A Mental Health Moment

May is Mental Health Awareness Month

Join us for a "COVID Crisis and Service Delivery Systems: What's Changed and What Hasn't?" virtual public forum on Wednesday, May 5 at 2pm!

Dr. Jeffrey Reynolds, FCA President & CEO, will discuss the impact of COVID-19 on the recovery community and individuals suffering from mental health disorders.

Addiction Prevention, Treatment & Recovery

It is crucial that we bring awareness to the connection between substance use and mental health to increase prevention of substance use, and engagement in treatment and recovery services.

At FCA we recognize that effective care for those with co-occurring disorders is integrated, person-centered, and strength based. Our Addiction Prevention, Treatment, and Recovery programs focus on meeting the comprehensive needs of those we serve and provide hope that recovery is possible! - Jaymie Kahn-Rapp, AVP, Addiction Prevention, Treatment & Recovery

Follow us on social media follow to learn more about our services and to stay up to date with our events.

THRIVE Facebook
THRIVE Instagram

Addiction Prevention, Treatment Recovery Division Facebook
The Children’s Mental Health and Wellness Division (CMHW) recognizes Mental Health Awareness month in honor of the families and children experiencing mental health challenges across Long Island.

Throughout May, along with our Family Center events mentioned below, CMHW staff will collaborate with our children and families to create a dynamic list of positive coping skills. This list will be shared with all throughout programs and on FCA social media to be utilized as a universal resource moving forward. - Shari Lubeck, AVP, Children’s Mental Health & Wellness

Check out our upcoming events!

**Yoga in the Park**

Come relax, unwind, and have some fun! Yoga stretches and exercises are designed to increase flexibility and help release stress and tension. Join other families for an evening of self-care and outdoor relaxation. Snacks provided.

COVID-19 guidelines will be in effect. All participants required to wear a mask.

Facilitated by Dominique Finner, Certified Yoga Instructor, I am Yoga Studios.

**Wednesday, May 5 • 6:30-7:30pm**
Eisenhower Park, East Meadow, NY

**It’s a Brave New Non-Binary World**

A Family Guide to Current Sexual & Gender Identities

**Thursday, May 27 • 6:30-8:00pm**
Virtual Zoom Event

Presenters Patricia Hillenbrand, FPA, Mobile Integration Team, Sagamore Children’s Hospital, and Peter Hillenbrand, will explore how family acceptance of a child’s gender identity contributes to increased physical and mental health, and their family’s journey towards acceptance of their child’s transgender identity. They will be sharing their experience, strength and hope. Followed by a panel discussion with parents of youth who self-identify as LGBTQIA.

Panel Members: Maryann Barzaco, FPA, Parent to Parent, Family Service League; Denise Della, FPA, SBO, Madonna Heights RTP; Danielle Skelly, FPA, Adaptive and Foster Family Coalition, Andrea Mertelli, FPA, Adaptive and Foster Family Coalition, and Andrea Stoltz, parent.

**In Recognition of Mental Health Awareness Month**

RSVP by May 20th to eventsvp@FCAI.org or receive further instructions.

**Yoga in the Park Event Info**

**It’s a Brave New Non-Binary World Event Info**

**Prevention & Family Support**

The COVID pandemic brought devastating upheaval and societal inequities to our
communities across Long Island. The year was filled with social unrest, marked by injustices and discrimination in communities of color for the world to witness.

Our Prevention and Family Support team adapted creative ways to meet the needs of our clients, communities, and families. As we recognize Mental Health Awareness month, we remain mindful of the safety-net we provide for many. For our struggling individuals, families and communities, our programs are strength-based, family centered and culturally sensitive; we remind those that we work with that they are not alone and FCA is here for them. -Donna Teichner, AVP, Prevention & Family Support

Check out our upcoming events!

Supporting Youth & Navigating Change during the Pandemic
- Monday, May 17
- Hosted by FCA’s Project Independence
- A foster parent training event to assist foster parents in their role of parenting youth with histories of trauma.
- Register today! Email NTarangelo@fcali.org.

Mental Health Focus within Immigrant Communities Workshop
- Thursday, May 20 • 3pm
- Hosted by FCA’s Immigration Resource Center
- Presented in Spanish
- Addressing the trauma associated with COVID-19 & the related stressors affecting parenting during these times
- Virtual Zoom Event- Zoom ID: 8844 8280 806
- Please contact 516-546-0357 for more information.

Residential Services

The youth and the adults that enter our programs have significant trauma histories as well as mental health needs that are both diagnosed and undiagnosed. Addressing these mental health barriers is especially difficult when a youth is homeless and living on the streets.

By providing a stable, safe, structured and supportive housing environment, our team can begin to tackle those needs. Once stabilized, our residents can work with their treatment providers towards the goal of positive mental health outcomes. During Mental Health Awareness Month, the Residential Services division would like to raise awareness in regard to the importance of safe, stable housing in relation to mental health and wellness issues.-Kim Livingston, AVP, Residential Services

Join Us for Yoga!

FCA and United We Om are partnering all month long to bring you virtual yoga to promote mental and physical wellness!

Monday, May 3
Mental Health Awareness Month Kickoff 12pm
Teens 5pm

Monday, May 10
Trauma and Grief 12pm
Prenatal 5pm
Senior & Adult Services

During Mental Health Awareness month we encourage you to reflect on how you and others around you are feeling. In order to promote mental health, we must work towards assisting our seniors with fostering positive attitudes, reducing isolation, maintaining supportive social connections and finding daily purpose in their lives.

There is too often a stigma attached to mental health issues, preventing individuals from seeking support. Reaching out for help or talking to someone you trust about how you are feeling is the first step toward feeling better and improving the overall quality of your life! FCA is here to help every step of the way. -Lisa Stern, AVP, Senior & Adult Services

Check out our upcoming events!

Positive Aging - Tips on the Road to Good Mental Health Event

*Presented by FCA’s OMHLinkAge Project staff*

Join us for an in-person event as we discuss mental health, the stigma of addressing mental health needs, tips on managing your mental health, and what can hinder or decline your mental health.

Please RSVP to the respective location. Covid-19 capacity restrictions in effect.

**May 13 • 11am**  
Hispanic Brotherhood  
(516) 766-6610  
59 Clinton Ave,  
Rockville Centre, NY 11570

**May 25 • 10am**  
Glen Cove Senior Center  
(516) 759-9610  
130 Glen St A,  
Glen Cove, NY 11542
Mental Health Moment Series Information

We invite you to learn more about what we do and to support our life-saving programs, especially during these unprecedented times.

Learn More  Donate

Follow us on social media to keep up to date on FCA news & events!

377 Oak Street, 5th Floor, Garden City, NY 11530
(516)746-0350
info@FCALI.org | FCALI.org

Interactive Art Fun Event Information

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Amazon will donate 0.5% of eligible purchases – no fees, no extra cost.

Follow us on social media to keep up to date on FCA news & events!