



# **ANNUAL REPORT**2018 - 2019

## 5000 INDIVIDUALS SERVED IN CMCS PROGRAMS

350

CHILDREN AND YOUTH IN FOSTER CARE

(BRONX AND WESTCHESTER)



550

CHILDREN IN
PREVENTION SERVICES
(REPRESENTING 250 FAMILIES)



1300

YOUTH REACHED
IN OUR DROP-IN CENTER

FOR RUNAWAY AND HOMELESS YOUTH



2300

CHILDREN IN EARLY CHILDHOOD EDUCATION



250
INDIVIDUALS IN DEVELOPMENTAL DISABILITIES SERVICES

...And many more served in our clinical and community-based care management programs

### **Beth Finnerty, President & CEO**

Dear Friends,

The Years 2018 and 2019 were a time of dynamic change and growth for Cardinal McCloskey Community Services across all of our programs and departments. Highlights of our progress are described below, and much more is discussed in this report which I am very pleased to be sharing.

#### Our new Cardinal McCloskey Community Charter School

in the Bronx officially opened its doors in August 2019, welcoming 150 students in Kindergarten and First Grade. A long-held vision for CMCS' leadership and Board of Directors, the school is now a reality, supporting educational success, healthy growth and development for at-risk children, including those in the child welfare system.

For our older youth, we also are able to offer more, to support their stability and progress into adulthood. We received Fair Futures funding from the New York City Administration for Children's Services to add four new staff members to our

**Strategies for Success Program** team. Those new staff - three Youth Advocates and a Middle School Specialist will focus on providing one-on-one support to NYC foster care youth in middle and high school, expanding upon the customized counseling, guidance, advocacy and academic support that we have offered since 2009 to children in foster care.

CMCS is expanding our **Westchester Treatment Family Foster Care (TFFC) Program,** to grow from serving 27 to 40 children and youth. This program supports children with clinically and behaviorally complex needs who receive care from specially trained foster parents and a more intensive set of services.

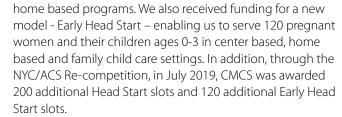
Our CMCS Bronx-based **Foster Care Programs** received four awards in 2019 for meeting and exceeding permanency targets during that fiscal year. The awards recognized our programs' success in achieving permanency for children, including reunification of children with their birth families and adoption with newly formed families.

Within our service continuum for adults with developmental disabilities, CMCS laid the groundwork to expand our McCloskey Works! Program, which helps individuals build skills for employment in the community. The new program will be located at **Heritage House**, our newest facility in Ossining, NY, next to Hayden House. The space will allow us to serve another

30 individuals who wish to work. We are currently completing renovations and expect the new building to be operational in the Fall of 2020. Heritage House will also serve as a new home for our Westchester Treatment Family Foster Care Program and in the near future a satellite branch of our *McCloskey Cares Clinic*. In November 2019, we held a ribbon-cutting ceremony to celebrate the addition of our new site, thank our donors,

and introduce our staff and the public to the opportunities the building provides to expand and enhance our programs.

CMCS' Head Start programs continue to focus on full enrollment, healthy development and school readiness for our children as well as family and community engagement. We do so from a position as *the largest provider of Head Start/Early Head Start services in the Bronx*. In August 2019, CMCS received a grant reward from the Federal Office of Head Start to provide services to 942 children in our center based and



Also during 2019, CMCS' new **2020-2024 Strategic Plan** was approved by the Board of Directors, and we are now at work to implement our new goals. The Plan emerged from a comprehensive and inclusive process of reflection and discussion, including hundreds of CMCS staff, our stakeholders and clients, and our Board. The new Plan includes goals for facilitating staff excellence and professional growth, maintaining and developing fiscal resources, investing in critical infrastructure, reinforcing a healthy organizational culture, and setting new directions for program growth.

As we continue our work and service to our communities, we are so grateful that you have chosen to be a part of our team.

Sincerely,

But Finnery



**BETH FINNERTY** 

### Our Impact This Year 2018-2019

	Program	Number Served in FY 2019		Program Goals and Outcomes	
Children and Youth in Family-Based Foster Care (Bronx and Westchester)	Family Foster Care	263		safe place to live and grow, with a focus on family-based permanency and development of supportive relationships	
	Treatment Family Foster Care	37			
	Westchester Treatment Family Foster Care	39	Children		
	Strategies for Success Program	200		supporting educational success of children in foster care	
	Adoption Services	80 (28 adopted)	Children with adoption goals	creating family permanency and stability	
	Bronx Medically Fragile Preventive	92/215		helping families to be strong, stable and healthy	
Families at Risk (Bronx and Harlem)	Bronx Family Treatment Rehabilitation	92/188	Families/Children		
	FTR- Court Ordered Supervision	29/72	- Turmies, emicrem		
	East Harlem Family Connections	33/79			
Runaway and Homeless Youth (Bronx)	Sunrise Drop-In-Center	1320/294	Youth seen/Case Management	offering respite and security during a crisis, to support positive change	
Children and Youth in Residential Foster Care	Hayden House Emergency Residence	16	Children/Youth	safe place to live and grow, with a focus on family- based permanency and development of supportive relationships	
(Westchester)	Cardinal McCloskey School at Hayden	16		supporting growth, learning and independence	
Children and Youth in Foster Care, and Children and	Medical Services and Evaluations (Pediatric & Nursing Care)	325		providing treatment and care to support healthy development and recovery	
	Behavioral Health Support (psychiatric and psychological evaluations and therapy, screening, crisis intervention and clinical consultation)	325	Children/Youth		
Youth with Complex	McCloskey Cares Clinic	149			
Behavioral and	Bridges to Health (B2H)	345		supporting care assessed	
Medical Conditions	Health Home Care Management	433	Children/Youth (enrolled) Children/Youth (outreach only)	supporting care access and coordination for safe and healthy community living	
Young Children	Head Start/Early Learn	1062	(outreach only)	supporting growth, learning and independence for young children and their families	
in Early Childhood	(centers and home-based) Universal Pre-Kindergarten (center-based)	234	Children		
Education (Bronx)	Family Day Care (home-based)	1008	-		
Individuals with Developmental Disabilities (Westchester and Bronx)	Individual Residential Alternative (IRA) - Group Homes	101		safe place to live and grow, with community and supportive relationships	
	Day Habilitation	54	Adults	supporting growth, learning and independence	
	Supportive Employment/ Pathways to Employment	34 (24 sustainably employed)		supporting growth, learning and independence	
	Short Term Family Assistance	14	Children/ Adults	supporting care access and coordination for safe and healthy community living	

### Our Impact This Year 2018-2019 CONTINUED

#### **Developmental Disabilities Services:**

Among 30 individuals in our Supported Employment program, **22 were engaged in sustained employment** in the community.

#### **Early Childhood Education:**

All **380 children** who finished the FY19 school year as 4 year olds (in Head Start, Early Learn and PreK for All) **successfully transitioned to Kindergarten.** 

#### **Foster Care:**

During FY 2019, **92 children and youth achieved permanency** from our Foster Care programs:

- 50 children returned to their birth families or relatives.
- 28 children were adopted.
- 14 children were placed with Kinship-Guardianship families.

#### **Preventive Services:**

Across our Preventive Services programs, **foster care placement was** averted for 100% of the 41 families whose cases closed during the previous year. Among those same families, **reported child maltreatment** was averted for 93%.







### 2018-2019 Highlights

#### CHILDREN'S SERVICES DIVISION

The Children's Services Division continued to expand and provide innovative supports to the most vulnerable of children and families in New York City and Westchester County. The past year brought exciting endeavors including:

The opening of a full service mental health clinic, The "McCloskey Cares" Clinic in the South Bronx, which provides robust clinical supports such as individual therapy and group therapy to area communities that have historically been underserved.

The transition of our former Bridges to Health Program to a full service behavioral health and health care coordination continuum of services including Care Management, Home and Community Based Waiver Services (HCBS) and Children and Family Treatment and Support Services (CFTSS).

The expansion of our Sunrise Drop-In Center to include 24 hour services and safe overnight shelter to NYC youth at risk of homelessness.

Expansion of our Treatment Family Foster Care programs in both the Bronx and Westchester, recruiting and training new foster parents who can support and care for children with serious behavioral and mental health challenges.

#### **DEVELOPMENTAL DISABILITIES SERVICES**

For those living with Autism, Down Syndrome, Cerebral Palsy, and other cognitive impairments, we know it is not the diagnosis that defines them. And we recognize that we all are more alike than we are different: we all want and need a place to work and a place to call home, and a sense of self-worth, accomplishment, direction, and purpose.

During this past year CMCS developed a new supported employment model aimed specifically to help those who wish to work but who have been especially challenged by needing more support. We are very excited to introduce our newly designed *McCloskey Works!* Program, in which individuals will gain employable skills in stimulating work-based settings on site and in the community, in consort with our supported employment *Wish to Work* program. This program will be located in a specially designed facility within our new program site in Ossining, NY.

CMCS was successful in securing the approvals and funding for opening another home for individuals in need. This home in Briarcliff Manor will provide the opportunity and necessary supports for five young adults to live more independently in the community.

This year to further promote independence and truly empower individuals, CMCS started its own Self Advocacy Group, as a part of the Self Advocacy Association of New York State. Additionally, one





of our members has also secured a board position with the Self Advocacy Association of New York State!

In addition to development of our own services, CMCS helped advance the practice of our field, through a grant from Westchester Medical Center to bring evidence-based programming for people diagnosed with Autism (ASD) and Developmental Disabilities. CMCS clinical staff partnered with Abbott House's Developmental Disabilities Services Division to provide them with an 8 month Applied Behavior Analysis (ABA). The outcomes of this project included a measured, high rate of staff competency in understanding and implementing ABA methods, which help to minimize crisis, reduce the need for emergency room visits and enhance stability and quality of life for individuals with autism. CMCS is eager to continue community based partnerships to support broader understanding of ABA principles and methods of implementation.

### 2018-2019 Highlights

#### EARLY CHILDHOOD EDUCATION DIVISION

The Early Childhood Education Division (ECED) continues to improve the lives of low-income children and families by providing exceptional preschool education to infants, toddlers, 3 and 4 year-olds in full day and extended day sessions. ECED strives to ensure that each child receives quality education, health and nutritional services:

CMCS' Head Start programs continue to focus on full enrollment, healthy development and school readiness for our children, families, and community engagement. And we do so from a position as **the largest provider of Head Start/Early Head Start services in the Bronx**. In August 2019, CMCS received a grant from the Federal Office of Head Start to provide services to 942 children in our center based and home based programs. We also received funding for a new model – Early Head Start – enabling us to serve 120 pregnant women and their children ages birth to three years, in center based, home based and family child care settings. In addition, through the New York City Administration for Children's Services Re-competition, in July 2019, CMCS was awarded 200 additional Head Start slots and 120 additional Early Head Start slots.

Our Early Childhood Education programs utilize Head Start Program Performance Standards, and guidance from the Office of Head Start and our other regulatory agencies, to strengthen our overall program quality and outcomes for children and families. We applied new tools to support staff in analyzing classroom and child-based assessment data, identifying trends to inform new practices and address needs through professional development and practice based coaching. We also utilize a two-generational strengths-based approach to family engagement to address child and family needs, and support families with achieving their goals. Family enrichment continued to be emphasized through the implementation of strategies for engaging parents in their children's learning and helping parents progress toward their own educational, literacy and employment goals.

CMCS continues to build strong relationships with feeder schools to facilitate and support the coordination of transition from Early Head Start to Head Start, and to kindergarten. As the Cardinal McCloskey Community Charter School opened in August 2019, CMCS expanded our continuum of services to meet the needs of our children and families from birth through elementary school and beyond.

For the 2018-2019 school year CMCS exceeded the 10% enrollment requirement for children with special needs. To support the steady increase in our enrollment and identification of children with special needs, we have an Administrative Director of Pre-K for All, Special Education, and Special Initiatives, and a Disabilities Manager on staff to oversee CMCS' ECED special education efforts.



### Financial Report Fiscal Year 2019

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Government Grants & services		
Operating Expenses		
FOSTER CARE SERVICES Family Foster Care Treatment Family Foster Care Preparing Youth for Adulthood Program Strategies for Success Program Adoption Services	9,163,774	13%
AT-RISK SERVICES  Drop-In-Center Preventive Services	3,602,079	6%
RESIDENTIAL SERVICES FOR CHILDREN	1,089,472	2%
Hayden House Emergency Residence and School		
SPECIALIZED CLINICAL Medical & Clinical Services	9,260,209	16%
SERVICES FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES	16,541,305	35%
EARLY CHILDHOOD EDUCATION DIVISION  Federal Head Start Grantee  ACS Family Day Care/ Early Learn  ACS Child Care/ Early Learn  Pre K for All/3K  Child and Adult Care Food Program	24,124,487	34%
ADMINISTRATION & DEVELOPMENT	7,246,702	10%
TOTAL OPERATING EXPENSE	\$71,028,028	

#### Foster Care/Children's Services

The Children's Services Division provides intensive supports to the most vulnerable of children, adolescents, and families in New York City and the Westchester County/Hudson Valley region. Services are aimed first and foremost at ensuring that children are safe, families remain intact where possible, and there is ample support to process the trauma they have experienced. Our service delivery model offers a holistic, comprehensive, and wrap-around approach that aims at promoting and ensuring optimal health and well-being.

#### Foster Care Services

The mission of our Foster Care Services Division is to engage, empower, and advocate for children, youth, and families involved in the child welfare system. Our ultimate goal is to promote safety, permanency, and well-being. We provide case management, clinical, medical and educational services with the goal of empowering families to achieve positive outcomes. We believe in a professional approach to services based on integrity, effective collaboration and a strengths-based philosophy. Our Foster Care Services (Family Foster Care, Treatment Family Foster, Preparing Youth for Adulthood, Homefinding and Adoption Services) are funded by both the New York City Administration for Children Services (ACS) and Westchester County Department of Social Services and serve children up to twenty-one years of age in New York City and the Hudson Valley Region.

### Foster Boarding Home Program

For over 50 years, our Family Foster Care Program has been providing temporary homes with trained and certified foster parents to children whose families are unable to care for them. All of the children who come into our care have a trauma history and have suffered some level of neglect, emotional, physical or sexual abuse,





and are removed from their home and placed in an unfamiliar environment. The goal of our devoted staff is to help each child overcome the trauma they have faced by meeting each child's unique needs for social work, medical care, mental health services and educational assistance. Our certified and highly trained foster parents provide each child with a safe environment and give them the nurturance and guidance needed to help achieve their optimum level of growth and development. We ensure that every child who comes to us knows that their safety and well-being is our primary goal and that we are focused on the goal of connecting each child with family, safely and for the long-term. While the children remain in secure temporary homes, we provide their birth families with services such as parenting skills training and mental health services with the expectation of reunification once a healthy environment can be established. We also strive to find a healthy permanent home for the children who are unable to reunite with their birth parents through adoption.

### Treatment Family Foster Care

Since 1991, our Treatment Family Foster Care Program has addressed the needs of New York City's most clinically complex children. Treatment Family Foster Care provides specialized care to youth up to age 21 who require more intensive services through the development of a strengths-based, individualized social work and behavioral treatment plan. The youngsters served by the program have often suffered repeated disrupted placements, psychiatric hospitalizations and/or placements in residential treatment facilities. Many have also suffered emotional trauma as the result of physical and sexual abuse, extreme neglect and failed placements. Through the Treatment Family Foster Care Program, each child has the opportunity to work with both a Social Worker and Behavioral Sociotherapist. The Social Worker focuses on permanency planning with the youth and their family and seeks

to help the youth develop permanent adult connections. The Sociotherapists work closely with the youth, their treatment foster parent and our clinical staff on agreed upon treatment goals. Youth served by the program present complex behavioral challenges that require the compassionate care of foster parents who have been specially trained to help them to modify their behavior while the underlying trauma is addressed in a clinical setting, either through our internal network of clinical providers or through community referrals. In addition to fulfilling the requirements to become a foster parent, treatment foster parents complete additional hours of a robust skills training program in positive parenting and behavior modification that includes problem solving and working effectively with birth families to understand and recognize the impact of trauma. Additional training is also required on an annual basis. In 2014, CMCS expanded its treatment family foster care service delivery to Westchester County and is now serving close to 30 youth in that region.

### Preparing Youth for Adulthood Program

Our Preparing Youth for Adulthood (PYA) Program is designed to prepare our young people ages 14 to 20 for the transition they will make to independence as they grow up. Through the provision of educational workshops, tutoring and SAT preparation sessions, and weekend life-skill retreats, CMCS offers vital support to enhance, empower and encourage our youth to be confident and self–sufficient individuals as they enter adulthood. Whether they would like to explore career opportunities, higher education, or pursue vocational training, our dedicated staff identifies each individual's unique talents and sets them on a path to achieve their goals. CMCS provides ongoing support for our young adults even after they have left the foster care system. Our PYA Program





remains a cornerstone component of our programming offered for children in foster care, supported by our belief that empowerment, education and employment are the key components to a successful life.

### Strategies for Success Program

Strategies for Success is our educational advocacy program for our children in foster care. Foster care youth face unique challenges and obstacles that leave them at a disadvantage in school compared to their peers. Over the past three decades, studies have shown that compared to the general school population, children in foster care have poorer overall educational outcomes. They are less likely to perform at grade level, more likely to have behavior, discipline and attendance problems, more likely to be assigned to special education classes and less likely to attend college. In addition to suffering from the traumatic impact of foster care, our children are also often placed in poorer performing schools which are not equipped to provide the individual guidance that our children need. Through Strategies for Success we aim to interrupt this cycle and provide positive alternatives, creating motivation to succeed in school and building self-esteem. The overall goal of our program is to increase the success that our students experience in school to be measured ultimately by increased high school graduation rates and enrollment in college or vocational schools. This is done by creating individual customized educational plans, assisting youth by establishing goals, and then supporting them in achieving them, ensuring children and youth are placed in the appropriate school setting to ultimately bring them academic success. The Strategies for Success Program will now be even more strengthened by the new ACS initiative Fair Futures which focuses not only on a youth's educational success but also on vocational, housing, and permanency goals. The educational

advocacy that Strategies for Success offers coupled with this new model will ultimately lead youth to having better outcomes in all four of these areas so that youth aging out of care can have a brighter future.

### Adoption Services

Our Adoption Department has been consistently recognized as one of New York City's leading achievers in adoption services. While our goal is always to keep each family unit together, the safety of our children remains a top priority, and unfortunately, there are situations where it is impossible for a child to remain with or return to their birth parents. In these very sad situations, our adoption unit social workers are dedicated to working with and supporting our families to ensure loving and stable permanent homes are secured for their children. During Fiscal Year 2019, the adoption unit secured permanent homes for 28 children, once again surpassing its goals and making it one of the preferred providers of adoption services in the New York City area.

### **Drop-In Center**

The Sunrise Drop-In Center offers a warm and inviting location for young adults who are "at-risk" including but not limited to, those currently in foster care or who have aged out, young parents, victims of abuse, youth involved in the criminal or juvenile justice system, or youngsters who identify as LGBTQ. It operates on a 24/7 basis which allows youth a safe place to spend the night until a longer term shelter placement is located. The goal of the program is to protect youth between the ages of 14-24 and,





whenever possible, to reunite them with their families through an integrated network of services. When reunification is not possible, the program aims to protect youth and help them progress towards independent living. Through intensive workshops and case management services offered, our youth are assisted in meeting their basic needs, in receiving medical and mental health services, in furthering their education, in attaining employment, and in acquiring the skills necessary to becoming an empowered, independent individual.

#### **Preventive Services**

Our Preventive Services Programs are a proactive measure to keep families together through early intervention that addresses potential risk to children. The focus is to create independence, help families acquire appropriate skills which promote safety for their children and empower families to be self-sufficient. Additionally we work to strengthen families as they cope with the day-to-day pressures as well as life tragedies that can challenge parental capacity to appropriately care for and protect children. Most of the families we serve consist of single parents who are suffering from the effects of poverty, working families who struggle with raising their children, families who feel displaced and are culturally alienated in a new homeland and families who struggle with their mental health and/or substance abuse. CMCS Preventive Services Programs have helped many families to achieve more stable and functional lives and homes, able to secure the wellbeing of their children and find positive relationships with the community as a whole.

CMCS operates three prevention programs. Our Family Treatment and Rehabilitation Program works with some of the most vulner-

able children and families in the city as they are suffering from significant mental health illness, struggle with substance abuse and in most instances multiple family members are challenged with both

Special Medical and Developmental preventive services are intended for families with either a child with special medical needs, a child and/or parent with a developmental disability, or a child in need of early permanency planning due to a parent's illness. The goal of these services is to support families in accessing services, treatment and supports to meet their children's and/or their own medical needs. The services are designed to mitigate the impact of a parent's chronic or terminal illness and provide a bridge to more long-term services for families with children with special medical needs, developmental disabilities, or both. Additionally, the program assists a terminally ill parent to identify a future permanency resource and helps them plan and prepare for the transfer of custody of their children. CMCS is one of four providers selected to work with this extremely vulnerable population.

CMCS opened our Family Connections prevention program in 2013, introducing evidence-based practice to our child welfare work with families and children. Family Connections provides community based in-home services to families with children who reside in the East Harlem neighborhood of Manhattan, and works closely with parents to develop plans that will promote the achievement of their own family's goals. Family Connections uses a strength-based individualized approach when working with families. Our trained case planning staff supports families to identify and build upon their strengths, offers the families change focused intervention sessions, and engages them in community based services which will meet each family's needs. CMCS has been part of a collaborative of eight agencies in New York City that implemented this program together, with support and guidance from the developer of the program model.

#### Residential Services for Children

Our Children's Residential Services provide a therapeutic group residence for the most clinically complex adolescents in the foster care system. The overriding philosophy of the program follows the Sanctuary Model, which promotes a trauma-informed culture and places an emphasis on commitments to nonviolence, emotional intelligence, social learning, shared governance, social responsibility, open communication, and growth and change. These commitments shape the process of creating a culture that is trauma-sensitive with an emphasis placed on the culture of the entire organization.

Our Hayden House Group Residence, "Horizons of Hope" carries on the legacy of CMCS' original facility for abused and neglected children in Westchester County. Hayden House provides around-theclock support to male adolescents aged 12 and up. Once at the



Horizons of Hope program, youth receive intensive wraparound services with individualized residential, educational, and clinical service goals. The Cardinal McCloskey School is licensed by the New York State Department of Education and is recognized as one of very few residential schools of its kind in Westchester County. It is located at Hayden House and provides individualized instruction and serves all grades with a secular education following the NYS-mandated Regents curriculum. Children are required to take and pass standardized tests following the NYS Department of Education testing schedule. The Principal and teaching staff hold multiple state education certifications and teach the students all required courses in addition to gym and health.

We have continued to provide students with complex learning issues with academic support, personalized intervention and remedial education through ASPIRE, our after-school program that helps youth to catch up academically. Throughout the many years of the ASPIRE program being in existence, we have experienced children who have been able to excel academically, pass the Regents exams and advance several reading grade levels in mere months. These achievements demonstrate their remarkable resilience. Our WRAP (Wellness, Recreation and Play) Program allows our youth to participate in different activities that introduce them to a healthy lifestyle in a fun and safe manner. Our youth have the opportunity to engage in healthy recreational experiences tailored to their needs. For some, these activities such as bike

riding or hiking may be routine in the lives of others, but are new for our youth. To help achieve this goal, we added a state-of-theart wellness/exercise room at the Hayden House.

### McCloskey Cares Clinic

In January 2019, CMCS took a major step forward in our commitment to child and family well-being. We opened the *McCloskey Cares* Clinic, a new mental health clinic located at CMCS' main service facility in the South Bronx. The clinic is a natural extension of our mission to provide a continuum of community-based services to vulnerable children, families and adults using a trauma-informed, holistic, and family-centric approach.

Our clinic is designed for at-risk children and youth ages 3-24 years and their families, and primarily serves communities with high levels of poverty, including Mott Haven and Hunts Point where we already maintain a significant program presence. Our clients reflect the population of the South Bronx—most are low-income, Hispanic/Latino and African-American, with a high percentage of immigrants. The clinic is also positioned to work with clients who are known to our agency through other programs we operate, including children and youth in our foster care and family support programs, runaway and homeless youth in our Drop-in Center, and children in our Health Home Care Management program who have behavioral health diagnoses and present with complex risk factors.

#### Medical and Clinical Services

Our Medical and Clinical Services Programs provide comprehensive medical and clinical care to every child, family and individual with developmental disabilities in our care. The programs,

designed to address both health and behavioral health needs, include routine immunizations, physical examinations, diagnostic and preventive care in addition to a wide array of direct clinical services including individual and family therapy. Registered Nurses, Licensed Practical Nurses, Licensed Master's Level Social Workers, Psychologists and Psychiatrists maintain a steady presence in all programs and are available on a 24-hour basis to respond immediately to the medical and mental health needs of the individuals in our care. Our experienced medical and clinical personnel provide extensive training to those we serve and to staff, enhancing their knowledge on topics related to health and wellness. Relationships with health care providers and hospitals throughout the communities we serve further ensure that the highest quality of care is always available.

#### Care Coordination Services

CMCS is a proud NYS-designated provider of care coordination services for children and families in New York City and Westchester County through three major programs - Care Management, Child and Family Treatment and Support Services (CFTSS), and Home and Community Based Services (HCBS). To that end, this service system partners with all CMCS programs to ensure that the comprehensive needs of our children and families are met including those served in Foster Care, the Drop-In Center, Preventive programs and the McCloskey Cares Clinic. Our programs work in a highly collaborative fashion to ensure that all children and families are benefiting from the full continuum of care coordination and service delivery. Our staff works to coordinate behavioral health and health services across multiple providers, and to conduct assessments, counseling, education, consultation, stabilization, advocacy, and referrals for children currently enrolled or awaiting access to newly available services.





### Services for Persons with Developmental Disabilities

### Services for Persons with Developmental Disabilities

The overall goal of all of our services for adults with intellectual and developmental disabilities is to promote independence and to provide an environment that offers opportunities for individuals to live fulfilling and enriched lives. To meet this goal, CMCS provides a continuum of services and supports, including group homes, day habilitation, supported employment, and medical and clinical services that meet the individual needs of the adults we serve

#### Residential Services

CMCS provides homes for over 100 individuals, and our person-centered planning ensures our services reflect the uniqueness of each person. Our 18 residences located within Bronx, Rockland, and Westchester communities offer a continuum of services with individualized and comprehensive supports.

Our service planning is evidence-based, targeting our individuals' desired outcomes and ensuring necessary safeguards for them as well. Building their relationships and connection to community life is encouraged. At home and in the community, we embrace their personal choice and individuality, while promoting health and wellness.

It is with these guiding principles that our trained and dedicated teams help us to carry out our mission each day. They support our new residents who want to maintain friendships and foster new ones. They help find new recipes for the person who loves to cook. They work to refine household skills with the gentleman who hopes to move into his own apartment. They join in neighborhood and community events to bolster social connections and belonging.

For most, their home with CMCS is where they will live for many years to come. While we support skill-building and provide safeguards, the sum is much greater than these parts. We really are helping each person build the life they want for themselves.

During the past year, we also worked to secure a new home for individuals in need. With the strong advocacy efforts of parents and CMCS, funding was finally made available specifically for individuals who live at home with family but need a place of their own as their caregivers can no longer provide the care they need. We are so glad to be able to serve these individuals who have grown to adulthood and simply want to be living more independently with the supports needed.

#### **ABA Program**

When CMCS first developed our Applied Behavior Analysis (ABA) program in 2011, our goal was to meet a growing and underserved need in the community; to support individuals with Autism and other developmental disabilities with complex behavioral challenges transition successfully to adult services from the community. We were excited to base our service delivery



model on evidence-based practice and demonstrable outcomes, and we anticipated that the demand for such supports would only increase over time. We were right! CMCS eagerly engaged in additional development opportunities, opening a number of residential programs and boosting our enrollment in our day habilitation. We worked tirelessly to ensure that we were continually enhancing our capacity to serve this population through research, staff training, and many other critical areas. Fast-forward to the present day, and CMCS is now considered a leader in the development and provision of adult programming based on the ABA model of intervention.

Across all programs within DD Services, ABA is used exclusively to assess and manage behavioral challenges and to develop appropriate, functional replacement behaviors. It is also the primary means of teaching new skills to individuals which are meaningful and socially significant to them, their families, and the larger community. We have achieved incredible outcomes that we are proud to share! Our data indicates fewer individual and programmatic restrictions (formerly implemented as a result of behavioral challenges), fewer crisis-related emergency room visits, and an overall decrease in the use of medication to address behavioral concerns, to name a few. Additionally, our individuals are gaining employment, volunteering, enrolling in advocacy groups, and have experienced an increase in their ability to access community resources as a result of their behavioral management and social skill development.

In January, 2019 CMCS received a grant from the Westchester Medical Center to initiate a 12 month consultancy project with another non-profit agency in the region. Our goal was to help

### Services for Persons with Developmental Disabilities

this agency to train their staff and administrators on ABA methodology, develop their capacity to incorporate ABA principles into their program model of intervention, and provide outcome data indicative of increased competency of their team and the effectiveness of CMCS's approach. The outcomes associated with this project were impressive, and as a result of our success we anticipate additional opportunities to provide similar supports to other community based providers moving forward.

### Supported Employment

As part of our mission we seek to increase opportunities for those who wish to work to *discover*, *develop*, *and demonstrate* their skills and abilities to contribute in the workplace. CMCS has been at the forefront in providing evidence-based services within our supported employment model for those with Autism. As always, our person-centered approach guides the path to meaningful work. A robust discovery process paves the way for our individuals to explore options, brush up on skills and learn new ones, while also building soft skills to prepare for the workplace. We also create opportunities, both on- and off-site and in partnership with local businesses, to provide relevant work experience, such as horticulture, culinary skills, and retail skills. With employment as the central goal, we take a holistic approach to ensure all needs are addressed, and Job Coaching continues after employment to strengthen each individual's success. Over the years individuals have been competitively employed in the areas of data entry, assembly and packaging, clerical services, and food service, to name a few.

This past year we worked enthusiastically to redesign our *Mc-Closkey Works!* Program as we began to ready our new site in Ossining. With limited funding streams, many people who wish to work no longer qualify for employment services. To respond to this great community need, we developed a new model to support our *Employment For All* philosophy. We are excited to expand our employment and ABA services to support all those who wish to work, including a specific focus on youth transitioning from high school. Our new program is slated to open in 2020! A computer lab, wash/dry/fold, culinary facilities, and more, will be integrated with local small businesses to meet their needs, proving our individuals' worth and gaining valuable experience for them. Facilities for fitness, sensory integration, and desensitization will also be available to strengthen their readiness for the workforce.

To further promote independence and truly empower individuals, CMCS started our own Self-Advocacy Group (The McCloskey Freedom Walkers), while also strengthening the role of our individuals in the Self-Advocacy Association of New York State. The newly elected Board Member and Vice President of the McCloskey Freedom Walkers will represent the Hudson Valley Region. We plan to fully support these efforts as we integrate their work within our own annual work plans.





### Day Habilitation

The pursuit of meaningful and productive work and community life is supported through our day habilitation services. We use the community and the classroom to promote independence and build employable skills. A team approach, with clinical support and hands-on training, ensures that we help each individual flourish and meet their goals. A variety of new and ongoing volunteer projects allow for meaningful contribution and greater opportunities for skill-building and advancement to employment. This year we prepared to expand our day habilitation services to our new site in Ossining as part of *McCloskey Works!* This new service model is unique and has been met with much enthusiasm. The focus is squarely on discovering and facilitating meaningful and productive work, while embracing an approach to support the whole person.

### Early Childhood Education Division

### Early Childhood Education Division

CMCS' Head Start programs continue to focus on full enrollment, healthy development and school readiness for our children, and family and community engagement. And we do so from a position as *the largest provider of Head Start/Early Head Start services in the Bronx*. In August 2019, CMCS received a grant reward from the Federal Office of Head Start to provide services to 942 children in our center-based and home-based programs. We also received funding for a new model - Early Head Start – enabling us to serve 120 pregnant women and their children ages 0-3 in center-based, home-based and family child care settings. In addition, through the NYC/ACS Re-competition in July 2019, CMCS was awarded 200 additional Head Start slots and 120 additional Early Head Start slots.

Our Early Childhood Education programs utilize Head Start Program Performance Standards, and guidance from the Office of Head Start and our other regulatory agencies, to strengthen our overall program quality and outcomes for children and families. We applied new tools to support staff in analyzing classroom and child-based assessment data, identifying trends to inform new practices and addressing needs through professional development and practice based coaching. We also utilize a two-gen-



erational strengths-based approach to family engagement to address child and family needs, and support families with achieving their goals. Family enrichment continued to be emphasized through the implementation of strategies for engaging parents in their children's learning and helping parents progress toward their own educational, literacy and employment goals.

CMCS continues to build strong relationships with

feeder schools to facilitate and support the coordination of transition from Early Head Start to Head Start, and to kindergarten. As the Cardinal McCloskey Community Charter School opened in August 2019, CMCS has been able to expand and provide a continuum of services to meet the needs of our children and families from birth through elementary school and beyond.

For the 2018-2019 school year CMCS exceeded the 10% enrollment requirement for children with special needs. To support the steady increase in our enrollment and identification of children with special needs, we have an Administrative Director of Pre-K for All, Special Education, and Special Initiatives; and a Disabilities Manager on staff to oversee CMCS' ECED special education

efforts. In addition, we continue to collaborate with our community partners to offer high quality special education services, and extensive professional development trainings for staff on understanding developmental milestones, challenging behaviors, and working effectively with families of children with special needs

#### HEAD START/EARLY HEAD START

Home Based Head Start/Early Head Start is a federally funded 11-month program (September – July) serving children ages birth-4 who have special needs or who are medically fragile. The home-based program encourages learning to take place in the



child's home, an environment where the children and families are most comfortable and familiar. The Home Based program works with families whose life circumstances might prevent them from being able to participate in

more structured settings, including situations involving stressors like depression or medically fragile children. Parents and their children receive home instruction for 90 minutes every week and, additionally, twice a month families participate in group sessions to enhance socialization skills. Our Home Based Head Start programs currently serve 60 children.

Additionally, we provide services to 10 pregnant mothers. These services include prenatal medical trainings, which address the health and safety needs of the child and family. Once the infants are born, they are offered childcare in one of our Early Head Start centers or home based programs.

Center Based Head Start/Early Head Start – CMCS runs multiple Center Based sites, serving birth-4 year old children for 11 months (September – July), Monday through Friday 8AM – 2:30PM. Extended hours are available at some of our sites. The goals set for the children focus on the development of literacy, cognition, math, science, fine and gross motor skills, socio-emotional skills and cultivating positive self-esteem while building strong relationships with peers. Parent engagement is encouraged with families by setting goals and collaborating with community based organizations to reach these goals. In addition, CMCS offers two evidence-supported parenting programs, Parenting Journey and Personal Best, as well as a Fatherhood Program to support male caregivers. Our programs also help develop multi-faceted language and communication skills via conversations, interactive activities, visual aids, and dramatic play while embracing diversity in the classroom and in the community. Children engage in hands-on learning through daily activities and trips, and technology used to enhance children's learning. We also provide health and nutrition services. Our highly qualified staff consists of Group

### Early Childhood Education Division

Teachers who have New York State Teacher Certification (birth through 2nd grade) and our Assistant Teachers who have a Child Development Associate (CDA) or an Associate Degree in Early Childhood Education. The NYC Department of Health and Mental Hygiene licenses all of the sites.

#### 3-K for All and Pre-K for All

CMCS' two programs are free to children who are three years old (3K for All) and children who are four years of age (Pre-K for All). Both programs are funded by the NYC Department of Educa-





tion. The programs operate with the strong belief that all children throughout New York State deserve the opportunity to attend a high

quality pre-kindergarten program. Currently, the CMCS Pre-K for All program is funded for 180 four-year-old children and operates both full and half-day programs. Our 3-K for All Program serves 15 three-year-old children at one center. Both programs provide services Monday through Friday and are 10-month programs, running from September to June.

### Early Learn New York City

Our Center Based Early Learn program serves children ages 3-4 years old and is a year round program that operates 8:00am to 6:00pm, Monday through Friday, in two of our Bronx centers. Similar to our Head Start and Pre-K for All programs, this program



recognizes that early childhood programs play a critical role in supporting young children's development, learning and preparation for both school and life success.

Our Early Learn New York Family Childcare Department is a comprehensive program affiliated with more than one hundred and twenty family childcare providers servicing over eight hundred children aged 6 weeks through 12 years old. Our provider homes are located throughout the Bronx. All of our providers accept either ACS vouchers or Public Assistance (HRA). In addition to receiving quality comprehensive care, the children in family childcare are provided with healthy meals through the Child and Adult Care Food Program (CACFP). Services are provided on a daily basis, year round from 8:00am through 6:00pm.







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### Ways to Give

Cardinal McCloskey Community Services is known for providing the highest quality and compassionate care through its programs and services. To maintain these standards, we seek private philanthropy to help meet these costs. A tax-deductible donation can be made by check or credit card. Please also consider giving to CMCS through:

**Check:** Please make your check payable to Cardinal McCloskey Community Services and mail it to us in the enclosed envelope.

**Credit Cards:** We accept American Express, Visa, MasterCard, and Discover. Please fill out the enclosed envelope, contact us by phone, or visit our secure website: www.cmcs.org

**Matching Gifts:** You can double your gift to CMCS if you or your spouse work for an organization with a Matching Gift Program.

**Planned Giving:** A Planned Gift is your commitment to the future of Cardinal McCloskey Community Services and demonstrates your lasting legacy to our mission.

**Bequest:** You can leave a bequest to CMCS in your will or trust. A donation through your will or trust is fully tax-deductible and enables us to provide critical assistance to those in our care.

**Real-Estate:** Gifts of personal residence can be made for an immediate income tax deduction. Or, with a retained life estate, the donor or designee can live in their home for the rest of their life. After that time, the real estate is owned outright by CMCS, without the complications of probate proceedings. This gift allows the donor to receive current income deductions for the discounted value of the property.

**Securities:** You can avoid capital gains tax on securities held long-term and provide an income tax deduction equal to the fair market value at the date of transfer. To transfer securities to CMCS, please contact Kerry Gutekunst at (914) 997-8000 ext. 114 or kgutekunst@cmcs.org.

Please consult with your tax advisor, and thank you for your continued support of CMCS; we could not fulfill our mission without your help!

### Becoming A Foster Parent



### Jamal Needs You! Change the Life of a Child by Becoming a Foster Parent!

Jamal is a young adult who has been in foster care since he was 10 years old. Jamal has a relation-ship with both his parents, but unfortunately he could not live with either of them due to their inability to care for him. Since being in foster care Jamal moved to several homes, until he was moved to Ms. Jacob's foster home. Jamal finally found a foster mother and home that provided him with the guidance, nurturing and structure for him to be able to learn, grow and succeed. Ms. Jacob's compassion, understanding and support provided stability and structure for Jamal as he was navigating through life and the struggles and trauma's experienced due to being in foster care.

Cardinal McCloskey Community Services is in need of more loving, nurturing caring adults like Ms. Jacobs to provide compassion and care to youth in foster care. Our foster parents provide temporary care to children of all ages from infants through adolescents and of various ethnic, racial and religious backgrounds. Adults who are committed to opening their hearts and homes to inspire, teach and support children in our foster care programs make the best foster parents. Our devoted staff will assist you through the process of becoming a foster parent and continue to support you throughout your foster parent journey of supporting and nurturing youth in foster care.

For additional information on becoming a foster parent for children in our **Bronx programs** please call **718-993-7700**.

For our Westchester program please call 914-620-5043.

### Our Locations

#### **WESTCHESTER COUNTY**

Administrative Offices,
Day Habilitation Services, ABA,
Supportive Employment,
Short Term Family Assistance

115 East Stevens Avenue Suite LL5 Valhalla, NY 10595

Hayden House Emergency Residence & School & Horizons of Hope

Ossining, NY 10562

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Courtlandt Manor, NY 10567

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**Truman IRA** 

Yonkers, NY 10606

Locust Road IRA

Ossining, NY 10562

St. Theresa's IRA

Mt. Vernon, NY 10550

Katonah IRA

Katonah, NY 10536

**New Rochelle IRA** 

New Rochelle, NY 10801

Fountain Road IRA coming soon

Briarcliff Manor, 10510

Heritage Hall coming soon

Day Habilitation Services, ABA, Supportive Employment, Westchester Therapeutic Foster Care 145 Ossining, NY 10562

#### **ROCKLAND COUNTY**

West Nyack IRA

West Nyack, NY 10994

#### **BRONX COUNTY**

**New York City Office** 

Family Foster Care, Family Treatment Rehabilitation, Special Medical & Developmental Prevention Programs, Treatment Family Foster Care, Adoption Services, PYA, Strategies for Success, Article 31 Clinic, Medical & Clinical Services 529 Courtlandt Avenue

529 Courtlandt Avenue Bronx, NY 10451

Early Learn Family Child Care Services, Home Base, Center Base & ECED Main Office

529 Courtlandt Avenue Bronx, NY 10451

**East 180th Street Head Start** 

899 East 180th Street Bronx, NY 10460

Olinville IRA

Bronx, NY 10467

**Gunther IRA** 

Bronx, NY 10469

Co-op City IRAs

Bronx, NY 10475

St. Nicholas of Tolentine Head Start

2331 University Avenue Bronx, NY 10468 Sacred Heart Head Start/ UPK

95 West 168th Street Bronx, NY 10452

**Drop-In Center** 

333 East 149th Street Bronx, NY 10455

Saint Anthony's Head Start/ UPK

1750 Mansion Avenue Bronx, NY 10457

Concord Avenue Head Start/ UPK

560 Concord Avenue Bronx, NY 10455

Anna Lefkowitz Head Start/ Early

COOM

690 Westchester Avenue Bronx, NY 10455

**Cardinal McCloskey Charter School** 

685 East 182nd Street Bronx, NY 10457

**EAST HARLEM** 

Family Connections, Prevention Program

2082 Lexington Avenue Suite 203 New York, NY 10035

### Leadership

#### **Board of Directors**

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William Ursillo, PhD Chief Operating Officer

Christine Monroe
Chrief Financial Officer

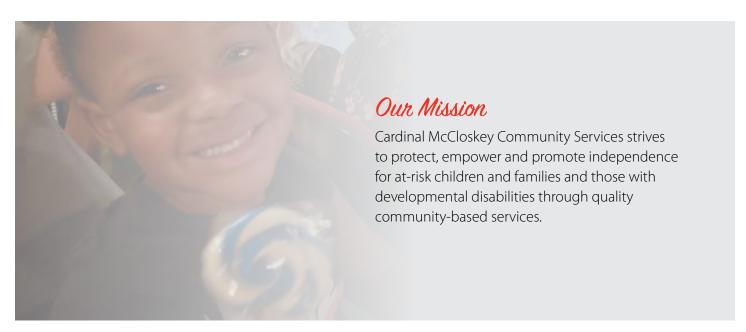
Kamlesh Singh Senior Vice President of Financial & Corporate Compliance

Audrey Erazo-Trivino Senior Vice President of Programs & Coordinated Care

Reva Gershen-Lowy, Ed.D. Senior Vice President of Early Children Education

Nancy Martin
Vice President of Policy & Planning

Diane Pryce Vice President of Developmental Disability Services









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