



Family & Children's

SERVICE OF ITHACA

2018 Annual Report

2018 Year in Review



PEACE OF MIND: A DAY OF YOGA AND WELLNESS

Peace of Mind offered workshops in self-care practices to nearly 150 community participants.



SPAGHETTI DINNER

DAP and ROP participants served as wait staff at our dinner providing delicious meals to their family and community members.

NONPROFIT PARTNER OF THE YEAR

F&CS's Community Outreach Worker program was recognized as Downtown Ithaca's 2018 Nonprofit Partner of the Year!



MAY IS MENTAL HEALTH MONTH

The Mask We Live In film screening and panel on healing toxic masculinity presented to a sold-out community audience.



OUR HOME

Our Home open house event celebrated the 10-year anniversary of moving to our new clinic home on 127 West MLK Jr/ State Street, allowing us to serve more clients than ever before.



RUNAWAY & HOMELESS YOUTH MONTH

Homebound film screening and panel with community partners shed light on youth homelessness in Tompkins County.

Message from the Interim President & Board Chair

Every year, our agency is faced with challenges and opportunities for growth. In 2018, we faced a major change in leadership, but with a determination to keep our mission at the forefront, we emerged with new energy and a refreshed commitment for our work. From the remarkable staff who demonstrate daily what it means to provide high-quality mental health services to our supporters and friends who have remained steadfast to our vision—our compassionate, caring environment continues to be a place for anyone to turn to, at any time.

At the heart of our mission are the people—the families, the individuals, the students. This year, the clinic provided services to a record number of adolescent and young adults, indicating a clear need for the type of services we offer. The Zero to Five program continues to be the only program of its kind to serve children under the age of five and their caregivers in our area. Youth and Outreach Services continue to uniquely provide outreach, case management, and therapeutic mentoring services to our most vulnerable youth. And, our Geriatric Mental Health program continues to see a rise in older adults whose mental health needs increase as they age.

We are so proud to serve our community with compassionate, high-quality services year after year. Thank you for your unwavering support that allows us to do just that. We celebrate your devotion, service, and passion to make our work possible. As we move into another year, we carry with us all that makes us special, and a drive to ensure everyone can live fuller, healthier lives.



Karen Schachere

Karen Schachere, Ph.D., LCSW
Interim President/ CEO



Kevin Cartmill

Kevin Cartmill
Board President

OUR MISSION

Family & Children's Service of Ithaca supports, promotes, and strengthens the well-being of individuals and families by providing high-quality, accessible mental health care and related social services, with a particular sensitivity toward the needs of children.

OUR VISION

We envision a community in which families, children, individuals, and seniors have access to the social supports they need to lead fuller, more meaningful lives.

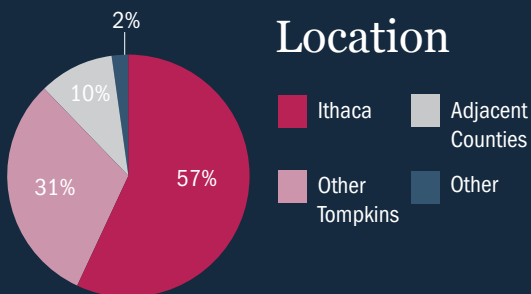
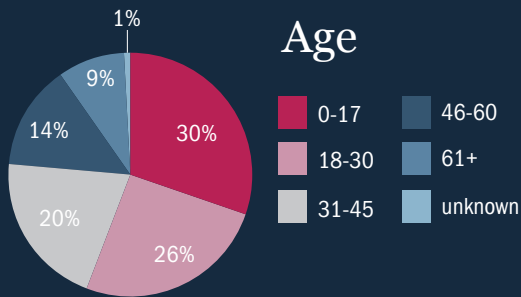
2018 BOARD OF DIRECTORS

Kevin Cartmill, Board Chair
Kenneth Harris, Vice-Chair of Assessment
Marie Cope, Secretary
Bill Murphy, Treasurer
Karen Schachere, Interim President & CEO, ex officio
Amber Alpizar*
Chris Apker
Claudia Brenner
David Brown
Dave Burbank
Beverly Chin
Dr. Colleen Colbert
Greg Eells*
Rev. Douglas Green*
Catherine Hackett
Rachel Hogancamp
Elsa Hyde
Paul Kirk
Kevin Mahaney
Jason Trumble
Bryan Warren

**Former F&CS Board Member*

Who We Serve

PROGRAM	# OF CLIENTS SERVED IN 2018
Counseling	1,534
Psychiatry	352
Zero to Five Program	70
Geriatric Mental Health	87
Open Doors	178
Dispositional Alternatives Program	27
KinECT	85
Rural Outreach Program	15
Children's Crisis Outreach Services	27
Community Outreach Worker	215



2018 Program Highlights

ZERO TO FIVE PROJECT

Family & Children's Service of Ithaca is the only mental health agency in our community that provides counseling services to children younger than the age of five. The Zero to Five project offers early intervention and comprehensive services to families with young children considered at high-risk for developing social, emotional, or psychological issues. In addition to our treatment services, we provide consultation to parents, schools, and other agencies about behavioral and developmental concerns. In 2018, the Zero to Five project received a total of 84 new requests for service, a 40 percent increase over last year. In total, the program served 70 individual families.



GERIATRIC MENTAL HEALTH & CAREGIVER SUPPORT SERVICES

The Geriatric Mental Health (GMH) program provides mental health services to elders and their families. Our services are provided in-office, and when possible, we will provide home-based services to elders who may not be able to access the mental health services they need due to health problems, limitations in mobility, and psychological issues that impede the ability to obtain care. The GMH program also provides support for caregivers in the community through individual caregiver counseling and a monthly caregiver support group. The GMH clinician coordinates assessment process and pursues the clinical objectives through ongoing counseling services tailored to meet individual needs. In total, the program served 87 individual clients.



OPEN DOORS: SERVICES FOR RUNAWAY & HOMELESS YOUTH

Open Doors provides crisis support and case management services to youth that are homeless, have run away, or are at-risk of doing so. Open Doors serve youth through a combination of temporary shelter in host homes, acute short-term crisis management, mediation, and family counseling. Open Doors also provides advocacy within the education system and the public sphere. In 2018, the program provided 24 runaway and homeless youth with ongoing services during acute crises, an additional 36 youth received short-term intervention services, five youth received aftercare from Open Doors' staff, and approximately 113 warm-line consultations were provided to school personnel, youth in need, friends of youth, and parents.



Our Financials

Family & Children's Service of Ithaca is a 501(c)3 nonprofit organization. Our operating revenue for 2018 was \$4,220,274. Our expenses were \$4,596,982. Full audited financials will be available upon request.

	2018	2017
ASSETS		
Cash	980,037	1,120,702
Investments	500,348	522,752
Accounts Receivable, Net	754,552	870,702
Prepaid Expenses	32,938	60,740
Fixed Assets, Net	3,524,467	3,577,522
Deferred Loan Costs	74,481	79,770
Unconditional Promises To Give	5,068	59,246
Cash Value - Charitable Life	59,950	52,412
Security Deposits	3,000	3,000
Total Assets	5,934,842	6,346,846

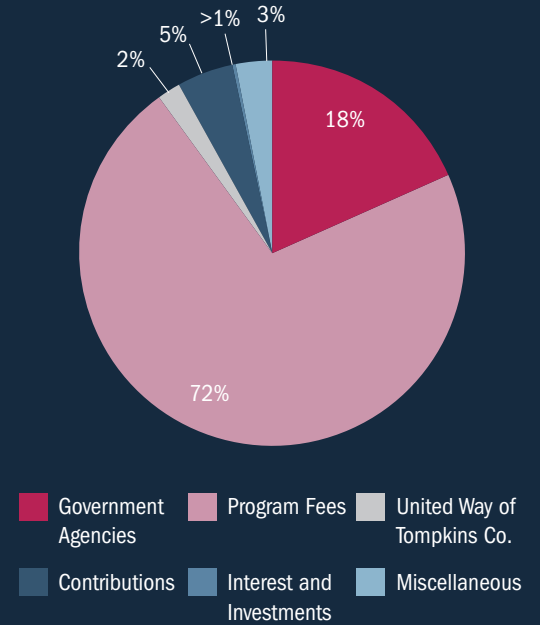
	2018	2017
LIABILITIES		
Accounts Payable	19,015	44,992
Accrued Expenses & Withholdings	207,428	206,268
Contract Advances	21,474	19,215
Notes & Leases Payable	2,044,103	2,056,842
Fund Balance	3,642,822	4,019,529
Total Liabilities & Net Assets	5,934,842	6,346,846

	2018	2017
REVENUES		
Government Agencies	781,115	1,021,209
Program Fees	3,039,921	3,216,775
United Way of Tompkins County	85,000	108,000
Contributions	199,920	288,786
Interest & Investments	(8,504)	64,431
Miscellaneous	122,822	54,703
Total Revenue	4,220,274	4,753,904

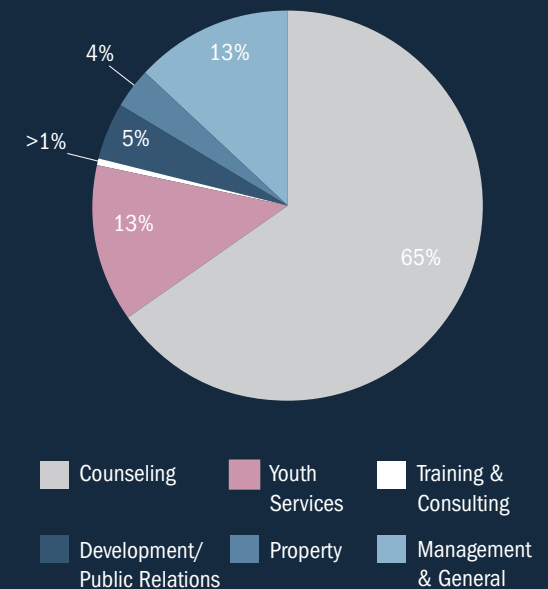
	2018	2017
EXPENSES		
Program Services	3,606,456	3,504,706
Supporting Services	990,526	932,230
Increase/Decrease in Net assets	(376,708)	316,968

	2018	2017
EXPENSES BY PROGRAM		
Counseling	3,005,779	2,884,181
Youth Services	600,677	620,525
Training & Consulting	30,195	30,580
Development/ Public Relations	207,645	146,927
Property	163,100	114,790
Management & General	589,586	639,933
Total	4,596,982	4,436,936

Revenue



Expenses by Program



Our Supporters

F&CS is made possible by those who believe that we are stronger as a community when everyone has access to affordable, high-quality mental health services. We are so grateful to the commitment of our generous donors for providing our community members with access to compassionate care through our clinic and outreach services.



“Best practice is not just a useful phrase here; it is the backbone of the agency, and what gives F&CS its stellar reputation. Staff and clients feel seen and cared for.”

Ann Dolan, LCSW

Specialty: Geriatric Mental Health

2018 Donors

\$10,000 AND UP

United Way of Tompkins County
Park Foundation, Inc.
Pamela & Robert Swieringa

\$5,000 - \$9,999

Community Foundation of Tompkins
County
Brooks Family Foundation

\$2,500 - \$4,999

Datetree Charitable Trust
Eugene & Jeanne Yarussi
Tompkins Charitable Gift Fund

\$1,000 - \$2,499

Sandy & Jay True
Steve & Carla Fontana
Anne Karolyi
Vector Magnetics
Nicky & Rick Falk
M&T Charitable Foundation
Karen Schachere & Philip McMichael
John Rudd & Beverly Chin
Rev. Douglas Green
Lisa & Richard Farr
Larry & Trudy Baum
John & Marcie Bishop
Chris & Elsa Hyde
David Fernandez & Elizabeth Lawson
Carl Ginet & Sally McConnell-Ginet
David & Pam Shapiro
Susan Murphy & Hal Craft

Peter & Ursula Browning
Lynnette Scofield
John & Linda Waldman
Joseph & Denise McEnerney
Dave & Illa Burbank
Joel & Cathy Zumoff
Ron & Brenda Bricker
Betsy Noel
Arthur Shull

\$500 - \$999

City Club of Ithaca
Bradley R. & Mary M. Grainger
Cate & Rick Hackett
Katherine Anderson & Max Pensky
Paul & Elizabeth Kirk
Alan Midura & Spring Buck
Vicki & Rich John
Cynthia Wild
Deborah Whitehead
Amber Alpizar
Eva & Roald Hoffmann
Rotary Club of Ithaca
David Brown & Nina Glasgow
George & Bobbie Schneider
Kevin & Sheri Mahaney
Edward & Amy Abelson
Don & Sylvia Dickinson
David & Joy Barr
Steve Snyder
Kurt & Sorel Gottfried
Simon Burt
Shelley & Ron Cooper
Rosanne Mayer & John Siliciano
Rita Melen
Patricia Sullivan

Nancy & Larry Dalton
Margaret Munchmeyer
James & Liskin Cordes
Stephen & Karen Sass
Julia Gorman
Neil & Judith Ashcroft
Joan & Bob Horn
Jeffrey & Suzanne Snedeker
Fred & Tibby McLafferty
Dawn Kleeschult & Richard Warkentin
Chuck Tauck & Fran Littin
Bruce Cutter
Barry Adams
B. Ann Tucker
Kinney Drug Foundation Inc.

\$100 - \$499

Wendy Wilcox
Bob & Laura Andolina
Joan Bechhofer
G. P. Zurenda, Jr.
David & Lenore Bandler
Jeffrey Ford
Barbara & David Demarest
Alice Colby-Hall
Walton & Jean Cottrell
Jim & Terry Byrnes
Anne DiGiacomo
Mr. & Mrs. Robert Sprole, III
Walter & Sandra La Feber
Linda Woodard
Ian Perry
Steve & Elena Flash
Debra Norton
Anthony Pane
John Corgel & Connie Colbert

Matt & Madeline Estill	Christopher Buchanan	Gary Frank	Scott & Sharon Glass	Donald & Janet Lein
David Stinson	David & Carolyn Corson	Dan & Jean McPheeters	Saoirse McClory & Lawrence	John & Janet Burton
Mary Ellen Cummings	William & Carol Klepack	David & Susan Ruppert	Hirschberger	Jim Karpinski & Jane Koestler
John & Sue Sammis	Beth Brennan	Susan Tillema & Herbert Tillema	Ruth Ann McCaa	James Miller & Christine
William G. Tomek	Albert & Barbara Cappucci	Susan & Kenneth Brown	Rosalind Kenworthy	Schelhas-Miller
Bill & Dianne Currie	Anke Wessels & Ric Allen	Nick Goldsmith	Richard Moran	Roger & Harriet Cramton
William & Nancy Bellamy	Annie Quach	Charles & Nancy Trautmann	David & Rebecca Schwed	Joseph & Emily Metz
Tessa Sage Flores & Ira Goldstein	Leigh Alo	Marlene & Bill Jewell	Ron & Randy Ehrenberg	Roy & Dorothy Erb
Susan Merkel & Joseph Yavitt	Patricia Cluett	Mariana Wolfner & James	Peter & Enid Littman	Dan & Debra Dwyer
Joel & Susan Brock	Timothy & Elizabeth Mount	Rothenberg	Paula Winner & J. Edward Russo	David & Margaret Robertshaw
Jon Minikes & Susan Backstrom	Teresa Jordan & Richard	Liese D. Brofenbrenner	Patricia Streich	David & Susan Frahm
Sheila Stone	Allmendinger	Gould Colman	Nita Irby & Thomas Divers	Dr. Colleen Colbert
Robert Sprole, II	Stephen Chase	George & Nancy Schuler	Nick & Sharon Lambrou	Ron & Charlotte Coffman
Rachel Hogancamp	Nancy & Henry Stone	Sidney & Gail Leibovich	Maureen Newman & Wade	Carol Kammen
Phil & Pat Cornell	Murray Deathe	Deborah Trumbull	Bollinger	Carl & Susan Haynes
Miriam Spero	Richard & Mary Schuler	Red Feet Wine	William & Mary Opperman	Beverly Baker
Michael Kotlikoff	Marjorie Smart & Robert Camp	Nancy Webster	Mary Berens & Paul Feeny	Beth Putnam
Maryanne & Rick Banks	Jay & Loretta Weisberg	Elizabeth Berliner	Robert & Mary Hutchens	Benjamin Davis
Fred & Mary Widding	Lois Pollack & Ken Finkelstein	Claire Coombs	Mark Waldman	Jerry & Barbara Nosanchuk
Mark Milstein & Monica Touesnard	Scott & Lisa Smith	Betsy Rudolph	Marilyn Ryan	Barbara Lynch & Paul L. Houston
Lisa & John Whitaker	Leah Horwitz	Tudorita Tumber	Neil & Marie Taylor	Arnold Schwartz
Richard & Linda Slade	Jeannie Barnaba	Kenneth Harris	Don & Marian Hartill	Ken Birman & Anne Neiryneck
Bernard & Linda Beins	Elizabeth Peck	Irving Shapiro	Margaret & Eric Robinson	Curtis & Amanda Ufford
Kyle Summerskill & Arpi	Scobie & Peter McClelland	Cynthia Kaufman	Lisa Loftus	Albert George
Hovaguimian	Donna Fleming & Rick Kaufman	Edward & Caroline Cope	Lisa Everts & Jon Carlton	
Kevin & Kelli Cartmill	Chris & Sonia Apker	Ithaca Teachers Association	Lawrence Endo & Caron Bove	UP TO \$99
John Y. Lambert & Robin Rogers	Sami Husseini & Catherine	Danielle LaVigne	Laurie A. Robinson	Joyce McAllister
Jennifer Engel	Husa-Husseini	Network for Good	Kumi Korf	Joan De Boer
Jari Poulin & Robert Karpman	Carolyn Sampson	Kiet Quach	Kathy Brahney	Stephanie Mulinos
Jane V. Engel	John & Carol Vineyard	Tanner Kratil	Kathleen and Mark Hulsebosch	Mark & Paula Eisner
Donald & Iris Greenberg	Carla Golden	Amber Dew	Karen & Michael Shuler	Lou & Mo Reycroft
Elliot & Patricia Rubinstein	Dr. Amit Singh	Zoey Storrey	Josephine Horn	Judith Rothenberg
Elizabeth Bixler & Betsy East	Philip & MaryLu McPheron	Zellman Warhaft	Joanne Trutko	John L. & Carolyn C. Neuman
David & Peggy Dunlop	Joan & David Brumberg	Virginia Bizzell	Alex & JoAnne Miner	William Patchen & Karen
Claudia Voss Lewenstein &	Bill & Stacey Murphy	David & Tove Hammer	Jennifer Weinraub & David Evelyn	Kaufmann
Bruce Lewenstein	Marie & Joshua Cope	Tony Parise & Sally True	Jeanette Miller	Duncan Hilchey & Amy Christian

Lori Yelensky	Leslie & Jim Quest	Roy & Frances Dexheimer	Joan Fenner	Agnes Zavaski
Susan Allen-Gil	Michael Smith & Kristen Brennan	Carolyn J. McPherson	Ward Romer	Cinemapolis
Mary Dorman	Katy Nicholson	Birgit Speh & Allen Back	Ralph & Rhoda Janis	Tom Keane
Mallory Dishler	Karin Ash	Bill Troy & Laura Barnhill	Patrick Armstrong	Todd Callahan
Bill and Gail Shaw	June Locke	Betty Armstrong	Nancy Shaw	Tenzin Norzin
Dasha Gloutak	Heinz & Judith Koch	Barbara Logan & Raymond Gozzi Jr.	Robert & Myrtle Batsford	Shannon L. Haskins
Anne Gorsky	Joseph Meeks	Barbara DeWall & Deborah Jones	Sidney & Minna Resnick	Gordon & Laura Myer
Michael & Amy Brand	J. E. Fortune	Anne Shakespeare	Michele Mitrani & Joseph Cassidy	Jonna Climie
Martha Frommelt & David Feldshuh	Thomas Hirasuna & Jean Hunter	Anne & Bill Bialke	Marian Partridge	Hillary Kimball
Pamela Hampton	Noel & Janet Desch	John & Ann Pavia	Marian H. Van Soest	David Bassanelli
Matthew Siegel	John & Jane Marcham	Paul & Ann Marie Streeter	Kelly Rosekrans	Ariel Resnick
Thi Van Quach	Jacqueline Holloway Nelson	Norah Selig	Joan Mangione & I. Michael	Cornell University
Susan & Michael Goldberg	Gwyneth Lymberis	Julie Sewell	Mangione	Molly Parker
Shelagh Johnston	Graham Gillespie	Mary Ann Vanhouten	Janet Mathews	Paula Grant and Thomas Keane
Sharon Dittman	Francis Benedict	Ray & Erin Durkin	Irene E. Kiely	Margaret Van Houtte
Seth Peebles	Evelyn Carey	Elizabeth Bageant	Greg & Myra Hubbell	Chelsea Titterington
Dr. Robert Breiman	Erin Menzies - Plier	Debbie Philip	Fred & Ilse Voss	Amie Hendrix
Charles & Penny Ciccone	Elsie Zifchock	Robert & Alyce Anderson	Frank Towner	Erika Standish
Paul & Suzy Blanchard	J. Kevin & Elizabeth McMahon	Matthew Stillerman	Eli Kozik	Rena Sinclair
Patricia Woodworth	Henry & Eileen Slater	Kerry Steele	Elaine Liu	Mr. & Mrs. Orlando Turco
Pamela Seeley	Donna Hopple	Kathleen Jacklin	Dooley Kiefer	Madelyn Metzler
Donald & Nanette Lisk	Deborah O'Connor & Peter LePage	Jan & Janice Nigro	Corri Haus	Jeffrey Allen
Bradley & Nancy Corbitt	David Feldman	David Delchamps	Angela Merker	Jane Kaplan
Mel & Jane Richards	Dan & Karen Governanti	David Dechamps	Andrew Gossen	Donald Holly
Rich & Margaret Steinacher	Claudia Brenner, Architect	Thomas & Shirley Cleere	Amy LeViere	Murray Cohen
Margaret C. Hampson	Christina Wu	Marilyn Baurle	Elliott & Alison Smith	Lauren Schler

CORPORATE DONORS

<i>Arnold Printing Corp.</i>	<i>Cayuga Radio Group</i>	<i>Gola Osteria</i>	<i>Lowe's Home Improvement Stores</i>	<i>Shockyard Fitness</i>
<i>Benefit Design Services Corp.</i>	<i>CFCU Community Credit Union</i>	<i>Horizons Career Coaching, LLC</i>	<i>Luna Inspired Street Food</i>	<i>Sinfully Delicious Baking Co.</i>
<i>BorgWarner Morse TEC</i>	<i>Computing Center</i>	<i>Insero & Company, CPAs</i>	<i>Morgan Stanley</i>	<i>Tompkins Trust Company</i>
<i>Carol Bushberg Real Estate, LLC</i>	<i>CSP Management</i>	<i>King Ferry Winery/Treleaven Wines</i>	<i>Precision Filters, Inc.</i>	<i>West Wind Consulting</i>
<i>Cayuga Medical Center</i>	<i>Dryden Mutual Insurance</i>	<i>Liquid State</i>	<i>Sciarabba Walker & Co., LLP</i>	

MEMORIAL GIFTS

John and Linda Waldman, In Memory of Marjorie Waldman-Wolga

Mark Waldman, In Memory of Marjorie Waldman-Wolga

Agnes Zavaski, In Memory of Mary Ann Barger

Elsie Zifchock, In Memory of Mary Ann Barger

Marilyn Ryan, In Memory of Mary Ann Barger

Nancy Shaw, In Memory of Mary Ann Barger

Marian Partridge, In Memory of Mary Ann Barger

Debra Norton, In Memory of Merritt Norton

Eileen Slater, In Memory of Merritt Norton

Shelagh Johnston, In Memory of Reed Johnston

GIFTS IN HONOR

Patricia Streich, In Honor of Arlyn Jurin

Anne Shakespeare, In Honor of Jay Reynolds

Barbara Demarest, In Honor of Libby Demarest

Jeannie Barnaba, In Honor of Lynnette Scofield

Janet Lein, In Honor of Sandy True

Kathleen Hulsebosch, In Honor of Sandy True

LEGACY GIVING

Making a bequest to F&CS is an important way to contribute to the health and well-being of our community not only for today, but for many years to come. A bequest costs nothing today, but gives you the knowledge that F&CS will be able to continue offering outstanding services to our community into the future. All individuals who have made or plan to make legacy gifts to F&CS are recognized as members of the Ruth R. Pettengill Society. For more information, please contact Kaitlyn Bayne at kbayne@fcsith.org.



“When I worked with the Elmira Psychiatric Center I had a lot of interaction with DAP and got to know some of those people and the work they did. So I have always been impressed with F&CS--both with the clinical and non-clinical staff and how hard they work.”



I think one would be hard pressed to find an agency that's substantially more beneficial to the community. There are a lot of agencies that are beneficial in their own way, but I think that F&CS stands in the top tier, being both in need of that support and in terms of using that support wisely and shepherding the money to provide high-quality services to a broad array of community members. ”

Edward Abelson, Ph.D.

Psychologist | Ithaca, NY

Our Staff

Our staff members are dedicated, compassionate professionals who are devoted to caring for those who turn to us ... at any age, at any stage of life!

MANAGEMENT TEAM

Karen Schachere, LCSW, PhD
Associate Exec. Dir., Director of Clinical Services/ Interim President & CEO

David Shapiro, MPA*
President & CEO

Kaitlyn Bayne
Director of Development

Ray Durkin
Manager of Human Resources and Compliance

Mike Ellis, LCSW
Director of Youth and Outreach Services

Diana Levy, LMSW
Associate Director of Clinical Services

James A. Miller
Facilities Director

Jeff Turney, MBA
Director of Finance

Tammy Wheeler
Manager of Administrative Operations

CLINICAL SERVICES

Karen Schachere, LCSW, PhD
Associate Exec. Dir., Director of Clinical Services

Diana Levy, LMSW
Associate Director of Clinical Services

Rachel Ash, LMSW
Antoinette Besemer, LMHC
Leslie Bode, LMSW
Erika Busch, PsyD

Alison Christiansen, LCSW*
Judy Clay, LCSW-R
Patricia Cluett, LCSW-R
Elizabeth Dissin, LMHC

Ann Dolan, LCSW
Erin Durkin, LCSW
Samantha Engel, LMHC
Deborah Fisch-Lewis, LCSW*

Chet Gates-Lupton, LCSW
Anna Golding, LMSW
Beth Gordon, PsyD
Ania Grodzinski, LMFT

Shannon Haskins, LCSW
Amy Jacobs, LCSW-R
Danielle Klingensmith, LCAT
Mary Kate Lenihan, LMFT*

Elaine Liu, LCSW
Laurel McIntyre, MA, NCC
Kristen Meehan, LCSW
Lorraine Moran, LCSW-R, CASAC

Kimberly Munson- Burke, LCSW
Dwight Myers, LCSW-R
Katy Nicholson, LMFT

Jody Norton, LMFT
Lynn Podhaski, LMHC*
Alexis Santi, LMSW
Melanie Sauer, LCSW
Susan Shrog, LCSW-R
Dalya Tamir, LCSW
Michael Troy, LMSW
Claudia Voss Lewenstein, LCSW-R
Tynesha Wright-Lindo, LMSW*
Stephanie Zuber, LMHC*

MEDICAL SERVICES

Kristen Nygren, MD
Medical Director

Deborah Bearman- Tasman, RN
Auguste Duplan, MD
John Tanquary, MD
Barbara Wood, PNP

INTAKE SERVICES

Erin Fraham*
Sherri Ellis, MA
Jenna Hulett
Emily Laing
Fiona McDevitt, LMSW*

YOUTH AND OUTREACH SERVICES

Mike Ellis, LCSW
Director of Youth and Outreach Services

Sarah Alabi
Mustafaa Ali

Jessica Brown*
Tammy Baker
Shauna Belokur*
Rebecca Cogan, LMHC
Nick Filippini*
Holly Fodge
Juliana Garcia*
Flannery Hild*
Erik Hillman*
Wendy Hammond
Kimberly Knight
Hannah Mack, LMSW*
Adam Mozeleski, MA
Matthew Spence*
Alexandra Tharp, LMSW*

DEVELOPMENT AND COMMUNICATIONS

Kaitlyn Bayne,
Director of Development

Julie Billings, *
Director of Development

Joana Chan
Libby Demarest
Victoria John
Danielle Winterton*

BILLING AND SUPPORT

Tammy Wheeler
Manager of Administrative Operations

Carol Clarke
Kelly DiSanto

Ashley Ellis
Jessica French
Valerie Grinston
Bonnie LaCourt*
Donna Lodge
Lucina Martak
Carolyn McCarter
Julie Sewell*
Bill Simmons

INTERNS

Megan Banning*
Veronica Freyvert*
Angeline Harry*
Carolina Harris
Felicity Holmes
Carver Jordan*
Candace Keiffer
Elie Kirshner*

* Former staff
as of May 2019

Our Programs

Family and Children’s Service of Ithaca provides a wide range of services that include mental health care to individuals, families, and students, employee assistance services to more than 50 local agencies, targeted outreach to vulnerable youth and other community members in need of support, and community education to professionals and the general public. We are committed to providing the highest quality mental health and related social services to all who call Tompkins County home.

CLINICAL SERVICES

Our private outpatient mental health facility is licensed by the New York State Office of Mental Health and employs more than 40 mental health professionals. Our dedicated staff have provided superior counseling and mental health care services to Tompkins County residents for almost a century. We offer a sliding fee scale to ensure that our services are affordable for every person who walks through our doors. Our commitment to providing the highest quality care to anyone, at any time continues to be one of our guiding principles. Psychiatric care is a cornerstone of our clinic. F&CS’s psychiatric services provide a holistic approach to a client’s needs. Our psychiatric consultations are completely integrated with our counseling services. Our psychiatrists work collaboratively with the clients and therapists to assess, and when needed, develop a pharmaceutical plan in response to a mental illness.

YOUTH AND OUTREACH SERVICES

Youth and Outreach Services house all of Family & Children’s Service of Ithaca’s social services. Their programs support different vulnerable populations through family stabilization, youth mentoring, and

community outreach. From Open Doors, which provides services to youth up to age 21 who have runaway, are homeless, or at-risk of either, to its community outreach program that aims to support a welcoming and inclusive downtown community by engaging people with a kind attitude often needed to de-escalate potential conflicts—the services found in Youth and Outreach provide remarkable and needed support for those in our area. Youth and Outreach Services works alongside the clinic to ensure those seen in its programs are being offered high-quality mental health care should they find they would like to access it.

EMPLOYEE ASSISTANCE PROGRAM

The Employee Assistance Program (EAP) provides access to free and confidential counseling services to eligible employees and their family members. The EAP is a benefit service provided by an employer to give employees support at times when they may be experiencing personal, family, or work related concerns. At Family & Children’s Service of Ithaca, an EAP therapist will conduct an assessment, provide short-term counseling, and/or a referral to appropriate resources.





Family & Children's

SERVICE OF ITHACA

127 West State/MLK Jr. Street
Ithaca, New York 14850
(607) 273-7494

www.fcsith.org

Member Agency



NONPROFIT ORG.
US POSTAGE
PAID
ITHACA, NY
PERMIT No. 98