



Westchester Jewish  
Community Services



2020 Annual Review

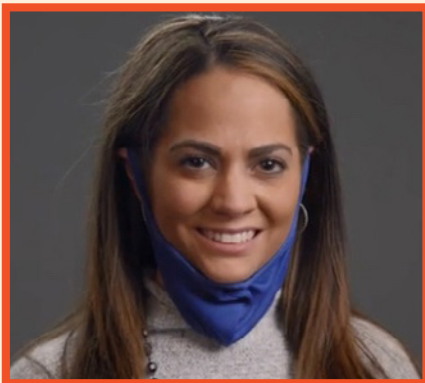


“With families home due to Covid, abusers have had more access and control. The Trager Lemp Trauma Center has been a life preserver—both emotionally and, in some cases, literally for people suffering from domestic abuse.”

—**Sylvana Trabout, the Trager Lemp Center for Treating Trauma & Promoting Resilience**

“We literally called in The National Guard, and they helped us to distribute food and essentials.”

—**Wilhelminia Harris, Peer Wellness Program**

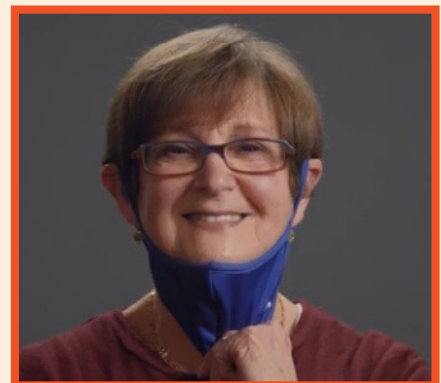


“Anxiety and depression levels are skyrocketing. We have to be there for our clients...and we are.”

—**Christina Favale, Family Mental Health**

“When we’re delivering kosher meals to the homebound, we’re not just providing nourishment for the body but also for the soul. Our seniors have been so grateful to see a caring face.”

—**Sherry Birnbaum, Jewish Programs**





“When COVID hit, our developmentally disabled group home residents could not leave the house... no day programs, no family visits. We were their anchors, literally 24/7.”

—**Ericka McCabe, Community Residences**

“We’ve seen kids who normally socialize very well become disconnected. Parents and children have never been needier of our mental health services.”

—**Maria Bergamin, School-based Clinics**



“We delivered not just devices, but internet access and volunteer mentors to help youth learn to navigate their school platform.”

—**Katrina Schermerhorn, Children, Youth & Family Services**

“Processing loss and grief without the ability to gather, support, and hug has been devastating for people. We’ve been there to counsel, care and support people through their loss.”

—**Gillian Rittmaster, Health and Healing Services**





## **W**e are pleased to present the 2020 Westchester Jewish Community Services Annual Report, Delivering Care in a Crisis.

This has been a year like no other in our 77-year history. Like you, we have been deeply impacted by the coronavirus pandemic. Westchester was in many ways the epicenter for the virus, and we have been at the center of the struggle since the beginning, concerned about its impact on our clients, our staff, and our larger community. It has forced us to rethink almost all of what we do and thrust us into providing new services and using new methods to provide old services.

It was critical from the beginning that we remain connected to our clients. Many of those we serve had their entire lives disrupted in a manner of days and were facing unimaginable stress. Our group home residents could no longer see family or attend community programs. LGBTQ youth could no longer connect with their peers and with counselors for desperately needed support. Those who facing loss, a tragically high number in Westchester, had no where to turn to for solace and comfort.

To meet this need we quickly mobilized to provide as many services as possible remotely. We all became technology experts, holding over 75,000 telehealth counseling sessions, remote bereavement groups, Zoom LGBTQ support groups, and over-the-phone tutoring sessions. We adapted together with our clients to this new world and we were proud to be able to be one element they could count on when so much was changing.

As many services moved virtual, the importance of those services that could not be done in another way was heightened. Working in group homes is always an incredibly difficult job. With family visits not an option and community programs closed, our group home residents needed more support than usual. Our dedicated Community Program staff performed heroic work throughout, working with additional Personal Protective Equipment and in

uncharted space, they provided the support and caring that makes life possible for our residents. We also began an expanded operation in another in-person service, providing food and health and safety kits to thousands living in Yonkers and delivering kosher meals to hundreds of frail and elderly residents throughout Westchester.

Health challenges were not the only struggles our clients faced this year. The racial trauma many experience became clearer and added to the intensity of the work we did to support them. We also took steps to better support our own Black and Brown staff, many of whom had their own experiences with racism.

This past year has touched the lives of all of us but the impact has been most deeply felt in the communities where we have a deep connection. Never has our work been more needed and never has the unquestioned and unmatched caring for our clients by the staff of WJCS of WJCS been clearer. We are honored to have cared for our community during this year in crisis.

We wish you and your family the best and thank you for your support.



**Seth Diamond**  
**Chief Executive Officer**



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**Board President**

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Mariquita Blumberg

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Neil Sandler



# DELIVERING CARE IN A CRISIS

During the Covid pandemic, everything changed from A to Z.

**T**he year 2020 started off calmly enough. Then the COVID-19 pandemic hit in early March, and every aspect of life changed for both clients and staff. At the epicenter of the outbreak, Westchester residents, like individuals throughout the United States and the world, experienced increased psychological distress, health concerns, financial worries, social isolation, and fears for the future.

Only one thing did not change. WJCS continued to deliver programs and services to all of our clients who had greater needs than ever before. In fact, we expanded the breadth of our services to ensure that clients had the physical, emotional, social, and educational support required to overcome the many challenges presented by this unprecedented time.

**A**lzheimer's disease is always a difficult diagnosis. The COVID pandemic exacerbated the strain even further. distancing regulations prevented aides from coming into the home to offer assistance, family members from visiting and offering support, and recreational activities that would typically offer relief for caregivers. WJCS social workers provided virtual counseling and increased the number of weekly support groups for caregivers as well as for those with early-stage dementia to provide the compassion, resources, and sense of community that has been so needed.



Support for caregivers of individuals with dementia

**B**ereavement over loved ones who died during the Covid pandemic was particularly challenging for our clients because Covid prohibitions prevented them from observing traditional mourning rituals. Our grief experts trained social workers throughout the agency as well as clergy in our partner synagogues so that a wider number of people were equipped to provide bereavement support.

**C**ollege Emotional Wellness Initiative was launched in partnership with the Westchester County Department of Community Health and local colleges in response to the alarming increase in depression, anxiety, and substance use experienced by college students during the pandemic. The program offers specialized counseling to all Westchester college students struggling during the pandemic, regardless of ability to pay or type of health insurance.

**D**igital Equity Project was formed by WJCS to provide children in under-resourced communities the digital devices, Wifi, and computer skills they need in order to learn remotely, which became a necessity during the pandemic. Thanks to a partnership with the STEM

Alliance and funding from the Wiener Family Future Foundation and co-sponsorship by the Wiener Philanthropy, WJCS supplied Chromebooks to students in first through ninth grades who did not have them, one year of free Wifi to improve internet access, and technical mentoring to ensure they have an equal chance to achieve academically.

**Elderly** homebound Westchester residents were assessed during the pandemic via phone or Zoom for our Geriatric Care Management and Case Management Home-Delivered Meals Programs. Over 1,000 seniors and/or their caregivers had meals delivered to them and over 500 clients, families, and/or caregivers were provided intensive case management and/or information and referral services. Our Yonkers NNORC Program (Neighborhood Naturally Occurring Retirement Community), a partnership with the Yonkers Office for the Aging, offered classes via Zoom in yoga, gardening, arts and crafts, and nutrition, which eased seniors' loneliness while isolated at home. The NNORC's partnership with YPIE (Yonkers Partners in Education) connected seniors with high school students who advised them on how to use cellphones, computers, tablets, email, and social media to keep in touch with their families.

**Food Insecurity** affected many of the families in our programs. Thanks to generous donations, we were able to provide, food, diapers, and children's games and activities through personal deliveries to our clients' homes at the height of the pandemic. This afforded WJCS staff the opportunity to check in on our clients and provide them with supportive counseling when needed. The National Guard assisted us in delivering bags of food to families in Yonkers and the WJCS team distributed bags to families in communities throughout Westchester.

**Group residences**, home to 95 disabled adults, never shut down even as the world shut down around them. Our Direct Support Staff bravely came to work every day, carrying with them a letter showing they were essential workers and could be on the road when the governor put a stay-at-home order in place. Staff worked tirelessly to ensure that the disabled adults in WJCS residences stayed safe during COVID and were engaged in activities, like

virtual Bingo, trivia nights, movie nights, and "high tea" at a time when their day programs and outings were canceled, and their families prevented from visiting them. We had training groups for relatives to assist them in how to use Zoom and other platforms so they could maintain contact and participate in some activities with their family member in the group home. We honored the residential staff for their dedication and hard work at three virtual applause sessions, attended on Zoom by 100+ WJCS staff and board members.

**Holocaust survivors**, among our most frail and vulnerable elders, experienced painful isolation during Covid-19. Weekly survivor support groups, one-on-one contact by our staff, and home deliveries of kosher meals provided much-needed community and connection for them and their families. When WJCS set up vaccination clinics for staff and there was a surplus of vaccines, WJCS arranged to transport Holocaust Survivors to WJCS headquarters to be vaccinated.

**Individuals with Intellectual and Developmental Disabilities (IDD)** who live independently were provided a vast array of virtual classes on health, nutrition, exercise, and calming techniques as well as career counseling and life and social skill workshops. Members of the POINT (Pursuing Our Independence Together) community participated in weekly groups, such as art, girl talk, men's group, book club, Theater for Action, and virtual cooking lessons. Community Habilitation Trainers worked through Facetime and Zoom throughout the pandemic to ensure that the participants received the necessary assistance with their activities of daily living and their individual goals. WJCS. Community Programs screened and identified 12 developmentally disabled OPWDD-eligible individuals from different areas in New York State to live in the brand-new Craft apartments in New Rochelle. The individuals who moved in included ones for whom this was their first time living on their own, a married couple who was previously homeless, and others that had previously lived in apartments that were an inappropriate fit for them.

**Jewish Programs**, in partnership with UJA-Federation of New York, offered no-fee individual career and mental health counseling as well as group workshops to help those affected by the pandemic. We offered new parenting support groups for navigating children with special needs and remote learning. The Jewish Programs staff also provided counseling and educational programs via Zoom to synagogues, day schools, Jewish community centers, geriatric centers, and educators, parents, and young children in early childhood centers. We helped families navigate ways to connect virtually and conduct their Passover Seders remote, cope with chronic illness and bereavement, and offered spiritually healing workshops for personal growth. Jewish cultural specialists led virtual holiday and life-cycle events for residents of Chai House, a home for Jewish women with intellectual and developmental disabilities, and participants in Shelanu, a program for young Jewish adults with autism spectrum disorders, enjoyed a host of Zoom activities.

**KICS** is one of many WJCS school-based programs, all of which continued to operate even when schools shut down and were only teaching remotely. Being isolated from friends, teachers, and sports during the height of the pandemic exacerbated the emotional and behavioral needs of children, adolescents, as well as their parents and teachers. WJCS stayed in frequent contact with children and their parents to ensure their health, safety and well-being. We also created workshops to support teaching staff, training them in mindfulness and self-care and trauma-informed practices for educating and supporting students. We provided over 45 workshops to over 600 individuals and school personnel throughout Westchester.

**LGBTQ+** youth experienced painful isolation during the Coronavirus pandemic. Those who were quarantined at home with unsupportive family members felt especially vulnerable. WJCS Center Lane, the first and only LGBTQ+ youth center in Westchester, moved online once the pandemic hit, keeping its participants connected with virtual meetings, game nights, and other activities. Center Lane adapted the three major components of Pride Camp—LGBTQ+ Identity, Healthy Relationships, and Intersectionality—into three

camp on each topic. We created the Rainbow Squad for kids 8-13, and our first TransParentcy+ group for Trans and gender non-conforming youth who are Black, Indigenous, People of Color and their caregivers. In 2020, Center Lane served 884 people, 371 youth and 513 adults in presentations and trainings, remotely and in person.



**LGBTQ+ community education**

**Mental Health** challenges skyrocketed during the coronavirus crisis. People of all ages, from young children to seniors, experienced loneliness, fear, grief, anxiety, and depression. The COVID 19 pandemic launched WJCS clinics and clinical programs into fully providing psychiatric care, therapy, intake sessions, and group therapy, including Dialectical Behavioral Therapy (DBT) and Intensive Outpatient Treatment (IOP), remotely through telehealth (secure video and phone). With generous support from a board member and significant planning for telehealth services, WJCS was well prepared for this unexpected challenge. When safe to do so, and with appropriate precautions, in-person services resumed for those clients in need of or desiring to be seen in person. WJCS professionals also offered a specialized program for healthcare and front-line workers to provide support both during and after the Covid public health crisis. WJCS received a CARES grant from the Department of Community Mental Health that dramatically increased our capacity to provide Mental Health First Aid trainings and also trained an additional 16 individuals throughout the county as trainers. We now have 8 staff trained in YMHA and 3 dual-certified in Youth and Adult Mental Health First Aid.





### Mental health counseling during Covid

**N**ational recognition was given to WJCS, as our mental health clinics were invited by Montefiore Hospital to be 1 of 20 mental health providers nationally and 1 of 4 New York State mental health providers to participate in a year-long learning collaborative by Montefiore and the National Council beginning in 2021, focusing on integrating general health into behavioral health care. In moving toward integrated care, 15 WJCS clinicians participated in a specialized clinical training program on treating substance use disorder called Encompass.

**O**verwhelmed and overjoyed is how we feel about the generous dedication of our donors and Board of Directors who gave more and more often to support critical services during the pandemic.

**P**arent-Child virtual programs flourished, as we supported families through the pandemic. More than 4,000 ParentChild+ sessions were conducted, with over 100 families served, and 128 families participated in Parent Child Center programming with an additional 60 families taking part in our 2020 Summer Program. Our Program Coordinators sent weekly emails including resources for direct support in rent, food distribution, internet access, and computers. Several families received mental health counseling and 50 families received food cards of up to \$360 each. Early Step Forward operated in three centers with hybrid in-person and remote schedules. To serve all families in the Infant/Toddler Learning Center program, we

launched a closed Face Book page in which our families could chat, attend live sessions, or view sessions at their own schedule. Included were family craft activities, food/cooking ideas to do with children, yoga exercises, mindfulness activities, and other YouTube videos that were age appropriate and fun. Staff also regularly posted community information about COVID testing sites, food bank resources and school information.

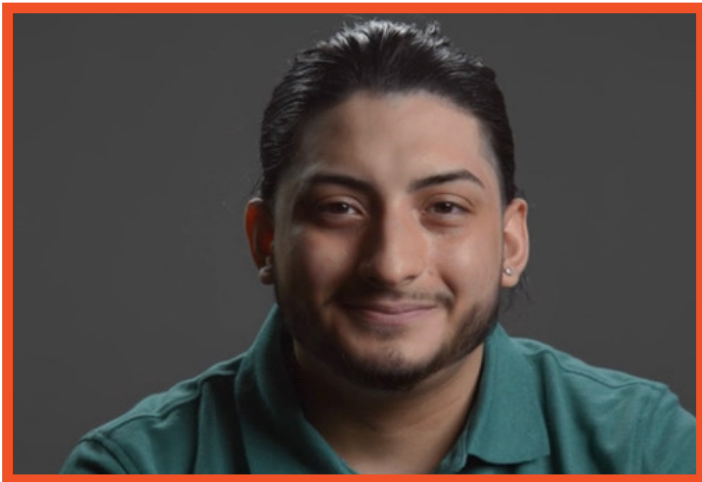
**Q**uiet was in short supply in most homes during Covid, as families were cooped up together with children struggling to learn remotely and parents needing to work at home or go to shift work outside the home, leaving them with childcare headaches. A series of 10 virtual Parenting Workshops were offered to parents throughout Westchester County. Topics included Managing Stress and Anxiety in the Time of Covid and Mindful Parenting.

**R**ecovery from co-occurring disorders of substance use and mental health difficulties can be particularly challenging unless they're both treated at the same time. For this reason, WJCS now offers specialized combined evidence-based treatment for co-occurring disorders at our four Family Mental Health Clinics, including Medication-Assisted Treatment and Community Reinforcement and Family Training.

**S**tudents were supported by WJCS, both emotionally (through counseling) educationally (through virtual mentoring and enrichment), and materially. WJCS's annual Back-to-School Drive supplied over 300 backpacks and 475 Target gift cards to children in WJCS programs. The Have a Heart for the Holidays Gift Drive distributed 300+ toys and 550 Amazon gift cards to children in WJCS programs. We also provided help for teachers, conducting over 38 trainings to various school districts on topics such as: Trauma 101, Supporting Adolescent Mental Health, and Vicarious Trauma. Margaret's Place staff led 80+ school workshops on safety and violence awareness and prevention, as well as 80 drop-in groups for students.



**T**reating trauma and promoting resilience are the core mission of The WJCS Trager Lemp Center. During the Covid pandemic, the number of people suffering from trauma skyrocketed. Families suffering domestic abuse were also dealing with external stressors due to Covid. WJCS saw a nearly 30% increase in clients seeking trauma-specific treatment in 2020 over 2019, with a nearly 70% increase in adults who are clearly bearing the burden of multi-faceted pandemic stressors and in need of support.



**Overcoming trauma and finding resilience**

**U**ndoing Racism Alliance, founded in 2003 to educate WJCS staff on issues relating to racial injustice, became particularly active following the killing of Mr. George Floyd by the police department. Frequent meetings hosted by the Undoing Racism committee provided employees with an opportunity to process complex feelings about racial disparity.

**V**olunteers played a significant role in helping WJCS clients throughout the pandemic. They made care calls, via phone, Facetime, or Zoom to their buddies in the community residents to ease loneliness and build friendships, they tended to our Community Gardens when state regulations prevented our group home residents from going on outings to maintain their sites and delivered our garden harvest to our community residences, and they became

Virtual Mentors to students who were struggling with remote learning. More than 250 volunteers assisted in 20+ WJCS programs, eager to “give back” and ease hardship in underserved communities in Westchester.

**W**iener Academy for Young Women staff conducted weekly check-ins with clients via phone, texts, or video conferencing and hosted enrichment activities, like art, music, sports, yoga, dance, book discussions, as well as homework help, using Zoom. Staff also provided weekly check-ins with parents to share resources, activities, and check to see if they needed essential items. The Wiener Academy provided a 7-week summer program at Fay Park in Yonkers.

**Y**oung People Achieve and the Peer Impact Program continued to thrive through virtual programming. Students at White Plains and Sleepy Hollow High Schools met weekly through secure video and created a public service announcement for National Teen Pregnancy Prevention month in May as well as a presentation on the challenges of being a teen parent that they presented to 400 students. Staff utilized diaper deliveries, book drops, holiday gifts, gift cards as a means to ‘meet’ YPA clients through home visits – whether they occurred outside or on a porch – always at an appropriate distance.

**Z**oom and other technologies became the lifelines through which WJCS staff and clients engaged throughout the pandemic. With the outstanding assistance of our IT department, mental health counseling and therapy groups were conducted via secure video chat and phone. Support groups for parents, bereavement groups, virtual games and classes that kept individuals with disabilities connected and entertained, virtual mentoring, and so much more were all possible because of such technological advances as Zoom.

# Financial Statement

## WESTCHESTER JEWISH COMMUNITY SERVICES AND AFFILIATES COMBINED STATEMENTS OF FINANCIAL POSITION AS OF JUNE 30, 2020 AND 2019.

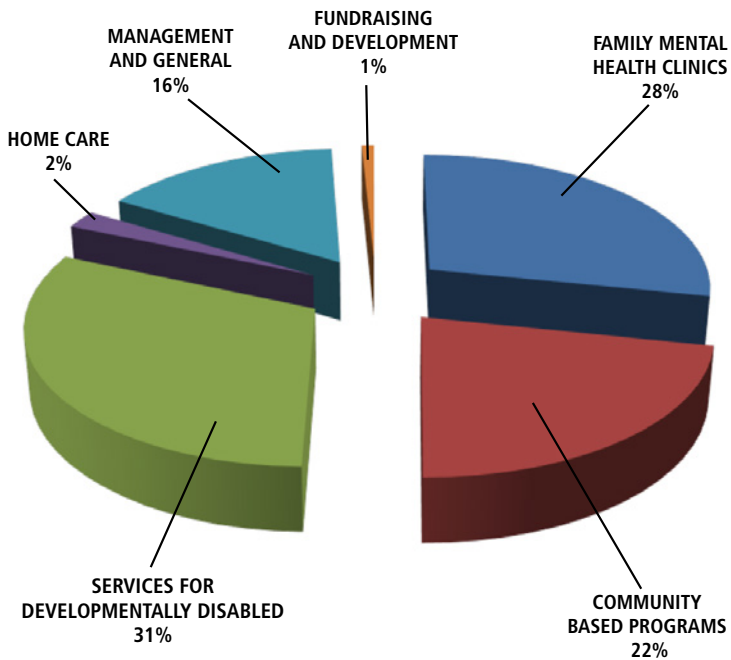
	2020	2019
<b>ASSETS</b>		
CASH AND CASH EQUIVALENTS	1,356,082	1,020,001
RECEIVABLES	6,826,193	6,548,406
INVESTMENTS	25,981,911	28,981,140
PROPERTY AND EQUIPMENT NET	7,561,665	7,934,146
OTHER ASSETS	413,431	1,148,895
<b>TOTAL ASSETS</b>	<b>42,139,282</b>	<b>45,632,588</b>
<b>LIABILITIES</b>		
ACCRUED EXPENSES AND OTHER PAYABLES	7,260,876	6,247,761
LOANS PAYABLE	3,245,577	3,073,303
<b>TOTAL LIABILITIES</b>	<b>10,506,453</b>	<b>9,321,064</b>
<b>NET ASSETS</b>		
WITHOUT DONOR RESTRICTIONS	12,760,487	16,220,337
WITH DONOR RESTRICTIONS FOR PURPOSE	14,923,460	16,027,343
WITH DONOR RESTRICTIONS ENDOWMENTS	3,948,882	4,063,844
<b>TOTAL NET ASSETS</b>	<b>31,632,829</b>	<b>36,311,524</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>42,139,282</b>	<b>45,632,588</b>

## WESTCHESTER JEWISH COMMUNITY SERVICES AND AFFILIATES COMBINED STATEMENTS OF ACTIVITIES FOR THE YEAR ENDED JUNE 30, 2020 AND 2019.

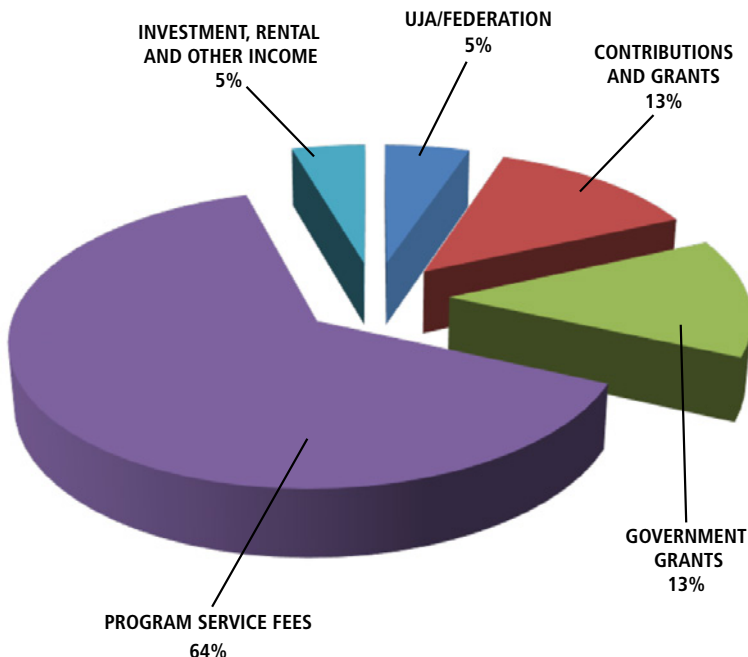
<b>SUPPORT AND REVENUE—OPERATING PUBLIC SUPPORT:</b>	<b>2020</b>	<b>2019</b>
UJA/FEDERATION	2,087,693	2,208,168
CONTRIBUTIONS AND GRANTS	4,692,772	4,580,775
SPECIAL EVENT NET OF EXPENSES	535,523	741,134
<b>TOTAL PUBLIC SUPPORT</b>	<b>7,315,988</b>	<b>7,530,077</b>
<b>REVENUE:</b>		
GOVERNMENT GRANTS	5,326,739	6,992,428
PROGRAM SERVICE FEES	25,481,174	26,956,530
INVESTMENT INCOME	967,946	1,576,884
RENTAL AND OTHER INCOME	843,908	76,096
<b>TOTAL REVENUE</b>	<b>32,619,767</b>	<b>35,601,938</b>
<b>TOTAL SUPPORT AND REVENUE</b>	<b>39,935,755</b>	<b>43,132,015</b>
<b>EXPENSES - OPERATING:</b>		
PROGRAM SERVICES – CLINIC	12,461,768	11,698,368
PROGRAM SERVICES – COMMUNITY BASED	9,715,627	9,243,331
PROGRAM SERVICES – SERVICES FOR DEVELOPMENTALLY DISABLED	13,782,062	13,340,213
PROGRAM SERVICES – HOME CARE	939,916	4,498,099
MANAGEMENT AND GENERAL	6,895,582	4,487,657
FUNDRAISING AND DEVELOPMENT	352,694	468,040
<b>TOTAL EXPENSES – OPERATING</b>	<b>44,147,649</b>	<b>43,735,708</b>
<b>CHANGE IN NET ASSETS - OPERATING</b>	<b>(4,211,894)</b>	<b>(603,693)</b>
<b>NON-OPERATING REVENUE</b>		
UNREALIZED GAIN (LOSS) ON INVESTMENTS	(466,801)	(527,499)
<b>CHANGE IN NET ASSETS</b>	<b>(4,678,695)</b>	<b>(1,131,192)</b>

The complete audited financial statements including related notes and the Galleros Robinson, LLP opinion as independent auditors, may be obtained by writing to Westchester Jewish Community Services 845 North Broadway, White Plains, NY 10603 or to the New York State Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271  
 WJCS has met all standards of the Better Business Bureau Philanthropic Advisory Service and is listed in the New York Giving Guide.  
 Our IRS Form 990 can be accessed by going to: [www.wjcs.com/financial990](http://www.wjcs.com/financial990)

## OPERATING EXPENSES



## OPERATING SUPPORT AND REVENUE



### WJCS IS:

- Licensed to operate mental health clinics by the NYS Office of Mental Health (OMH) including integrated mental health and substance abuse services.
- Approved to provide Home Health and Traumatic Brain Injury services and enabled a Home Health Training Program by the NYS Department of Health.
- Certified to operate Intermediate Care Facilities, Individualized Residential Alternatives and Community Residences by the NYS Office for People with Developmental Disabilities (OPWDD).
- Accredited by the American Psychological Association as a training site for doctoral psychology interns.
- Rated as meeting all standards by the Better Business Bureau of New York.
- An affiliate of Compeer, Inc.
- A founding member of Coordinated Behavioral Health Services
- Certified by Green Business Partnership

### WJCS CONTRACTS WITH OR RECEIVES PROGRAM SPECIFIC SUPPORT FROM:

- Federal Emergency Management Agency
- U.S. Department of Education
- U.S. Department of Health & Human Services
- U.S. Department of Housing & Urban Development
- U.S. Department of Justice
- New York State Department of Health
- New York State Office of Children and Family Services
- New York State Office of Mental Health
- New York State Office for People with Developmental Disabilities
- New York State Office of the Aging
- Westchester County Office of the County Executive
- Westchester County Board of Legislators
- Westchester County Department of Community Mental Health
- Westchester County Department of Senior Programs & Services
- Westchester County Department of Social Services
- Westchester County Department of Probation
- Westchester County Office for Women
- Westchester County Youth Bureau
- City of Yonkers Community Development Block Grant (CDBG)
- Putnam/Northern Westchester Board of Cooperative Education (BOCES)
- The School Districts of Briarcliff, Chappaqua, Harrison, Mt. Vernon, New Rochelle, Ossining, Peekskill, Tarrytown/Sleepy Hollow, White Plains and Yonkers
- Town of Cortlandt
- Montefiore Hospital DSRIP
- Hudson River Health Care
- Joe Torre Safe at Home Foundation



# wjcs Programs

## MENTAL HEALTH

### Child Care Management

Community-based services for children with chronic health or mental health conditions, 237-6089

### Child Sexual Abuse Treatment Program\*

Treatment for children and adult survivors of sexual abuse, 949-7699 x2475

### Court Assessment Program

Professional psychiatric and psychological assessments for use by the legal system, 949-7699 x2452

### Cross Systems Unit\*

A collaboration with DSS to assist families seeking Family Court help, 316-9824

### Domestic Violence Program\*

Therapy for adults and children affected by family violence, 949-7699 x2471

### Family Matters

Mental health services, case management for youth with serious emotional disturbances, 237-6089

### Geriatric Mental Health Services

Mental health and case management services for seniors, 949-7699 x2429

### Harry & Jeanette Weinberg Learning Center

Educational services for individuals with developmental disabilities and other learning challenges, 949-7699 x2464

### Hartsdale Family Mental Health Center

Counseling, psychiatric, specialty, and Intensive Outpatient Services in clinic setting for adults and children, 949-6761 or 949-7699

### Juvenile Fire-Setting Evaluation and Treatment Program

Assessments of children at risk of fire-setting, education for parents and the community, 237-6089

### Juveniles Starting Over\*

Treatment and assessment of youth with problematic sexual behavior, 949-7699 x2470

### Linkages/Youth Success\*

Mental health assessment and support for youth in the probation system, 737-7338 x3120

### Mt. Vernon Family Mental Health Clinic

Counseling, psychiatric, specialty, and Intensive Outpatient Services in clinic setting for adults and children, 668-8938

### Nurturing Parents\*

A support group that provides trauma-informed, preventative, educational workshops and comprehensive support for women and their young children affected by domestic violence, 423-4433 x3221

### ONTrackNY

Treatment program for individuals age 16-30 who have experienced a psychotic episode. 737-7338 x3122

### Peekskill Family Mental Health Clinic

Counseling, psychiatric, specialty, and Intensive Outpatient Services in clinic setting for adults and children, 737-7338

### Peekskill School-Based Satellite Clinics (SCOPES)

School-based mental health services for Peekskill schools:

- Woodside Elementary school, 734-1359
- Oakside Elementary School 737-1591

### Safe Harbor\*

Consultation to Westchester Department of Social Services for commercially and/or sexually trafficked minors, 949-6761 x2448

### Social Clubs

Provides social and recreational activities for people recovering from mental illness, 528-6995

- Favonian Club in Peekskill
- Grasslands life skills program in Valhalla, 231-4200
- Our Social Club for residents of Mohegan Park Home
- Sunshine Social Club located in Mohegan Lake

### Trager Lemp Center: Treating Trauma & Promoting Resilience

Research-proven treatment for childhood sexual abuse and trauma, 949-7699 x2475

### Trauma Therapist at District Attorney's Office\*, 995-5165

### Whitehill Counseling Service

Fee-supported mental health services, 737-7338 x2119

### WJCS Satellite Clinic @ Sun River HealthCare

Mental health services for children in a pediatric practice, 423-4433

### Yonkers Dept. of Social Services

Satellite Clinic Crisis intervention and counseling to families involved with DSS, 231-2604

### Yonkers Family Mental Health Clinic

Counseling, psychiatric specialty, and Intensive Outpatient Services in clinic setting for adults and children, 423-4433

### Yonkers School-Based Satellite Clinics:

Mental health services for Yonkers schools: Cross Hill Academy, Martin Luther King Academy, Roosevelt High School, and School 18, 376-8174

### Yonkers School-Based Crisis Stabilization Services

Short-term mental health crisis management services to several Yonkers schools, 330-7961

### VIP (Volunteer Internship Program)

Adults over age 18 who are recovering from mental illness are placed in volunteer positions at WJCS and other non-profit agencies in Westchester, 761-0600 x2223

### Youth & Adult Mental Health First Aid Training

Teaches warning signs to respond to mental health challenges and crises, 761-0600 x2322

## CHILDREN/FAMILIES

### Academic and Career Support

Adult basic education, TASC (formerly GED) prep, and job readiness, 965-9140 x23

### Building Better Beginnings

Mental health consulting services to daycare centers and Head Start programs, 595-0041

### Center Lane

Community center, resources, and support for LGBTQ youth, Yonkers, 423-0610

### Digital Equity

Provide Chrome books, Internet access, and volunteer mentoring to help youth succeed at remote learning, 949-7699 x2407

### Emergency Food Pantry

Food supplies funded by contributions from synagogues and organizations, located at the Mary J. Blige Center in Yonkers, 965-9140

### Envision

Provides mentoring, case management, and supportive services to high-school students who are WJCS clients, 965-9140 x29

### Infant-Toddler Learning Center

Parenting education and children's early learning, 965-9140 x14

### Margaret's Place

In-school violence prevention, intervention, and education in partnership with the Joe Torre Safe At Home Foundation, 949-7699 x2481

- Cross Hill Academy, Yonkers
- Peekskill Middle School
- White Plains High School

### Parent-Child Center (PCC) / ParentChild+

PCC offers a fully-equipped drop-in center with toys, music, and more in New Rochelle. ParentChild+ provides home visits with child development expert who teach parenting skills, early literacy, and child development. 949-7699 x2424

\*Part of WJCS Trager Lemp Center for Treating Trauma & Promoting Resilience

(continued)

### Peer Impact

Peer-to-peer support and training to develop youth leadership and advocacy skills. 761-0600 x2322

### Wiener Academy for Young Women

After-school girls' academic and personal development and enrichment, 965-9140 x11

### Young People Achieve

In-school pregnancy prevention and intervention for teens

- Ossining High School, 762-5760 x2352
- Sleepy Hollow High School, 333-0063
- White Plains High School, 422-5026

## JEWISH PROGRAMS

### Addressing Alzheimer's

Support for people with Alzheimer's and other forms of dementia as well as their caregivers, 761-0600 x2144

### Bereavement Services

Support for those coping with the loss of a loved one, 761-0600 x2142

### Caregiver Support

Assistance for individuals caring for a loved one living in Westchester over the age of 60, 761-0600 x2143

### Center for Jewish Programs

Counseling, support, and spiritual programs for the Jewish community, 761-0600 x2140

### COVID Relief Hub

Employment Services, Career Resources and Support 761-0600 x2150

### COVID Relief Hub

Mental Health Services Resources and Support 761-0600 x2146

### Guiding Parents through Services (GPS)

Connects Jewish families to behavioral health services for children, 761-0600 x2318

### Havorah Program

Jewish holiday celebrations for people with developmental disabilities, 761-0600 x2140

### Holocaust Program

- Groups for Holocaust survivors and their families, 949-7699 x2541
- Survivor compensation programs, including home health care. 761-0600 x2241

### Jewish Spiritual Healing Center

Programs providing support through Jewish traditions, 761-0600 x2149

### Kosher Home Delivered Meals

Provides kosher meals to isolated Seniors. 761-0600 x2184

### Partners in Caring and Partners in Schools

On-site counseling, educational and informational programs in synagogues and Jewish day schools, and community and geriatric centers, 761-0600 x2145

### Pathways to Care

Counseling for people coping with chronic or advanced illness, 761-0600 x2143

### Project Locator

Provides location bracelets for people with Alzheimer's and other related dementias, 761-0600 x2230

### Project SEED

Provides support for teachers and parents in Jewish early childhood centers, 761-0600 x2146

### Shelanu

A membership community for young Jewish adults with autism, 761-0600 x2404

## DEVELOPMENTAL & INTELLECTUAL DISABILITIES/AUTISM

### Autism Center

Advocacy, support groups, resources for children, adults, and families, 761-0600 x2228

### Community Habilitation Services

Essential life-skills training for individuals in the POINT program, 761-0600 x2126

### CORDD

Crisis support for people with developmental disabilities or autism who are experiencing non-life threatening situations, 949-7699 x2455

### Counseling for People with Developmental Disabilities

Mental health services for individuals and families with developmental disabilities, including autism, 949-7699 x2455

### Moving Forward

Social club for adults with intellectual disabilities, 949-7699 x2455

### Parent Management Training

Support for parents in managing difficult behaviors of children with developmental disabilities or autism, 949-7699 x2408

### POINT

Community Independent living program for young adults with intellectual and developmental disabilities, 761-0600 x2175

### Project Lifesaver

Provides locator bracelets for people with autism who may wander, 761-0600 x2228

### Residential Housing

Supervised and supportive living opportunities certified by New York State OPWDD for individuals with Intellectual and Developmental Disabilities. 761-0600 x2128

- Beach House, Mamaroneck
- Bon Air House, New Rochelle
- Bryant House, White Plains
- Cannon House, Eastchester
- Chai House, White Plains
- Claremont House, Mt. Vernon
- Claudet House, Eastchester
- Gramatan House, Mt. Vernon
- Harrison House, Harrison
- Hudson Terrace, Sleepy Hollow
- Maple House, Harrison
- Palmer House, Larchmont
- Valdale House, Yonkers

### Taft Community Center

A space for social, educational, and vocational activities for young adults and adults with developmental disabilities. 761-0600 x2108

### TBI/Nursing Home Transition and Diversion Program

Medicaid waiver program for in-home services for adults eligible for nursing home care, 761-0600 x2344

### Therapeutic Social Groups

Evidence-based groups for children and teens with autism, 949-7699 x2455

## OLDER ADULTS

### Geriatric Care Management

Comprehensive services for seniors, including living options, 761-0600 x2340

### Geriatric Information and Referral

Provides information on programs, services, and benefits for seniors, 761-0600 x2340

### Livable Communities Project

Helps seniors remain in their homes and communities, 761-0600 x2314

### Project Time-Out

Provides respite for caregivers, 761-0600 x2310

### Yonkers NNORC (Neighborhood Naturally Occurring Retirement Communities)

Assistance to help seniors in northeast Yonkers age in place. 761-0600 x2340

## RESEARCH/TRAINING

### Social Work Internship

Accredited training program for first and second-year graduate students from schools of social work for field work placements. 668-8938 x3014

### Psychology Externship Training

Accredited training program for doctoral candidates, 423-4433 x3213

### Psychology Internship Training

Accredited training program for advanced doctoral students, 949-7699 x2475

### Educational Institute

Courses, workshops, conferences, and lectures for WJCS staff and the community at large, 949-7699 x2474

### Research and Evaluation

Data collection, analysis, and quality control to ensure WJCS programs and services use evidence-based practices, 761-0600 x2234

## VOLUNTEERING

### COMPEER

Volunteers helping adults recovering from mental illness, 761-0600 x2208

### Volunteer Recruitment

A wide range of opportunities for volunteers, 761-0600 x2222

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# wjcs Fast Facts

## Mental Health

WJCS, the largest not-for-profit provider of licensed, community-based outpatient mental health services in Westchester, offers evidence-based treatment to thousands of individuals of all ages struggling with depression, anxiety, ADHD, and other mental health challenges.

## Trauma

The renowned WJCS Trager Lemp Center for Treating Trauma & Promoting Resilience provides trauma treatment and resilience-building programs to adult and child survivors of sexual abuse and domestic and community violence as well as individuals who have suffered from other traumatic experiences.

## Intellectual and Developmental Disabilities

WJCS offers individuals with intellectual and developmental disabilities, including those on the autism spectrum, social activities, skill-building classes, emotional support services, and community residences.

## Children, Youth, and Families

WJCS provides "cradle to college" programming, including early literacy, after-school enrichment, and violence prevention and anti-bullying education.

## Older Adults

WJCS geriatric services support older adults, allowing them to age safely and well in their homes and communities, whenever possible.

## Jewish Community

WJCS is the 4-1-1 and 9-1-1 for the Westchester Jewish community. Jewish programming includes education, information, social activities, spiritual healing, and support to synagogues, day schools, nursery schools, assisted living centers, Holocaust survivors and their families, and to those needing help in a crisis.



**[www.wjcs.com](http://www.wjcs.com)**

845 N. Broadway, White Plains, NY 10603  
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