parents navigate problems in social development.

Triple P is used in more than 30 countries and has been shown to work across cultures, socio-economic groups, and in different family structures. Each topic is presented as 2, one-hour discussion groups. Triple P is one of several evidence-based prevention programs that FSL is currently offering to children and parents, held in a variety of locations and sites. For information contact John Palagye, Program Coordinator at jpalagye@fsl-li.org or 631-288-7247.

Some of life's greatest fights cannot be faced alone.

For the past 4 years DASH has been providing crisis care for children, teens, and adults in Suffolk County.



What began as an innovative model of care is now an indispensable resource for those in crisis needing immediate assistance. This March, FSL's Diagnostic, Assessment, and Stabilization Hub, known as DASH, is marking the milestone of 4 years of service to the community. Our DASH team works with individuals fraught with suicidal thoughts, severe depression, anxiety, overwhelming stress, drug or alcohol abuse, erratic behavior, extreme family or interpersonal conflicts, and workplace or school trauma. Additionally, our staff is finding an increase in the number of children and teens with higher rates of anxiety, depression, and other mental health challenges, and, tragically, an increase in young people attempting and dying by suicide. These children and their families have come to rely on DASH as a tangible resource.

From the opening in March 2019 through December 2022, there has been a quantifiable impact:

- **77,622** children and adults have been assessed, treated, or provided with support.
- The DASH hotline has received over **57,788** calls from those in distress.
- The Mobile Crisis Team component of DASH delivers much needed crisis care and has assessed **4,109** individuals by responding to locations throughout the community such as schools, businesses, and private residences.

Over the past 4 years, the DASH model of care has continued to evolve and expand to meet the needs of community residents. In 2021, we began a collaboration

with the Suffolk County Police, Southampton Police, and other village law enforcement departments as part of the important broader national movement of Police Reform. Over the past year, this multi-faceted project has continued to exemplify a model of cooperation between a community behavioral health organization and law enforcement that previously did not exist in Suffolk County. This initiative aligns our efforts with an unmet need and helps ensure that those suffering from a mental health or substance use issue receive the right intervention, by the right professional, at the right time. The interactions that officers and the FSL team encounter have both immediate and long-term positive effects for the individuals and their loved ones. As of January 2023, police officers have linked 652 individuals to DASH through secure telehealth rather than transporting them to various Emergency Departments by default. The DASH teams were able to address the immediate needs of 80% of those individuals without additional police intervention or transport to a hospital.

If you or a loved one are struggling to cope, contact the 24-hour DASH Crisis Center Hotline at 631-952-3333.

Learn more about our frontline responders by viewing this short video



FSL works with the New York State Office of Mental Health and Suffolk County Division of Community Mental Hygiene in conjunction with grant funding from the Substance Abuse and Mental Health Services Administration.

Services for Children & Seniors

FSL is able to provide thousands of children with backpacks, gifts, and summer camp experiences through the generosity of our community friends. Our sincere thanks to all of those who have committed their assistance to brightening a child's life. Learn how you, your company, or civic organization can lend a helping hand anytime throughout the year by contacting Jonathan Chenkin at jchenkin@fsl-li.org or 631-470-6770.

- **5,357** Children received new backpacks filled with school supplies
- **5,363** Children received toys during the holiday season
- **218** Children, ages 4-16, enjoyed the experience of attending both overnight and day camp for up to 4 weeks

With appreciation to our heroes of summer the FSL's Camp Champions!

- Rafael Brenner Ashe Foundation
- Corso Family Foundation
- Mr. and Mrs. Donald Eversoll
- Gallagher
- Richard Gavin
- Laura and Eric Gerde
- Alice and Jaclyn Houseknecht Foundation
- Kissinger Family Foundation
- Andrea B. and Peter D. Klein
- Anonymous
- Westfield South Shore Shopping Mall

**Backpack School Supply Drive
and Annual Holiday Project TOY
Collection sponsored by**



Teen volunteers from Huntington packed hundred of backpacks of new school supplies.

SeniorNet

Are you 50+ years old and looking to build your knowledge of today's technology?

SeniorNet's courses are designed for YOU! All courses are designed for beginner through advanced students. Topics include Introduction to Streaming Videos, Smartphone Photography, Microsoft Outlook, Google Docs, and so much more. For information contact fslseniornet@fsl-li.org or 631-470-6757.

Do you have a computer or tablet that you no longer need?

SeniorNet's Refurbishment Program provides a new life and use for laptops and tablets. The staff of volunteers refurbish gently used equipment, then donate it to families and seniors in need. These donations are invaluable for those struggling financially who would otherwise be unable to connect with any online services or distant loved ones. Learn more by contacting seniornethelp@gmail.com or 631-629-5426 or visit www.seniornetli.org

Thank you to National Grid Foundation for its ongoing support. This year's funding defrayed the expense of much needed user manuals for the SeniorNet Program.

FREE Caregiver Support

We recognize the stress and pressure that is often felt by caregivers. FSL offers both group and individual counseling (online or in-person), as well as educational resources, for those caring for an aging or elderly loved one. We help caregivers handle their stress, better understand their role and options, and secure any assistance that may be available.

Educational sessions are provided to community groups and businesses in a "lunch and learn" format. We cover timely topics such as dementia care, elder law, nutrition, and long-term care planning. Groups are also specialized to meet the needs of adult children and spouses of those whose loved ones have dementia. For information contact 631-591-9310 or 516-406-1085. All services for this program are FREE of charge.

This program is funded by the Department of Health and Human Services through the New York State Office for the Aging and the Suffolk County Office for the Aging.

Create Your Legacy through a Planned Gift



Since 1926, FSL has helped Long Islanders through sorrows, triumphs, and the challenges faced by those lacking the most basic of life's necessities. As much as things have changed, one thing remains consistent – the need for quality human services is critical for our communities to thrive. Just as you support FSL today, your planned gift to the Legacy Circle will ensure services are available for future generations.

You can join us in this effort by including FSL in your estate planning by:

- Giving through your will or living trust
- Naming FSL as a beneficiary of a life insurance policy, retirement plan, mutual fund, or bank account
- Giving stocks, bonds, real estate, currency, or property

With a planned gift to FSL, you can combine your passion for giving with your overall financial and estate planning goals. We encourage you to speak with your financial advisor or attorney for full explanation of the tax benefits of charitable giving and reducing the tax burden on your heirs. We are here to answer questions, schedule a tour, and share more information. Please contact Jonathan Chenkin at jchenkin@fsl-li.org or 631-470-6770.

The CAIR Program Provides Resources for Children & Families

Childhood should be joyful and care-free, but for many, this isn't the case. Homelessness, food insecurity, and anxiety, as well as coping with loved ones battling addiction or mental illness takes a huge toll. While the aftermath of COVID has made life more complicated for all of us, it has had an overwhelming – often negative – impact on children. FSL's multi-service Family Centers, are located in Bay Shore, Huntington Station, Mastic Beach, and Riverhead. Each center has a Community Advocacy Information and Referral (CAIR) team who together provide support to nearly 10,000 individuals and families every year.



Continue Your Education and Enhance Your Skills

FSL is one of Long Island's largest accredited human services agencies and our Continuing Education Courses offer a 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 schedule of classes please contact Robyn Berger-Gaston, LCSW at rberger-gaston@fsl-li.org or 631-591-7580.

FSL Reaching Our Goals!

Our heartfelt thanks to the many donors, sponsors, co-chairs, and committee members for their time, talents, and commitment to making our special events exciting experiences for our guests and supporters.



Backyard BBQ at Great Chefs



Huntington Hospital at Great Chefs



Raynor Country Day School at Great Chefs



Newsday at Great Chefs



The Posillico Family were the distinguished recipients of the 2022 Legacy of Giving award.



Prudential Advisors at Great Chefs

Proceeds from events support the programs FSL provides for Long Island children and families in need. Find out how you, your company, or organization can help by participating through sponsorship and committee opportunities by contacting Tricia O'Hare, Dir. of Dev. and Communications at 631-205-8944 or tohare@fsl-li.org



Saturday, September 9, 2023



Scan QR Code to learn more.



Text WALK2023 to 71777

For information contact Erin McFadden, Asst. Dir. of Dev. at 631-470-6775 or erin.mcfadden@fsl-li.org



Thanks to PSEG for their continued support.



FSL programs are a safety net for children and adults. The funding provided by generous community members bridges the gap and makes the difference between hardship and hope. The kindness and compassion of our Long Island corporate friends and individual neighbors have been truly remarkable!



Long Island Community Foundation awarded a \$50,000 grant which funds a licensed clinical social worker for the DASH hotline. The DASH hotline is not a support line but is instead a solution focused, crisis intervention service intended to address an immediate need. Most hotline callers are adults calling on behalf of themselves, but other calls involve parents, school staff, or other adults calling on behalf of children and adolescents. All calls involve a person who is experiencing some level of distress and is seeking help with a mental health and/or substance abuse issue. The hotline also receives calls from law enforcement, including 911 Diversion and a dedicated line for consultations from officers in the field. Since inception in 2019, the hotline has received over 57,788 calls.

Bank of America, generously awarded a \$50,000 grant in support of FSL's William Floyd Family Center (WFFC) Community Advocacy Information and Referral (CAIR) program. In 2022, the WFFC CAIR provided 250 households with emergency assistance, such as direct financial assistance and food. 402 people were referred for a myriad of services including mental health counseling, substance abuse treatment, domestic violence services, childcare, youth activities, transportation, educational advocacy, and legal assistance. Each year, the WFFC holds a back-to-school event, distributing backpacks with school supplies and a holiday event that provides new toys and gifts to families that cannot afford them. In 2022, 832 youth received back packs and 1,870 youth received holiday toys. The Bank of America Charitable Foundation's annual grant is an essential component of delivering these critical services.

Nestle Health Sciences has donated \$25,000 to underwrite youth wellness activities. The COVID-19 pandemic, particularly the forced social isolation, had a significant impact on healthy youth development. In some cases, leading to higher rates of depression and anxiety, as well as impulsive self-harming and suicidal ideation and behavior. Nestle Health Sciences grant funds assist youth and families in obtaining goods and services to support their overall health and well-being. Examples include sports classes, gym memberships, performing arts/music programs, and other activities that promote the psychological, emotional, and physical health of children and families.

Photo above: Nestlé Cares volunteers created a beautiful garden of vegetables and herbs for the residents of the shelter to enjoy.

FSL's Network of Family Shelters

The importance of safety and stability for children facing homelessness cannot be overstated. The negative impact this type of trauma has on their social, physical, and educational growth has been compounded by the difficulties of COVID. FSL's Network of Family Shelters houses children ranging in age from infancy to 18 years old and we are dedicated to working to support families facing this stigma and trauma with counseling, healthcare, education, and most critically, the availability of food. Additional services such as homework help, education, and recreational opportunities, foster a caring environment. If you would like to lend your support to fight homelessness - gifts of funding contact jchenkin@fsl-li.org and for in-kind donations contact Val Chamberlain at vchamberlain@fsl-li.org



Thousands of children and adults are struggling. Long Islanders turn to us for help everyday with issues such as - mental illness counseling, housing concerns, food insecurity, and addiction recovery. The need continues to increase and we need your assistance to provide critical care.



Ways you can make a difference...

1. Text to give "FSL23" to 91999
2. Scan the QR code to bring you to our giving page.
3. Go to www.FSL-LI.org to donate or review event sponsorship opportunities.
4. Use this page as a mailer - fill out form below and mail.
5. Ask your employer if they offer Matching Gift opportunities.
6. Please consider an automatic monthly donation.



Name _____ Signature _____
 Address _____ City, State, Zip _____
 Cell Phone _____ Email _____

My donation of \$ _____ may be charged to this credit card or my check is enclosed.

Mail to: FSL 790 Park Avenue, Huntington, NY 11743

Card# _____ Exp. Date _____ Code _____

Thank you for your compassion.

Together, we can work toward a brighter future for all.

For information call 631-470-6770, visit www.FSL-LI.org, and follow us on Facebook. Family Service League is a 501(c)3 corporation. Your gift is tax deductible to the full extent of the law.

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.

Have you visited the Family Service League website recently?

www.FSL-LI.org is designed to provide a wealth of information about programs and events in an easy to navigate style. Please take the opportunity to learn more about us and follow us on social media. To share your comments or to sign-up to receive the FSL eNews please email restorehope@fsl-li.org.

www.fsl-li.org



Olsten Family Center
790 Park Avenue
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East Hampton High School students Dylan Cashin and Ryleigh O'Donnell raised over \$20,000 in May Day race.



Over 200 children enjoyed a summer camp experience.

There are many underserved communities across Long Island and our role as a safety-net human service agency is a critical resource. FSL's work in the community has given us the insight into the challenges of mental health crises and addiction disorders. Both are issues that know no socio-economic barrier and are epidemics destroying lives. Our nimbleness and commitment as an agency, combined with the passion and vision of our staff, allow us to achieve remarkable things. The positive outcomes of innovative programs and care models are helping people to find treatment and begin their journey to a healthier life.



Home Depot of Deer Park created a beautiful landscape for the Fay J. Lindner Health & Wellness Center through the funds provided by the Home Depot Foundation.

Help us plan for a better tomorrow by purchasing a BRICK today!

The unique walkway, known as the "Maggie Gilliam Pathway to Health & Wellness," is located at our Fay J. Lindner Health & Wellness Center. It 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. To learn more contact 631-470-6771 or email restorehope@fsl-li.org.

