



2024 NEWSLETTER

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SAVE THE DATES

SPONSORSHIPS - TICKETS - JOURNAL ADS



Wednesday
June 5th



SUMMER SOIRÉE

STONEBRIDGE COUNTRY CLUB
SMITHTOWN, NY



Saturday
September 7th



6TH ANNUAL WALK FOR WELLNESS

BELMONT LAKE STATE PARK
WEST BABYLON, NY



Monday
November 18th



31ST ANNUAL GREAT CHEFS OF LONG ISLAND

CREST HOLLOW COUNTRY CLUB
WOODBURY, NY

**Join us and pledge your support today.
Call 631-470-6775 for more information or
to learn about our special events committee.**

Message From Our President & CEO

Dear Friends,

In 2024, we continue the critical work of providing quality care over a broad spectrum of human service areas. Our reputation of high standards, commitment to best practices, and fiscal responsibility has helped FSL expand its services to meet the needs of our community. We are proud to share that we have:

- reached the 5-year milestone with DASH — our 24-hour crisis care facility.
- acquired two new shelters to help meet the growing need for emergency housing.
- launched OnTrackNY for teens and young adults experiencing unexpected changes in their thinking and perceptions.
- rolled out a series of courses and workshops focusing on helping children learn coping skills for facing today's issues such as anxiety and bullying.

Our work in the community continues to give us insight into the challenges people face when they are living with mental health issues or overcoming addiction. Both issues know no socio-economic barrier and are epidemics destroying lives across Long Island. Our 60+ programs have been designed to help children and adults build skills, cope, and thrive in situations many of us will never experience.

Your support and confidence are greatly appreciated. I look forward to seeing you at our 2024 special events and welcome you to contact us to schedule a tour so we may share more about the services we are providing (restorehope@fsl-li.org or 631-470-6770). Thank you for partnering with us to improve the lives of the most vulnerable children and adults in our Long Island communities.

Working together, we are Restoring Hope and Rebuilding Lives!



Sincerely,

Karen Boorshtein, LCSW
President & CEO

Meet FSL's Board of Directors...

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Christian Racine, Ph.D

NEW BOARD MEMBERS

Gautam V. Anumukonda



Gautam V. Anumukonda, is a practicing CPA, business advisor, and consultant, working closely with clients in the areas of mergers, acquisitions, divestitures, business expansion, profit enhancement, change management, and strategic planning. He has extensive expertise in steering companies through various stages of growth and his clients have come to rely on his assistance in overcoming operational and financial challenges. Mr. Anumukonda attended and completed education

at Harvard Business School, Yale School of Management, London Business School, and the Stanford University Graduate School of Business. Additionally, he has a broad scope of certifications including CEPA, CVGA, and ABV. For many years, he has provided pro bono advisory services to numerous Long Island not-for-profit organizations.

Gary L. Brown



Family Service League is proud to announce the election of Gary L. Brown to its Board of Directors. Mr. Brown, a New York native, graduated from Brentwood Sonderling High School and from Georgia School of Technology (Georgia Tech). He played football with the Pittsburgh Steelers and the Green Bay Packers where he had the once in a lifetime experience of winning the 1997 Super Bowl XXXI. Mr. Brown is the founder of Dream 68 Inc. and the Gary Big Brown 68 Foundation

which was created to help underprivileged youths and their families. He has been a longtime supporter of FSL and is an active member of the First Baptist Church of Bay Shore for over 30 years. In addition, Mr. Brown has served as a Board Member for several Long Island and Memphis charities.

Vanessa M. Gordon



Vanessa M. Gordon, CPA is an Audit Principal at Grassi and works with clients in the nonprofit industry. Her expertise is in the auditing practice area, which encompasses financial reporting, preparation of financial statements and tax preparations. Ms. Gordon volunteers her time to help lead the Grassi Women's Council and she is a speaker for the New York State Society of CPAs. Most recently, she received recognitions as Moore North America's Emerging

Leaders, LIBN Top 50 Women in Business, and LIBN 40 Under 40. She earned her degree from Stony Brook University and is a licensed CPA in New York State. Ms. Gordon is a member of the American Institute of Certified Public Accountants and the New York State Society of Certified Public Accountants.

NEW PROGRAMS

OnTrackNY

Mental Health Empowerment for Teen and Young Adults

OnTrackNY is FSL's new mental health treatment program designed to empower young individuals (ages 16-30) in Suffolk County who are impacted by unexpected changes in their thinking and perceptions. This is a team-based, intensive, recovery-oriented program for those experiencing newly emergent non-affective psychotic disorders. These disruptions can include seeing, hearing, and believing things that are not real, or having strange persistent thoughts, behaviors, and emotions. The program helps the

participants pursue their goals in school, work, social relationships, avoid disability, and reduce hospitalization rates. FSL's team employs evidence-based practices to help people achieve their goals, prevent disability, and reduce hospitalization rates while offering flexible and accessible services including screening, psychiatric assessments, therapy, crisis intervention, case management, and peer support. For information contact Lakwan Hall, LMFT, Program Director at Lakwan.Hall@fsl-li.org or 631-924-3741



"We are very excited about adding OnTrack to our continuum of care here at FSL. This program is designed to reach young adults early on in their illness in order to keep them healthy and in the community and out of the hospital. This specialty care team can be a game changer in the lives of those experiencing early psychosis along with their families."

— Patricia Ferrandino, LCSW-R, Director of Clinical Operations

FSL's Network of Shelters Offer Hope and Help Two New Facilities Add Needed Housing for Suffolk's Most Vulnerable

The importance of safety and stability for children and adults living in staggering poverty and facing homelessness cannot be overstated. For children, there are often feelings of uncertainty that may undermine their confidence and self-worth, and have a negative impact on their social, physical, and educational growth. For adults and seniors, the trauma and stigma can be overwhelming.

We are pleased to announce that two additional shelters have been opened to help respond to the growing need for temporary, emergency housing on Long Island. FSL case manager and housing worker teams are committed to working with each family to ensure that they have access to services such as counseling, healthcare, education, and most critically, the availability of food. Additional assistance includes homework help, recreational opportunities, and developmentally appropriate programs for toddlers, children, teens, and

on-site adult education — all of which foster a caring, warm environment. Our model helps facilitate well-being and healing, while transitioning into affordable, permanent housing.



A NETWORK OF
8 SHELTERS



HOUSE OVER 600 PEOPLE EVERY NIGHT

**300+ ARE CHILDREN
INFANT TO 18 YEARS OLD**

DASH: An Impactful 5-year Milestone



Some of our DASH team members.

Five years ago, our vision for an innovative model of care was realized and we opened FSL's Diagnostic, Assessment, and Stabilization Hub (DASH) as a 24-hour, 7 day a week, crisis care center. Today, it is an essential resource for those in crisis needing immediate assistance with issues such as suicidal thoughts, severe depression, anxiety, overwhelming stress, addiction, erratic behavior, and workplace or school trauma. Life's greatest challenges cannot be faced alone, and DASH provides immediate help.

We thank those who have supported our model of care including Suffolk County Legislators, Suffolk County Department of Health, NYS Office of Mental Health, NYS Office of Addiction and Support Services, Suffolk County Sheriff's Office, Suffolk County Police Department, and Stony Brook Health Services. In addition, we appreciate the many healthcare providers, law enforcement personnel, school districts, civic groups and donors, who have embraced DASH as a necessary resource for Suffolk residents. Working together has truly made a difference.



"The opening and operation of DASH has been a highlight for FSL in that it has allowed us to partner with others to close major gaps in the larger system and provide crisis services to those in need and wherever they are at — in the community, via telehealth, or on-site at DASH. It has been transformative, challenged the business-as-usual concept, and has continued to evolve over time. The outcomes we have realized would not have been possible without the exceptional, committed, and skilled staff and leadership." — Jeff Steigman, Psy.D., Chief Strategy Officer

A 5-YEAR TANGIBLE IMPACT

 **20,245**
CHILDREN & ADULTS
HAVE BEEN ASSESSED,
TREATED, AND PROVIDED
WITH SUPPORT.



THE DASH HOTLINE (631-952-3333)
HAS RECEIVED OVER
74,897 CALLS
FROM THOSE IN DISTRESS.

THE MOBILE CRISIS TEAM COMPONENT
OF DASH DELIVERS MUCH NEEDED
CRISIS CARE AND ASSESSED
OVER 5,586
INDIVIDUALS BY RESPONDING TO
LOCATIONS THROUGHOUT THE
COMMUNITY SUCH AS SCHOOLS,
BUSINESSES, AND PRIVATE RESIDENCES.

FSL offers vital care programs for Suffolk County Seniors ranging from housing to healthcare to basic companionship.

SeniorNet

We are all feeling the push to use new technology; be it a smartphone, tablet, laptop, desktop computer, or apps. FSL's SeniorNet offers an array of technology courses specially designed for Long Islanders 50+ years old. The courses are taught by tech savvy volunteers who have the experience to help students get the most out of technology - from beginner to advanced. Seminars and classes are held in our computer labs in Huntington, Bay Shore, and Blue Point, as well as virtually. Contact 631-470-6757 and FSLseniornet@fsl-li.org or visit seniornetLI.org



Ombudsman

The Ombudsman program improves the quality of life for adult Suffolk County residents living in skilled nursing homes, assisted living, adult homes, and family type homes. FSL volunteer ombudsmen are certified by the NYS Long-Term Care Ombudsman Program. They visit residents to assist in resolving issues, assure rights are being protected, and that the services provided are helping to maintain patient's quality of life. Ombudsmen also serve as advocates fighting to reform policies and other issues impacting residents. Call 631-470-6753 for information about becoming a volunteer or accessing help for a loved one.

Caregivers Support & Education

We offer both group and individual counseling as well as educational resources for caregivers of loved ones over the age of 60. Weekly counseling sessions are available to help the caregiver 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, with topics such as dementia care, elder law, nutrition, and long-term care planning. Groups are specialized to meet the needs of adult children and partners of those with loved ones who have dementia and other chronic conditions. Caregiver services are free of charge. The program is funded by the Department of Health and Human Services through the NYS Office for the Aging and the Suffolk County Office for the Aging. For information contact Commack at 516-406-1085 or Riverhead at 631-591-9310.

LI Sound Senior Connections

Neighborhood Naturally Occurring Retirement Community (NORC) Program in Greenport

Residents of Greenport, ages 60 and older, are provided with an array of care management, nursing, social, recreational, and educational services through LI Sound Senior Connections, which is funded by the NYS Office for the Aging. FSL partners with the Town of Southold, Stony Brook Eastern LI Hospital, and others to reduce social isolation and provide critical services to community members aging in place. For more information call 631-469-0183.



Our thanks to these donors and every supporter who helps us serve the community!



BANK OF AMERICA

Bank of America presented a \$25,000 grant award in support of FSL's William Floyd Family Center Community Advocacy, Informational, and Referral (CAIR) program.



Our June Summer Celebration was a huge success as old friends and new gathered together to honor the commitment and dedication of the Goldberg Family (Fay J. Lindner Foundation). Bob Goldberg gave a wonderful and uplifting speech that had the crowd on their feet and singing! The festivities and auction were a great kick-off to summer while raising much needed funds to support the programs FSL provides to children and adults.



The UJA-Federation of New York awarded a \$100,000 grant for Jewish Support Services offered by FSL at the Suffolk YJCC. This FREE program assists children, adults, and families with counseling, education, case management, and referrals. For information contact 631-560-5049.



Jimmy Knapp of Splashes of Hope and FSL's Jonathan Chenkin at the unveiling of the new art work.



Bethpage has served as the champion behind our Bethpage Backpacks and our Project Toy Initiative. Thanks to their support, we have been able to provide new backpacks full of school supplies for over 5,000 children, and we brightened the holiday season by supplying new toys for more than 6,000 children.

In January, Splashes of Hope, a group of local artists led by founder Heather Buggée, have again generously shared their time and talents. This unique art piece is now featured in the lobby of 790 Park Avenue, Huntington office.

To view more photos and videos visit www.FSL-LI.org events tab!
If your company would like to get involved and join the FSL family of donors, contact Tricia O'Hare at tohare@fsl-li.org or 631-205-8944.



Newsday Charities provided \$50,000 for the Brentwood Community School, and then a subsequent \$38,500 for the program. In addition, Newsday TV’s Elisa DiStefano, graciously hosted the 30th Anniversary of our Great Chefs of Long Island!



Newsday TV host Elisa DiStefano, Tom Lederer of EAG, Karen Boorshtein, and Laura Gerdi, Board Chairwoman



The Heatherwood team and their families came out in full force to support FSL's Walk for Wellness!

We were pleased to recognize Heatherwood Luxury Rentals with the Community Service MVP Award at our Great Chefs of Long Island event. Heatherwood has been a longtime supporter of FSL and, most recently, donated the materials and time to completely renovate seven bathrooms in one of our shelters. This generous donation has truly impacted the daily lives of the families living there.



We had the opportunity to honor Empire Automotive Group (EAG) with the 2023 Corporate Leadership Award at Great Chefs of Long Island. They had donated a portion of their March 2023 sales to FSL and made an impactful gift totaling \$20,700!

PSEG Long Island supported FSL's Great Chefs of Long Island, the Walk for Wellness, and other programs with a donation totaling \$25,000. In addition, their team volunteered at the Walk to show safety demonstrations during the event.



Nelson Mullins is a full-service law firm of more than 1,000 attorneys, policy advisors, and professionals with

offices across the United States. Our thanks to Gabriel Imperato, Managing Partner and Team Leader of its Health Care Compliance practice, and Matthew Smekens, Healthcare Compliance Associate. They generously shared their time and knowledge by providing pro bono expert counsel and guidance to assist FSL in meeting

its statutory and regulatory requirement to develop and maintain an effective compliance program. Craig Greenfield, FSL's Chief Compliance Officer, noted that *"the work done by Nelson Mullins contributed greatly to FSL's efforts to ensure regulatory compliance throughout the organization and to stay ahead of important regulatory developments, such as the newly enacted Office of the Medicaid Inspector General regulations related to ensuring the effectiveness of compliance programs maintained by Medicaid providers."*

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:

- 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

We encourage you to speak with your financial advisor or attorney. 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.



Give the Greatest Gift of All – Your Time

Volunteers are the heart of Family Service League. Their commitment to our mission and their passion for helping those who need it most enhances the services we provide. There are a number of ways to get involved and help strengthen our communities, from administrative support, advocacy, and toy drives, to special event committees and tutoring. You can be part of our family of 130+ volunteers. Contact Danielle Greenwood, Volunteer Coordinator at danielle.greenwood@fsl-li.org or 631-470-6772.

Continue Your Education and Enhance Your Skills



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



Childhood should be a time for learning and having fun!

Today, there are thousands of Long Island children and adults struggling with life's greatest challenges. Everyday, people turn to us for help with issues such as - mental health, housing concerns, food insecurity, and addiction. We need your assistance to provide critical care.



Ways you can make a difference...

1. Text to give "FSL24" 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 _____

Circle your age bracket: Under 35 36-50 51-65 66+ Prefer not to answer (We never share information!)

My donation of \$ _____ may be charged to this credit card or my check is enclosed.
 _____ Yes, please make this a monthly donation on my credit card.

To make a payment via stock or electronic transfer please call 631-470-6770 or jchenkin@fsl-li.org
 Mail to: FSL, 790 Park Avenue, Huntington, NY 11743

Card# _____ Exp. Date _____ Code _____

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 social media.
 Family Service League is a 501(c)3 corporation. Your gift is tax deductible to the full extent of the law.

MISSION STATEMENT

Transforming lives and communities through mental health, addiction, housing, and essential human services.

Since 1926, FSL has been Restoring Hope and Rebuilding Lives 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 FSL24 to 91999.

www.fsl-li.org



Olsten Family Center
790 Park Avenue
Huntington, NY 11743

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Double the impact of your gift with a matching donation!

Companies of all sizes have started matching gift programs because it's an easy, structured way for them to support good work in their communities. When you request a donation match for your Family Service League gift, you can provide twice as many resources for the children and adults depending on our programs. Ask your employer if they have a Matching Gift Program or go to the donation section of www.FSL-LI.org and search your company's name in the Double the Donation search bar.

Meet some of the FSL Staff



OnTrackNY team John Walsh, Michael Miller, Teresa Barbier, and Lakwan Hall.



Riverhead Family Center's Lucille Vaughn and Ronnie Fiorglio.



Bay Shore Family Center's Catherine Albanese, Lisa Jamison, Maria Fiallos, and Brandon Canell.

We're proud of our recognitions!

