

CENTRAL NASSAU NEWS

Central Nassau Guidance Receives \$390,400 HEAL NY GRANT

Central Nassau Guidance and Counseling Services, Hicksville was awarded a \$390,400 grant from New York State HEAL NY Phase 18 program. The award will allow the agency to make significant renovations and repairs to the building we operate on the grounds of Pilgrim Psychiatric Center in Brentwood.

Central Nassau Guidance runs two (2) licensed residential programs on the site as well as the recently opened Personalized Recovery Oriented Services (PROS) program called Pathways to Recovery. The grant will be used to install an elevator and a bathroom to make the building accessible to the physically handicapped. Other interior renovations include the construction of a new Group Meeting Room for the Pathways to Recovery program.

"These funds will provide for essential repairs and renovations that will have a positive impact upon the programs we operate at this facility, said Central Nassau Guidance's CEO, Barbara Bartell, LCSW. "It is especially important that we make this facility accessible to all because no one should ever be denied

mental health services because they couldn't access a building."

Only nineteen hospitals and clinics across New York State were selected as recipients of the HEAL NY Grants to improve the coordination and delivery of inpatient and outpatient mental health services. These awards are the latest in a series of funding initiatives provided through the Health Care Efficiency and Affordability Law for New Yorkers (HEAL NY) and the Federal-State Health Reform Partnership (F-SHRP). The New York State Department of Health (DOH) and the Dormitory Authority of the State of New York (DASNY) will jointly administer the funding in conjunction with the State Office of Mental Health.

The HEAL NY grants are principally for capital projects involving the consolidation, renovation, and expansion of treatment space. Projects will enable hospitals and clinics to address service needs arising from aging physical plants, hospital closures, and innovations in mental health treatment modalities that will improve services for clients in the community and prevent unnecessary hospitalizations.

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The Starry Night Café Re-Opens

The new and improved Starry Night Café re-opened on Friday, September 24th at its new location: 950 South Oyster Bay Road, Hicksville. The Café is located in an area formerly occupied by our Continuing Day Treatment program, The Haven, at the agency's main headquarters.

The Café manager, B Artale (affectionately known as Miss B) welcomed everyone to the new location. The Café had to be temporarily closed as a result of the merger between Connection Clubhouse and The Haven into the new Roads to Recovery (PROS) program, which is housed in the former Connections building. This new program required additional space, which necessitated the moving of the Café.

After the completion of extensive renovations at Roads to Recovery, work began on constructing the new Café. Unfortunately, some unexpected construction problems and the recent flood at the agency delayed the re-opening.

The Starry Night Café is a unique experience that caters to



the creative talents of persons with disabilities by providing a safe and stimulating environment where individuals can socialize and express themselves through poetry readings, musical and vocal performance and by actually running the café themselves.

In the past, on any given weekend evening over 50 individuals/customers converge on The Starry Night Café to enjoy the company of others, purchase light meals and designer coffees, participate in board games, relax with friends, and/or perform Karaoke.

The Café is open every Thursday (5 - 9 pm), Friday (4 - 11 pm) and Saturday (4 - 11 pm). For additional information on the Café, please visit our website: www.centralnassau.org/Starry_Night_Cafe.



Guidance & Counseling Services, Inc.

950 South Oyster Bay Road
Hicksville, New York 11801
516.822.6111
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 Developmental 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.

Chief Executive Officer's Report

Barbara Bartell, LCSW

2010, A Year of Changes.

2010 has certainly been a year of changes at and for Central Nassau!

Earlier this year, we merged several programs to create Pathways to Recovery and Roads to Recovery. These mergers were the result of an initiative developed by the New York State Office of Mental Health.

The Pathways to Recovery is located on the grounds of Pilgrim Psychiatric Center, Brentwood and started in January. In February, Roads to Recovery was launched in Hicksville in the old Connections Clubhouse building. To accomplish the merges, significant staff and programmatic changes needed to be made for the new programs. New staff was hired and had to be trained extensively. Additionally, renovations to the buildings needed to be undertaken for both buildings with the Hicksville building requiring extensive work. I am pleased to report that these new changes were well received by our consumers and we are seeing positive results in their recovery.

Many of our staff members have continued to be actively involved on a major project that will bring about sweeping changes to way medical records are handled. For the past several years, our staff has worked with colleagues from other agencies throughout Nassau and Suffolk on the N.Y.S. Clinical Record Initiative. The committee's charge was to develop standardized healthcare forms that are funding source compliant for use by all agencies. Significant progress has been made on the forms and the mapping will be ready to go to software developers shortly. The goal is to have the software available for use by the agencies by December. All of our staff will need to be trained on all of the software.

The Office of Mental Health has also unveiled new Clinical Reform procedures that are requiring extensive training of staff. The reform includes new billing procedures and protocols, including the changing of all billing codes. This takes effective October 1st, and we have been working hard to comply with these additional changes. Also, the N.Y.S. Office of Alcoholism and Substance Abuse Services is changing their billing procedures so our Community Program has already begun to prepare for this as well.

In the late evening of Friday, June 26th, until early the next morning, Central Nassau experienced a major flooding at our main headquarters. Carpeting, walls, flooring, computers, furniture, and files were damaged or destroyed as a result. Immediate steps were taken to assure that our agency was open as usual on Monday morning! Obviously, with over \$350,000 in damages throughout much of the building, we have had to work hard to lessen the impact upon consumers and staff. Extensive repair work continues as we "rebuild" our facility. I'm very proud of the way everyone has pulled together in difficult times.

Additionally, as you are all aware, Healthcare Reform on the federal level will bring about a great deal of change for all of us. While some of it will not happen until 2013/2014, we must start planning ahead. A major component of the reform will be technology and the creation of a comprehensive management of health information and its secure exchange between consumers, providers, government agencies, and insurers. All the medical software the agency uses will need to be certified and, undoubtedly, will require ongoing training to adapt. Recently, a Long Island partnership of agencies we are working with received a federal grant of \$20,000,000 to help implement this throughout Nassau and Suffolk.

2010 continues to be a year of change for us here at Central Nassau. However, I am pleased to report that the agency has responded well and has even thrived under difficult circumstances due to the cooperation and positive attitude of staff. But that doesn't surprise me as I have watched this agency grow from a single outpatient mental health clinic to a network of community-based programs serving Nassau and Suffolk. Change can be good as long as you work hard and keep moving ahead.



Update on *Pathways to Recovery* and *Roads to Recovery*

On January 1, 2010, the Continuing Day Treatment program that Central Nassau Guidance operated on the grounds of Pilgrim Psychiatric Center, Brentwood, became a Personalized Recovery Oriented Services (PROS) program. This change was made to conform to the initiative developed by the New York State Office of Mental Health (OMH). The program is known as Pathways to Recovery.

The following month, the agency merged our continuing Day Treatment program (The Haven) and Connections Clubhouse program into another PROS program, Roads to Recovery. This program is located in Hicksville in the former Connections Clubhouse building.

Our consumers' response to both new PROS programs has been overwhelmingly positive; in fact they are operating overcapacity. The programs have experienced tremendous success in decreasing the number of hospitalizations of consumers, decreasing the number of violent incidences, and, most importantly, clients are more motivated as a result of their dictating their own treatment plan.

HEAL NY GRANT

Story continued from page 1

"Quality health care must address the needs of the whole person, and New York State is making investments in our health care system to accomplish this goal and benefit patients," said State Health Commissioner Richard F. Daines, M.D. "These awards will upgrade and modernize New York's mental health infrastructure to provide better and more efficient health care for all individuals seeking treatment." Michael F. Hogan, PhD, Commissioner of the Office of Mental Health, said, "These awards fill a key gap in the mental health safety net. Facilities will use the awards to modernize and improve environments of care. Over time, these resources will help us to reduce excess inpatient mental health hospitalization by strengthening outpatient and community-based services more appropriate to clients' needs." DASNY President Paul T. Williams, Jr. said: "DASNY looks forward to working with the Department of Health and the Office of Mental Health to facilitate funding for capital projects that support needed innovation in the delivery of mental health services."

Central Nassau Guidance and Counseling Services was recognized by the State as a leading provider of mental health and substance abuse services on Long Island. Our agency is known for identifying service gaps and challenges facing consumers, advocating for governmental supports for them, and developing programs and services to meet emerging needs. Many of our clients come to the agency with a history of frequent hospitalizations but the agency has achieved success in significantly reducing the number of emergency room visits and hospitalizations of clients.

Both Pathways and Roads use best-practice treatments to assist individuals in recovering from the disabling effects of mental illness through coordinated and customized rehabilitation, treatment and support services. These evidenced based practices include self-management; integrated dual diagnosis; family psycho-education; and supported employment. A recovery plan is developed for each member that includes clinical, case management, psychosocial, co-occurring services and structured skill development. The goal is to improve individual skills, reduce disability and restore individual functioning in the community.

Additionally, the PROS programs are helping to solve some issues that have arisen over the significant downsizing of inpatient capacity in the last few years. With our programs available as a resource, local hospitals can now speed up the discharge process and open up beds in their units.

The Pathways to Recovery program has already had its license renewed for 1-year by OMH. Roads to Recovery is currently undergoing the renewal process.

Roads to Recovery's Kitchen and Food Pantry



You may not know this but the kitchen at Roads to Recovery produces over 24,000 hot meals each year. As part of the vocational training offered by the program, our consumers actually prepare meals for attendees of both Roads and the Pathways to Recovery.

Additionally, Drop-In Center is offered Tuesday, Wednesday, and Thursday evenings from 4-8 pm. The program offers persons the opportunity to socialize in a congenial environment and take part in various activities offered each day. Participants also receive dinner at no charge each evening. For more information, call Sean Getty at (516) 938-7568 x 336.

This past Spring, the Food Pantry at Roads received an amazing load of canned goods through the U.S.P.S. Letter Carrier Food Drive, LI Cares and Island Harvest. The Food Pantry is operated to help feed some of the hungry in our community. Staff member Barbara Frank is shown in the midst of the generous donation received by the Food Pantry!

2010 - 2011 Board of Directors and Officers

The 2010-2011 Officers of the Board of Directors of Central Nassau Guidance and Counseling Services were installed at a special swearing-in ceremony on May 11th that was officiated by Robin Krajewski, Director of the Long Island Field Office for NYS Office of Mental Health.

Elected to the leadership of the Board of Directors is James F. O'Brien, Esq. – President; Carl Grossbard – Vice-President; Audie Kranz

– Vice-President; Leonard Parness – Treasurer; and Steven Shuster – Secretary.

Also, swore-in those evenings were the other members of the Board of Directors: Arnold Gould, Beverly Green, Bill Kranz, Daniel Lewis, Harriet Libstag, Richard J. O'Brien, Charles A. Rich, George N. Rifkin, Mark B. Seiden, and Ada Shapiro.

2010 - 2011 Board of Directors

Front Row: Bill Kranz, Beverly Green, Ada Shapiro, Harriet Libstag, and Robin Krajewski. Back Row: Rich O'Brien, George Rifkin, and Charles Rich. Missing from photo: Dan Lewis and Mark Seiden.



2010-2011 Officers being sworn in. L-R: Robin Krajewski, Len Parness, Carl Grossbard, Audie Kranz, Steve Shuster and Jim O'Brien.

In Memory of Richard J. O'Brien

The Board of Directors is sad to report the sudden passing of Rich O'Brien on September 29th. Rich was an active Board member of Central Nassau Guidance and a fixture at the agency's Annual Golf Outing. His presence will be missed but his memory will live on with all of us who had the pleasure to know him.

Rich, thank you for all your hard work and support. May you rest in peace.

Business as Usual After Substantial Flooding at Central Nassau Guidance and Counseling Services

Central Nassau Guidance found itself substantially underwater on Saturday morning, June 26th, after discovering a bathroom fixture had flooded the agency headquarters for over a 10 hour period.

Carpeting, drywall, program files, computers, desks and cabinets were damaged extensively throughout the agency. All of the effected carpeting was removed and dryers and blowers were used to remove odors. Even new construction at the agency was impacted as its Starry Night Café program, which is being relocated to

the agency's headquarters. The new flooring and walls were impacted by the flood. Over \$350,000 in damages occurred.

After a long process, all of the damage walls have been repaired and painted and/or wallpapered. New carpeting was also installed to replace the damaged areas. While everyone has been inconvenienced, our doctors, nurses, counselors, therapist, and administrative staff have responded to the challenge. We also appreciate greatly the cooperation and understanding exhibited by our consumers. Thank you!

A Heartfelt Thanks!

Two of the most important words in the English language are “Thank You”! In the Spring, our CEO, Barbara Bartell, took the opportunity to personally thank our Volunteers at an Appreciation Luncheon held in our Conference Room. Volunteers from The Pretty New Thrift Shop and our Gift Shop attended. Several volunteers were recognized for 5 and 10 years of service to the agency!



Barbara Bartell, LCSW, and some of our wonderful volunteers.

Eagle Scout Leadership Project

The Agency’s headquarters was the recipient of the hard work and effort of 14-year Dan Emmons as he undertook his Eagle Scout Leadership Service Project. Dan solicited donations to erect two fences as well as plant a large assortment of bushes and flowers.

The Eagle Scout Leadership Service Project is the opportunity for a Scout in the Boy Scouts of America (BSA) to demonstrate leadership of others while performing a project for the benefit of his community. This is the culmination of the Eagle Scout candidate’s leadership training, and it requires a significant effort on his part. The project must benefit an organization and the Scout must plan, develop, and lead others in doing the service.

Dan is a member of Troop 660, out of St. Rose, Massapequa, and is also a student at Kellenberg High School. Dan chose Central Nassau

Guidance after being introduced to us by his Dad, Rich Emmons, who has attended our Annual Golf Outing in the past. (Dan is also a golfer and joined his father at this year’s Outing.)

In late March, Dan met with Gene Gallagher, Director of Fundraising and Development for Central Nassau, to discuss his Eagle Scout Project. Once they agreed upon a task that would be beneficial to Central Nassau, Dan submitted his project for approval by his Scout Leader, the unit committee, and a district representative, before work on the project could begin.

Everyone at Central Nassau was impressed by Dan’s commitment to the project. And we have received many compliments on the fence and all of the landscaping that Dan Emmons and his fellow scouts completed. Thank you Dan for all your hard work and for choosing Central Nassau Guidance!



18th Annual Runday – Largest Field Ever

Central Nassau Guidance and Counseling Services had 419 runners at its 18th Annual 5K Runday, which was held on Saturday, May 29th. This was their largest field ever to start the race.

The event raised \$29,286 in unrestricted funds to surpass its goal of \$25,000. The funds were raised to benefit the many services that Central Nassau provides throughout Nassau and Suffolk including residential services; outpatient chemical dependency programs; outpatient mental health services; individual, family and group counseling; assertive community treatment; case management; mental health services for the deaf; pre-vocational training; and personalized recovery oriented services.

Assemblymen Michael Montesano, from New York State's 15th

District, served as the Honorary Starter for the race that began at Central Nassau's offices located at 950 South Oyster Bay Road in Hicksville and continued through the streets of Hicksville and Bethpage. Nassau County Legislator, Rose Walker, a long-time supporter of Central Nassau, also was present for the pre-race festivities that included a Fun Run for children under the age of 12.

All Runners received a commemorative Runday t-shirt, free refreshments, and computerized finish times. Twenty-three trophies were awarded to top male and female finishers in various age categories. Central Nassau's 5K Runday event is part of the Long Island Grand Prix series of running events.



In the photo: Barbara Bartell, LCSW and CEO; Carl Grossbard, VP of Central Nassau Board, Assemblymen Michael Montesano; and Gene Gallagher, Central Nassau

Corporate and Community Support Helps Rebuild Lives!

Runday serves as one of the major events to support Central Nassau's network of comprehensive community-based services for people with mental illness, developmental disabilities, and chemical dependency concerns. Over 2,000 children, adults and families are served annually by Central Nassau.

Major sponsors for the event included: **The Alcott Group**, *Finish Line Sponsor*, and **M & T Bank**, *Children's Fun Run*. We are very grateful to all of our sponsors and runners for their continued support of Central Nassau Guidance and Counseling Services.

Finish Line Sponsor

The Alcott Group

Children's Fun Run

M & T Bank

Gold Sponsor

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Joe Nieves
Ira Kaplan
Rosemary Dillon
Roberta and Charles Mohr
Christine Hunter
William Robeson
William Yelen

Gifts-In-Kind

Dairy Barn
Kozy Shack
Uncle Wally's
WBAB

Please accept our sincere apology if anyone was inadvertently omitted

11th Annual Golf Outing – A Huge Success!

Central Nassau Guidance and Counseling Services, Inc. proudly announces that the 11th Annual Golf Outing received over \$41,000 in support of our community-based programs and services.

Eighteen foursomes joined us at the event, which took place on Monday, July 19th, at the Town of Oyster Bay Golf Course in Woodbury.

The golfers were greeted at the registration table by a large sign proclaiming “Cook, Hall & Hyde Inc.” as the Presenting Sponsor.

The golfers played a “Texas Scramble” event enabling golfers to enjoy the benefit of playing from the fairways - at least on most occasions! The “Texas Scramble” format allows teams to hit their second shot from the spot of the best drive off the tee. Golfers then complete play through the hole using their own ball. After a great round of golf, the golfers were joined by additional guests who purchased tickets for the Reception and Dinner that followed. **Knockout Pest Control** and **M & T Bank** graciously sponsored the Reception and Dinner, respectively.

Staff members from Central Nassau sold raffle tickets at the Reception and our guests responded generously. Over \$5,600 worth of tickets were purchased for a chance to win some great prizes ... but mostly to show their support of Central Nassau!



We would like to thank all our corporate sponsors, golfers, and contributors who helped make this a successful fundraising event.

CHAIRPERSON

James F. O'Brien, Esq.

COMMITTEE MEMBERS

Barbara Bartell

Central Nassau Guidance and Counseling Services, Inc.

Louis Basso

The Alcott Group

Matthew Dapolito

Condon, O'Meara, McGinty & Donnelly, LLP

Gene Gallagher

Central Nassau Guidance and Counseling Services, Inc.

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Steve Shuster

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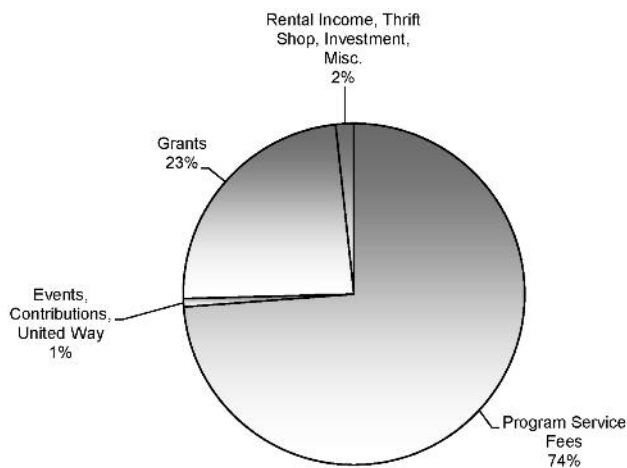
Vita Medical Spa

Please accept our sincere apology if anyone was inadvertently omitted

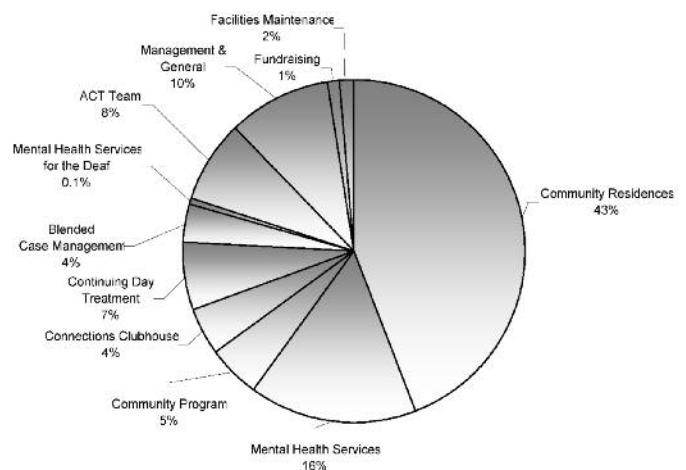
Central Nassau Guidance and Counseling Services, Inc. Financial Information

Central Nassau Guidance and Counseling Services, Inc. is led and governed by an independent Board of Directors comprised of leading Long Island community and business leaders. The agency adheres to stringent financial controls and a system of checks and balances that is monitored by the Board's Finance Committee. All aspects of our finances are subject to an annual independent audit by a respected certified public accounting firm, Condon, O'Meara, McGinty & Donnelly LLP.

2009 Total Income
\$11,650,408



2009 Total Expenses
\$11,458,504



Interesting Fact!

For every \$100,000 spent on Substance Abuse treatment, \$487,000 of health care costs and \$700,000 of crime costs were shown to be avoided. Investing in community-based substance use treatment is an effective way to reduce health care costs, according to a recent study conducted in New York, California and Washington by the Substance Abuse and Mental Health Services Administration.

Live United Campaign

Staff at Central Nassau participated in United Way of Long Island's "Live United Campaign". By making a donation to the program, the individual staff member was allowed to wear jeans and a special tee-shirt to work.



The Pretty New Thrift Shop

238 Main Street • Farmingdale, NY 11735

(516) 420-1394

Open Monday – Saturday, 9:30 am – 3:00 pm

Recycle & Donate!

*Clothing (All types & sizes) • Toys
Sundries • Glassware • Decorations
Small Furniture • Housewares*

All donations are fully tax deductible as allowed by law.

The Pretty New Thrift Shop is managed & staffed solely by volunteers.
Proceeds benefit Central Nassau Guidance and Counseling Services, Inc.

Dear Friends,

Our shelves are getting bare and we could use your help. We are looking for donations of gently-used items for the Thrift Shop. Your support will help make a difference.

Thanks!

The Volunteer Staff

STAFF DAY 2010

On June 23rd, over 100 staff members from throughout the agency gathered at Camp Alvernia, Centerport, for training seminars and team building exercises. Staff is required to undergo annual re-training on certain issues including HIPPA. Staff Day presents an opportunity to bring almost everyone together for this important training.

As part of the Staff Day tradition, a member of the staff is presented with the “Shining Star Award” to recognize their commitment to helping our clients and consumers. This year, Barbara Bartell presented the award to Daniela Mosca, from our Enriched Supported Housing Program in Valley Stream. Daniela had been nominated by a colleague and was selected by a Committee that reviewed all of the nominations.



Great Scorecard for the Community Program

The Community Program recently received an outstanding scorecard from The New York State Office of Alcoholism and Substance Abuse Services. Many of the program’s outcomes were above the New York State average. Highlights include:

- Program’s Retention Rates above New York State’s average for one month and 1 year as well as completing program.
- 89% Reduction in Six Month Arrests as compared to 66% average in New York State.
- 65% of clients discontinued their drug/alcohol use.

The Community Program provides outpatient services to individuals and families seeking help with drug and alcohol related issues. Its primary goal is to provide quality treatment so clients can lead healthy, productive, substance free lifestyles. Clients are admitted to the program if there is current drug/alcohol use or a history of substance abuse and there is concern for relapse.

Community Program Starts New Group

Men’s Health and Wellness

Making Positive Changes,
“If you always do what you have always done...
you’ll always get what you always got”

Topics include:

- Fitness • Nutrition
- Drugs & Alcohol and Your Brain
- Optimizing your Mental Health
- Medications

This will be a 10 week series and will meet
Tuesdays: 4:00-5:00

Facilitator: Dr. Joseph Terranova

For more information, please call: (516) 822-4060.

All information is strictly confidential!



High Tea



It's time to don your Hat and Gloves for High Tea with Central Nassau Guidance & Counseling Services.

Tickets are only \$15.

Saturday, December 4, 2010 • 2:00 pm – 5:00 pm
Levittown Hall • 201 Levittown Parkway • Hicksville, NY

There will be many great Raffle Baskets and Prizes so get ready to purchase your tickets!

Please call (516) 396-2771 to purchase tickets or for more information.

PS ... Don't forget to bring your tea cup!

Central Nassau Supports United Way of Long Island

Our CEO, Barbara Bartell, LCSW, once again challenged the staff of Central Nassau Guidance and Counseling Services to generously support United Way of Long Island's Campaign as another demonstration of their commitment to helping Long Islanders. As a reward, the first program to have 100% participation would receive a pizza lunch purchased and served by Ms. Bartell. This year, the staff of Administration and Accounting were the lucky recipients of pizza served with a smile!



Guidance & Counseling Services, Inc.

950 South Oyster Bay Road, Hicksville, New York 11801

516.822.6111

www.CentralNassau.org

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

How YOU Can Help Central Nassau Guidance...

MAKE A DONATION:

Contributions of cash, checks, Master Card or Visa, stock, or securities are appreciated!

VOLUNTEER:

We welcome anyone who has an interest in helping our agency with special events, clerical work, and other projects.

PLANNED GIVING:

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.

GIFTS-IN-KIND:

Central Nassau accepts in-kind donations of products or services. Gently used items are also appreciated for The Pretty New Thrift Shop.

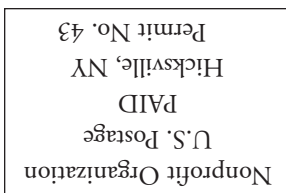
COMPANY MATCH CONTRIBUTIONS:

Please check with your Human Resources representative to see if your company will match your donation to Central Nassau.

SPONSORSHIPS:

Underwriting the cost of an event or project will help Rebuild Lives!
Items for raffling off at any of our events are always being sought.

*For more information, please call the
Development Office at (516) 396-2771.*



*“Our Strength Is
Our Diversity”*

Central Nassau Guidance
& Counseling Services, Inc.
950 South Oyster Bay Road
Hicksville, New York 11801
516.822.6111
www.CentralNassau.org