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Amid Ongoing Concerns About Veterans' Well-Being, CN Guidance & Counseling Services Awarded Nearly \$500,000 by the Mother Cabrini Health Foundation to Expand Services on Long Island



(L to R: Captain Joseph Artusa, CN Guidance Client, with Kyle St. John, CN Guidance Veterans Outreach Specialist)

(Hicksville, NY) Long Island has the largest concentration of Veterans in New York state - a vulnerable population with higher-than-average rates of mental illness, post-traumatic stress disorder, substance use, homelessness, and suicide.

CN Guidance & Counseling Services, through funding from the Mother Cabrini Health Foundation (MCHF) since 2022, has been bridging mental health and substance use disorder treatment gaps for military-connected individuals on Long Island by providing connections to local psychiatrists and therapists. This successful “Bridging the Gap” program has to date reached more than 5,200 people.

Announced January 16th, this new award from the MCHF (\$498,000) will enable CN Guidance to expand the *Bridging the Gap* program. Through this grant, the agency plans to continue addressing the preventable isolation and disconnection of local Veterans and military-connected individuals on Long Island from urgently needed mental health and substance use treatment services and supports. According to experts, a resistance to asking for help is all-too often embedded in Veteran culture.



“Unfortunately, there is a stigma surrounding mental health, substance use and treatment – especially among many Veterans. This program utilizes people with lived experience in the military to reach out directly to Veterans-to start the conversation about mental health, substance use, available resources - and to make connections to treatment for those who are ready,” said CN Guidance Program Director, Caitlin Roeder.

Through this much-needed funding, CN Guidance will also provide specialized training, so that clinicians and prescribers are fully prepared to best treat this at-risk population.

“We are deeply honored by the wide-ranging impact of our work and by the dedication of our grantees across New York State. We’re inspired by the compassionate legacy of Mother Frances Cabrini, as this year marks a significant milestone in our grantmaking, as we surpassed \$1 billion in grants since our founding. This moment fuels our commitment as a Foundation to look toward the future, where we will continue making bold investments in a healthier, more equitable future for all,” said Msgr. Gregory Mustaciuolo, Chief Executive Officer of the Mother Cabrini Health Foundation.

“We are so grateful to the Mother Cabrini Health Foundation for continuing to support our ongoing effort to enable Veterans and military-connected individuals to get the help they need,” said CN Guidance CEO, Jeffrey Friedman.

Please visit cnguidance.org to learn more about programs like Bridging the Gap and how to get involved as a potential participant or community partner.

If you or someone you know needs immediate help please dial the 988 Suicide & Crisis Lifeline – then press 1 for the Veterans specific line.

About CN Guidance and Counseling Services: *Serving children and adults with mental and emotional disorders since 1972, CN Guidance delivers NY-State licensed mental health and substance use treatment services – especially to economically disadvantaged individuals and families, including many communities of color – working in partnership with county government and other community services. With deep, localized knowledge of Nassau County and Suffolk County communities, a mobile fleet, telehealth capabilities, and a NY State Integrated Outpatient Services license, CN Guidance maintains an exemplary track record of delivering outreach and high-quality behavioral healthcare to more than 30,000 individuals per year. For more information, visit <https://cnguidance.org/>*

About Mother Cabrini Health Foundation: *The Mother Cabrini Health Foundation is a private, nonprofit organization whose mission is to improve the health and wellbeing of New Yorkers, bolster the health outcomes of vulnerable communities, eliminate barriers to care, and bridge gaps in health services. Named after a tireless advocate for immigrants, children, and the poor, the Foundation funds programs and initiatives across New York State that provide either direct healthcare services or address the social determinants of health. For more information, visit <https://www.cabrinihealth.org/>*