



The Outreach Vision **Fall 2024**

The Art of Recovery

Message from the President



It is often said that “Art Imitates Life.” What is often not discussed is how art can have a transformative impact on mental health and substance use recovery. The Substance Abuse and Mental Health Services Administration’s (SAMHSA)’s theme for 2024 Recovery Month is **The Art of Recovery**, and they have put out a call for submissions to showcase this theme and will post it on [their website throughout the month of September.](#)

Through creative expression, individuals in recovery can find connection, healing, and empowerment. By promoting artistic avenues as viable tools for coping, self-discovery, and expression, art can help to break down societal stigma surrounding mental health conditions and substance use, foster understanding, and support for those on their journey to wellness.

DEBBIE PANTIN
President & CEO

Art therapy is a mental health profession that enriches the lives of individuals, families, and communities through active artmaking, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship. This practice is especially effective for young people, who may have difficulty expressing what they are feeling on the inside about their addiction as well as recovery journey.

Outreach's two residencies for adolescents – Outreach House I and Outreach House II – offer art therapy as part of their array of therapeutic services to assist our young clients with self-expression, better understanding themselves and the world around them. We are proud to share in this issue a link to the agency's 2023 Annual Report, which features some of the beautiful artwork by our adolescent and teen clients. Our programs for adults also offer opportunities for artmaking and we are proud throughout this issue to share with you some of their creative forms of expression as well.

The prevalence of trauma in people with substance use disorders is strikingly high. That's why Outreach offers a multitude of evidence-based trauma informed trainings both internally and externally to ensure trauma is addressed so as not to compromise treatment. Recovery from addiction takes one day at a time. At Outreach, our goal is to assist clients at every step of their recovery journey so they are able to return home with renewed health and a sense of hope that strengthens communities and rebuilds lives and families. In this issue, we will also share information about an exciting new grant our Outreach Training Institute has received from New York State to develop and deliver new curriculum and trainings on Trauma-Informed Care for our staff and for the staff members at other agencies throughout the State.

For over four decades, communities throughout Queens, Brooklyn, and Long Island have turned to Outreach for a vast array of treatment and training needs. All of our programs and services treat clients at the appropriate level of care. We are committed to providing access to any individual regardless of their ability to pay.

On Saturday, September 14, we will gather together for the 9th Annual John Brower, Jr. Heroes Against Heroin Walk at Jones Beach (see below for more details). Held every year during Recovery Month and hosted by family of John Brower Jr., this walk along Jones Beach brings people of all ages and backgrounds together to honor lives lost to addiction and to raise awareness and funds to help those who are struggling with substance use. I hope you will join us.

If you or a loved one need recovery services, call us 24/7 for a free and confidential phone consultation at **1-833-OPINYORG (1-833-674-6967)**.



President/CEO
Outreach Development Corporation

Outreach Training Institute Hires New Director: Welcome Dr. Kalisha Smith!



“When you want to be the best, you work for the best, you work with the best! I came to Outreach Training Institute (OTI) because it is the blue-ribbon standard when it comes to professional development and CASAC training. I myself have sat through various professional development trainings to get my Continuing Education Unit credits so I know that people who go through OTI have been trained well.”

Dr. Kalisha Smith, Director, OTI

This summer Outreach welcomed Dr. Kalisha Smith as our new Director of the Outreach Training Institute (OTI). Dr. Smith’s new role was previously held by Liliane Drago, who was recently promoted to a newly created leadership position Vice President of Training. At OTI, professionals can learn the latest evidence-based models, principles, and techniques in addiction and behavioral health treatment at OTI. Participants can earn CASAC hours, as well as Continuing Education Hours for Social Workers, Mental Health Counselors, and Marriage and Family Therapists. Dr. Smith is a Licensed Clinical Social Worker and Credentialed Alcoholism and Substance Abuse Master Counselor in New York State. She has worked in the behavioral health field over the last decade, explicitly focusing on substance use treatment, mental health, integrative care, and co-occurring disorders. Prior to Outreach, she held various leadership roles, including overseeing two Opioid Treatment Programs as a Clinical Director.

No stranger to OTI, prior to joining the team, Dr. Smith often collaborated with the program and took courses to advance herself professionally. In her new position, she oversees OTI’s staff of coordinators, trainers, and consultants who provide the highest level of training to over 2,000 unique individuals each year. Dr. Smith’s vision is to uphold OTI’s stellar reputation and garner new grants to support technology to help modernize and expand so the program is able to serve even more students within New York State, across the Tri-State and the country.

Dr. Smith likes to say she has achieved the “social work trifecta,” having completed all three of her degrees in social work. She holds a Doctor of Social Work degree from Simmons University, where she completed a capstone project that focused on the impact of burnout on Black women in social work leadership roles and culturally responsive interventions to promote proactive self-care. She earned a Master of Social Work degree from New York University, and a Bachelor of Social Work degree from Lehman College. Additionally, she has completed advanced trainings in online teaching and graduated from the Institute on Pedagogy and Technology for Online Courses at Columbia University. Social work is her life’s work. She believes she was born a social worker and just went to school to add the credentials to validate that belief.

Smith is currently an adjunct professor in the social work programs at Hunter College and Lehman College and is co-writing a chapter, entitled *Gender Identity and Sexual Orientation in the Treatment of Substance Use Disorders*, for the 4th edition of the book *Clinical Work with*

Substance Abusing Clients. She also has a private mental health therapy practice that serves women of color in New York. In her spare time, she can be found working on her passion project, “Nurture and Elevate,” where she creates journals, planners, and affirmations cards. She also hosts a yearly self-care retreat to get individuals into a space that is intentional about non-therapeutic interventions, navigating stressors and celebrating themselves.

Dr. Smith also volunteers and serves on the Mental Health Awareness Committee as its Chair for the Zeta Phi Beta Sorority Incorporated, New York City chapter as well as the Board Secretary and Marketing Consultant for a mental health and arts non-profit organization, The Darkness Rising Project. She resides in Brooklyn with her husband and two toddlers and is a full-time girl mom. We are thrilled to have Dr. Kalisha Smith join the Outreach Training Institute team and welcome her to the Outreach family.

Grant Awarded to Enhance Organizational Proficiency in Trauma-Informed Care

Research has shown that the prevalence of trauma in people with substance use disorder is strikingly high and treatment effectiveness is significantly compromised if trauma is not attended to during treatment. To address this gap in care, this past spring the Outreach Training Institute was awarded a grant from the NYS Office of Addiction Services and Supports (OASAS) and the University of Buffalo’s Clinical and Research Institute of Addictions. These funds are being used to enhance organizational proficiency to provide Trauma-Informed Care and evidence-based treatment of substance use disorder, trauma, and post-traumatic stress disorder. The project is aimed at training the addiction workforce and treatment organizations. It encompasses a series of interrelated training courses and engages staff at all levels to promote a holistic organizational approach to Trauma-Informed Care.

This approach considers an individual’s past and present life situations to help them understand the impact of trauma. The goal is to help people avoid re-traumatization, and create opportunities for healing, growth, and resilience. Trauma-Informed Care is based on knowledge about trauma and treatment paths, and is guided by five principles including safety, trustworthiness, choice, collaboration, and empowerment. This approach helps staff recognize signs and symptoms of trauma, and integrate trauma knowledge into policies, procedures, and practices. Trauma-Informed Care is guided by four assumptions, or “Four R’s;” Realizing how trauma can affect people and groups, Recognizing signs of trauma, having a system to Respond to trauma, and Resisting re-traumatization.

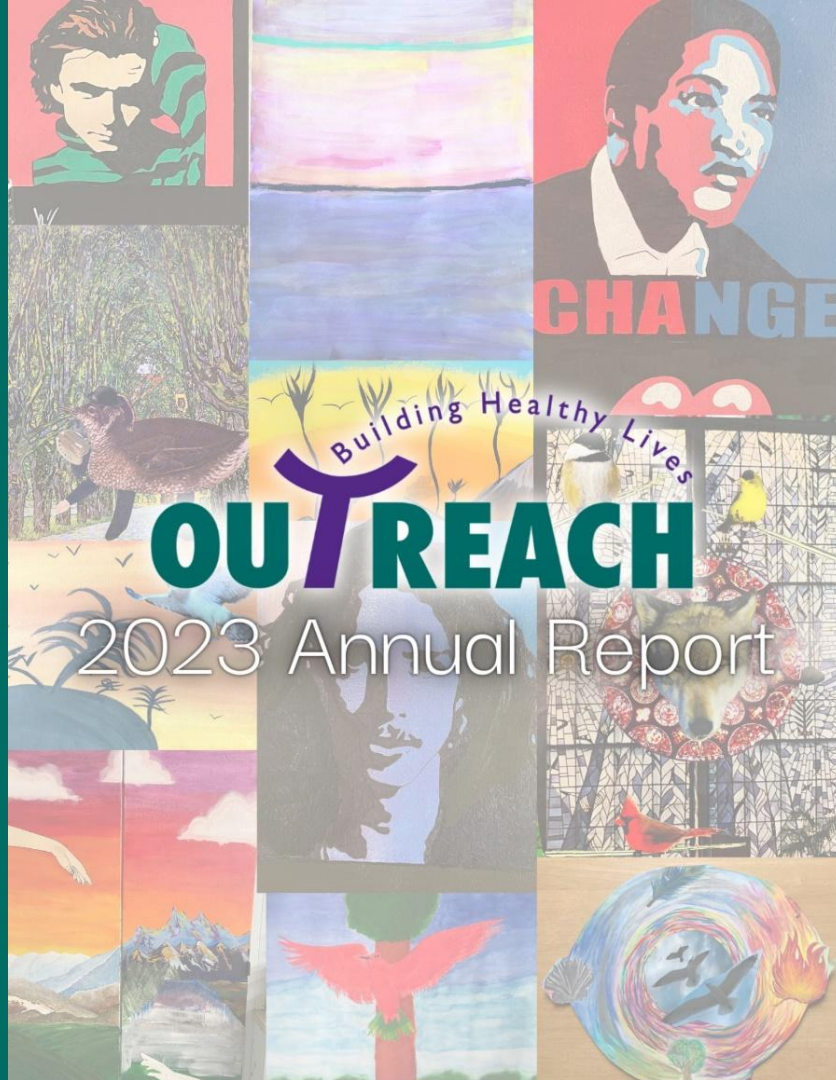
The new Trauma-Informed Care trainings are being conducted in collaboration with Outreach’s long-time academic partners at The Partnership to End Addiction, which is equally invested in the development of new training approaches to improve clinical care throughout the State.

OTI Plans Fall Courses that Promote Evidence-Based Treatment

In addition to its new Trauma-Informed Care, this fall the Outreach Training Institute is also convening numerous dynamic and evidence-based professional development opportunities for addiction workforce and treatment agencies. These include training courses on Medication Assisted Treatment, Family Counseling, Cultural Competency, Identifying Mental Health Disorders, Person Centered Treatment Planning and Clinical Documentation and a series of classes on Counseling Special Populations, specifically LGBTQIA+ individuals, people who have experienced trauma, and for those who are/have experienced domestic violence.

To see the full Fall roster of professional development courses being offered this fall and to register, please visit our website at <https://opiny.org> and click the “Training” header on the home page.

Clients Artwork Covers New 2023 Annual Report!



Outreach is pleased to announce that its Annual Report for fiscal year ending June 30, 2023, is now available online on our website. To view it, please link to <https://opiny.org/annual-report/>. This new and expanded report features artwork and poetry inside and outside the report by our adolescent clients. All of the artwork was created while these talented young people, ranging in ages from 12-18, were in treatment. Should you wish to receive a printed copy of the annual report, please send a request along with your address to Communications Manager Michael Stewart at michaelstewart@opiny.org.

30th Annual Long Island Luncheon Honors Local Leaders & Raises Funds

Thanks to the generosity of friends and sponsors, Outreach's 30th Annual Long Island Luncheon, themed "Building a Stronger and Brighter Future Together," held on June 5, 2024, at the Stonebridge Country Club in Smithtown was a tremendous success. The event raised funds to help Outreach continue to build stronger and brighter futures for Long Islanders struggling with substance misuse and behavioral health disorders.



Photo credit: Blue Pictorial

Emceed by Long Island Luncheon Committee Chair Matthew Aracich, this year's event celebrated three extraordinary leaders from Long Island, all of whom are deeply committed to the health and well-being of their communities and to helping Outreach build healthy lives. This year's honorees were **Jason Lipiec**, Executive Vice President & Long Island Regional President, M&T Bank, **John Guadagno**, President, IBEW Local 25, and **Robyn Fellrath**, Long Island Regional Director, Workforce Development Institute. The event also featured remarks from Serviceman **Aarin**, a 2023 graduate of our Outreach House residence for adolescents, who shared his inspiring recovery journey. *(Please see Aarin's powerful remarks below.)*

Outreach is grateful to all the event sponsors for their generosity, including: Luncheon Sponsor: M&T Bank; Gold Sponsors: Anthem BlueCross BlueShield; Building Material Teamsters, Local 282; IBEW Local 25; LI Chapter of NECA & IBEW 25 Labor Management Cooperative Committee; ULLICO Investment Company, LLC; Silver Sponsors: General Contractors Association of NY; PharMerica; PKF O'Connor Davies, LLP; Journal and Invitation Sponsors: Magnacare; Plumbers Local One; RWDSU Local 338; Sheet Metal Workers Local 28; Adolescent Sponsors: Bancker Construction Corporation; Collins Building Services Inc.; General Building Laborers' Local 66; Frontline Worker Heroes: International Union of BAC Local 7 of NY & NJ; Iron Workers Local 361; Long Island Contractors' Association, Inc.; Mutual of America

We'd also like to extend our heartfelt appreciation to the dedicated 2024 Long Island Luncheon Committee for all their hard work and support. The Committee was led by Chair Matthew Aracich and members Toni Badolato, Phillip Beyer, Stephen Beyer, Michael Bourgal, Jr., Jody & John Brower, Kevin B. Casey, Matthew Chartrand, Christine Ireland-DiLeo, Michael DiLeo, John Durso, Thomas Gesualdi, Gregory Giugliano, Marc Herbst, William Hill, Fred C. Johs, Sinead King, Vincent Llobell, Senator Mario Mattera (2nd District), Thomas Reynolds, Jeffrey Rust, Sergio Sedita, Barbara Sena, John Shillingsford, Ryan Stanton, Michael Ward, and Neil Yellin. Special thanks to Marsha Radulov, Outreach's Director of Special Events and Fundraising for all her hard work that resulted in a fun, heartwarming, and seamlessly run event.

In His Own Words: Aarin, graduate of Outreach House

My name is Aarin. I've been in the U.S. Army for a year. I just turned 18 two weeks ago. I want to share my story with you.

I was in a really dark place in my life. I was going down



Photo credit: Blue Pictorial

the wrong path. I dropped out of school. I hung out with the wrong crowd. I used drugs. I was very defiant and disrespectful. I gave my mom hell. I was very angry. I didn't know what I wanted for myself. At the time I was on probation. I didn't care about what was going on in my life. I just acted on emotions. The drugs just fueled it on.

My mother looked for help and found Outreach. Although I was hesitant, I enrolled. I didn't know how it was going to be or who was going to be there. I wanted to have freedom and do what I wanted in the streets. I had no clue how Outreach was going to be.

At first, I thought it was just a waste of time. When I gave the program a chance and got involved in the activities, I began to learn about myself and was able to communicate with my mother.

What started it was I remember I called my sister and I asked her what are you doing? She told me she was staring at a picture of me. This made me realize I had to get my life together. The mindset I had was immature and not leading me anywhere positive.

The counseling services at Outreach House taught me to communicate, express myself and listen. I learned to deal with my problems without the use of drugs. I just knew if I started again, it would be hard for me stop, and I didn't want to go through that process again.

Although each person had a different story and reason for being at Outreach, everyone is given the opportunity to do individual and family therapy. A full day of onsite schooling, fun activities, sports and trips, and life skills that are essential for day-to-day life.

I graduated on my mom's birthday January 18, 2023. I was leaving behind my new Outreach family but had to grow and seek bigger and better opportunities. These opportunities will mean a lot for me in the future.

I decided to go to the New Jersey Youth Challenge Academy. There I earned my High School Diploma and graduated as the 55th class in military training environment. Primary focuses were discipline, becoming responsible and respectful. The structure of the program at Outreach House had prepared me well for this next challenge.

They offered a variety of courses, careers, and other skills. I enlisted and swore in with the United States National Guard. The training was extremely challenging and stressful. The sergeants were very strict and harsh. It took me time to realize that there is a reason why they do what they do. I survived and became a stronger and better person. I began basic training in South Carolina and graduated from Virginia. I am currently waiting for my deployment instructions. My options are Germany, Hawaii, or Japan.

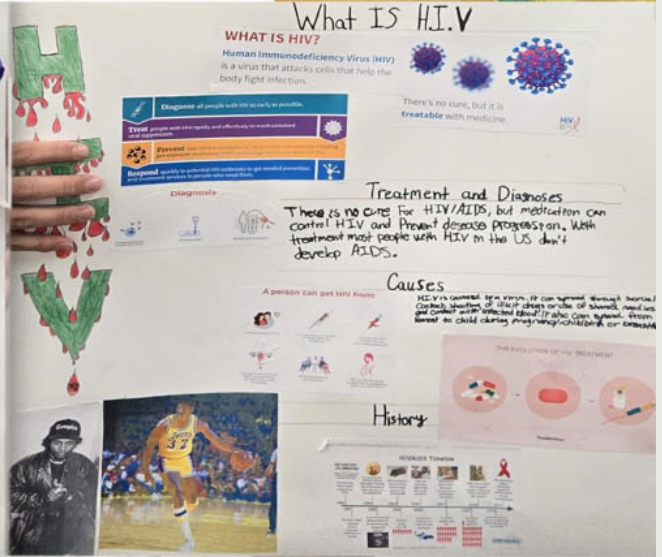
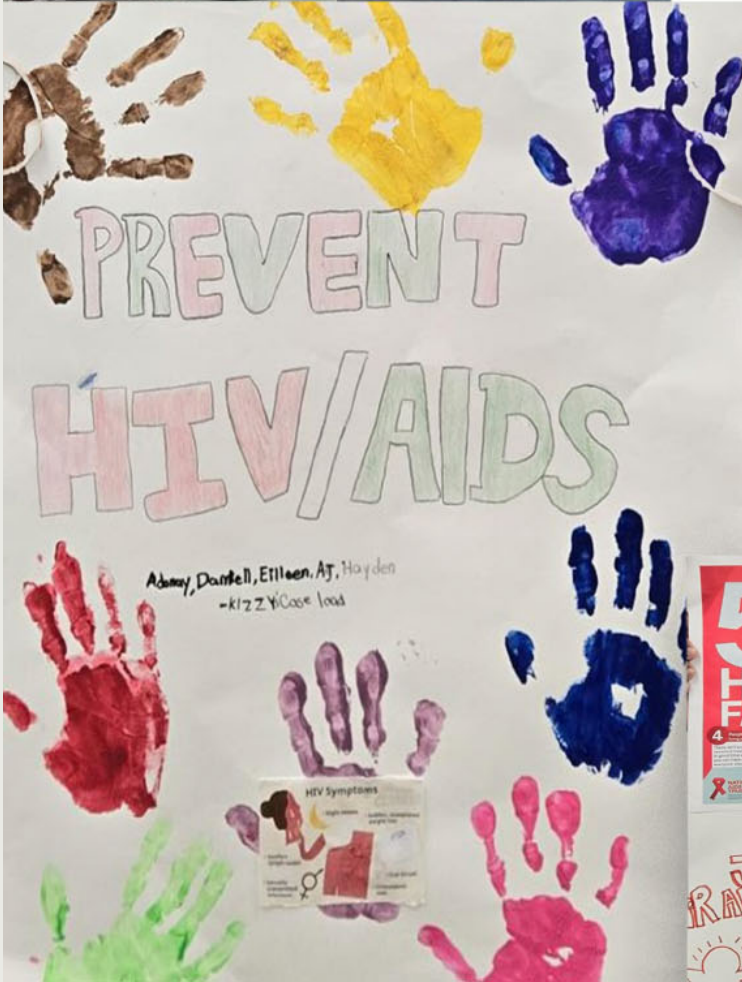
My journey has been difficult. I had very difficult tasks, drills and training. Overcoming my fears and pushing myself to my highest potential is the most rewarding feeling.

Outreach was my first steppingstone. I'll be forever grateful and thankful to the staff. I'm going to climb until I become a sergeant in the Army.

I must make my mom proud. She is my world. Most importantly, I have to be proud of myself. To the current residents at Outreach House, I can do it, I will do it, so can each and every one of you.

Thank you.





Exchange's Tokens for Bags® Program

Support us
by shopping at
Buffalo Exchange!

TOKENS FOR BAGS®

BRING YOUR OWN BAG
AND PUT IN YOUR 5¢ WORTH.

Buffalo
EXCHANGE
New & Recycled Fashion

Outreach has been selected as a recipient of the Buffalo Exchange Tokens for Bags® program from now through December 2024. People can donate to Outreach just by shopping at Buffalo Exchange's store in Williamsburg, Brooklyn, located at 504 Driggs Avenue.

Buffalo Exchange buys, sells and trades lightly used vintage clothing at its 40 different locations across the United States. In lieu of plastic bags, the Tokens for Bags® program offers customers to make a purchase of one "token" valued at five cents (the cost to produce a plastic bag) to donate to one of several local charities selected by each of their stores. To date, the program has generated over \$962,840 for hundreds of local nonprofit organizations since 1994 and has saved over 19.25 million plastic bags from the landfill.

New Grants Enable Outreach to Update Data Collection and Advance Mental Health Services

Outreach is the recent and proud recipient of new grants that will enable us to implement innovative programs:

1.

Affinity Legacy awarded a grant that supports the development of new Key Performance Indicators for Case Managers to collect additional data for reporting and quality improvement purposes and to establish the agency's first client care portal kiosk at our Suffolk Avenue Outpatient Services clinic in Brentwood, NY.

2.

Support from the New York State Office of Alcoholism and Addiction Services Electronic Medical Records (EMR) Implementation Program that will enhance our agency-wide EMR platform with additional clinical support functionalities using AI and upgrade the client portal to include satisfaction surveys and streamlined check-in processes to improve documentation processes and further heighten the quality of client care.

3.

Legislative support to enhance mental health services at our Bellport Outpatient Services clinic on eastern Long Island, where there is a growing community need for more services.

Outreach thanks these, and all our, generous and thoughtful funders whose support helps us to continually innovate and expand the breadth of

Annual Staff Summer BBQ Great Fun for the Whole Team!



A little rain at this annual Staff Summer BBQ on July 12th, didn't stop everyone from having a wonderful time. Held at the agency's Adolescent Residence Outreach House II in Brentwood, New York, this year's event included our intrepid Chief Operating Officer Krista Whitman taking a turn in the dunking booth, hilarious photo booth pictures, games, gelato, healthy smoothies provided by Cigna Healthcare, and delicious food prepared by the agency's talented cooks.

2024 Building Healthy Lives Awards Recognizes 24 Staff Members

A special highlight at agency's annual staff summer BBQ is the Building Healthy Lives Awards. These honors are given each year to 24 staff members who, were selected by their peers, for demonstrating the agency's core values. Congratulations to this year's winners: Sorany Acosta (Outreach House II); Alexis Attardi (Outreach House II); Areeba Babar (Bellport Outpatient Services); Marshee Barclift (REACT Center); Nikki Beirne (Bellport Outpatient Services); Oscar Bejarano (Men's Community Residence); Natesha Blanchard (Richmond Hill Wellness Center); Chelsea Forstel (Bellport Outpatient); Jennifer Iglesias (Suffolk Avenue Outpatient Services); Susana Maruy (Finance Department); Christy Mathurin (Greenpoint Outpatient Services); Catherine Maguire (Outreach House II); Dane McCarthy (Outreach Recovery Center);



Alyse McCullough (Outreach House II); Malik Miller (Outreach House I); Thomas Olivo (Outreach Recovery Center); Takiyah Preston (Richmond Hill Wellness Center); Barbara Rentz (Women's Recovery Residence); Vanessa Saunders (Men's Community Residence); Denise Schellenberg (Administration); Melvin Swain (Outreach House I); Karla Tovar (IT Department); Amin Villaran (Outreach House I); Donna Winding (Suffolk Avenue Outpatient Services)

Accolades & Partnerships



This past June, we celebrated the graduation of three amazing high schoolers from the Aspire Academy, a recovery high school that is operated by Western Suffolk BOCES in partnership with Outreach. The Aspire Academy allows for a seamless transition for young people completing treatment at Outreach who are looking for an educational setting with strong recovery support.

Outreach staff had the pleasure of joining Town of Hempstead Supervisor Donald X. Clavin Jr. and Senior Councilwoman Dorothy Goosby at a Community Health Fair sponsored by Anthem. Services ranged from free blood pressure and heart-health checks, physical therapy screenings, hearing and speech screenings, mental wellbeing support, and much more.



Outreach is collaborating with the Suffolk County District Attorney's Office to build healthy lives for the youth in our communities. The Suffolk County District Attorney's Office of Community Affairs toured Outreach House II adolescent residence, met with clients, and spoke with staff about opportunities to connect Suffolk County families and their teens to services at Outreach. The tour was facilitated by Vice President of Residential Services and Business Development John Venza.

Outreach leadership participated in the @LGBTNetwork's first Health Access Program meeting. This program focuses on increasing access to meet the healthcare needs of the **LGBTQIA** community on Long Island.



Staff celebrated Outreach Project, Inc. Board Member Kuba Brown as he was honored by North Brooklyn Angels, a mobile soup kitchen that serves those suffering from food insecurity in Brooklyn, with their annual Good Neighbor Award. North Brooklyn Angels was co-founded by former Outreach Executive Vice President & Chief Operating Officer Neil



Sheehan, and is led by former staff member Kendra Chiu, and retired Chief Financial Officer Tony Croce serves on their board. Mr. Brown (center) is pictured with Board member Howard Rothschild (left) and retired CFO Tony Croce (right).

Staff Achieve Wellness Goals in this Year's Cigna Fitness Challenge

Outreach's Employee Wellness Program held its annual Cigna Fitness Challenge. Over the course of six weeks this summer, individual staff members and teams from the agency's different programs and services took part in a variety of fitness activities and competed for prizes. The three top winners of this year's Fitness Challenge were 1st Place winner Kathleen Norman-Edwards from Outreach's Bellport Outpatient Services program, 2nd Place winner Christopher Baisley from Outreach House II and 3rd Place winner Marsha Radulov, Director of Special Events and Fundraising. **Congratulations to the winners and all staff who participated for prioritizing your health and wellbeing!**



Outreach staff and CSEA member Ruby Thomas (center) was honored at the CSEA International Day. Program Directors Donna Bornfreund (left) and Thomas Olivo (right) came out to support Ruby. CSEA is one of NY's largest worker unions and has been a vital supporter of Outreach's Women's Program for many years.

Congratulations to our Chief Operating Officer Krista Whitman for being recognized by Crain's NY Business as a 2024 Notable LGBTQIA+ Leader.

CRAIN'S NEW YORK BUSINESS 2024
NOTABLE | LGBTQIA+ LEADERS



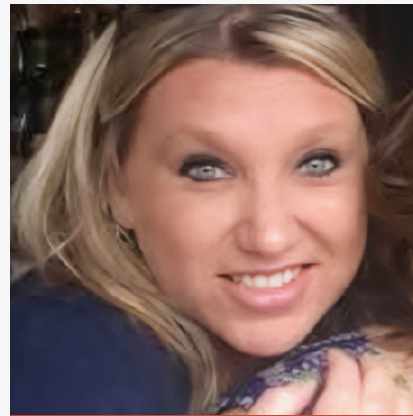
Staff had the pleasure of seeing Vice President for Residential Services and Business Development John Venza honored at LICADD's 2024 Angel Ball for his leadership and many contributions to the behavioral health field. John has been with Outreach for over 20 years, and is a champion for our mission, vision, and values.

NEW STAFF AND PROMOTIONS



Mary Ellen Adams

Welcome to MaryEllen Adams who joined the staff as the new Program Director of the Women's Recovery Residence in Brentwood.



Courtney Ross

Congratulations to longtime employee Courtney Ross for her promotion to Office Manager of the Integrated Opioid Treatment Program at the Outreach Recovery Center in



Kimberly Schumann

Belated cheers to Kimberly Schumann who was promoted to Assistant Program Director of our adolescent residence Outreach House II, in Brentwood, this past spring.

Join us for the 42nd Annual Metropolitan Luncheon

Join Us! 43rd Annual Metropolitan Luncheon



GERRY CHASIN

MANAGING DIRECTOR,
WEALTH MANAGEMENT & INSTITUTIONAL CONSULTING
THE CHASIN GROUP

Jim Berg Memorial Recipient



JOSEPH A. GEIGER

EXECUTIVE SECRETARY - TREASURER
NEW YORK CITY
DISTRICT COUNCIL OF CARPENTERS
Labor Leader Of The Year



DREW O'CONNOR

SENIOR VICE PRESIDENT,
HEAD OF COMMERCIAL PROPERTY MANAGEMENT
RUDIN
Humanitarian Of The Year

FOR TICKETS AND MORE INFORMATION, CLICK BELOW

Thursday, December 5, 2024

11:45 AM

Cipriani

110 East 42nd Street
New York, NY

On Wednesday, December 5th at 11:45 am at New York City's iconic Cipriani's on 42nd Street Outreach will kick off all the joy and fun of the holiday season at its 43rd Annual Metropolitan Luncheon. This is the agency's largest fundraising event of the year, where we celebrate the people and programs that help make a difference in the lives of fellow New Yorkers struggling with substance use and co-occurring mental health disorders. All proceeds make it possible for Outreach to continue to provide life-saving treatment, mental health care, and training programs in New York City and on Long Island.

We are thrilled to have the opportunity to honor three outstanding labor and business leaders at this year's Luncheon:

- The 2024 Humanitarian of the Year award recipient is Drew O'Connor , Senior Vice President, and Head of Commercial Property Management, Rudin
- The 2024 Labor Leader of the Year award recipient is Joseph A. Geiger , Executive Secretary-Treasurer, New York City District Council of Carpenters
- The 2024 Jim Berg Memorial award recipient is, Gerry Chasin , Managing Director, Wealth Management & Institutional Consulting, The Chasin Group

For more information about how to become a Luncheon sponsor or to purchase tickets, please visit <https://opiny.org/donate/metro-luncheon> or call Marsha Radulov at (718) 847-9233 ext. 2310.

We look forward to seeing you there!

Join Outreach for the 9th Annual Heroes Against Heroin Walk

HEROES AGAINST HEROIN

John Brower Jr
FOUNDATION

Building Healthy Lives
OUTREACH

9th Annual 5K Walk

Saturday, September 14, 2024

Registration 9:00am

Walk Begins 10:00am

Jones Beach - Field 1

Free Parking

*"Some people come into our lives and quickly go.
Some stay for awhile and leave footprints on our
hearts. And we are never, ever the same."*

To register for the Walk online, please visit:

<https://opiny.org/donate/brower-walk/>

We look forward to seeing you there!

Building Healthy Lives
OUTREACH



Outreach Development Corporation | 117-11 Myrtle Avenue | Richmond Hill, NY 11418 US

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