

# Family & Children's

SERVICE OF ITHACA

## F&CS: Covid-19 Update



*Karen Schachere, President & CEO*

Dear Friends and Supporters,

I hope that you are all well as you care for yourselves and your loved ones during this challenging time in our lives.

I want to thank you and our entire community for the support and gratitude expressed to us as we quickly made the transition to tele-mental health services. The rapid pace at which the staff at F&CS worked to be able to deliver care in this new way was driven by a deep rooted commitment to providing high quality services to our community. Our ability to provide mental health services to those in need has never felt so important than over these last few weeks. We know that our capacity to care for others now will serve us all as we move forward during this crisis. Our connections to one another, to our family, friends, neighbors, and entire community make us psychologically stronger and more resilient for all that we may face in the coming days, and beyond.

I would like to take this opportunity to let you know how grateful I am to have

such wonderful colleagues at F&CS. Every person in the organization has had to respond in new and challenging ways in order to do their job. Even as they manage their own needs and fears, and care for their own families and friends, they have each risen to the challenge to respond, pay attention, and listen compassionately to the concerns of others. Although, challenged by the limits of social distancing, I have often heard about a certain intimacy in the work brought on by a shared experience. This crisis emphasizes the commonality in all of us.

Thank you for the support you have shown us. During the trying months ahead, your continued support will be more important than ever. Your donations make it possible for us to continue to provide the high quality care that everyone in our community deserves. The community we forge together through compassion will be our legacy in the face of this national crisis.

With warm wishes for good health,



Karen Schachere,  
President & CEO

**Support F&CS**

*"There's a big AND in my experiences these days. It was there before, but it has become many times amplified. Grief AND gratitude. Tears AND laughter. Pain AND joy. Separation AND connection. Senselessness AND meaning.*

*Separation and connection is a big one. These last few weeks have highlighted the space between my clients and I – we're physically separated, living different lives with different degrees of privilege and struggle – AND also still connected, through our sessions, through our shared experience of this crisis.*

*All of a sudden I hear a different tone in the voices of clients – and also in my own. A human to human connection that has become instantly magnified and booming during our shared struggle. There is power and deep gratitude in this. That we're all in this big unknown together."*

Lina Harris, LMSW  
Family & Children's Service of Ithaca

**Donate Now**



Our clinicians meet weekly to debrief and support one another.  
Your tele-mental health session will be one-on-one.

### **What to expect from Tele-mental health:**

As Tele-mental health is new to many of us, you might be wondering what to expect from your first session.

Just like a regular session, you should come prepared to be open and honest, and share whatever is on your mind. You may find yourself wanting to talk about COVID-19 related anxieties, or you may find yourself wanting to delve into other areas of your life.

Wear comfortable clothes, and find a quiet and private place in your house where you won't be disturbed. If there are others in your house, be sure to tell them that you should not be interrupted during this hour. Privacy and confidentiality is a priority, though we know this can be difficult with so many home-bound right now. Make sure that you have everything that you need at hand like tissues, or water so that you won't have to get up during your appointment.

### **Resources:**

You can reach [Family & Children's Service](#) at **607-273-7494**.

You can also find help 24/7 at the [National Suicide Prevention Lifeline](#) by calling **1-800-273-TALK**, or [The Crisis Text Line](#) by texting **HOME** to **741741**.

As we all get through this together, **please remember the resources available to you through [Tompkins/Cortland 2-1-1](#)**. Phone operators

available to you through [211.org/211tompkins](#). Phone operators will be able to connect you to community resources and support that can help based on **your specific situation**.

**Please share this resource with others, if you are worried about their health, age, or living situation.**

## HOW TO CONTACT 211

*Call 24 hours a day, 365 days a year to get help from a live person!*

**Dial 211 on your phone  
(or 1.877.211.8667)**



*Get help by text message  
Mon-Fri 9am-4pm*

**Text your zip code to  
TXT211 or 898211.**



*Search their extensive  
database of local and  
national organizations  
dedicated to getting you  
what you need.*

**Go to [hsctc.org/211tompkins](https://hsctc.org/211tompkins)**



**Our mailing address is:**

127 West State Street, Ithaca, NY 14850  
607-273-7494

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).