

*Building Healthy Lives*

*Recovery*

*Stability*

*Admiration*

*Appreciation*

*Inspiration*

*Motivation*

*Dynamism*

*Innovation*

*Fulfillment*

*Respect*

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Promising Futures  
 Reuniting Families  
 "Building Healthy Lives"

# 42<sup>ND</sup> Annual Metropolitan Luncheon

"BUILDING STRONGER COMMUNITIES TOGETHER"

NOVEMBER 30, 2023  
 COMMEMORATIVE JOURNAL

**Our Mission**

*"To inspire individuals and families to achieve a life of unlimited potential by developing and delivering the highest quality evidenced-based behavioral health services and training."*



**Your work is  
honorable.  
So we're  
honoring you.**

Outreach, thank you for uplifting our community. You see the need, you take action, you give hope. We celebrate your dedication. Special congratulations to this year's honorees.

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Sr. Vice President/CCO

**Kathleen A. Riddle**  
President/CEO Emeritus



November 30, 2023

Dear Friends,

I am honored to welcome you to *Outreach's 42<sup>nd</sup> annual Metropolitan Luncheon – Building Stronger Communities Together*. Today, we celebrate the power of community and how, together, we are helping to build healthy lives for our clients and their families. Thanks to your extraordinary generosity and partnership, Outreach can continue to provide individuals in need of substance use disorder and mental health treatment access to the care they need.

My deep gratitude to our extraordinary 2023 honorees, Ralph C. Bumbaca, Michael E. Hellstrom, Jr. and our dear Luncheon Chairman Daniel Kindbergh, for their involvement and wholehearted support of today's event, and also to our Luncheon Committee who have worked tirelessly year-round to ensure this Luncheon is a success, thank you! As civil rights leader Mrs. Corretta Scott King noted, *"The greatest of a community is most accurately measured by the compassionate actions of its members."* Indeed, among this year's honorees, our Luncheon Committee, and you, Outreach could find no greater nor more compassionate collaborators. Thanks to you all, this past year, we were able to take further steps to expand our services and meet the growing needs of our communities by:

- Completing construction on the long-awaited 25-bed Young Adults Residence on our Brentwood, Long Island-Crooked Hill Road campus. This new residence, scheduled to open in 2024, will provide care for individuals ages 18-25, an often-overlooked group who are battling addiction at alarming rates.
- Building a new partnership with other agencies in Queens to guarantee the borough's diverse community can more easily access wraparound treatment, recovery, and supports', including free transportation to and from wherever they are to and from services.
- Opening our first Integrated Opioid Treatment Program for people throughout the New York metropolitan area struggling with opioid use disorder. In just its first year, the program has earned the highest level of accreditation possible from the Commission on Accreditation of Rehabilitation Facilities in recognition of its efficiencies and efficacy in providing harm reduction to those in need.
- Securing support to build a much-needed Supportive Crisis Stabilization Center in Suffolk County, where the rate of overdose is among the highest in our State. The Center will offer 24/7 support for people in crisis but who do not pose harm to themselves or others, however, may be at a greater risk without immediate help.
- Developing new initiatives, including scholarship programs to attend our professional training program, the Outreach Training Institute, for free to increase New York's treatment workforce at a time when overdose and addiction rates continue to climb, and the need for skilled clinicians and caregivers is great.
- Converting our Women's Recovery Center in Brentwood to include a rehabilitation element to meet the growing need for this additional level of care.

All these efforts, along with the growing number of services provided at our residential and outpatient treatment programs in New York City and on Long Island, allow us to offer adolescents, adults and families exceptional care. On behalf of everyone at Outreach, I thank you for your partnership and support that enables us to make a difference in the lives of fellow New Yorkers. My best wishes for a safe, healthy, and happy holiday season.

Sincerely,

Debra Pantin  
President and CEO

**Doing Business as Outreach Project Inc.**

11711 Myrtle Ave. • Richmond Hill, NY 11418-1751 • (718) 847-9233 • Fax: (718) 849-1093

E-mail: [outreach@opiny.org](mailto:outreach@opiny.org) • Website: [opiny.org](http://opiny.org)

**OUTREACH IS PLEASED TO PRESENT  
OUR 2023 “Humanitarian of the Year”**

***Ralph C. Bumbaca***

*President, New York City Market*  
TD Bank

Ralph Bumbaca is Commercial Market President of New York City for TD Bank, responsible for leading commercial banking efforts in the city. He has a dedicated staff of 40 bankers who oversee a large commercial and small business banking portfolio comprised of a broad group of business owners throughout the New York Metropolitan area.



Ralph has more than 35 years of finance and banking experience with proven skills in financial analysis, marketing and business development, and risk management as well as dealing with a wide range of financial products and services for a diverse client base. He joined TD Bank in 2010.

He serves on several non-profit boards as a board trustee and/or treasurer for the: Frederick Foundation, Boys and Girls Club of Metro Queens, Business Initiative Corp of NYC, Rocklyn Asset Management, Manhattan Chamber of Commerce, Carroll Garden Association and Rockville Centre Little League. Bumbaca also is active in raising funds and awareness for numerous causes including autism awareness and research. Through a successful banking career and the encouragement of the TD culture, Ralph has been able to assist and support the well-being of many citizens throughout the New York City community.

**Presented at Cipriani 42<sup>nd</sup> Street  
New York, New York  
November 30, 2023**



**OUTREACH IS PLEASED TO PRESENT  
OUR 2023 "Labor Leader of the Year"**

*Michael E. Hellstrom, Jr.*

*Vice President and Eastern Regional Manager  
Laborers International Union of North America*

Mike Hellstrom is vice president and Eastern Regional Manager of the Laborers' International Union of North America (LIUNA). Representing more than 45,000 unionized workers in New York City, Long Island, New Jersey, Delaware, and Puerto Rico, LIUNA is known for its vibrant organizing and political action programs as well as its innovative labor-management funds and skilled and productive workforce.



A second-generation laborer, Mike has been a member of LIUNA since 1984 and a tireless advocate for the rights of workers for his entire construction career. Prior to his current position, he served as business manager of the 17,000-member Mason Tenders District Council of Greater New York and Long Island (MTDC) whose affiliate locals serve the construction, asbestos and hazardous materials, recycling and sanitation industries, and lay faculty at New York Catholic schools. At MTDC, Mike helped create innovative, grassroots union-organizing campaigns like the multi-building trades union "Count Me In" movement, which fought to keep construction in midtown Manhattan 100% union.

In 1996, Mike was one of 1,000 members who volunteered to participate in an innovative union organizing training offered by the then-newly formed Laborers Local 79. Over the next two years, as one of the local's first full-time organizers, Mike led some of the most visible and successful organizing campaigns in Local 79 and labor history, including the famous campaign against Roy Kay, Inc.

With those successes, Mike was tapped in 1998 to help restructure a then-troubled New York sanitation and recycling union. Under his leadership as business manager, Laborers' Local 108 grew into a 2,200-member-strong union covering the waste and recycling needs of New York City, Nassau and Suffolk counties and the Hudson Valley. Mike remained business manager of Local 108 until his move to the MTDC in 2018.

In addition to his long union career, Mike is a U.S. Navy veteran, who served honorably in the Persian Gulf and Somalia from 1985 to 1989 aboard the USS Spiegel Grove.

**Presented at Cipriani 42<sup>nd</sup> Street  
New York, New York  
November 30, 2023**

**OUTREACH IS PLEASED TO PRESENT  
OUR 2023 "Jim Berg Memorial Recipient"**

***Daniel Kindbergh***

*Executive Vice President, Operations*  
Brookfield Properties

Dan Kindbergh is an Executive Vice President of NY Office Operations, responsible for overseeing the property management of all office properties in the New York City Office Region.

Dan joined Brookfield Properties (Olympia & York) in 1988 as Controller of the World Financial Center Division and switched to Property Operations in 1996. In 1998, Dan oversaw property management for Brookfield's U.S. office portfolio, including the acquisition of Trizec in 2006 when he served as the Integration Management Officer of the two large organizations.



Dan was named the 2015 George M. Booker Management Executive of the year and the 2023 Edward Riguardi Commercial Management Executive of the Year by the Real Estate Board of New York. He has provided leadership during many critical events in Brookfield's history such as 9/11, Hurricanes Ike and Sandy, Occupy Wall Street and the Covid-19 Pandemic.

Dan holds a Public Accounting Degree from Hofstra University and was a certified public accountant. He currently serves on the boards of Realty Advisory Board on Labor Relations, Real Estate Board of New York, Management Division, The Building Energy Exchange, and as Chairman of Outreach, dedicated to the counseling and treatment of substance abuse by teens and young adults.

**Presented at Cipriani 42<sup>nd</sup> Street  
New York, New York  
November 30, 2023**





**Debra Pantin**  
President/CEO

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**Christal Montague**  
Sr. Vice President/CSO

**Mary Brite**  
Sr. Vice President/CCO

**Kathleen A. Riddle**  
President/CEO Emeritus

November 30, 2023



Dear Friends:

Welcome to Outreach's 2023 Metropolitan Luncheon. My heartfelt thanks for your continued generosity and dedication to helping Outreach *build healthy lives*. My sincere gratitude to members of the Luncheon Committee and to my two fellow 2023 Honorees – *Ralph C. Bumbaca and Michael E. Hellstrom, Jr.*

I am moved and amazed by the tremendous support for Outreach's lifesaving programs and services, and that so many of you have come together again today to take part in this year's event. Your involvement ensures Outreach has the support it needs to provide essential care for adolescents, adults and their families struggling with addiction. The difference your involvement makes is significant and reaffirms the importance of Outreach and its mission to transform lives, rebuild families, and strengthen communities.

As we know in real estate and construction, it takes many trades to build a sound structure. When an individual is in recovery, it takes a community of dedicated clinicians, counselors, peers, staff, and adjacent organizations to help them build a healthy life. I am reminded of the quote, "A rising tide lifts all boats," and together we are raising the tide to ensure that anyone in our community suffering from substance use and mental health disorders has access to care, life skills and other support they may need.

On behalf of the Board of Directors, staff, and clients of Outreach, I thank you for being an important member of our community and we send you and your loved ones our best wishes for happy holidays.

As we embark on a new year, I urge you to stay involved. Share with others what you have seen, heard, and learned here today, and offer support and information to those in need. By doing so, you will continue to raise the tide and lift the lives of others in our community.

Thank you again for your support.

Sincerely,

*Daniel Kindbergh*

Daniel Kindbergh  
Luncheon Chairman

**Doing Business as Outreach Project Inc.**

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We would like to say a special **“Thank You”** to all those Individuals, Organizations, Businesses and Foundations who have supported us thus far during 2023 with contributions of \$1,500 or more...

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*Unfortunately, due to our journal deadline, donations received after November 3rd, may not appear.*



**Luncheon Chairman**

Daniel Kindbergh - *Brookfield Properties*

**Honorees**

Ralph C. Bumbaca, *President, New York City Market, TD Bank*  
Michael E. Hellstrom, Jr., *Vice President & Eastern Regional Manager, LiUNA*  
Daniel Kindbergh, *Executive Vice President, Operations, Brookfield Properties*

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Krista Whitman, *Sr. Vice President/COO*  
Irving Dela Cruz, *Sr. Vice President/CFO*  
Christal Montague, *Sr. Vice President/CSO*  
Mary Brite, *Sr. Vice President/CCO*



# Special Thanks to Our Boards of Directors for Helping Us Change Lives & Rebuild Families

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Building Healthy Lives

# OUTREACH

*Over 40 years of providing behavioral health treatment, training and hybrid services that change lives*

## Our Mission

To inspire individuals and families to achieve a life of unlimited potential by developing and delivering the highest quality evidence-based behavioral health services and training.

## Who We Serve

We provide life-changing care for the entire family including teens, young adults, adults, seniors, and those with co-occurring disorders or in need of mental health services. We are committed to helping families in crisis restore their relationships and rebuild their lives.

## We're now virtual!

- ✓ Hybrid in-person/telehealth at outpatient treatment
- ✓ Telehealth family services at residential treatment
- ✓ Live videoconferencing courses at Outreach Training Institute

Institute

**Call us: 1-833-OPINYORG**



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Outreach: Building  
Healthy Lives



Take a tour of any of Outreach's programs: hover your cell phone camera over this QR code!

## NEW YORK CITY

Adolescent and Adult Outpatient Services  
Wellness Clinic  
117-11 Myrtle Avenue  
Richmond Hill, N.Y. 11418

Outreach House I (Adolescent Residential)  
16-14 Weirfield Street  
Ridgewood, N.Y. 11385

Outreach Training Institute  
117-11 Myrtle Avenue  
Richmond Hill, N.Y. 11418

Adolescent and Adult  
Outpatient Services  
960 Manhattan Avenue, 2<sup>nd</sup> Floor  
Brooklyn, N.Y. 11222

## LONG ISLAND

Adolescent and Adult Outpatient Services  
11 Farber Drive, Units C & D  
Bellport, N.Y. 11713

Adult Outpatient Services  
452 Suffolk Avenue  
Brentwood, N.Y. 11717

Outreach Recovery Center  
Residential Rehabilitation & Reintegration  
Services for Men & Adult Outpatient Services  
**New!** Integrated Opioid Treatment Program  
998 Crooked Hill Road, Pilgrim State Bldg 5  
Brentwood, NY 11717

Outreach House II (Adolescent Residential)  
Adolescent Outpatient Services  
400 Crooked Hill Road  
Brentwood, N.Y. 11717

25-bed Recovery Residence for Women  
400 Crooked Hill Road  
Brentwood, N.Y. 11717

Outreach's REACT Center  
Adult Outpatient Services  
27 Washington Pl  
Roosevelt, N.Y. 11575

Outreach Training Institute  
400 Crooked Hill Road  
Brentwood, N.Y. 11717



# How Outreach is *Building Healthy Lives* in New York

- Quality substance use disorder (SUD) and mental health (MH) treatment for teens and adults using evidence-based, multi-phase models in individual and group counseling
- Direct link to Outreach's safe and supportive gender-specific community residences
- Enhanced outpatient program for women and women with children

## Outpatient Treatment



- Quality SUD and MH treatment for teens and adults using evidence-based, multi-phase models in individual and group counseling
- Compassionate residential care for teens ages 13-18 struggling with drug and/or alcohol use
- On-site DOE/BOCES schools in adolescent residences
- OASAS-certified rehabilitation & reintegration care for adult men and women (at gender-specific facilities) transitioning from intensive residential care

## Residential Treatment



- Medication-Assisted Treatment (buprenorphine, naltrexone, methadone) for opioid and alcohol use disorders, as clinically indicated
- Onsite primary care available at all programs
- Multidisciplinary teams to address co-occurring disorders

## Integrated Care



Diverse, multi-lingual qualified health professionals including LMSW, LCSW, LMHC, LMFT, RN, CASAC, and more.

Commitment to the latest evidence-based practices including *Seeking Safety*, *The Seven Challenges*®, and more.  
¡Hablamos español! • Usługi dostępne po polsku.

- Veterans Services
- Adolescent Services
- EAP/Working Professionals Track
- Significant Other Services
- Trauma-informed care
- Mobile Treatment Van
- Integrated Opioid Treatment

## Specialized Services



- NYS-OASAS approved 350-hour CASAC trainee certificate program
- Professional development trainings
- Continuing Ed hours for CASACs, social workers, mental health counselors, and marriage and family therapists

## Education and Training



Medicaid and most insurance plans are accepted.  
Sliding scale options are available.







# Services for Veterans at Outreach



## Serving Those Who Have Served Us

We care about the health and safety of our nation's veterans, and offer accessible and affordable treatment and recovery services on Long Island for those struggling with substance use disorders. Through our outpatient and residential programs, we provide individual and group counseling, including the delivery of medication for opioid treatment, that is tailored for those who served in the military.

### Services include:

- Experienced Veterans' Counselors on site
- Psychiatric evaluations
- Medical screenings
- Individualized treatment plans
- Veteran support groups
- Trauma-informed care & help addressing PTSD and other stressors
- Medication assisted treatment, Methadone maintenance, Vivitrol & Suboxone
- Peer support
- Case management
- Family services
- Creative art therapy
- Treatment for co-occurring disorders
- Impaired driver programs
- Dedicated space for veterans to socialize
- Vocational counseling, educational & job search support

**\*All ages, genders & languages served (translation services provided at no cost)**  
**\*Sliding scale payment options available**  
**\*Medicaid & most insurances accepted.**



**Call 1-833-OPINYORG (1-833-674-6967) for a free and confidential consultation**

### Outpatient & Resident Treatment & Recovery Services for Veterans

**Outreach Recovery Center**  
**998 Crooked Hill Road, Building 5**  
**Brentwood, NY 11717**



To learn more visit: [opiny.org](http://opiny.org)

Take a virtual tour of our programs with your cell phone by hovering your camera over the QR code



### About Us

Since 1980, Outreach has proudly served the Greater New York area with life-changing treatment to help individuals and family members struggling with challenges stemming from drug and alcohol use. Take the next steps to rebuild your life by reaching out today.



All programs are licensed by the NYS Office of Addiction Services and Supports

## Leave No Man or Woman Behind: Outreach's Commitment to Serving Veterans

*"Leave no man or woman behind."*

Variations of this quote are found in the Soldier's Creed for all branches of service and imbedded in our programs and services for veterans here at Outreach. We are committed to ensuring that every veteran who comes through our doors knows that we are here to support them through their recovery journey and transition back to civilian life.

Men and women who have served this country and are in need of drug and alcohol treatment deserve a specialized treatment approach that is uniquely designed for them. Their experiences, communication styles, and distinctive set of traumas, call for counselors who can speak their language. At Outreach, our dedicated staff of treatment professionals include those who are veterans themselves. Their shared experience lends credibility for veterans, and helps them feel comfortable in their treatment environment, and therefore increases the likelihood that they will complete their treatment program.

As a behavioral health provider, Outreach is committed to using the latest evidence-based practices in our services for veterans, including Seeking Safety which focuses on PTSD, Strength of the Struggle, Trauma-Informed Care and more. Our Outpatient program for veterans offers both individual and group therapy sessions, as well as case management and vocational services, where we address drug use, co-occurring issues, and life skills deficits. The focus is not just on past traumas but also on grounding and identifying coping skills on how to heal from those traumas.

Our Outpatient program houses a veterans' lounge which provides a quiet and supervised retreat where veterans can search for jobs, and socialize and connect with other veterans. Most of the group sessions for veterans are held in the veterans' lounge, and discussions range from relapse prevention, to mindfulness, to emotional regulation, grief and loss, and creative arts therapy.

Outreach recently welcomed a new fulltime Veterans' Counselor, Danielle "Dani" Koulermos, to help facilitate groups and administer art therapy. According to our Outpatient Services Director Thomas Olivo, "We felt Dani was our missing link. We are thrilled to have her onboard and deepen the work with our clients who are veterans."

Dani Koulermos shared that oftentimes after discussing their feelings and past trauma in groups many veterans find it hard to identify the language to explain why they feel a certain way. Art offers a way to express something that has happened to them or is happening in the moment, without having to use words and share too much about their past. "Clinical art therapy is a growing modality within the mental health umbrella which services allow people to create rather than speak," says Koulermos. "Art can be anonymous so whether the barrier is shame, confusion, memory loss or just lack of words to describe what we have lived through. Art making allows the vessel to process trauma with a clinician in a safe space without using triggering details of storytelling." Art therapists who practice trauma informed care can help direct veterans suffering from PTSD graduate to post traumatic growth by using psychoeducation to help teach and learn about their emotional triggers, creating their own personal narrative, and encouraging acceptance by being open and honest about their recovery. Art therapy is very versatile because you can choose so many different mediums like music in song writing, passages from books, motivational speeches on audiobooks as well as the traditional tools like drawing, painting, and sculpture. Utilizing art therapy, the clients have the autonomy to choose what they would like to use and what they feel comfortable exploring. For our clients at Outreach, and veterans alike, choice is something that they have not always had throughout their lives, whether it be in the military following orders, being incarcerated, or addicted to substances itself. So having the choice over which medium to use or what they design is paramount in their recovery to make good decisions and trying new things."

Veterans can also take part in Outreach's new 16-bed intensive residential treatment program which is centered around the evidence-based Rehabilitation to Care practice. The program, which lasts approximately 28 days (though the length of stay is ultimately based on the individual's needs) offers the skills necessary to establish sobriety. Upon completion of the program, veterans are referred to the next appropriate level of care, either residential living or outpatient treatment. All options are explored, discussed, and determined in collaboration with the client to ensure that they are fully engaged in the continuation of their recovery. Clients also have access to veteran support groups and community resources through Outreach. These services include referrals to agencies that can help them overturn an dishonorable discharge status in order to be eligible for military benefits.



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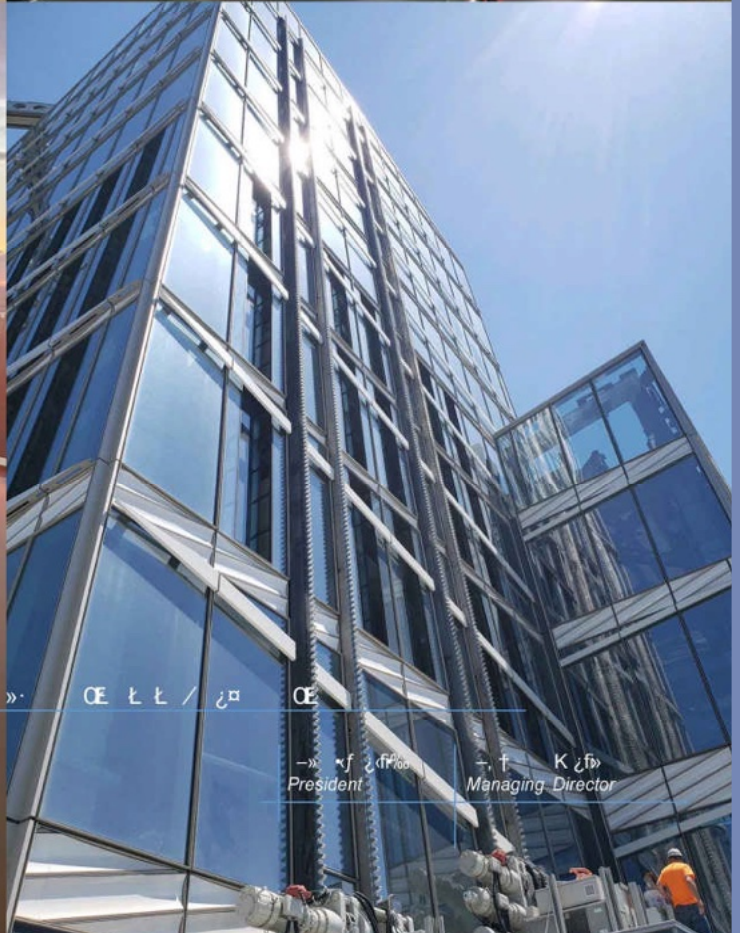
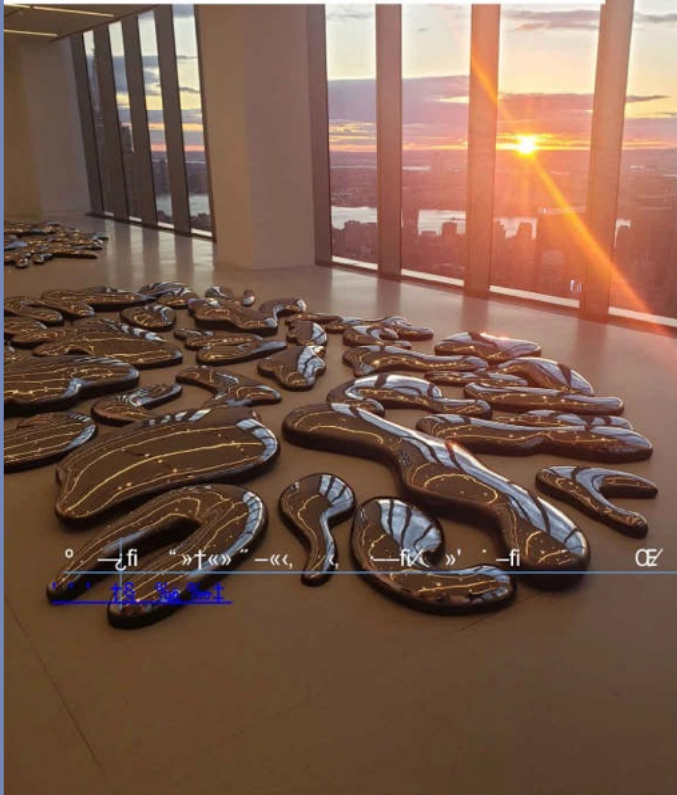


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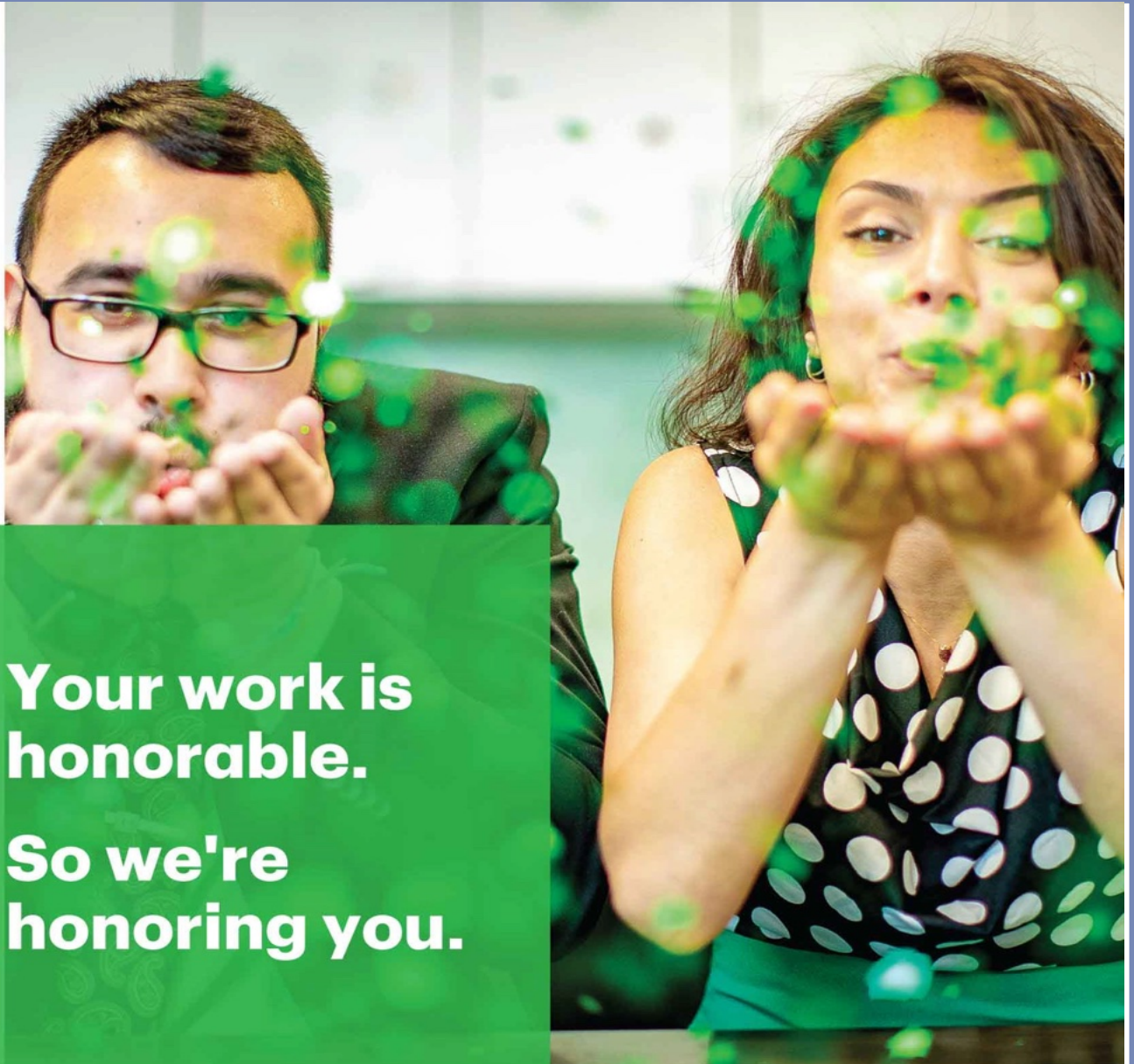
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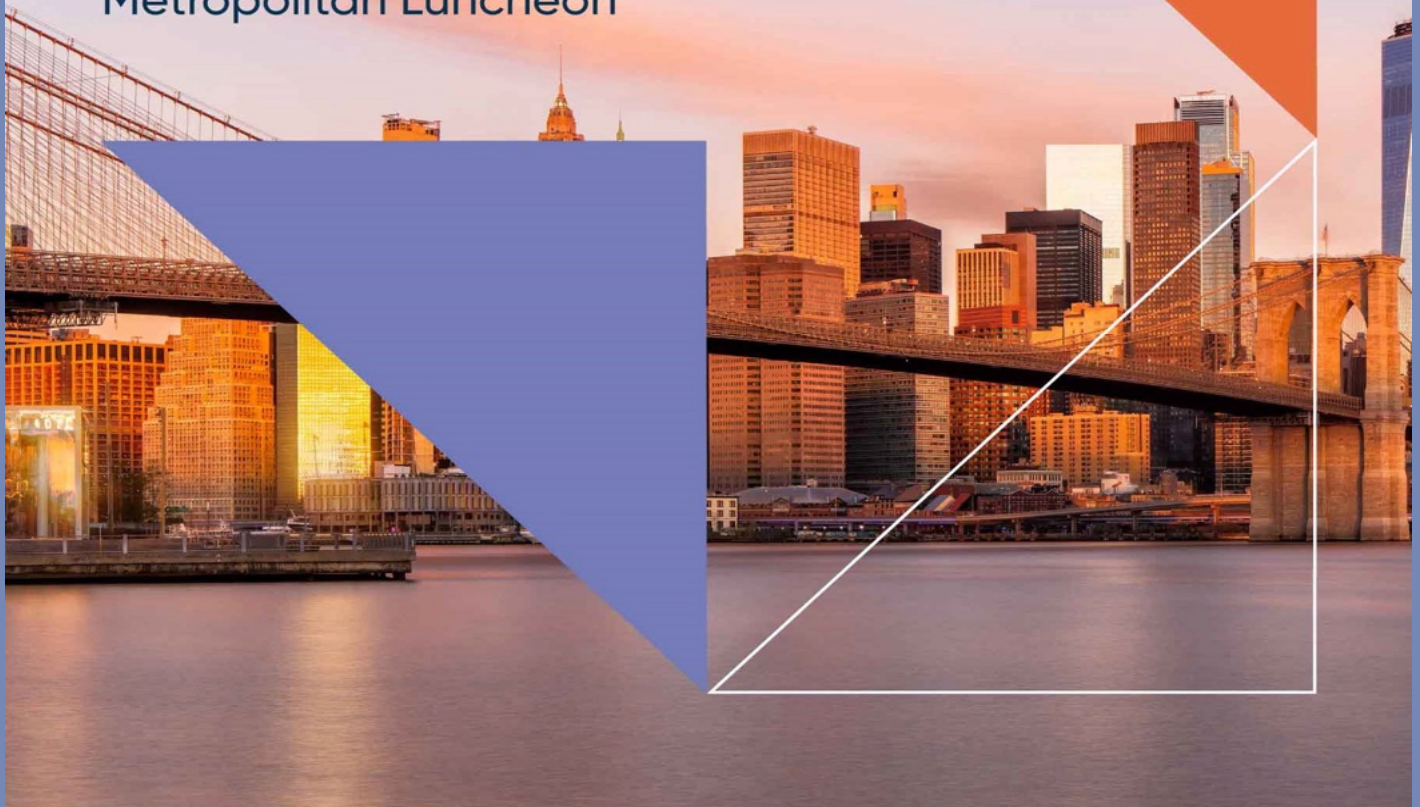
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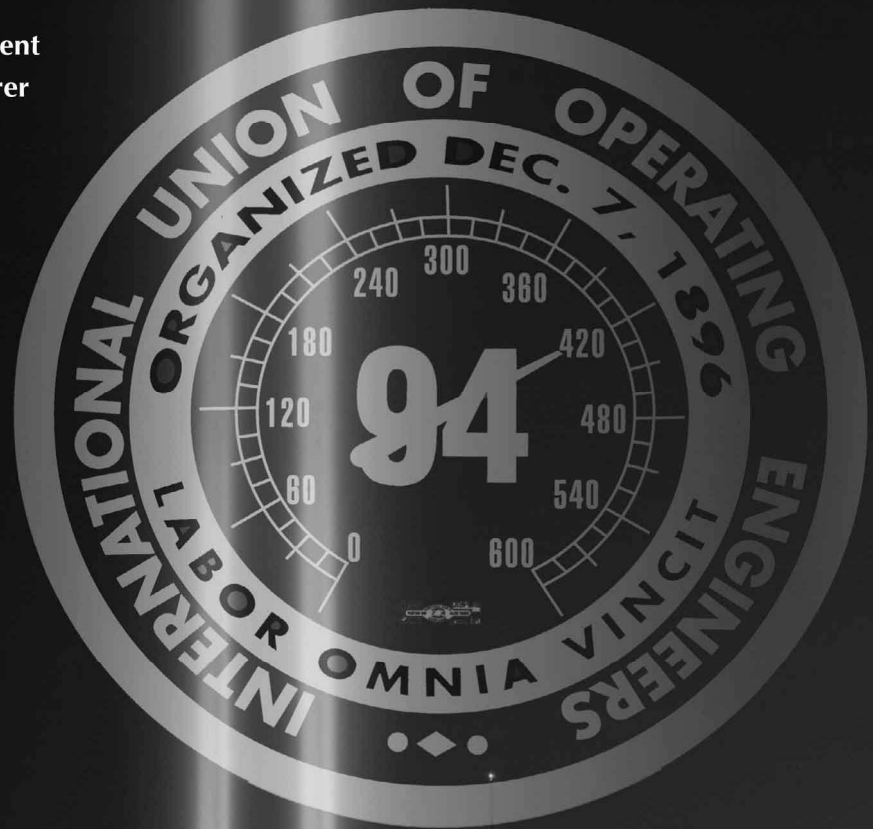
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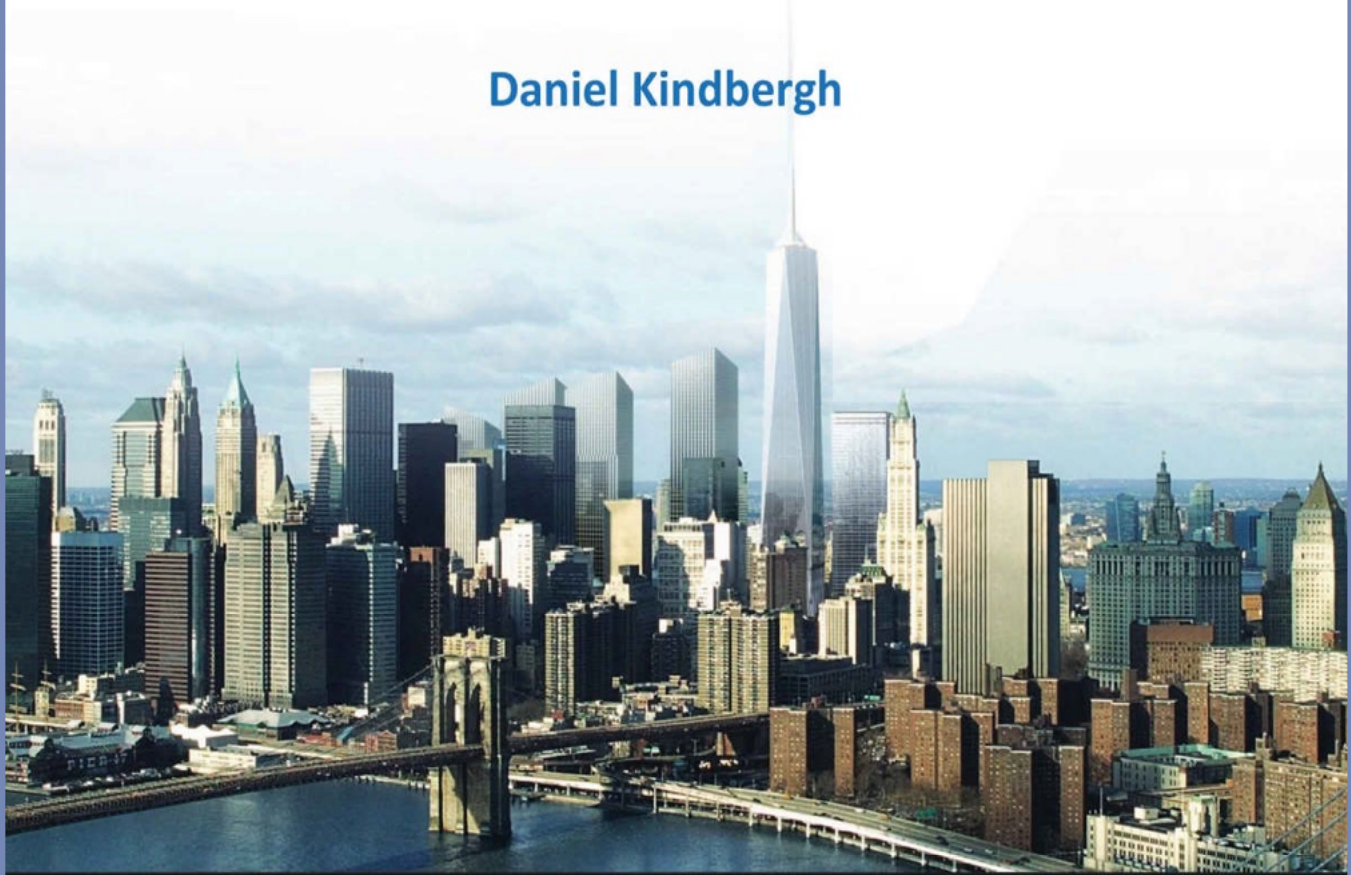


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Hellstrom, Jr.**

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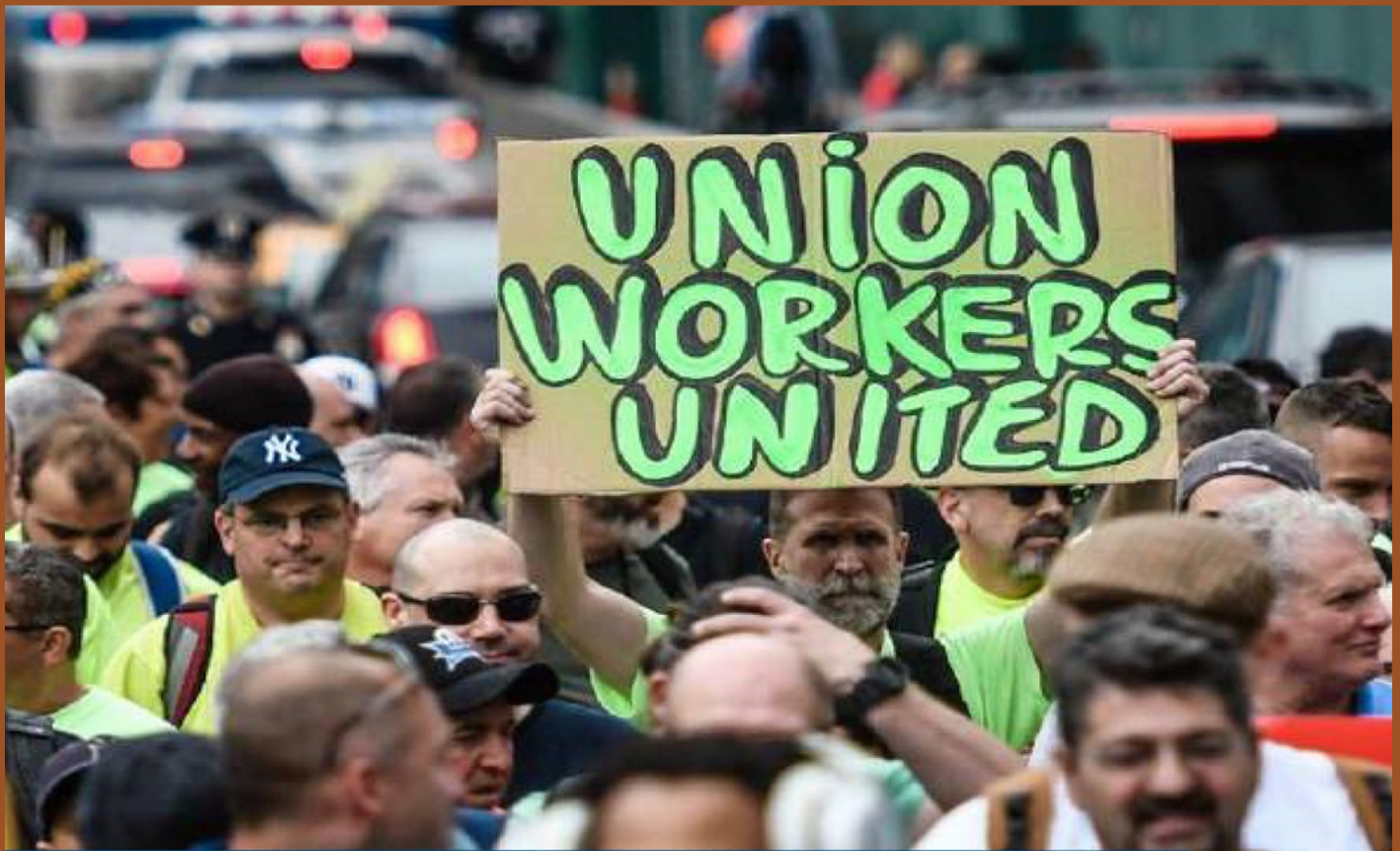
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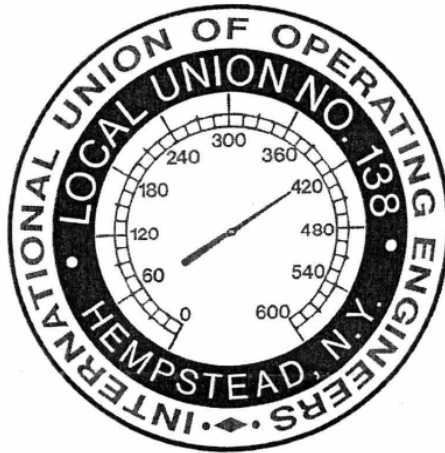
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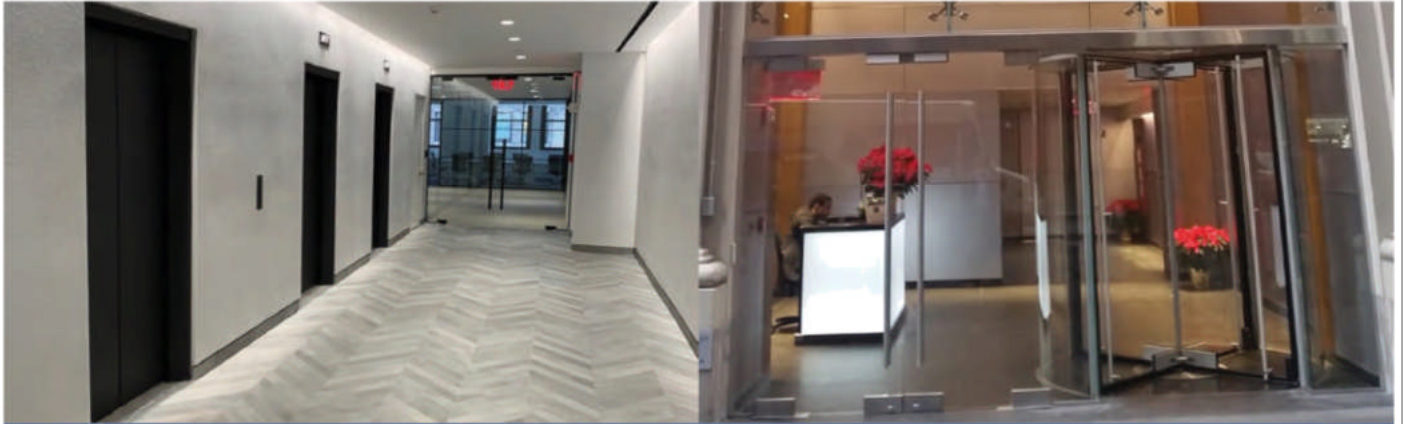
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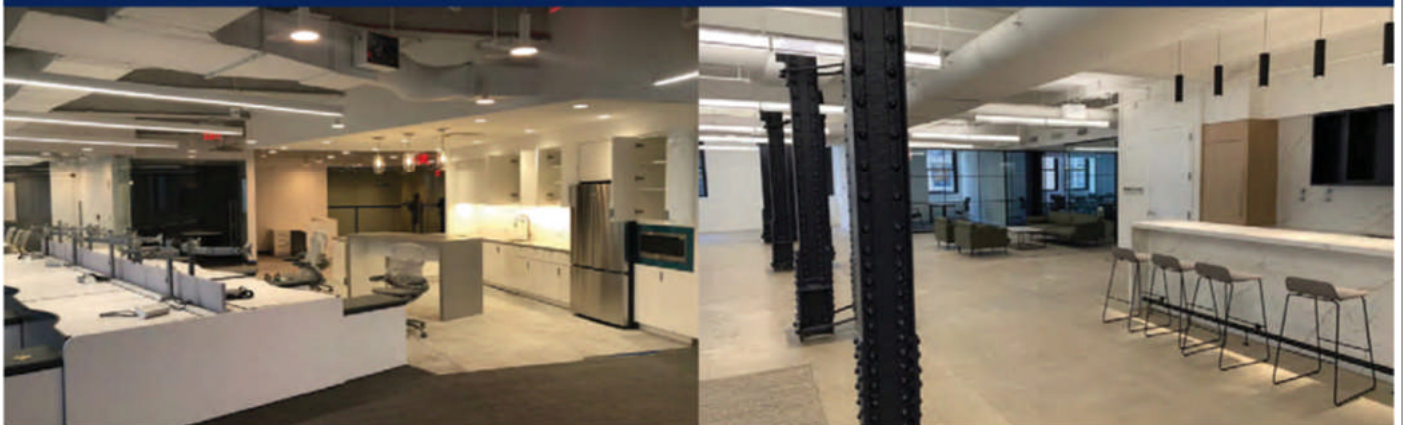
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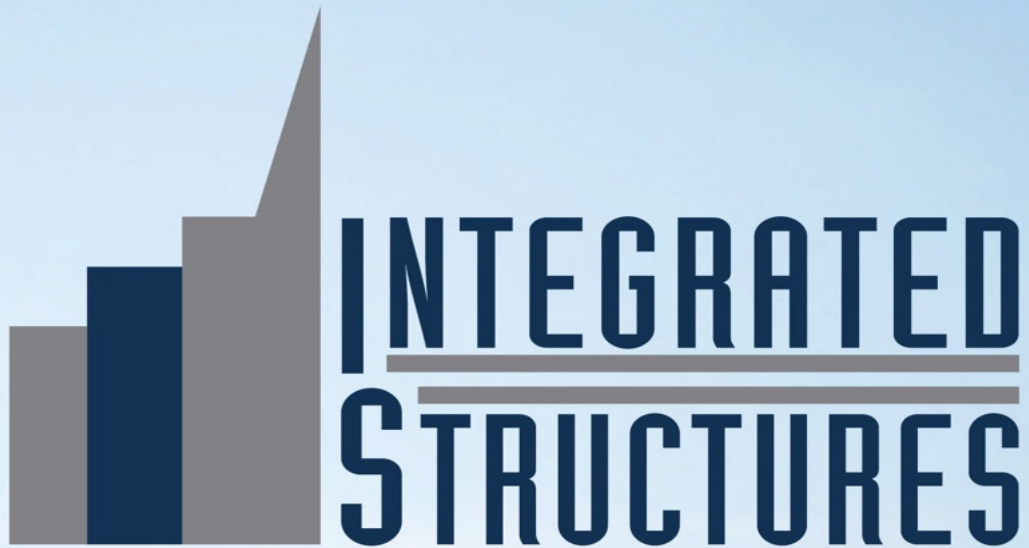
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## Poetry by Adolescent Residents At Outreach House II

### Love.

The thing that we desire the most.  
 When there's a fire burning in your heart,  
 And you need warm arms to be wrapped around,  
 You'll search for love.  
 But what if we don't have to search for love?  
 What if it comes to us?  
 Grasps us and doesn't let go.  
 Or what if love isn't real?  
 What if the fire in my heart went out ages ago?  
**No one will know.**  
**But love.**

**The little moments we all have,  
 we don't speak  
 We don't see each other,  
 but we are all connected.  
 We never meet,  
 but we are together.  
 This unspoken connection...**

### *Real Me*

*Do you really know me,  
 if the smile is all you see?  
 And do you really feel me,  
 if you think I'm happy just to be?  
 Have you ever looked at me  
 if you have never seen a tear?  
 Have you ever really listened  
 if you don't know what I fear?  
 Have you ever stood beside me  
 if you think that I don't fall?  
 Have you ever walked with me  
 if you've never watched me crawl?  
 You think that I'm the person that I allow the world to see.  
 Come hold my empty hand a while,  
 and meet the real me.*



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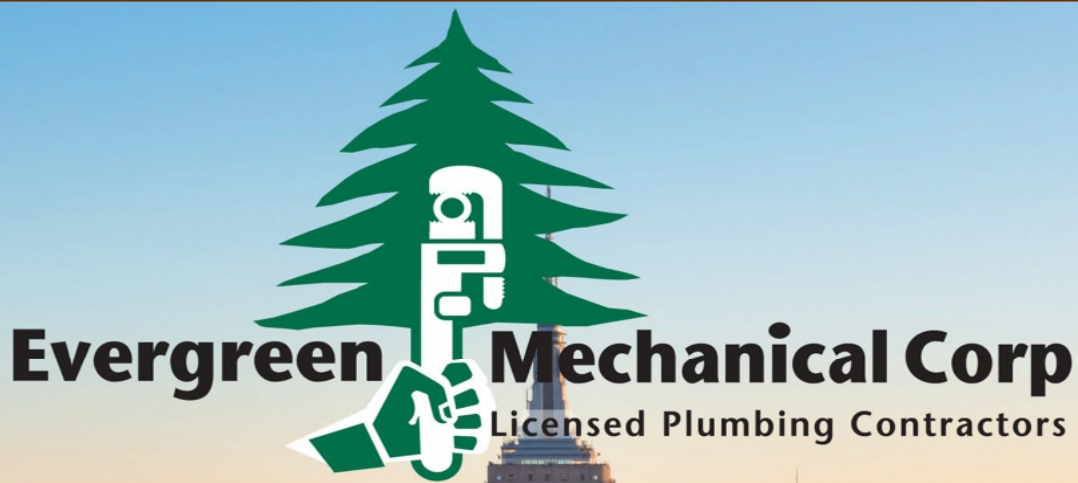


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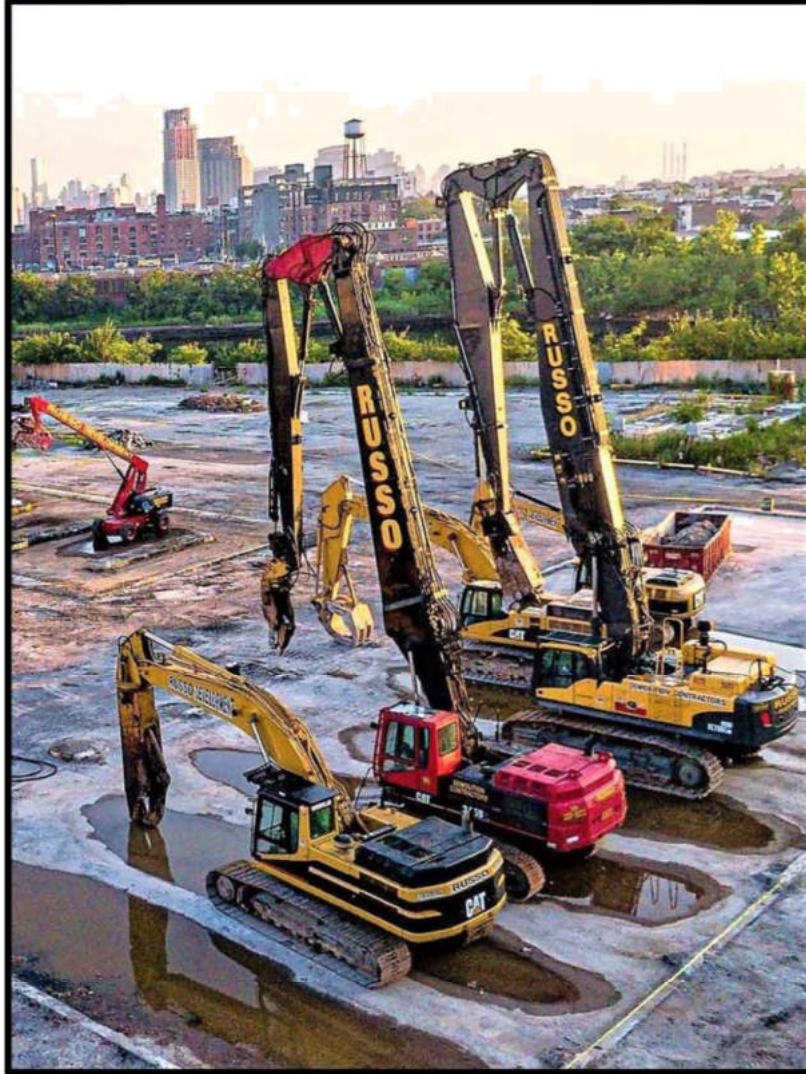
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The Atlantic logo features the word "Atlantic" in a bold, grey, sans-serif font. A blue wave-like graphic element is positioned above the letter "A".The Outreach logo consists of the word "OUTREACH" in a bold, green, sans-serif font. Above the letters "T" and "R" is a purple graphic element resembling a stylized "Y" or a bridge. Above the entire word is the tagline "Building Healthy Lives" in a smaller, purple, sans-serif font, arched over the top.

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**Ralph C. Bumbaca, President NYC Market, TD Bank**

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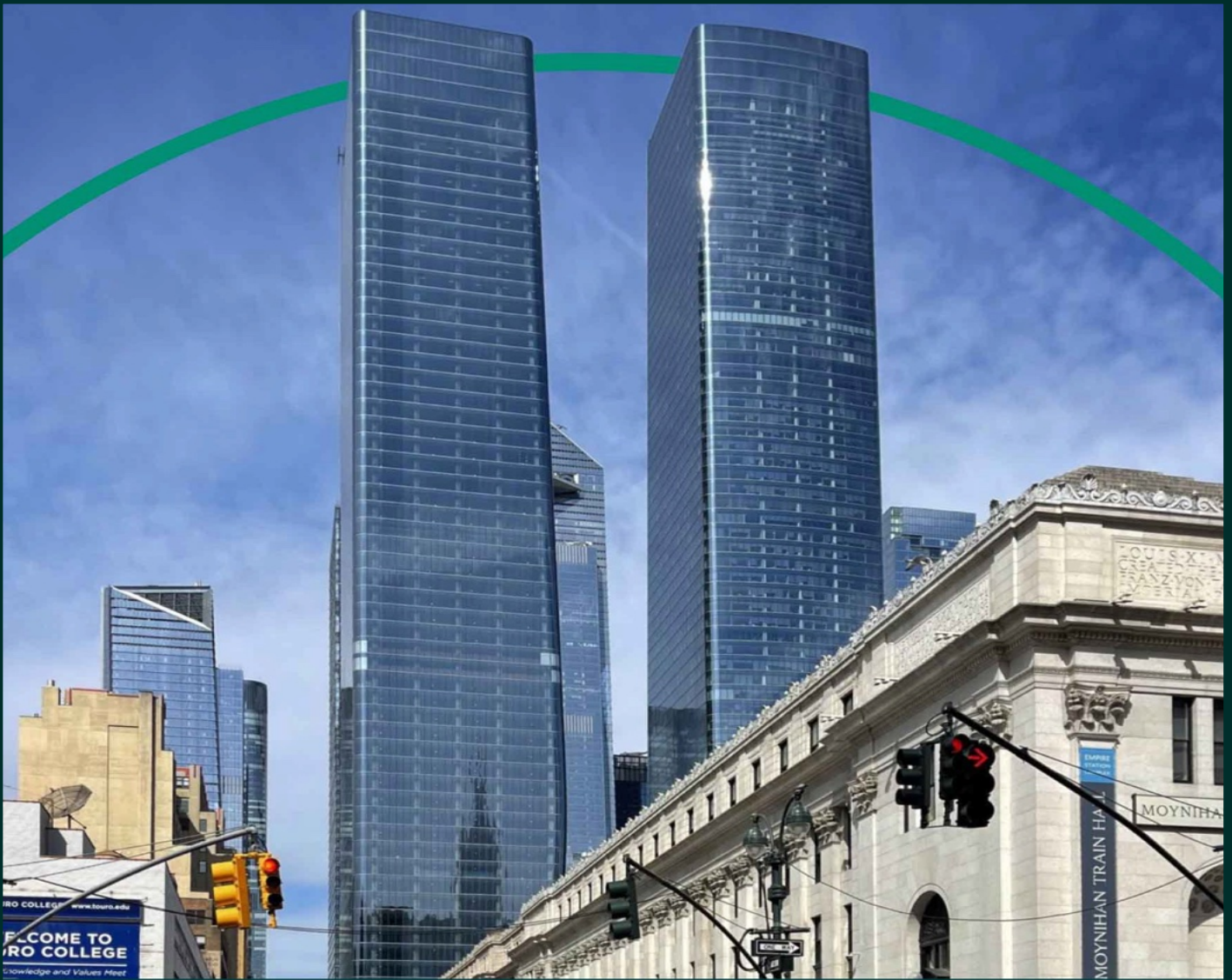
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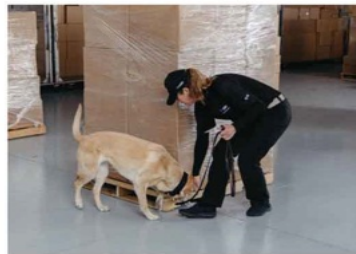
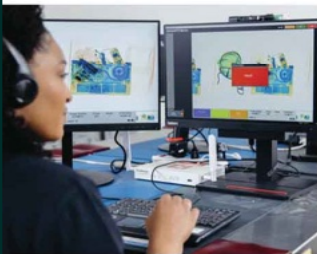
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