Family Services of Westchester, founded in 1954, offers a broad range of social and mental health services to strengthen and support families, children and individuals at every stage of the life cycle, from infancy to adulthood.
A LETTER FROM THE CEO,
SUSAN B. WAYNE

The recession that began in 2008 was still in full swing during the 2009-2010 fiscal year. The weakened economy has had a major impact on families and non-profits around the country and on Family Services of Westchester as well.

On the one hand we witnessed a growing need for services, but on the other a cut in government spending on social programs. We discovered that it was more important than ever to strengthen our efforts, focus on our strategic plan and concentrate on programs where we could really make a difference in the lives of many people. FSW has always run a tight ship and this fiscal approach was imperative as we faced greater demand for services.

Two silver linings in this challenging time were the generosity of individuals and foundations who knew that the time to be generous was at hand. The recession leveled the playing field as many in the middle and upper classes were struggling with employment and housing issues just as so many financially needier people were. The other benefit of the faltering job market was the growth in the quantity and professionalism of the volunteers who came knocking on our doors. At one event alone, the Westchester Serves Expo, 65 individuals sought information on FSW volunteer opportunities. Educators, professional consultants, project managers, librarians, musicians and students all volunteered their time throughout this year.

Two skilled professionals, working as volunteers, spearheaded a new program for FSW, The Sharing Shelf. Since founding the program in the fall of 2009, these and other volunteers have served more than 1,300 children, providing them with good-condition, gently used, seasonally appropriate clothing. Other volunteers have found internships and full-time jobs at FSW and discovered areas of career interest.

We are confident that with the loyal support of our donors, friends, staff and volunteers, the future is bright for FSW and the 30,000 individuals and families we serve every year. We are grateful for the generosity and hard work of all those who support the important work that we do.

With much gratitude,

Susan B. Wayne

www.fsw.org
As we look back on 2009-2010, these are but a few of the accomplishments that make us proud:

- **The winning of a grant from the Alliance for Children and Families to establish FSW as a mentor to a peer organization, Operation ABLE, which is based in Detroit:** FSW was selected for this mentoring role based on its experience launching FSW Works, a job-training and employment referral program that serves hundreds of older adults each year.

- **The 2010 STAR Gala:** Attracting 535 guests to honor Brandon and Mara Steiner of Scarsdale, this was FSW’s most successful fundraising dinner ever, raising more than $300,000. Nineteen famous athletes – including Tiki Barber, Keith Hernandez, Bucky Dent, Ray Rice and Anthony Mason – were on hand to salute Brandon Steiner, founder and CEO of Steiner Sports Marketing and Memorabilia. The Steiners led a fundraising campaign that raised $250,000 to refurbish the Jerome Wagner Youth Residence for Boys.

- **A $500,000 three-year grant to implement a Gang Prevention Mentoring Program in Mount Vernon:** The U.S. Department of Justice Office of Juvenile Justice and Delinquency Prevention awarded FSW the competitive grant to work with high-risk youth between the ages of 10 and 15 to reduce gang involvement, violence and delinquency. The Department of Justice received more than 600 applications for this grant and the FSW application was one of only 20 that were funded. The three-pronged approach includes mentoring, peer groups and case management support.

- **My Second Home, FSW’s intergenerational adult day program, cited as a model by Alliance for Children and Families:** As part of its five-year New Age of Aging Initiative, the Alliance chose My Second Home to showcase a “compelling and creative account of older adult programming.” The Alliance wrote about My Second Home’s successful approach in its report “Impact and Innovation: Effective Models and Practices in Serving Older Adults.”

- **The creation of a new program called The Sharing Shelf:** This all-volunteer program collects and distributes clothing to children in need throughout the county. The clothing is sorted by quality, size, season and gender and then distributed to families through social service agencies, teachers and others at no cost to the children or their families. Since The Sharing Shelf’s founding in the fall of 2009, the program has served more than 1,300 children and typically provides 80 children with clothing every month.
WHO WE ARE

For 56 years, Family Services of Westchester has stayed true to its mission: to make a difference right here at home. When FSW started in 1954, it had a budget of $20,000 and the Executive Director, Irwin Stein, doubled as the organization’s only caseworker. Today, FSW has six family centers across Westchester County and an annual budget of $20 million. Our 55 programs reach more than 30,000 people a year.

FSW’s programs run the gamut from adoption to therapeutic foster care, from geriatric outreach to home health care, from Head Start to youth residences, from AmeriCorps to Big Brothers Big Sisters, from family mental health to a summer camp for children with special needs. Our 450 staff members work with all segments of the community in all geographic corners of Westchester County. Children, teens, adults, families, older adults, Latino immigrants and families affected by HIV/AIDS – all these people benefit from our efforts.

With a talented staff, a committed Board of Directors and generous supporters, Family Services of Westchester will continue to help the residents of Westchester for many decades to come.

Thank you for taking the time to learn about our mission and our programs.

www.fsw.org

FSW staff at Sleepy Hollow site.
Helping families overcome life’s hurdles has been a top priority for Family Services of Westchester ever since the organization’s inception in 1954. In these tough economic times, families are feeling especially burdened, juggling multiple jobs, caring for elderly parents as well as young children, and worrying about the safety and career prospects for their adolescents and older teens.

FSW has a wide range of services that bolster parents, grandparents and children. Family Mental Health and Child and Family Clinic Plus help family members transcend emotional and social challenges. Family Strengthening helps young children acquire anger management skills while offering parents some effective discipline strategies. Intensive In-Home Family Preservation Services stabilize families whose children are at risk of being placed in foster care, while Families Together Again serves families whose children are returning home after a stint in foster care or a residential treatment facility.

Latino families can take advantage of the workshops and health resources offered by Latino Connections while computer classes in Spanish help new immigrants acquire English Language skills at our Jerome Technology Learning Center.

Families affected by HIV/AIDS can tap into any of the five case management or mental health programs under the Partnership for Care umbrella. One program, Camp Viva, provides a one-week summer camp experience for more than 100 campers affected by HIV/AIDS each year.
OVERVIEW: HEALTHY BEGINNINGS

Nurturing and caring for a young child can be challenging. For the past 56 years, Family Services of Westchester has offered parents a wide range of resources to encourage their child’s development. Low-income families in White Plains can take advantage of FSW’s Head Start and Early Head Start programs, which help prepare preschoolers for kindergarten and elementary school. Prime Time offers diagnostic services and a preschool for children with special needs and learning disabilities.

A new initiative, EMERGE (Educating Mothers to Embrace Re-entry and Gain Employment), helps mothers who are about to be released from prison learn about responsible parenting and employment readiness. A similar program, Fathers Count, offers fathers about to be released from incarceration weekly support groups and two 12-week workshops on “Responsible Parenting” and “Financial Literacy and Employment Readiness.”

FSW’s Big Brothers Big Sisters program matches children as young as seven with mentors who can help their “Little” succeed in school and thrive in life. In addition to its many community matches, BBBS of FSW pairs high school and college students with elementary school pupils and taps corporate employees as mentors for young children in nearby schools.

Respite programs offer parents of emotionally challenged children some after-school and weekend relief. Camp Success provides children with emotional challenges a supportive environment and therapeutic and recreational activities in its seven-week mobile day program.

A long-term study shows that Head Start helps young children achieve greater school success and avoid crime as they grow up.
Adolescence can be a turbulent time with teens wrestling with who they are and how they can reach their goals. Some teens are sidetracked by pitfalls such as pregnancy, substance abuse and gang violence. Others use this formative time to succeed academically and mentor others so they can flourish as well.

FSW’s 20 programs for youth and teens run the gamut, from providing academic support and leadership development to providing Girls and Boys Youth Residences and Adolescent Prevention Services for HIV and Pregnancy. Approximately 60 adolescents and teens learn how to be effective advocates for their peers through their experience with FSW’s Westchester County Junior Youth Council and Westchester County Youth Council. These students plan the yearly Youth Action Convention, which attracts 300 teens from around the county, and they lead workshops on such topics as Cyber-bullying, Relationship Violence and the Media’s Influence on Self-Image. Thousands of middle-schoolers have benefitted from the Juvenile Law Education Project (JLAW), which uses workshops and a mock trial curriculum to teach youngsters their rights and responsibilities under the law.

FSW provides a range of mediation and counseling programs for children entering foster care, reuniting with their families or moving on to Youth Residences. Another program, Bienvenidas Girls, reaches out to young women who recently immigrated to this country to prevent pregnancy and increase their graduation rate. The program has succeeded in lowering both the pregnancy and drop-out rates in this vulnerable population. Gang Prevention Mentoring Program in Mount Vernon aims to help 120 youth between the ages of 10 and 15 reduce their risk of truancy, violence and gang involvement.
OVERVIEW:
AGING WITH DIGNITY

The tough economic climate is taking a toll on Westchester’s seniors, one-third of whom live in poverty. Family Services of Westchester provides a continuum of care for the elderly, with offerings in housing, health services, community resources and recreational opportunities. FSW’s Home Health Care program provides aides to seniors who need help with their day-to-day care. Maple House in Ossining provides an assisted living type environment for frail or disabled seniors who are financially eligible for section 8 housing. The White Plains Guest House serves older adults with mental health issues. Residents receive 24-hour supervision, meals, medication monitoring and light housekeeping.

For families hoping to keep their older relatives at home, My Second Home offers an affordable, exciting alternative to assisted living and nursing home care. This nationally recognized intergenerational adult day program gives seniors the opportunity to interact with children from the adjacent Mount Kisco Child Care Center three times a day, dancing, singing, gardening and doing craft projects.

A new agency program created in conjunction with AARP, called FSWorks, provides job training and referrals to prospective employees over 40. In addition to the linkages to local employers, the program provides more than 400 people access to workshops on resume writing and interviewing.

Studies show that socialization helps seniors ward off depression and delay the onset of Alzheimer’s.
STATEMENT OF REVENUE AND EXPENSES  Year ended June 30, 2010

SUPPORT AND REVENUE

Contributions/Foundations/Net from Benefits  $ 1,067,384  5%
Government and Other Grants 9,549,294  48%
Program and Client Fees 9,418,085  47%
Other 40,512
Total Support and Revenue  $20,075,275  100%

EXPENSES

Program Services
- Youth Services  $ 5,984,903
- Family Mental Health 4,137,808
- Elder Services 1,876,341  93%
- Home Care Services 2,445,991
- Education Services 3,996,750

Management and General 1,056,968  5%
Fundraising 359,233  2%
Total Expenses  $19,857,994  100%

Non Operating Activities  (137,463)
Change in Net Assets  79,818
Net Assets Beginning of Year  $ 2,035,055
Net Assets End of Year  $ 2,114,873

Family Services of Westchester spends 93 percent of its income on programs.
DONORS
July 2009 – June 2010

Cornerstone Contributors
$25,000 and up
The Arrow Family Foundation
The Bauer Family Foundation, Inc.
The Dammann Fund
The Helen Andrews Benedict Foundation, Inc.
The Kehlberg Foundation
New York Life Foundation
Estate of Margaret Sorenson
Steiner Sports and Entertainment Marketing
Thrift Land U.S.A.
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Dr. L. Susan Branche

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Family Services of Westchester is grateful for a $25,000 donation from the estate of Margaret Sorensen of Sunnyside, Queens. Margaret Sorensen cared deeply about the well-being of children. She chose to create a meaningful legacy by giving to charitable organizations that improve the lives of children. FSW is glad to play a role in furthering Margaret’s mission.
HOW TO GET INVOLVED

We are always eager to spread the good news about FSW’s services to new people throughout the county. If you would like to receive our newsletters and annual reports in the mail, please send your name and address to Deborah Wilson at DWilson@fsw.org. To receive our e-newsletters, please include your e-mail address.

Our outreach to 30,000 children, teens and families each year is supported by the generosity of individuals, foundations and corporations. There are several ways contributors can make a donation:

- Submit a donation through our website at www.fsw.org, where you can learn about leaving a bequest, donating stocks or life insurance benefits, or making a gift to our endowment fund.
- By mail, send a check to Family Services of Westchester, One Gateway Plaza, Port Chester, NY 10573, Attention: Development.
- Call in a donation using your credit card by phoning (914) 937-2320, ext. 116. We accept VISA, MasterCard and American Express.

We are always in need of in-kind gifts of goods and services and we welcome volunteers for our many programs and advisory boards. You can volunteer for a Community Day event or become a regular helper at one of our programs. To learn about volunteer opportunities for yourself, your group or your company, please call (914) 937-2320, ext. 134.
FSW CONTRACTS WITH OR RECEIVES PROGRAM SPECIFIC FUNDING FROM:
• U.S. Department of Justice
• U.S. Department of Health and Human Services
• The Corporation for National and Community Service (AmeriCorps)
• New York State Association of Health Care Providers
• New York State Department of Health (NYSDOH)
• New York State Department of Education (NYSDOE)
• New York State Office of Children and Family Services (NYSOCFS)
• New York State Office of Mental Health (NYSOMH)
• Westchester County Department of Health
• Westchester County Department of Community Mental Health
• Westchester County Department of Senior Programs & Services
• Westchester County Department of Social Services
• Westchester County Youth Bureau
• United Way of Westchester & Putnam
• City of White Plains
• City of Mount Vernon
• City of Yonkers

ACREDITATIONS:
• Accredited by Council on Accreditation
• Accredited by the Better Business Bureau

AFFILIATIONS:
• Alliance for Children & Families
• Big Brothers Big Sisters of America
• New York State Association of Family Service Agencies
• Westchester County AIDS Council
• Westchester County Geriatric Mental Health Coalition
• Westchester County Elder Abuse Coalition
• Westchester County Adult Day Services Coalition
• Licensed by New York State as an Adoption Service
• Licensed by New York State Office of Mental Health as a Mental Health Clinic
• Licensed by New York State Department of Health to provide Adult Home for Seniors
• Licensed by New York State Department of Health to provide Home Health Services
• Licensed by New York State Department of Health to provide Enriched Housing for Seniors
• Licensed by New York State Office of Mental Health to provide Family Based Treatment homes
• Licensed by New York State Office of Education to provide Special Education Services (Prime Time)

This Annual Report was written and produced by the Development Department of Family Services of Westchester

Lynn Green, Vice President
Colleen Davis Gardepehe, Director of Public Relations

Graphic Design by Laura Cacciato

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* These staff and Board positions are accurate for fiscal year ending June 30, 2010.
OUR PROGRAMS INCLUDE:

STRONG FAMILIES
- Family Mental Health
- Camp Viva
- Family Mediation
- PEACE
- The Sharing Shelf
- Families Together Again
- Intensive In-Home Family Preservation
- Family Strengthening
- Latino Connections
- Fathers Count
- Tech Center
- Healthy Beginnings
- EMERGE
- Head Start/EHS/Prime Time
- Respite
- Camp Success
- BBBS
- In-school clinics

YOUTH DEVELOPMENT
- Youth Councils
- Therapeutic Foster Care
- Boys and Girls Youth Residences
- Adolescent HIV Prevention
- Adolescent Pregnancy Prevention
- Bienvenidas Girls
- JLaw
- BBBS
- Gang Prevention Services

AGING WITH DIGNITY
- Home Health Care
- Geriatric Outreach
- My Second Home
- Maple House
- White Plains Guest House
- FSWorks
- Senior Services Coordinators

SPECIAL POPULATIONS
- Older Workers: FSWorks
- Families Affected by HIV: Partnership for Care programs
- Latino Immigrants: Tech Center, Latino Connections
- Adults Re-entering the Community: EMERGE, Fathers Count
Family Services of Westchester was ranked third most efficient nonprofit in Westchester by Contribute Magazine.