

Cn guidance & counseling services

2020 ANNUAL REPORT



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MESSAGE FROM The Board President and CEO

During a year when the unexpected turned the world upside down, CN Guidance & Counseling Services remained a steady beacon of hope, support, and treatment for Long Island residents with mental health and substance use disorders—and their families.

Whether through creative tele-health, mobile service delivery, or open access hours at our clinic, the 360+ employees of CN Guidance persisted selflessly in delivering customized behavioral health services safely to thousands of people facing both Covid-related and non-Covid-related grief, depression, anxiety, and co-occurring severe disorders (mental, physical, and substance use). We served adults, adolescents, and children.

In weathering this storm together with you, CN Guidance marvels at our mutual resilience and remains even more committed to fortifying and providing decades of flexible behavioral health services ahead.

James F. O'Brien

James F. O'Brien, Esq.
Board President

Jeffrey Friedman

Jeffrey Friedman
Chief Executive Officer

OUR MISSION

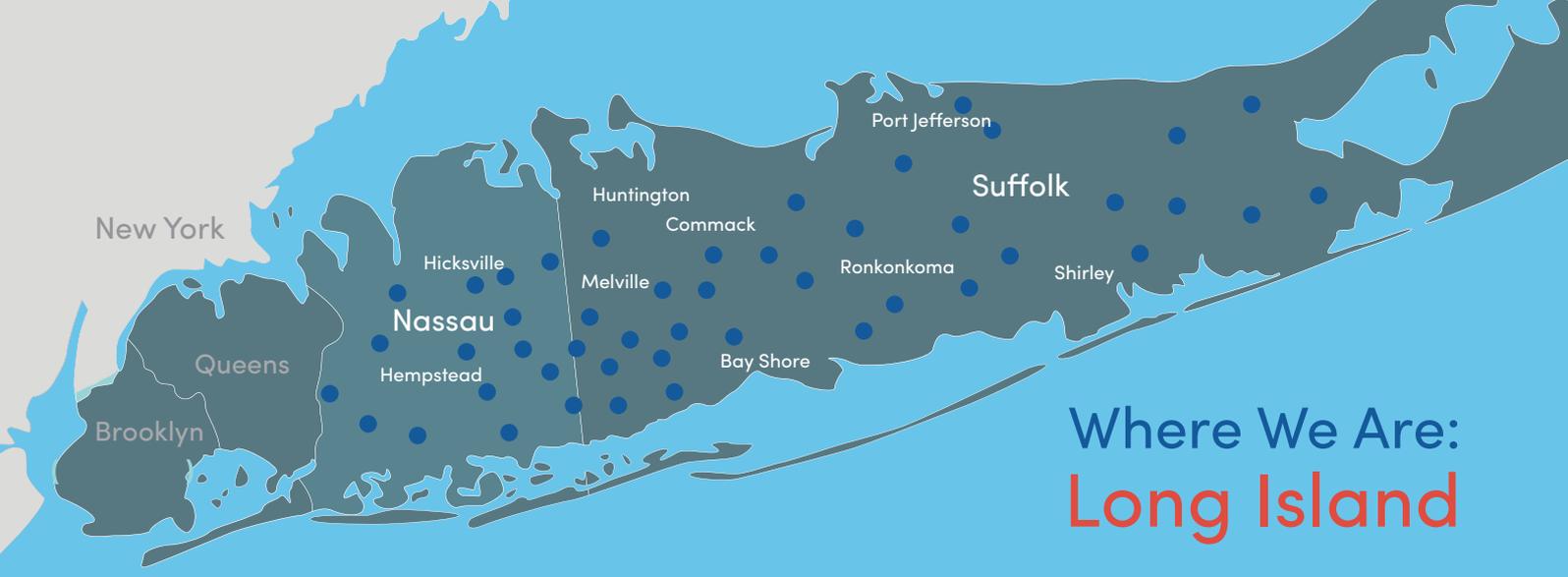
CN Guidance & Counseling Services inspires and catalyzes recovery for people living with mental health and substance use conditions through innovative and person-centered, integrated clinical treatment, counseling, housing and support services—empowering those served to live healthy and fulfilling lives.



Left to Right: CNG Board Member Lisa La Macchia, NYS Governor Kathy Hochul, CNG Board Member Jim O'Brien, CNG CEO Jeffrey Friedman



Left to Right: Senator Anna Kaplan, Senator James Gaughran, CNG Division Director Mary Silberstein, NYS OASAS Commissioner Arlene González-Sánchez, NYS Governor Kathy Hochul, Senator Kevin Thomas, CNG CEO Jeffrey Friedman



Where We Are:
Long Island

Cn guidance & counseling services **By the Numbers**

312,287

Number of distinct CN Guidance staff activities delivered to nearly 7,000 individuals served

1,600

Number of consumers reached by our Health Insurance Navigator Program

89

Percent of every donated dollar going toward critical program support

4,668

Number of clients served by our integrated mental health and substance use treatment clinic

**We have been serving the community since 1972.
We believe in the ability of every individual to recover.**

Who Delivers Our Programs?

360+ staff...

Each person stepping up to lead and innovate in making healthcare more accessible.



TOP
LONG ISLAND
WORK
PLACES

2020

Newsday

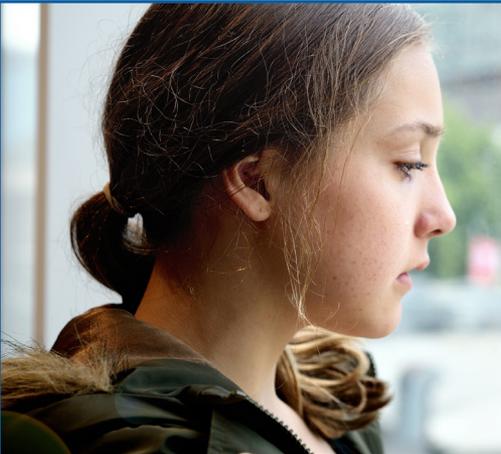
Gn guidance &
counseling services

PROGRAMS

- Certified Community Behavioral Health Clinic (CCBHC): Integrated Mental Health, Substance Use Disorder Treatment and Primary Care screening and monitoring
- Mobile Outreach and Treatment Services
- Care Management Services (“Health Home”)
- Residential Services
- Home and Community-Based Services
- Personalized Recovery-Oriented Services (PROS)
- Assertive Community Treatment (ACT/FACT)
- Youth/Young Adult-Oriented Support (Project FORWARD)
- COVID-19 Emergency Response for Suicide Prevention Program - Empower Life
- Community Supports for Seniors (Link-Age)
- Mental Health Court Support Services

Who Receives Our Services?

~ 7,000 adults,
adolescents,
and children...



... facing mental health,
substance use, or co-occurring
disorders on Long Island.

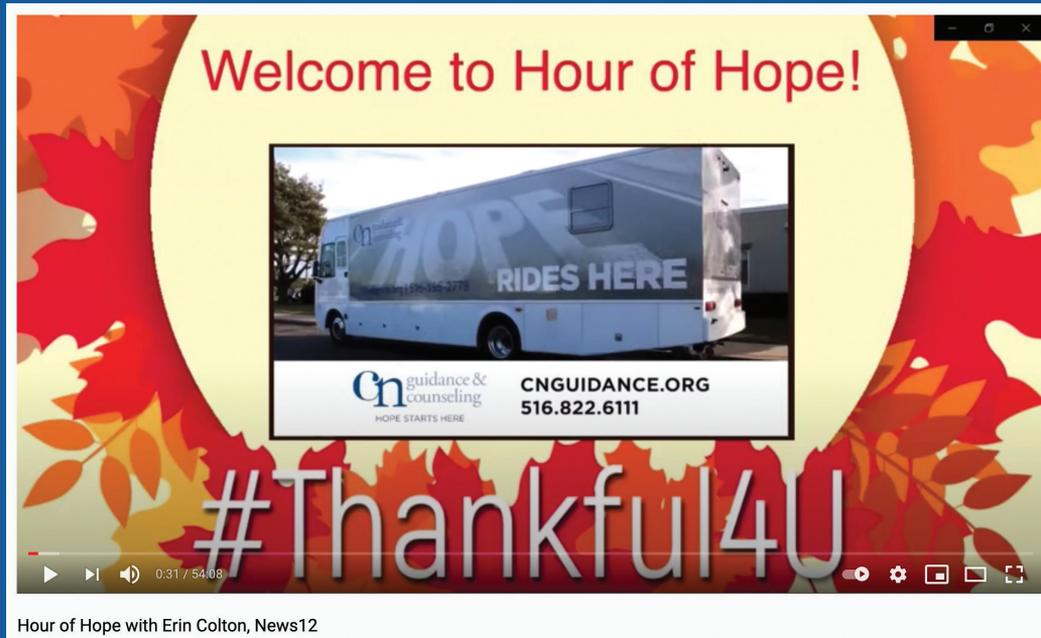
All are served regardless of their
ability to pay.



PROGRAMS (continued)

- Drug-Free Community Coalition Facilitation
- Narcan & Mental Health First Aid Training
- Wellness Center: On-site Primary Care Services
- Project Connect (partnership with Northwell Health Systems)
- Health Insurance Navigator Program
- United Healthcare Affordable Housing Program
- Behavioral Health Services at Jewish Community Centers
- Services at The INN Soup Kitchen
- Drop-In Center and Starry Night Café Respite Program
- BOCES Behavioral Health School Initiative
- Vocational Rehabilitation Services (VRS)
- Crisis Respite Program
- Mobile Residential Support Teams (MRST)

In November 2020, our “#Thankful4U” initiative culminated in an Hour of Hope



The featured speaker **News 12 Long Island Anchor/Reporter Erin Colton** shared her inspiring personal story.

The special community-engaging event also addressed:

Things You Can Do Today to Alleviate Stress & Anxiety

Effective Techniques to Cope in 2020

Key Ways to Take Care of Yourself

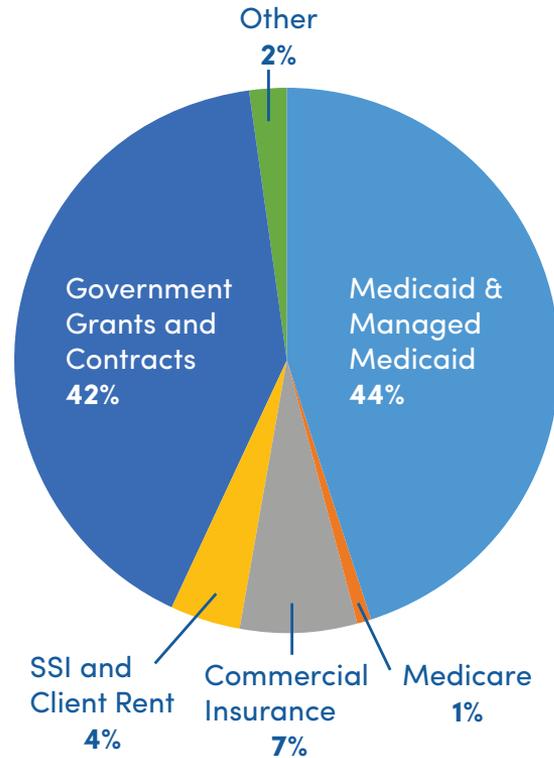
Plus information on CN Guidance & Counseling Services' mental health and substance use treatment and support programs.

2020 FINANCIALS

CN Guidance continued with **healthy revenues** and service delivery despite Covid-related challenges.

Revenues in prior years (2017, 2018, and 2019) were \$24.9M, \$27M, and \$30.2M respectively.

Revenue: \$31.7 million



Expenses: \$31.5 million

EXPENSE CATEGORIES:

Integrated Counseling & Recovery Services	\$10,200,000
Residential Services	\$9,900,000
Health Home Care Management	\$3,500,000
ACT Teams	\$2,100,000
PROS	\$1,800,000
Project FORWARD	\$700,000
Integrated Primary Care	\$100,000
Drop In / Starry Night	\$300,000
Other	\$2,900,000

WE THANK OUR GENEROUS SUPPORTERS



VISIONARY \$10,000 +

Alcott HR Group LLC
Bethpage Federal
Credit Union
Long Island
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Salvatore Ranieri
The M&T Charitable
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United Fund of
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BENEFACTOR \$5,000-\$9,999

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Nawrocki Smith LLP
New York Community Bank
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Unitarian Church at
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WE THANK OUR GENEROUS SUPPORTERS



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FRIEND \$100-\$249

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Richard Dina
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Sergio Tenaglia -
15/16 Group
Shipwreck Diner
Sonia Baker
Stephanie Tipping

ORGANIZATIONAL LEADERSHIP



Chief Executive Officer

Jeffrey A. Friedman

Chief Financial Officer

Jean J. Bentley, CPA

Chief Operating Officer

Nancy Manigat, MBA, LCSW

Medical Director

Asma Ejaz, MD

Division Director,
Personalized Recovery-Oriented
Services (PROS) and
Project FORWARD

Sherri Kaplan

Division Director,
Integrated Counseling
& Recovery Services

Mary Silberstein, LCSW-R

Division Director,
Care Coordination and
ACT Services

**Jaclyn McCarthy, LMHC,
CASAC 2**

Compliance Officer

Ariel Coffman, LMSW

Director of Legal & Healthcare
Regulatory Compliance

Robert Benrubi, Esq.

Director of Residential Services

Blair Lawson

Network Administrator

Ronaldo Landas

Director of Human Resources

Carol Otero

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**Central Nassau Guidance & Counseling Services, Inc.
is licensed and/or funded by:**

New York State Office of Mental Health (NYS OMH); NYS Department of Labor (NYS DOL);

New York State Office of Addiction Services and Supports (NYS OASAS);

New York State Office for People with Developmental Disabilities (NYS OPWDD);

US Department of HHS - Substance Abuse and Mental Health Services Administration (SAMSHA);

US Department of HHS - Administration for Children & Families (ACF);

Nassau County Office of Mental Health, Chemical Dependency & Developmental Disabilities Services;

Suffolk County Division of Community Mental Hygiene Services

THANK YOU!