



Strong Families 

Healthy Beginnings 

Youth Development 

Aging with Dignity 



Family Services of Westchester 

Annual Report 2008-2009 




www.fsw.org 



Our Mission


Family
Services
of Westchester



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

I assumed the role of CEO of Family Services of Westchester on July 1, 2008, as the new fiscal year was beginning and the recession was in full swing. Job losses, the mortgage crisis and the New York State budget crunch were wreaking havoc on national, local and private funding sources for nonprofits around the country and in Westchester as well.



While it has been challenging to maintain our funding streams and secure new sources of revenue this year, I have always felt confident that FSW would weather the storm. It was clear this year that our 50 plus social service and mental health programs were more necessary than ever. Some families needed our help for the first time, as the economic downturn fueled a 33 percent increase in the number of children living in poverty in Westchester.

As someone who has worked at FSW since 1995, I also knew that the strength and breadth of our programs, the commitment of our staff and the dedication of our Board of Directors would all work together to see us through this challenging period. Luckily, the economic outlook is brightening, and FSW is once again positioned for growth.

In fact, one of the major highlights of the 2008-2009 fiscal year was the launch of an important initiative: FSWorks, which uses the AARP WorkSearch model at the Westchester Community College location in the Cross County Shopping Center in Yonkers. In collaboration with The Volunteer Center of United Way, Westchester Community College and AARP, FSW runs the center, which is designed to help approximately 600 adults over age 40 train for new jobs and find employment each year.

One of my major goals as CEO was to strengthen our Board of Directors, and we managed to make great strides in that area in the 2008-2009 fiscal year. We were fortunate to add four outstanding individuals to our Board: Brandon Steiner, Ann Sacher, Tony Lembeck and Johanna Harris. Edward M. Foley, Jr. became the new Chairman of the Board, succeeding Howard E. Greenberg, who remains on the Executive Board as Treasurer. I would like to take this opportunity to thank Howard for his years of service as the Chairman of the Board. Howard worked tirelessly to ensure the success of FSW's outreach, and he inspired the Board members to continually renew their commitment to the agency's mission.

Please see the listing on page two highlighting other agency developments of the fiscal year. As always, the work that FSW's 450 employees do every day is as important as ever. Our gratitude for the loyalty and support of our friends and donors is perhaps even more heartfelt than ever.

With sincere thanks,

Susan B. Wayne

Program Highlights



■ The creation of a new program called EMERGE (Educating Mothers to Embrace Re-entry and Gain Employment), which assists 40 incarcerated mothers each year in their transition back into the workforce and family life.

■ The receipt of two important grants to FSW's Big Brothers Big Sisters program. The U.S. Department of Education selected BBBS of FSW and the Yonkers Public School system for a three-year \$573,270 grant to help 80 students in high crime areas in Southwest Yonkers achieve success in school with the help of mentors. The New York State Division of Criminal Justice Services gave BBBS of FSW a \$73,000 grant to establish a Mentoring Outreach office in Yonkers, and in the process provide mentors for 20 high-risk male youth.

■ The 15th Anniversary of Camp Viva, a one-week sleep-away camp for families affected by HIV/AIDS. As part of the year-round Partnership for Care program, Camp Viva is entirely funded by donations from individuals, corporations and foundations.

■ The success of our STAR Gala, which attracted 300 guests and raised \$175,000 for FSW's 20 youth programs. Our honorees, The Mango family, Chester Ross and David Loughran and the Ritz-Carlton Westchester, underscored the importance of volunteering and giving back to the community and brought national attention to FSW's efforts and programs.

■ The successful completion of a renovation of our Boys Group Home, complete with a new driveway, patio and siding outside and fresh paint, carpeting, and furniture inside. Spearheaded by Board member Brandon Steiner and his wife Mara, the \$250,000 campaign was a two-year labor of love for all involved. More than a dozen contractors and suppliers donated materials and services to make the renovation become a reality. In honor of Mara's late father, the home has been renamed the Jerome Wagner Youth Residence for Boys. Brandon and his team have already begun work on the renovation of FSW's Girls Group Home.





Who We Are



www.fsw.org



Our 450 staff members are working 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.

Our 50 plus 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.

For 55 years, Family Services 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 offices across Westchester County and an annual budget of \$19 million. Our 55 programs reach more than 30,000 people a year.

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.



Strong Families



Helping families is the primary objective of Family Services of Westchester and has been since the organization was founded in 1954. For children, growing up in a healthy family is vital to developing self-esteem and feeling safe and secure. Cohesive families give children a strong foundation from which they can grow into responsible, independent adults. For families juggling multiple jobs, little health insurance, chronic illness and other problems, FSW provides a broad range of support services in sites throughout the county. These offerings can help families surmount life's hurdles.

For example, families affected by HIV/AIDS can tap into a wide range of services provided under FSW's Partnership for Care program, including a free one-week sleep away camp experience for all family members who want to participate. Birth mothers and couples looking to adopt can take advantage of FSW's Adoption Services. The agency also works with children who need to be placed in foster care settings and with the families that open their homes to these children.

Latino Connections offers recent immigrants workshops and socialization to help families adapt to their new surroundings and solve problems. Through classes in our Jerome Technology Learning Center, community members develop computer and literacy skills as well.

FSW also offers a wide range of Family Strengthening and Mediation programs designed to help families face life's challenges.



Children raised in healthy families are far more likely to attend college and avoid poverty.



Healthy Beginnings

Family Services of Westchester helps families nurture and care for their young children and provides the resources parents need to encourage their child's development.

FSW's Head Start and Early Head Start programs in White Plains support low-income families in preparing their preschoolers for kindergarten and elementary school. FSW also offers diagnostic services and a preschool, Prime Time, for children with special needs and learning disabilities.

Families struggling with the care of emotionally challenged children get relief from FSW's Respite programs. Weekend Respite programs give youngsters with emotional challenges supervised recreational opportunities while a seven-week mobile day camp called Camp Success helps these children have fun and build relationships.

FSW's Big Brothers Big Sisters program has received national recognition. Several hundred mentors work one-on-one with children in their community to help them develop confidence, strengthen their academic skills and provide emotional support. BBBS programs also pair high school and college students with younger pupils in elementary school, while workplace initiatives engage corporate employees as mentors for students in nearby schools during the work day.

FSW offers 20 plus programs just for youth and teens.



A long-term study shows that **Head Start** helped young children achieve greater school success and avoid crime as they grew up.

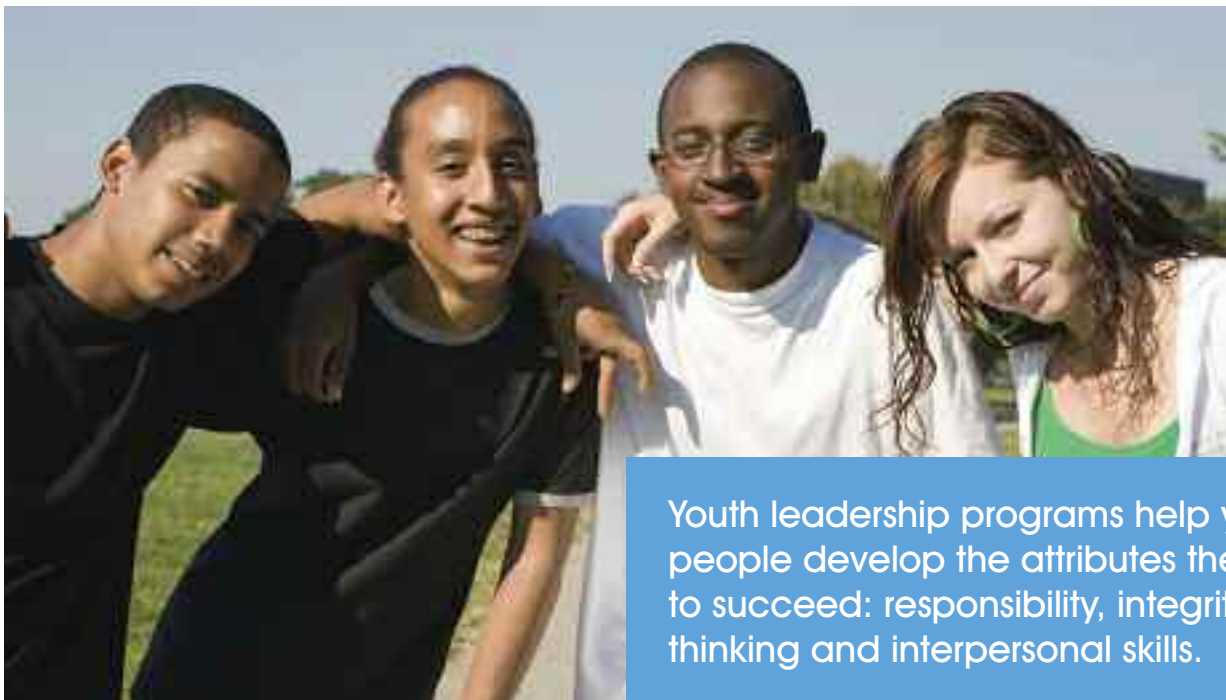
Youth Development



The teenage years pose a difficult challenge even in the most stable families. The physical and emotional changes that occur during this important transition can undermine a teen's confidence and focus. School problems, teenage pregnancy, substance use and abuse, gangs and violence also threaten the safety and well-being of teens everywhere, in every community across Westchester County.

FSW helps teens fulfill their promise by providing academic support, counseling, and leadership development. Each year, approximately 60 adolescents and teens participate in the Westchester County Junior Youth Council and the Westchester County Youth Council to learn how to be effective advocates for their peers. Weekly meetings, workshops and trips to Albany and Washington, D.C. help participants learn about important legislative issues and help them hone their leadership skills. The Juvenile Law Education Project (JLAW) provides workshops and a mock trial curriculum to middle school students to teach them their rights and responsibilities under the law and help them avert trouble.

Therapeutic Foster Care and Girls and Boys Youth Residences provide nurturing homes where adolescents and teens can thrive. Adolescent HIV Prevention Services and Adolescent Pregnancy Prevention Services give teens the skills to stay healthy and complete their schooling while Bienvenidas Girls reaches out to young women who recently immigrated to this country to prevent pregnancy and decrease their rate of dropping out of school. This successful program has lowered both the pregnancy and drop-out rates among this vulnerable group.



Youth leadership programs help young people develop the attributes they need to succeed: responsibility, integrity, critical thinking and interpersonal skills.



Aging with Dignity

More than 25 percent of Westchester residents are over the age of 65 and one-third of them live in poverty. Seniors – regardless of their financial means – want to live their later years with dignity in the county they call home.

Family Services of Westchester offers a continuum of care for the elderly, with options that provide housing, health services, community resources and recreational opportunities. For example, FSW's Home Health Care program can provide one-on-one assistance and personal care to those with chronic or acute needs in their own homes. Geriatric Outreach includes in-home counseling for seniors who are experiencing depression or anxiety.

My Second Home is a nationally recognized intergenerational adult day program that offers an affordable, joyful alternative to assisted living and nursing home care. Seniors who attend the facility interact with children from the adjacent Mount Kisco Child Care Center three times a day, singing, gardening, dancing, and doing craft projects.

FSW also offers Enriched Housing for seniors at Maple House in Ossining and the White Plains Guest House. Residents, most of whom are living on Supplemental Security Income, receive personalized home care, three meals daily, transportation to medical appointments and grocery shopping, plus a wide range of social and recreational activities.

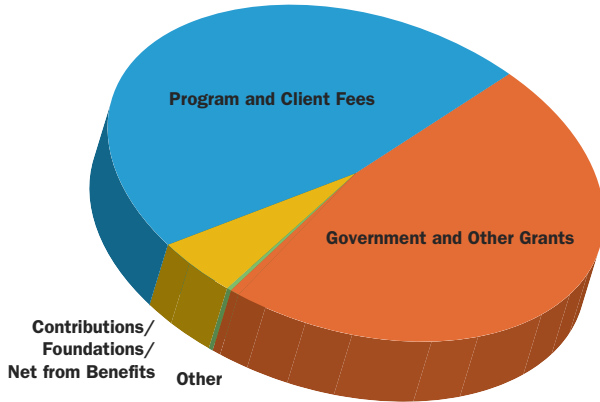


Studies show that socialization helps seniors ward off depression and Alzheimer's.

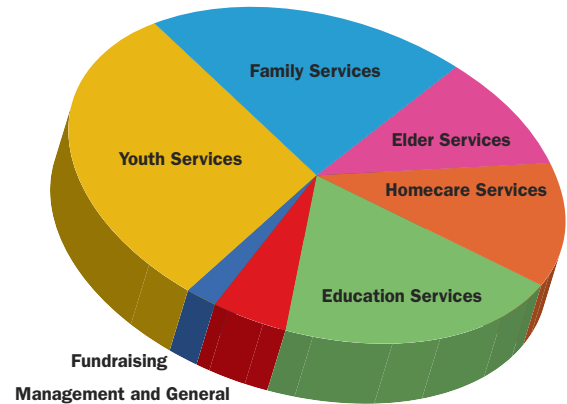
Financials



Support and Revenue



Expenses



STATEMENT OF REVENUE AND EXPENSES Year ended June 30, 2009

SUPPORT AND REVENUE

Contributions/Foundations/Net from Benefits	\$ 987,923	5%
Government and Other Grants	9,106,063	47%
Program and Client Fees	9,136,528	47%
Other	132,472	1%
Total Support and Revenue	\$19,362,986	100%

EXPENSES

Program Services		
Youth Services	\$ 5,725,967	93%
Family Services	3,961,755	
Elder Services	1,901,703	
Homecare Services	2,376,263	
Education Services	3,752,984	
Management and General	925,812	5%
Fundraising	328,615	2%
Total Operating Expenses	\$18,973,099	100%

Non Operating Activities (323,438)

Total Expenses

\$19,296,537

Change in Net Assets 66,449

Net Assets Beginning of Year \$ 1,968,606

Net Assets End of Year \$ 2,035,055



Family Services of Westchester spends 93 percent of its income on programs.



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- By mail, send a check to **Family Services of Westchester**, One Gateway Plaza, Port Chester, NY 10573, Attn: Development.
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AFFILIATIONS:

- Alliance for Children & Families
- Big Brothers Big Sisters of America
- Home Care Association of New York
- 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
- Accredited by Council on Accreditation
- Accredited by the Better Business Bureau
- 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

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Graphic Design by Laura Cacciato

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* These staff and Board positions are accurate for fiscal year ending June 30, 2009.

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Administrative Offices and Port Chester Family Center

One Gateway Plaza
Port Chester, NY 10573
(914) 937-2320
Fax (914) 937-4902
Email: fsw@fsw.org
Website: www.fsw.org

Enriched Housing at Maple House

15 Maple Place
Ossining, NY 10562
(914) 941-9415

Mount Kisco

344 Main Street
Suite 303
Mount Kisco, NY 10549
(914) 666-8075

Mount Vernon

9 West Prospect Ave.
Suite 309
Mount Vernon, NY 10550
(914) 668-9124

My Second Home

95 Radio Circle
Mount Kisco, NY 10549
(914) 241-0770

Pelham

507 Fifth Avenue
Pelham, NY 10803
(914) 738-1728

Prime Time

456 North Street
White Plains, NY 10605
(914) 761-2731

Tarrytown

303 South Broadway
Suite 106
Tarrytown, NY 10591
(914) 631-2022

White Plains Guest House

32 Ridgeview
White Plains, NY 10605
(914) 949-8984

Yonkers

20 South Broadway
Yonkers, NY 10701
(914) 964-6767

OUR PROGRAMS INCLUDE:

- Adoption & Children's Services
- AmeriCorps
- Big Brothers Big Sisters
- Camp Viva for Families Living with HIV/AIDS
- Early Childhood Programs
- Early Head Start/Head Start
- Elder Abuse Prevention
- Employee Assistance Program (EAP)
- Enriched Housing for Seniors
- Family Mental Health
- Family Support Services
- Geriatric Outreach/Case Management
- Home Health Care
- Intergenerational Adult Day Program
- Juvenile Law Education Project
- Partnership for Care HIV/AIDS Services
- Prime Time Special-Ed Pre-School & Evaluation
- Special Needs Youth Programs
- Therapeutic Foster Care
- Westchester County Youth Councils
- Youth At Risk Interventions
- Youth Mentoring Programs
- Youth Residences





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