

Family & Children's

SERVICE OF ITHACA



INSIDE

The Community Outreach
Worker Program is Growing

The First Annual Cardboard
Boat Race is a Rousing Success!

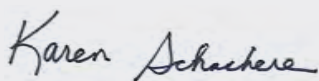
Remarks from our President & CEO

On September 15th we launched the First Annual Cardboard Boat Race. As we began to contemplate this new signature fundraising event, our focus was ensuring that there would be enough supporters, boat builders, and spectators on the day of the event. To our delight, when it all came together on a beautiful day at the Yacht Club, we experienced so much more than we had hoped and imagined. What we witnessed were people joyfully interacting with one another: laughing, eating, drinking, cheering, paddling, and in some cases swimming. The true gift of that day was the strong feeling of community that surrounded us.

When I reflect on this, I think about the importance of community in all of our lives. One of the most significant contributors to emotional wellbeing is our connections with others. When we have strong relationships at home, school, work, and in our community, our children grow into more resilient adults and we are better able to weather the ups and downs life brings. We are continuously learning that positive social connections are related to good mental and physical health.

We at Family & Children's Service are pleased that on a late summer afternoon so many of you came together to support our mission. We are proud of the difference we strive to make each day of the year by being a voice for affordable accessible, high quality mental health care for all. We are committed to being the place in our community where one can turn for the support they need to live a more fulfilled life.

As we appreciate autumn's harvest and beauty, and enter the holiday season, please remember that when we work together as a community we will all thrive and live happier and healthier lives.



Karen Schachere, LCSW, PhD.
President & CEO



Karen Schachere, President & CEO



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

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The Community Outreach Worker Program is Growing

Natalya Cowilich has joined our team as the second Community Outreach Worker to help address the rising community need. With the support of community advocates and partners, we were recently able to successfully petition for an increase in funding to support the growth of this important program. F&CS was granted additional funding from the City of Ithaca, Tompkins County, and the Downtown Ithaca Alliance, which allowed us to hire an additional Community Outreach Worker to address growing demand for this program.

The Community Outreach Worker program serves as a community safety net for some of the most vulnerable people in our community. As a street level outreach program, the Community Outreach Workers travel the downtown area serving those in need. About 90% of the clients the COW program serves are housing insecure or homeless, and most suffer from trauma, addiction issues, and mental health struggles.

Although we have a number of valuable resources and services in our community, these vulnerable populations often have difficulty accessing those services both emotionally and logistically. The Community

Outreach Workers provide caring and compassionate support to clients, while assessing their needs, helping them get connected to the services, and providing follow up to assure that they are able to attend their appointments, and meaningfully engage with service providers.

This program supports area businesses as it offers a safe and effective alternative to involving law enforcement for situations that simply require a caring caseworker's de-escalation skills. The COW program has developed an important, collaborative working relationship with the Ithaca Police Department for this reason.

Mike Ellis, the Director of Youth & Outreach services explains that the demand has been increasing each year, as this program has become more established in our community, and service providers and community members alike have grown to rely on the Community Outreach Worker. Many have grown to know and trust Tammy Baker in her role as the Community Outreach Worker, and her caseload had grown to more than double her capacity. We gladly welcome Natalya Cowilich to the program to share in this important work.

Marisa Matsudaira returns to F&CS as Clinic Director

Marisa Matsudaira, LCSW, began her work at F&CS as a mental health clinician in 2008. She became the supervisor of DAP in 2010 and transitioned into the role as the Director of Youth and Outreach Services in 2014, where she acquired valuable clinical supervisory and program administration experience. Marisa left us briefly to pilot the behavioral health program at Northeast Pediatrics before deciding to return to F&CS to serve as the Clinic Director.

Marisa Matsudaira, LCSW returned to F&CS in May as our new Clinic Director. Marisa's strong management and clinical skills, commitment to trauma informed practice, and her familiarity with the agency and its staff have created a smooth transition in leadership. When asked what is specifically about F&CS that sparked her desire to return, Marisa speaks warmly about the staff. In her experience the depth of caring and the breadth of perspectives held within our staff is unmatched elsewhere.

We are very thankful to have Marisa back as she passionately supports the mission of providing high quality clinical care to the community. We are eager to witness the evolution of the mental health clinic under her leadership.



Remembering Gregory T. Eells

Gregory T. Eells passed away on September 9, 2019. We mourn the loss of our longtime supporter, former board member, and colleague.

For 15 years Greg was the Director of Counseling and Psychological Services at Cornell University before moving to a similar position at University of Pennsylvania this past spring. As a tireless advocate for mental health services, he brought intelligence, good humor, and empathy to all that he did. He was known nationally for his work with college students. In 2012 he was awarded a Lifetime Achievement Award by the Association for University and College Counseling Center Directors.

We extend our heartfelt support to his family and all the people he touched throughout his life.

The Gregory T. Eells Memorial Fund has been established to support counseling and psychiatry services for our community.



Staff in Their Own Words



“ It is a privilege to be welcomed into peoples’ lives and to spend time with them processing the triumphs, the trials, and the little moments in between. It takes courage to make a decision to invite change or growth into your life and to keep creating space for that process week after week. Seeing people engage in this work every day inspired me to remain open to change and growth myself, too. ”

Danielle

F&CS Clinician | Specialty: Music Therapy



“Hands down the most fun, most exciting non-profit event I have ever participated in! Loved every minute of the preparation and, especially, Race Day!!”

- Mike Ellis

The First Annual Cardboard Boat Race is a Rousing Success!

Family and Children’s Service launched the First Annual Cardboard Boat Race on September 15, 2019, and our community embarked on an exciting new adventure. This exuberant event, the first of its kind on Cayuga Lake, featured a boat race of ingenious, handcrafted, life size boats that were made primarily from cardboard and duct tape! Along with the merriment of the race, the community members gathered at the scenic Ithaca Yacht Club were treated to a lovely day on the shores of Cayuga.

More than 250 people enjoyed delicious food and drinks by Luna as they cheered on the 18 boat crews that paddled their way around the race course.

When the event was announced, sponsors, community members and friends of the agency jumped on board to visualize, design and construct cardboard boats. The products of their efforts had names such as Blowout Proof, Barkside of the Moon, Viking Shadow, Team Rasa’s All Hands On Deck, and Team CFCU. Delightful and creatively engineered, the boats held crews ranging from 1-6 people. Pirates, Vikings, Harry Potter, heroes and sheroes, experienced racers and novices paddled, pushed, and dragged their boats to the finish. The crowd on the shore joyfully applauded them on.

We were buoyed by the team spirit that led both the Ithaca High School Girls Varsity Tennis Team and the Family and Children staff to each enter 2 boats. The IHS girls vied for the Golden Racquet and the F&CS staff for the Golden Paddle. No doubt more competitions such as these will develop a following over the years! Spectators cheered and laughed their way through the afternoon. The camaraderie and good will was beyond what we could have imagined.

The sunset of 20 very successful years of our signature fundraising event, Cayuga at Twilight, brought F&CS the challenge and opportunity to envision a fresh idea. With the success of the First Cardboard Boat race, we are confident that this new event will bring our community together in ways that we can not yet imagine and stand the test of time for many years to come.

Family and Children’s Service of Ithaca is committed to providing the highest quality mental health care to our community. With the support of our sponsors, community members, and volunteers we were able to raise over \$40,000.00 to go directly to this mission.

With **CFCU** having led the way, we thank our 29 sponsors, community members and many volunteers for their generous support of this **First Annual Cardboard Boat Race**. We could not have done it without you.



Member Agency



RETURN SERVICE REQUESTED

Community and Continuing Education Workshop Series

FALL 2019

How to Change Anything: Using Motivational Interviewing and Stages of Change to Build Rapport with Resistant Clients and Reduce Burnout.

Dr. Paul Mikowski



December 10, 2019 1:00 PM – 4:00 PM

Location: Family & Children's Service, 127 West State Street Ithaca, NY 14850

Cost: \$69.00. Tickets can be purchased on our website: www.fcsith.org/continuing-education

In this three hour workshop, Paul Mikowski, Psy.D will help mental health clinicians and human service workers learn and practice new approaches to discussing change with resistant or ambivalent clients. Dr. Mikowski will help participants to have a working knowledge of stages of change and be able to identify the stage of change for any client behavior, know how to match therapeutic orientation to stage of change, be able to use Motivational Interviewing to build client motivation for a given target behavior, and build comfort conducting MI interventions by identifying change talk, use of reflections and questions, and readiness rulers.

3 CEU credits available for LMFTs, LMHCs, and LMSWs.

GO GREEN! Sign up to receive our newsletter by email: development@fcsith.org