

The Guidance Center of Westchester

TIMES

Fall
2022

From the CEO



At the Guidance Center of Westchester (TGCW) and throughout the Access Network, we are dedicated to ensuring that people marginalized by society have the supports they need to thrive, the respect they need to feel dignity, and the hope they need to be resilient.

Together, we help those who seek our services make a connection. Whether it is a connection to the community for employment, resources, or enjoyment; a connection back to family and friends; or a connection back to themselves, we help people focus on a positive vision of their future.

For many, our 24/7 behavioral health clinic may be their first step toward connection. The clinic was awarded \$4 million through SAMHSA over the next four years to continue to provide mental health or substance use treatment to anyone, regardless of their ability to pay.

Our Network staff, a group 2,200+ strong, can rely upon, learn from, and grow with one another. We not only employ best practices for services, but also employ the best people to deliver those services. We look forward to more people joining our dedicated team in 2023.

You, our friends and supporters help ensure that we stay connected to our rich history while aiming for a bright and healthy future.

Ronald Colavito
President & CEO

BIG THANKS TO THE MGM FOUNDATION for awarding The Guidance Center of Westchester a \$10,000 grant. The money will be used to furnish apartments for the people we support in our housing services programs.



"A stable and comfortable home is critical to improving health outcomes, and we are so grateful to our community partners for helping us in this work," says Chris Masters, executive director of the Access: Supports for Living Foundation. With the affiliation, TGCW is supported through the Foundation.

Pictured accepting this generous grant are (from left): Chris Masters; Alicia Lore-Grachan, director of rehabilitative services; and Ed Domingo, president & chief operating officer of Empire City Casino.

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256 Washington Street • Mount Vernon, NY 10553 • 914-613-0700 • TheGuidanceCenter.org

WORLD MENTAL HEALTH DAY




As part of World Mental Health Awareness Day, we asked staff to share thoughts on self-care and what they wish people knew about mental health.

World Mental Health Day
October 10th

The Guidance Center of Westchester

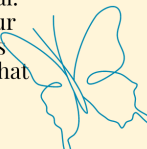
My self-care includes a holistic approach to managing bipolar disorder. I take medication every day, but also emphasize fitness; healthy eating; sleep, rest and downtime; hobbies/interests; human contact; and the very meaningful work I do as a member of the ACT team of The Guidance Center. - Nate



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One thing I wish people understood about mental health is that it is just as important as taking care of your body. When we physically get hurt, we go to the hospital. But when it has to do with our mental health, we sometimes would suffer in silence and that is not good.



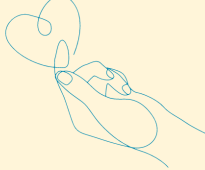
- Jacqueline

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I wish people understood that mental health comes in all different forms.


- Debra



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Mental health is so much more than the diagnoses that get talked about; it's about cultivating a lifestyle and skills to navigate the various things in life, many of which can really wear you down and challenge the best, most healthy, organized and positive person.

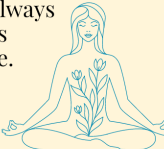


- Shawna

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Self-care is vital to optimizing my well-being. I take time out to do things that I like to do, such as getting a manicure/pedicure, taking myself out to dinner, and always practicing self-affirmations about my importance in life.

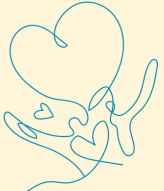


- Maureen

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We live in a complex world, and we weren't put here with a guide. We are only humans and at times we experience things that affect us, and it's OK to not be OK and to ask for help.



- Cordetta

BLUE SKIES & G

The first Westchester Golf outing in August at the GlenArbor Golf Club in Bedford Hills, was a great success. Trey Wingo, sports journalist and chief trends officer for Caesar's Sportsbook, hosted the event, and many enthusiastic golfers joined from several counties for a perfectly good time. The Air Cannon, TrackMan and on-course contests added extra fun for our golfers. We are grateful to our Gold Sponsor: WHUD 100.7 (Pamal Broadcasting, Ltd.), Silver Sponsors: Crown Castle and PTS Contracting for their generous support and to all who participated to make this inaugural outing a success.



IT'S A NEW DAY AT SUNRISE!

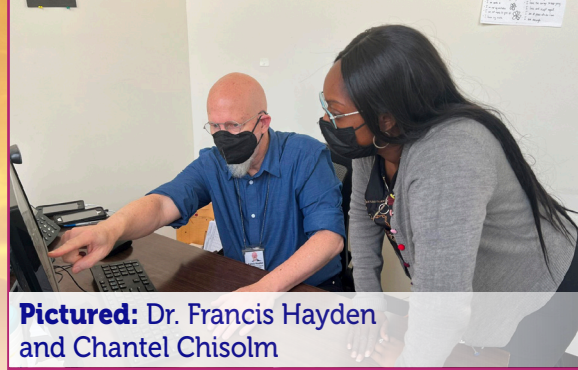
September marked the 10th anniversary of TGCW taking responsibility for the operations of the OASAS-licensed Mount Vernon Open Door clinic. The clinic, then located on South Third Street in Mount Vernon, was a small space atop a rickety stairwell that didn't create a welcoming environment for program participants. As part of the program's transformation, the name changed to Sunrise and relocated to the bright and open space at TGCW's 256 Washington Street, Mount Vernon location.

In 2015, Sunrise began to focus on integrated mental health, substance use, and physical health services. The team consists of counselors, psychotherapists, peers, nursing, and a psychiatrist – all of whom specialize in supporting individuals and families navigating complex challenges related to substance use and addiction. Throughout the pandemic Sunrise, like other dual-diagnosis treatment programs, went virtual to keep participants working toward their recovery goals. This flexibility offered participants the option to have

in-person and/or virtual services, depending upon their preferences and unique circumstances.

"Sunrise is truly a community," says Senior Clinician Chauntel Chisolm. "One of the things we heard from our participants is how much they value the group sessions, and they missed them during COVID. We're happy to say they are back and better than ever with new offerings that were suggested by the participants."

Each afternoon, Sunrise offers a different group, giving participants the opportunity to connect with one another while exploring their own growth and development. Monday: daily living skills (nutrition, budgeting, financial literacy, hygiene, etc.). Tuesday: educational and career development (run by a vocational counselor). Wednesday: women's group. Thursday: creative arts (expression through music, journaling, art). Friday: men's group. Snacks and lunch are also provided. In addition to choosing as many group sessions as they want, participants take part in weekly individual sessions with a primary



Pictured: Dr. Francis Hayden and Chantel Chisolm

counselor. Telehealth appointments remain available. Sunrise offers medication management and psychiatric care; integrated mental health treatment for co-occurring disorders; and Medicated Assisted Treatment for nicotine and alcohol. Suboxone is available for those who are overcoming opiate addiction.

Sunrise can work with people 12 years and older and offers Community Reinforcement and Family Training (CRAFT) to help family members learn how to support loved ones in their recovery.

Sunrise is open Monday through Friday from 9 AM–5 PM with walk-in assessments on Tuesdays and Wednesday from 9–11 AM. Sunrise takes self-referrals as well as court referrals. Evening and weekend appointments are available when needed. Our intake team is ready to help you or someone you know: 914-613-0700 x7104.

REENS



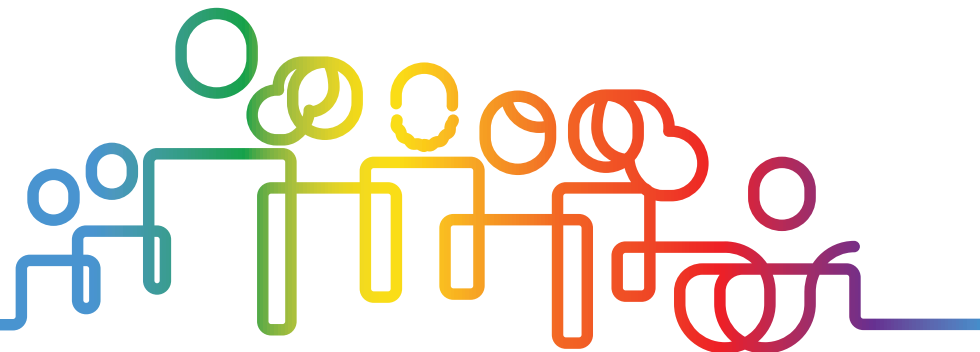
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Business Powered by INCLUSION



For people who have physical, social, or emotional barriers, employment plays a vital role that helps lead to greater economic self-sufficiency, an opportunity to use their skills, and more active engagement in the community. We are grateful to the businesses and organizations who work with us to ensure that meaningful work is accessible to all.

"We appreciate the employers who have opened doors to our participants seeing the person first, not the disability, and have helped them to increase their self-confidence and improve their overall quality of life," says Debra Sumner, community rehabilitative services director.

We give big thank you to our local employment superheroes: AFYA (Yonkers); Country Markets (Eastchester); Kidz Korner (Scarsdale); Low Tor Quick Lube (Haverstraw); Playland Park (Rye); ShopRite (Pelham and Yonkers); Walgreens (Larchmont, Eastchester and Yonkers on McLean Ave and also Yonkers Ave); Yonkers Downtown BID (Yonkers).

National Disability Employment Awareness Month (NDEAM)

is recognized every October. If you want to become an employment superhero, give us a call: **914-613-0700 x7057.**