

CENTRAL NASSAU NEWS

Central Nassau Awarded Prestigious Grant from the Bank of America

Central Nassau Guidance and Counseling Services is proud to announce that it has received a 2-year grant in the amount of \$200,000 in funding from the Bank of America’s *Neighborhood Excellence Initiative*® and was named as a 2009 Long Island Neighborhood Builder®. This is the single largest non-governmental grant that we have ever received.

Central Nassau will receive \$100,000 each year to help fund our programs and services including efforts to promote Health and Wellness among clients and consumers.

“The Health and Wellness of those we serve is a top priority at Central Nassau Guidance,” said Barbara Bartell, LCSW, and CEO. “Research indicates the rates of mortality among people with serious mental illness and/or substance abuse is alarmingly high in comparison to the rest of the population. Some factors contributing to this disparity are preventable such as smoking, bad nutritional habits and infectious diseases. Additionally, the onset of obesity and diabetes is often the results of side effects of the very medications used to treat these illnesses. Intertwining health and wellness initiatives with mental health and substance abuse care will help our clients to have a chance to live healthy and long lives,” Bartell further added.

The Bank of America’s *Neighborhood Excellence Initiative*® is helping to sustain nonprofits during this challenging economic time and increase their long-term viability.

The Bank has invested \$20 million globally this year in addition to the more than \$90 million committed over the last five years to the program. Central Nassau has joined an elite group of previous nonprofit winners on Long Island by being chosen for this prestigious award.

“Bank of America is supporting the Long Island community through the Neighborhood Excellence Initiative and other lending, investing and community development programs that address critical social issues and align with our corporate social responsibility efforts,” said Robert Isaksen, Long Island market president at Bank of America. “In our current economy, communities need our support more than ever, and this program is designed to give that support through the effective combination of partnership, leadership development and flexible funding.”

The Bank of America Charitable Foundation’s *Neighborhood Excellence Initiative* annually recognizes organizations, individuals and students who have shown a commitment to improving their communities. In its sixth year, the Bank of America

Charitable Foundation has committed more than \$110 million globally to the NEI program since its inception.

By the end of 2010, more than 800 leaders from the nonprofit awardees will have participated in the *Neighborhood Excellence Leadership Program*®, which builds a network of community leaders across the country to share learning and insight in areas including strategic communications, financial management, succession planning, and long-term development. The CEO and an Emerging Leader at Central Nassau will also participate in this leadership Program.



Gene Gallagher, Director of Fundraising; Barbara Bartell, LCSW and CEO; Robert Isaksen, Long Island Market President at Bank of America; Carl Grossard, Vice President of Board of Directors, Central Nassau Guidance and Counseling Services.



Guidance & Counseling Services, Inc.

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Hicksville, New York 11801

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www.CentralNassau.org

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Central Nassau is licensed and supported by: the Nassau County Department of Mental Health, Chemical Dependency, Mental Retardation and Development Disabilities Services; New York State Office of Mental Health; New York State Office of Alcoholism and Substance Abuse Services; New York State Office of Mental Retardation and Developmental Disabilities; Suffolk County Community Mental Hygiene Services; U.S. Dept. of Housing and Urban Development (HUD). A member agency of the United Way of Long Island, Hicksville Chamber of Commerce, and the Long Island Association.



A Member Agency of
**LONG ISLAND'S
UNITED WAY**
*Providing hope.
Right here at home.*

Roads to Recovery and Pathways to Recovery

The New York State Office of Mental Health (OMH) has developed a comprehensive recovery-oriented program for individuals with severe and persistent mental illness called Personalized Recovery Oriented Services or PROS.

OMH's goal is to integrate treatment, support, and rehabilitation in a manner that facilitates consumers' recovery. The initiative requires clubhouse, employment, intensive psychiatric rehabilitation treatment and other rehabilitation programs.

In January of 2010, Central Nassau Guidance and Counseling Services is establishing a PROS program by integrating Connections Clubhouse and The Haven Continuing Day Treatment program into a comprehensive rehabilitation service. This structured, five-day-a-week program will be called Roads to Recovery.

This program will offer services to adults (18 and over) diagnosed with a psychiatric disorder. Our objective is to assist members in managing their psychiatric symptoms and to develop the skills necessary to improve emotional, cognitive and social functioning. Treatment will include clinical, case management, psychosocial, MICA services and structured skill development. Recovery plans will be developed for each member.

This new program will be located in the Connections Clubhouse building located at 459 South Broadway in Hicksville. Extensive renovation of this building is required to house the expanded staff and clients. Additionally, the Starry Night Café, currently located at Connections, will be relocated to Central Nassau's main headquarters to provide Roads to Recovery with sufficient space.

Central Nassau is also establishing a similar program out on the grounds of Pilgrim State, in Brentwood, that will be known as "Pathways to Recovery". This program will provide the same comprehensive services to its members.

Nonprofit Organization of the Year

The Hicksville Chamber of Commerce recognized Central Nassau Guidance and Counseling Services as its first ever "Nonprofit Organization of the Year". The award was presented at the Chamber's 83rd Installation and Awards Dinner, which was held at the Westbury Manor. Central Nassau was recognized for its long commitment to making a difference in the community.



Our CEO, Barbara Bartell, LCSW, accepted the award from the President of the Hicksville Chamber of Commerce, Lionel J. Chitty. Ms. Bartell was joined that evening by several of the agency's Board of Directors and Program Directors.

On the occasion of being bestowed this award, representatives from the following also presented proclamations to Central Nassau: Sen. Carl Marcellino, Sen. Craig Johnson, the New York State Assembly, the Nassau County Executive Office, Nassau County Clerk's Office and the Town of Oyster Bay.

Counseling Center

“Treatment is sensitive, carefully geared to the individual and confidential.”

Whether you are experiencing depression, anxiety, marriage difficulties, school or work problems, personal losses, life transitions or more persistent problems, the Counseling Center staff will work with you to help restore a sense of emotional well being and functioning.

Experienced social work therapists, psychiatrists, psychiatric nurse practitioners and case managers deal with people of all ages - children (6 and older), teenagers, adults and seniors. Our caring staff provides individual, family or group counseling as well as medication therapy.

We accept a variety of private medical insurance as well as Medicaid and Medicare as full or partial payment. Fees are based on a sliding scale for those without insurance.

New Support Groups Formed

The Counseling Center has recently formed some new groups to respond to growing needs identified in the community. Whether you are experiencing depression, anxiety, marriage difficulties, school or work problems, personal losses, life transitions or more persistent problems, the Counseling Center staff will work with you to help restore a sense of emotional well being and functioning. The new support groups include:

Strengthening Self-esteem through Creative Expression

- Focusing on using writing, art, etc. as a therapeutic tool.

Young Adult Socialization

- For clients ages 19-35 years old. This group's intent is to provide support/socialization for newly diagnosed clients with Schizophrenia/Bipolar Disorder.

Teenage Group/Parenting Support Group

- Helping teenagers deal with everyday issues and learning how to cope with them.

Perinatal Mood Disorders

- This group is for women who are pregnant, or who have recently given birth, who are experiencing depression, anxiety, or other mood disorders. Babies welcomed!

Depression/Mood Disorder

- For adults and family members with mental illnesses.

Tough Times

- Meet and share your fears, sadness, confusion and disappointment, and find a comfort in connecting with others. Discover you are not alone.

Societal Anxiety for Women

- A safe place to share feelings and reduce panic attacks, anxiety, stress, and physical symptoms associated with societal anxiety.

Additional Groups Starting:

- Socialization Group
- Family/Parents Support Group
- Living with Diabetes

Please call the Counseling Center for more information or to join any of these groups – (516) 822-6111.

We accept most private insurance plans as well as Medicaid and Medicare.

Chief Executive Officer's Report

Barbara Bartell, LCSW

Moving Forward.

That's our mantra for 2010.

You don't need to be told that last year was a tough time for all Long Islanders, including our clients and consumers. Many of our clients struggled significantly with the recession and that was on top of the mental health and/or substance abuse issue that brought them to us.



Even though many of the same economic conditions still exists, Central Nassau Guidance has made a concerted decision to move forward in 2010. We can't control the past but can make a positive impact today and in the future.

Already, Central Nassau Guidance and Counseling Services has some big and exciting events occurring throughout the agency and many more are planned! In January, our MICA Program on the grounds of Pilgrim State was restructured to become the "Pathways to Recovery" program. This program follows a blueprint developed by the New York State Office of Mental Health (OMH) for individuals with severe and persistent mental illness and is referred to as Personalized Recovery Oriented Services or PROS.

The goal is to integrate treatment, support, and rehabilitation in a manner that facilitates consumers' recovery. The initiative requires clubhouse, employment, intensive psychiatric rehabilitation treatment and other rehabilitation programs.

At the same time, our Connections Clubhouse and The Haven Continuing Day Treatment program are being integrated into a new service called the "Roads to Recovery".

Our structured, five-day-a-week program will offer services to adults (18 and over) diagnosed with a psychiatric and/or co-occurring disorder.

The new Roads to Recovery will be located in the former Connections Clubhouse building at 459 South Broadway in Hicksville. Extensive renovations had to be completed to house the combined programs. Look for our Open House invitation and come down for a tour of the building. We are excited about the enhanced services that will be provided in our renovated facility.

With the client and staff expansion for the new program, the Starry Night Café is being relocated to the main headquarters at 950 South Oyster Bay Road, Hicksville. Upon its grand re-opening, we expect the Café to be even better than before with over 50 customers converging each weekend evening to enjoy the company of others, participate in board games, listen to music and perform Karaoke.

In 2010, Central Nassau is also committing itself further to helping our clients live healthy and long lives. Our plan is to intertwine health and wellness with mental health and/or substance abuse care to prevent medical illness before it occurs. We are forming smoke cessation groups to reduce smoking by our clients. Staff is promoting healthy food choices and regular exercise to combat obesity and diabetes, which are often side effects of the very medications used to treat mental illnesses.

Moving forward seems to come naturally to Central Nassau Guidance. Since 1972, we have grown from a single outpatient mental health clinic to a network of community-based programs serving Nassau and Suffolk. And our staff is always ready to help those struggling with mental health and/or substance abuse issues to move forward in rebuilding their lives.

Throughout the year, we will share with you other positive news. In the meantime, please join us in building a better future. Together, we can make a positive impact today, tomorrow and in the months ahead!

Drugs in Our Community

Central Nassau Guidance and Counseling Services hosted a special evening presentation “Drugs in our Community: What everyone needs to know” on September 30th, at the agency. Over 50 people attended to hear and learn about the heroin epidemic on Long Island.

The main speaker for the evening was Central Nassau’s Director of Community Programs, Lisa R. Kessler, LMSW. The Community Program has been providing outpatient drug and alcohol services since 1973.

Ms. Kessler’s presentation focused on how cheap and readily available heroin is on Long Island. A packet of heroin can now be purchased for under \$10.00 and it does not need to be injected by needle. It can be “snorted” like cocaine. Heroin usage has spread throughout all of the Long Island, especially in wealthier communities, where teenagers have become especially prone to its grip.

Many teenagers first begin their destructive path by stealing pills

from the family medicine cabinet. Vicodin and oxycontin pills are especially popular and highly addictive. Many of them then turn to heroin, which produces a similar high to the pills and is significantly cheaper to purchase than “prescription” pills on the street.

A mother of a Community Program client provided a first-hand account of the impact of addiction on her son and her entire family. Everyone in attendance was moved by the story of her son’s journey from “normal teenager from a nice community” to an addict. Other clients’ parents shared their similar experiences as well. A member of the Nassau County Police Department’s 8th Precinct was on hand to discuss the increased heroin traffic in our community.

The evening was presented by the “The Friends and Families of Central Nassau”, a new group of volunteers concerned about the growing number of Long Island families struggling with mental health and/or substance abuse issues. Please call (516) 396-2771 to learn more about the group.

Is Your Teen Using Drugs?

If you suspect your child is using drugs, look for a number of changes in their appearance, behavior and attitude. Substance abuse may be a possibility if several of the following signs are present:

- Less attention paid to dressing and grooming
- Loss of appetite or unexplained weight loss
- Red and glassy eyes and frequent use of eye drops and breath mints
- Decreased attendance and performance at school
- Loss of interest in school, sports, or other activities
- Newly developed secrecy; deceptive or sneaky behavior
- Withdrawal from family and friends
- New friends and reluctance to introduce them
- Lying or stealing
- Disrespectful behavior
- A mood or attitude that is getting worse
- Lack of concern about the future

There are things you can do if you suspect a problem. First thing is talk to them. Prepare what you’re going to say ahead of time so you don’t say something you didn’t intend to. Tell them you suspect they’re taking drugs and cite your reasoning. Give specific examples. Explain that you loved them and are worried and that you are just trying to help them. Try to stay calm!

If your teen doesn’t want to tell you what’s going on, you need to take further steps to find out if they are using. Check your teen’s room and car. If you have a good relationship with their friends, ask them. Make your child account for where their money is going. Also, make sure you know where your child is at all times.

If you believe they may be using, seek help. Central Nassau Guidance and Counseling Services stands ready and willing to help. Call (516) 822-4060, if you have any questions or if you would like to make an appointment to speak with a counselor. We offer support, education and treatment for all family members.

Stop Under Age Drinking

Join us on Wednesday, March 24th, for a special presentation on “Under Age drinking in our Community”, from 7:00 pm to 8:30 pm, in our Conference Room.

Look for additional information on our website, www.CentralNassau.org, or call Gene Gallagher at (516) 396-2771.

Remember... You are not alone!

A Letter from a Client

The Community Program in Central Nassau Guidance has been a constant staple of my recovery. It has been a safe haven for me to share thoughts and feelings that I am uncomfortable sharing elsewhere. Thoughts and feelings that keep me sick when I bottle them up. I can rely on the counselors, therapists and staff for support and guidance in all areas of my life. I never thought I would gain so much here.

Anger Management Courses Added

Central Nassau Guidance and Counseling Services is now offering its "Anger Management Course" on an ongoing basis due to the increased demand for this service.

The course is geared to individuals, who have unhealthy expressions of anger, and need to learn how to manage anger; stop violence or the threat of violence; and develop self-control over thoughts and actions.

Course attendees receive positive support and feedback from others. Additionally, help is provided to identify triggers, recognize cues to anger, and develop individual anger management strategies.

The eight-week course is offered on either Monday or Thursday evenings from 7:30 to 9:00 pm, at Central Nassau's main headquarters located at 950 South Oyster Bay Road, Hicksville, NY. The program is conducted by a Community Program's Clinician and is open to adults, 17 and older, throughout Nassau and Suffolk.

The fee for the course is \$200.00. Central Nassau accepts Medicaid as well as several credit cards. Advanced registration is required. Please call 516-822-4060 to register for an upcoming session or for more information.

18th Annual 5K RUNDAY

Join us Memorial Day Weekend for the 18th Annual 5K RUNDAY on Saturday, May 29, 2010! Our Flat Course guarantees FAST TIMES! This is a USA Track and Field sanctioned run and is part of the Long Island Grand Prix series of running events.

The race begins at 9:00 am at 950 South Oyster Bay Road in Hicksville and continues through the streets of Hicksville and Bethpage. The run is open to participants 12 years of age and older. A Fun Run for children is also conducted.

This charity run raises funds to assist individuals and families struggling with substance abuse or mental health issues! Please support Central Nassau Guidance and Counseling Services by joining us for the run!

Once registered, perhaps you will consider inviting your friends and family to sponsor you as you run for a great cause. For more information on how to create your own fundraising webpage, please email: ggallagher@CentralNassau.org or visit our website: www.CentralNassau.org.

All Runday participants receive a commemorative t-shirt, free refreshments, computerized finish times and an opportunity to win one of twenty-three awards, trophies and/or certificates. A variety of raffles prizes including numerous sports and fitness related prizes add to the excitement of this annual fundraising event that benefits the many programs of Central Nassau Guidance and Counseling Services.

Fee for the race is \$16.00 in advance and \$25.00 day of the race. You can register online at www.CentralNassau.org.Special_Events.

Central Nassau Supports United Way of Long Island

Every year, the staff of Central Nassau Guidance and Counseling Services generously supports the United Way of Long Island's Campaign as another demonstration of their commitment to helping Long Islanders. As an incentive for the 2008-2009 Campaign, our CEO, Barbara Bartell, LCSW, promised she would purchase and serve pizza to the first program at Central Nassau to have 100% participation from its staff. This year's winner was The Haven Continuing Day Treatment program. Ms. Bartell made good on her promise recently and served pizza – chef's hat and all - to The Haven's staff.

Due to the positive response to the food service provided by the CEO, the same campaign promise has been made by Ms. Bartell for the 2009-2010 campaign. Just another reason why the United Way of Long Island recognized her previously with its "Best CEO Support Award"!





Guidance & Counseling Services, Inc.

950 South Oyster Bay Road, Hicksville, New York 11801
516.822.6111
www.CentralNassau.org

Our Network of Services include:

Assertive Community Treatment (ACT Team)

ACT provides rehabilitation, case management, and support services delivered by a mobile, multi-disciplinary mental health treatment team. Assertive Community Treatment supports recovery through a highly individualized approach. The services provided by ACT include a full range of clinical treatment, psychosocial rehabilitation, and community support services designed to promote recovery and successful functioning in work, school, home and social relationships.

Blended Case Management Services

Provides care coordination, case management and community-based support services to individuals diagnosed with serious mental illness and other psychiatric disabilities.

Community Program

A chemical dependency program providing treatment for those who abuse or who have abused substances, and clinical and support services for significant others and family members, including children.

Counseling Center

A clinic treatment program that offers individual, family and group therapy for those experiencing emotional problems, life transitions or difficulties in coping. Medication therapy and many more services are provided. Treatment is individualized and confidential.

Mental Health Services for the Deaf/Hearing Impaired

A program providing care coordination, vocational rehabilitation, socialization, and counseling services for the deaf and hearing impaired diagnosed with mental illness and other psychiatric disabilities.

Neal A. Millman Community Residence Programs

Provides supervised and supported housing opportunities for individuals who have both a psychiatric and substance abuse history. Nassau and Suffolk County residents between the ages of 18 and 40 may apply. The purpose of the program is to foster independent living within the community.

Pathways to Recovery

This program offers services to adults (18 and over) diagnosed with a psychiatric disorder. Our objective is to assist members in managing their psychiatric symptoms and to develop the skills necessary to improve emotional, cognitive and social functioning. Treatment will include clinical, case management, psychosocial, MICA services and structured skill development. Recovery plans will be developed for each member.

Roads to Recovery

This program will offer services to adults (18 and over) diagnosed with a psychiatric disorder. Our objective is to assist members in managing their psychiatric symptoms and to develop the skills necessary to improve emotional, cognitive and social functioning. Treatment will include clinical, case management, psychosocial, MICA services and structured skill development. Recovery plans will be developed for each member.

The Starry Night Café

A consumer operated nightclub providing numerous opportunities for people with disabilities to express their creative talents. Join us for coffee, light snacks and live entertainment.

**For more information on our programs, please visit:
www.CentralNassau.org**

Do you ever shop online?

If so, perhaps you would download and use the new “Central Nassau Guidance and Counseling Services toolbar”. We have partnered with GoodShop, an online shopping mall of world-class merchants dedicated to helping fund worthy causes across the country.

Shop at more than 1,300 stores (Amazon, eBay and so much more) and a percentage of your purchase will automatically be donated to Central Nassau Guidance and Counseling Services - at no cost to you! Even better - **you may even save money** as the toolbar provides coupons and deals as well! A real win – win for everyone.

Do you ever search online? Well, our toolbar also has the “GoodSearch” box built right into it. GoodSearch is a search engine which donates 50-percent of its revenue to charities designated by its users. It’s a simple and compelling concept. You use GoodSearch exactly as you would any other search engine. Because it’s powered by Yahoo!, you get proven search results. The money GoodSearch donates to Central Nassau comes from its advertisers — the users and the organizations do not spend a dime!

Each time you search the Internet, about a penny is donated to Central Nassau Guidance and Counseling Services. If all our Friends and Families use this search box, it will add up fast.

Visit www.goodsearch.com/toolbar/central-nassau-guidance-and-counseling-services to download our toolbar. Or go to our website’s home page – www.CentralNassau.org - and click on the GoodSearch icon.

Central Nassau needs your support!

Every year, Central Nassau is privileged to receive generous donations from individuals and corporations committed to helping those struggling with mental health and/or substance abuse issues.

Our donors recognize the importance of meeting the needs of all those we serve. Central Nassau relies on our donor's generous contributions to ensure that we are able to respond to the growing demand for services. It is with your help that we can *"Rebuild Lives ... One Person at a Time."*

How you can help

Make a Donation

Central Nassau accepts contributions of cash, check, Master Card or Visa, stock, or securities. Gifts are unrestricted unless otherwise specified. If you would like to make a gift to a specific program or fund, simply let us know your preference.

Please send your gift to:

Central Nassau Guidance and
Counseling Services, Inc.
950 South Oyster Bay Road
Hicksville, NY 11801

You may also make your gift online by visiting our website, www.CentralNassau.org, and click on the "Donate Now" button.

Honor or Tribute Gift

Make a donation in tribute or in honor of a special friend or family member, or to commemorate a birthday, anniversary, or other special occasion. We will send a card to the person you are honoring to inform them of your thoughtfulness.

You can also make an honor or tribute gift on our website's on-line donation page. A special e-mail card will be generated for you to forward.

Planned Giving

Central Nassau welcomes planned or deferred gifts. If you would like to include the agency in your Will or in some other form of estate planning, we would be happy to assist you. To notify us of your intentions or to learn more about this type of giving, please call Gene Gallagher at (516) 396-2771.

Gifts-in-kind

Central Nassau accepts in-kind donations of products or services. Please call (516) 396-2771 to receive a copy of our Wish List of items.

Company Match Contributions

Often employers will match employee donations to charitable organizations. Please check with your Human Resources representative to see if your company will match your donations.

Donate Your Company's Services

Central Nassau can benefit from a donation of services such as graphic design, printing, mailing, etc. or by having a company or business underwrite the cost of an event, project, or publication. For more information, please call the Development Office at (516) 396-2771.

Volunteer

We welcome volunteers who have an interest in helping our agency with special events, clerical work, and other projects. Please call the Development Office at (516) 396-2771 if you are interested in donating some of your time and skills. Or you may call the Pretty New Thrift Shop at (516) 420-1394.

Central Nassau Guidance and Counseling Services, Inc., is a 501(c)(3) non-profit organization under IRS guidelines and all donations are fully tax deductible as allowable by law. A copy of our latest annual report may be obtained, upon request, from our office or from the office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.

Visit our Web Site – www.CentralNassau.org

There is always something new going on at Central Nassau Guidance and Counseling Services! And the best way to keep in the loop is to visit our website.

- Our website has:
- The latest news
- Overview of our Programs and Services
- Information on upcoming events
- Employment Opportunities
- Additional resources for mental health and substance abuse issues
- The Starry Night Café's schedule
- And more!

Central Nassau has made it easy to contact us – online – to request information, sign up for our e-newsletter and even donate to support one of our events or Central Nassau itself. Once you visit our site, please bookmark it and visit frequently to keep updated!



Volunteers Needed at Pretty New Thrift Shop

Additional volunteers are urgently needed for The Pretty New Thrift Shop located on Main Street, Farmingdale.

The shop is managed and maintained solely by a staff of volunteers. Recently, a lack of volunteers has prevented the store from remaining open during certain times of the day and some days altogether.

Central Nassau opened the shop in 1972 as a means of funding the organization's work. Proceeds from the shop are used to fund our growing network of programs and services across Long Island.

The current economic conditions have made the need for maintaining mental health and substance abuse services even greater than ever. We are seeing more and more people needing help to deal with the pressures of mounting bills and debt. Many people are turning to our Counseling Center. Our Community Program is also seeing an increase in the number of people trying to escape through drug and alcohol usage.

Central Nassau is also putting out a call for donations to the shop. Donors have provided the bulk of the merchandise it sells - clothes, books, furniture, decorations, and various household items. If necessary, Central Nassau can sometimes arrange to have larger items picked up from a donor's home. Central Nassau also welcomes monetary donations. All donations are tax deductible to the extent allowed by law.

The Pretty New Thrift Shop is located at 238 Main St. in Farmingdale. Our doors are open to the public. For more information on how to help, visit www.CentralNassau.org or call (516) 822-6111.

*“Our Strength Is
Our Diversity”*

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