Our Mission
FCA’s mission is to protect and strengthen Long Island’s most vulnerable children, families, seniors, and communities.

Some Thoughts About 2020
Our 2019 report noted that 2020 would come with some challenges, but we never imagined anything along the lines of the COVID-19 pandemic. But like our predecessors did during the Spanish Flu pandemic a century ago, our team worked harder and smarter than ever before during the year, serving more than 30,000 local families.

Today FCA is stronger than ever, providing services that are more dynamic and extensive than our founders could have dreamed. Every day, we are here for families in need, at-risk children, troubled teens, vulnerable seniors, and adults caught in the struggles of addiction. We’re an adaptive and responsive agency – large enough to address widespread, islandwide needs while nimble enough to set-up and operate highly targeted programs in local neighborhoods. And now, with a brand new state-of-the-art 28,000 square foot headquarters in Garden City made possible by the Treiber Family, FCA has a unique opportunity. We can realize our full potential and more fully serve the needs of the families and children of Long Island. Our vision remains both bold and focused: We want a Long Island where a legacy of optimal health, educational success, and economic security passes from one generation to the next.

Against all odds, we made steady gains in 2020 and we can’t wait to build on those successes in 2021.

How To Donate
Your donation helps us continue to provide help and hope to Long Island’s most vulnerable children, families, seniors and communities.
To donate, visit: fcali.org/donate

Our Vision
At FCA, we envision a Long Island where a legacy of optimal health, educational success, and economic security passes from one generation to the next.

Our Vision
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Jeffrey Reynolds, Ph.D
President/CEO

Drew Crowley
Board Chair

As we look back on 2020, we cannot help but acknowledge all of the unchartered territory and extraordinary levels of uncertainty that we had to navigate together. The year was full of volatility and unrest from social injustice to a global pandemic. However, one thing remained constant: FCA was on the front lines providing necessities to ensure physical wellbeing, but also promoting mental health as those we serve faced upheaval outside their own front doors.

FCA’s 33 programs all pulled together to help our Long Island communities make it through some of our darkest days. Even as we start to see circumstances stabilize, the fallout that has occurred because of COVID-19 across all facets of daily life has left many Long Islanders and their families reeling. Recognizing the urgent need both at the onset of this health crisis and still today in the wake of this destruction, FCA has been, and still is committed to helping Long Island.

From FCA’s COVID-19 Client Assistance Initiative to our Adopt-A-Family efforts and beyond, we have been able to expand our essential services and continue to support Long Island’s most vulnerable children, families, seniors, and communities during the pandemic.

We could not have provided this extraordinary level of service and outreach without our dedicated and compassionate neighbors, friends and partners who stepped up during these unprecedented times.

While the pandemic stormed on, FCA also actively advocated and participated on another front. The organization sponsored Youth Table Talk events, hosted virtual discussions, launched new diversity initiatives, participated in peaceful social justice demonstrations, and never wavered in our promotion of justice and peace.

These efforts resulted in a greater understanding of the impact of different racial experiences and an opportunity for our communities to come together at a time when we all felt so far apart.

As an organization, we will not stop here. FCA will continue to forge on inspiring others to create change, demand equality, and remain an unstoppable force in the fight for social justice and elimination of discrimination.

Inside this report is a quick glimpse into some of the work that FCA essential workers and volunteers have done over these trying months.
ADDITION PREVENTION, TREATMENT & RECOVERY

You Are Not Alone.

We take on addiction from every angle, beginning with prevention. There is hope for rebuilding, reshaping and renewing. Substance use disorders affect individuals and the whole family. Even communities are affected. People of all ages, socio-economic status, religions and ethnicities feel the physical, emotional and financial impact of substance use disorders.

- Hempstead Family Treatment & Recovery Center
- Hicksville Family Treatment & Recovery Center
- Prevention Team
- SHERPA - Peer Recovery Coaches for Overdose Survivors and their Families
- THRIVE - Recovery Community & Outreach Centers

NATIONAL/STATE/LOCAL:

- In a survey of 832 participants, 60.1% reported an increase in alcohol consumption when compared to pre-COVID times. (International Journal of Environmental Research and Public Health: Alcohol Consumption during the COVID-19 Pandemic: A Cross-Sectional Survey of US Adults)
- Suffolk County Police Department reported a total of 1515 fatal and non-fatal overdoses for 2020, up from 1381 in 2019. (Source: Criminal Intelligence SCPD, SUFFOLK COUNTY HEROIN AND OPIATE EPIDEMIC ADVISORY PANEL 2020 REPORT)
- The CDC’s National Vital Statistics System reported 88,295 total drug overdose deaths as of August 2020, a record high that is almost 19,000 more deaths (27%) than the prior 12-month period. (https://www.commonwealthfund.org/blog/2021/spike-drug-overdose-deaths-during-covid-19-pandemic-and-policy-options-move-forward)

FCA:

- In 2020, FCA’s Addiction Prevention, Treatment & Recovery Division served over 13,892 individuals.
- THRIVE Recovery Centers provided support services via group activities to 4,414 unique individuals and provided 419 recovery coaching sessions.
- Sherpa linked 325 individuals and family members to the care and services they needed to survive.

In January 2020, this all came to a devastating moment that no family ever wishes to face. A heroin and fentanyl overdose landed Anthony in a coma. Those who cared most for Anthony carefully watched their loved one, not knowing if or when he would wake up. Five days later, Anthony awoke from his coma to find Alexis, FCA’s Sherpa Manager, at his bedside ready and committed to helping this young man get back on his feet and begin the journey to the future he deserved. Dedicated to Anthony’s recovery, they offered real life experience, expert insight and a personal approach to recovery Anthony had never experienced before. In denial and determined to figure it out on his own, Anthony sadly did not accept this support and continued to face the temptation of hisaddictions.

Anthony’s loved ones remained at a standstill until Anthony finally decided to take control over his own life. And Sherpa was there. The team at Sherpa became a lifeline for Anthony and his mom. The pair began to join the weekly Family Support Group virtual meeting. A short time later, Anne realized that she and her son had found the recovery community they needed all along. Eventually, as Anthony grew strong enough to relocate to California, grateful for the ability to continue attending Sherpa meetings together virtually.

“I needed to start doing things the right way. I needed to acclimate to a life being sober. I want others to know what I know now,” Anthony expressed.

“I was pulled out of the fire so I could go back in and pull other people out. My goal is to now share this message. My life was transformed.”

After a period of personal growth, realization, and discovery, Anthony is over one year sober. Despite the increased challenges brought on by the pandemic, he was able to overcome his addiction and uncover a new life. Anthony recently expressed “Life is good, and I wake up grateful. My mom can now sleep at night.”

“I have found a group of wonderful, supporting, and patient people who really listen. When you have a son who is an addict, it carries a certain stigma with it. Not with Sherpa. They are here for me with no judgment at all. When you have a team of peers to help and someone who has lived through it, it makes a huge difference”, said Anne.

After over a year since Anthony and Anne met Alexis and the Sherpa team, the pair look forward to continuing their weekly meetings. Sometimes to participate, other times just to listen, but always knowing that Sherpa is there with open arms to facilitate the continued recovery journey at any pace and at the comfort level of those who need it most.

ABOUT SHERPA

Addiction is a battle. Getting help shouldn’t be. As silent heroes in our local communities, Sherpa Recovery Coaches provide non-judgmental support, guidance and a full circle of care during the path to addiction recovery. Recovery Coaches guide others through obstacles they once successfully navigated themselves. Through shared experiences Sherpas closely connect with those going through recovery, including engaging with the entire family.

Sherpa aims to break down barriers to successful recovery and lifesaving supports. By meeting individuals at their most vulnerable point, setting recovery goals, lending a helping hand along the way, and providing follow-up and feedback through all stages, Sherpa serves as the life-saving recovery program that our Long Island communities need and deserve.
When Lakeisha, FCA Care Manager, first met the Kite family, she immediately recognized the complex trauma that was seriously affecting all four siblings ages 7-12. As Lakeisha and the Children’s Mental Health and Wellness team developed close bonds with these vulnerable young ones, they uncovered a history of traumatic experiences due to their mothers substance abuse disorder. The children were often exposed to strangers who frequented the home and explosive arguments between parents, ultimately leading to their mother losing custody. In addition to night terrors and inappropriate behavior, other concerns started to emerge which led to diagnoses of ADHD, depression, and anxiety across the children.

During the pandemic, things got worse when their new stepmother lost her job and began receiving eviction notices. To make matters worse, their apartment building became infested with insects and they had to dispose of blankets, children’s bedding, and clothing. Lakeisha acted quickly by providing donations of clothes for the kids, bedding, gift cards and even funds to pay the rent.

FCA quickly stepped in to get this family connected to a local clinic to evaluate the children and helped them receive much needed assistance from local food pantries. Their case manager, recognizing the kids were falling behind in school, suffering from isolation and lack of socialization. Lakeisha kept in close contact with the family each week providing phone counseling sessions and much needed emotional support as well as meetings in collaboration with the children’s therapists. To provide the children with the educational resources and assistance, the family was connected to Long Island Advocacy Center to help the children obtain Individualized Education Plans (IEP) and education supports. The family was connected to the local Boys and Girls Club and programming was financed so that the children could attend during the summer months.

From the development of social skills, engagement in physical activities, and other learning experiences during the summer, the children benefited significantly, with relief simultaneously provided for the children’s stepmom. Despite the many obstacles this family faced, thanks to the early intervention and assistance of FCA supports, the youth continue to make positive advances in all areas of their young lives towards a strong and promising future.
Helping families grow stronger, together.
We provide vital services to at-risk children and families who are vulnerable, homeless, or struggling with a host of difficulties including chemical dependency, mental health trauma, or lack of resources. Our staff empower youth and families in their decision-making abilities and assist them in developing the skillsets needed to live independently and successfully. The team utilizes community resources and FCA's own wrap-around services in creating and enhancing successful outcomes.

- Community Credible Messengers
- Family Support
- Family First
- Hempstead Prevention Coalition
- Hempstead Ladders to Success
- Immigrant Resource Center
- Learning Center
- Lynn Vanderhall Nursery Co-Op
- Project Independence
- Pregnant & Parenting Teen Support (PACT)
- SNUG - Gun Violence Reduction Program
- Youth Advisory Council

FCA:
- Direct services were provided to over 879 individuals and over 200+ families, including food and basic needs throughout the pandemic.
- FCA’s SNUG team saw a 275% increase in gun related violence in the communities they serve and conducted 58% more community mediations than the year prior.
- In just the first nine months of 2020, FCA’s Immigration Resource Center received 680 calls, assisted 1,900 individuals, supported 65 families with case management and provided 20 individuals with trauma-informed mental health counseling.

NATIONAL/STATE/LOCAL:
- 20,000 youth, ages 18 - 21, age out of the foster care system annually. (Ifoster.org)
- In the U.S., the state prevalence of youth with substance use disorder in the past year ranges from 3.18% to 6.54%, with prevalence in New York State at 4.04%.
- The number of gun related deaths in the United States in 2020 totaled 43,540. (According to Gun Violence Archive research)

Helping Those Left Behind Overcome Unthinkable Loss
The year started out like any other. Martha and her family were navigating life as they normally did, bouncing around between work, school, family gatherings, and extracurricular activities. This family, full of energy and life, also anxiously awaited the arrival of a new grandchild.

In March, as the COVID-19 virus suddenly began to infiltrate, like many others, this family lost their means of employment and were forced to quarantine. Martha’s husband unfortunately became ill with the virus and shortly thereafter lost his life. Martha’s 25-year-old son next contracted the virus and died only a few weeks after his father. The pillars and providers of this close-knit immigrant family were gone unexpectedly, and Martha was left devastated and frightened.

A mother, left alone, with two young daughters and a newborn to care now living their darkest of days, in a situation they never saw coming. At rock bottom, Martha was referred to FCA’s Immigrant Resource Center. Our care managers stepped in immediately to help her back on her feet. FCA not only helped this family deal with the taxing physical and mental effects of the pandemic and the loss of their loved ones but connected them to the resources necessary to stay afloat.

FCA’s Immigrant Resource Center assisted the family with funeral expenses, providing peace of mind and constant support. Mental health counseling and trauma-informed sessions, COVID testing appointments, and health screenings were provided with the help of an FCA Case Manager and Family Therapist. Food, personal products, and other basic needs were consistently supplied to keep the family safe and comfortable. Martha received immigration resource referrals and guidance to help with government assistance applications so her family could receive much needed assistance. FCA’s Immigrant Resource Center also connected the family to FCA’s Adopt-A-Family program which provided her and her children with generous holiday gifts and supplies from local donors.

Martha and her young daughters have experienced tremendous loss but are continually reminded by our caring staff that they are not alone. As this family continues to adapt and mend, FCA will stand by their side to see that in the wake of crisis and destruction, they can continue to heal together and will always have somewhere to turn.

“I am so grateful to the FCA Helpline for providing me with support as I go through this difficult time and navigate the loss of my husband and son due to the COVID-19 Virus.”
RESIDENTIAL CARE

A safe place to call home, instead of struggling alone.

Since 1982, Nassau Haven has served young people ages 10 to 20, helping them address the issues that brought them to seek shelter. Nassau Haven is a 12-bed co-ed emergency shelter, providing short-term housing, case management, and crisis intervention to runaway and homeless youth in Nassau County.

- Nassau Haven Emergency Youth Shelter
- Walkabout for Young Men and Women
- Lakeview House - NYS Office of Mental Health Licensed Community Residence for Teens with Emotional Impairments
- West Nassau Residence - NYS Office of Mental Health Licensed Community Residence for Adults with Mental Illness

FCA:
- FCA’s Runaway & Homeless Youth program have provided housing, direct care services, mediation, and after care services to 901 individuals.
- FCA Walkabout residents, despite challenges to their employment saved a collective $89,000 dollars in 2020.

NATIONAL/STATE/LOCAL:
- Due to COVID-19 related school closures in 2020, 11% of students at two-year institutions and almost 15% at four-year institutions were experiencing homelessness.
- A total of 4.2 million youth and young adults experience homelessness each year (https://schoolhouseconnection.org/realcollege-during-the-pandemic/)
- The National Center for Missing and Exploited Children noted an increase from 2 million to 4.2 million reports of online exploitation from March to April 2020. (https://jamanetwork.com/journals/jamapediatrics/fullarticle/2770536)

Overcoming Adversity to Create a Promising Future

After arriving at a local Long Island homeless adult shelter alone and unsure, Diana was guided to a more suitable means of housing and referred to the welcoming arms of FCA’s Nassau Haven Emergency Shelter team. Given her young age of only 19, Nassau Haven was a much better fit for her. After being transferred to Nassau Haven, Diana revealed that this was her first time in New York, and she had become homeless after her stepmother and stepbrother were evicted from their apartment in Georgia.

Diana and her family made the trip up the coast hoping to live with a family friend, only to be told several days later that they were no longer welcome. Diana found herself homeless once again and this time separated from her family. Alone and scared, this high school graduate was unemployed and with no financial means. In a state of despair and with nowhere to turn, Diana was connected to Nassau Haven where staff helped her get accepted into FCA’s transitional independent living program, Walkabout for Young Men and Women residence.

While at Walkabout, Diana was able to start her first full-time job at a local laundromat with the assistance from the FCA Career Counselor. Diana began to achieve educational goals and not only applied to college for the first time, but soon began attending Nassau Community College where she focused on obtaining her nursing degree.

Like many others around the world, Diana lost her job when the pandemic hit, however, that did not stop this determined young woman. She continued to pursue her education virtually and after quarantining for several months, she was able to secure two jobs when things started to open back up again. During her time at Walkabout, Diana was able to remarkably save $29,000 and moved out in January 2021 to live independently in her very own place.

Now working full time and living on her own, Diana stays in touch with the team who helped facilitate her growth and successful progression. Diana now participates in a fulfilling mentorship with an FCA board member to whom the FCA staff introduced her to foster positive adult connections within the community. Grateful for all that FCA has done for her, Diana is excited for her future.
Every senior deserves to live with dignity, safety, and independence.

Seniors represent a growing proportion of residents facing anxiety, depression, suicide, alcoholism, misuse of prescription drugs, and isolation from help. Our mission is to protect and strengthen Nassau County's seniors through services that ensure safety while maximizing independence, respecting the right to self-determination, and improving overall quality of life.

- Alzheimer’s Caregiver Support Program
- Friendly Visiting Program
- Case Management and In-Home Assistance (EISEP)
- Financial Assistance
- The New York State Long Term Care Ombudsman Program
- Link-Age Project
- Home Energy Assistance ( HEAP)
- Health Insurance Counseling (HIICAP)

With the odds stacked against her, and challenges that seemed insurmountable, an escape seemed far off and even impossible at times. Despite these circumstances however, Alice fought to turn things around for herself with the help of the caring team at FCA. After quietly suffering for many years in a violent abusive marriage, things took a turn for the worse after their divorce when her adult son moved in. From the shouting and verbal abuse to the deliberate destruction of her possessions and disregard for her home, her world was once again turned upside down and control over her own life lost. Alice was unable to even enter her own kitchen after her son installed a lock on the door leading into the room.

Constant threats to burn down the house were made. Lists of people were named that her son wanted to harm and kill. Alice’s life was continuously compromised when her son would lash out and state that he wanted to “smother her with a pillow” or “snap her neck like a twig”. Sleep was hard to come by if it occurred at all.

Running out of places to turn, Alice was fortunately led to the helping hands of FCA’s Safe Observant Seniors Program who stepped up to support her. The SOS team immediately began advocating and guiding her through this dangerous situation alongside her attorney and a Nassau County Assistant District Attorney.

The continuous counseling and support Alice received improved her overall mental and emotional wellbeing and gave her a voice to express herself and overcome her challenges. After a lengthy emotional rollercoaster, at her last court conference, Alice confidently spoke on her own behalf and ultimately received a court order for her son to vacate her home.

With her newfound sense of pride, strength, and resilience, Alice has realized her dream of living a peaceful life in her home with her small dog and a bird. Her once tumultuous daily life and terrifying circumstances disappeared, leaving her with peace of mind and an optimistic outlook to a safe and fulfilling future, supported by her friends at FCA.

FCA:
- In 2020, FCA provided services to 10,980 seniors who were able to remain safely in their own homes and experience improved overall quality of life.
- 1,960 Nassau County residents who were struggling to make ends meet received assistance from FCA for their heating and energy costs.
- FCA’s Ombudservice Program completed 4,111 total consultations with nursing home/assisted living residents, staff and family members.

NATIONAL/STATE/LOCAL:
- Of the more than 310,000 Nassau County 60+ residents, an estimated 29% of these seniors are living alone, socially isolated, lonely and unable to navigate the resources that are available to them.
- While likely underreported, elder financial abuse and fraud costs older Americans $36.5 billion per year.

SAFE OBSERVANT SENIORS
Elder abuse happens when someone breaks your trust, and violates your safety and security. It comes in many forms and may be physical, financial, verbal or emotional in nature. FCA’s Safe Observant Seniors program aims to keep seniors safe and secure and assist those who have fallen victim to elder abuse.

SOS counselors provide referrals to medical, legal, social and financial services, accompaniment to court or to the authorities, and short-term in-home counseling.
2020 FINANCIAL REPORT

INCOME
- Government ........................................... $10,485,553.00
- Medicaid/Medicare ................................... $4,205,475.00
- Contributions ......................................... $2,150,830.00
- Program Fees ......................................... $235,394.00
- Other .................................................... $3,986,584.00

Grand Total ........................................... $21,063,836.00

EXPENSES
- Program Services ....................................... $14,616,214.00
- Management and General ....................... $5,021,744.00
- Fundraising Services ................................ $409,006.00

Total Expenses ....................................... $18,046,964.00

Net Income ........................................... $3,016,871.00

FCA’s financials are audited annually by Baker Tilly, an independent firm.

BOARD OF TRUSTEES & FCA ADMINISTRATION

FCA ADMINISTRATION

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Brigitte Wynne, Director of Revenue Operations, PSEG Long Island
**HONOR ROLL**

$100,000 and above
- Mother Cabrini Health Foundation
- O’Neill Family Charity
- Treiber Family Foundation
- William Stamps Farish Fund

$50,000 to $99,999
- Fay J. Lindner Foundation
- Long Island Community Foundation

$10,000 to $49,000
- Adikes Family Foundation
- Capital One Investing for Good
- Mrs. Jane H. Choate
- Eastman Cooke Construction
- Empire Blue Cross Blue Shield
- Farrell Fritz, P.C.
- Gerry-Corbett Foundation
- Goldman Sachs Gives
- Grafer Family Foundation
- HAB Bank
- Hassett Subaru
- Huguette Clark Family Fund for Protection of Elders
- Ms. Angela Jaggar
- Knapp/Sweezy Foundation Inc.
- Mrs. Hope Lapsley
- Mr. Michael Monahan
- Network Outsource
- Newsday

Mr. and Mrs. Joe Ratellaro
Mr. & Mrs. Michael Prounis
PSEG Foundation
Mr. & Mrs. Richard Ronzetti
RXR Fund II
Sony Music Entertainment
Mr. & Mrs. Charles M. Strain
TrueTox Laboratories, LLC
United Way of Long Island
Mr. Ken Wessel
Yardi Systems, Inc.

$5,000 to $9,999
- Bahnik Foundation Inc.
- Blank Family Charitable Fund
- Healthplex, Inc.
- Ms. Rachel Hollander
- HUB International Northeast
- James J. Colt Foundation
- Judith C. White Foundation, Inc.
- Mr. & Mrs. Bernie Kennedy
- Knockout Pest Control Inc.
- Manhasset Community Fund
- McKeen Fund
- NY Community Bank Foundation
- Palmer Walker Foundation
- PSEG Long Island LLC
- Mr. Salvatore Ranieri
- Signature Bank
- SKANSKA USA Civil
- UBS

**THANK YOU TO OUR GENEROUS SUPPORTERS!**

32,542 Long Islanders Served

32,542

Total Annual Budget

$21,543,827

240 Volunteers

311 Employees

27 Board Members

136 Years of Service

11 Locations

27 Board Members

27 Board Members

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HONOR ROLL (CONTINUED)

$1,000 to $4,999
1st Equity Title & Closing / Pink Tie
AI Roofing
Mr. & Mrs. Donald Abrams
Al & Peggy DaMatteis Family Foundation
Ms. Judith Annverman
Mr. James Anziano
Baker Tilly LLP
Bethpage Federal Credit Union
BNY Mellon Community Partnership
Brown Forman Beverages
Mr. & Mrs. Gerald Calder
Mr. & Mrs. Richard Cavallaro
Dr. John Cerato
Ms. Jessica Chandler
Mrs. Ellen Coughlin
Covanta
Cresa Global Inc.
Dr. & Mrs. Robert Decker
Denham Wolf Real Estate Services, Inc.
Dime Savings Bank
Mr. Kenneth Farrell
Mr. Patrick Farrell
First Development Corporation
Florman Tannen, LLC
Mr. & Mrs. George Frank, Jr.
Ms. Karen Gentilini
Gloria Levine & Harvey Levine Charitable Fdn.
Gould, Kobrick & Schlapp
Mrs. Fran Harnett
Ms. Carol Helftman-Amselem
Holocene Advisors LP
Mrs. Theodora Hooton
Ms. Donna Impagliazzo
International Union of Journeymen and Allied Trades
Ms. Dorothy Jacobs, LCSW
Jovia
Mr. and Mrs. Bernadette Kasnicki
Kenneth Peters Center for Recovery
Koehler & Isaacs
Kreisberg & Maitland
Mr. & Mrs. David Landau
LDI Color Toolbox
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165
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FCA’s mission is to protect and strengthen Long Island’s most vulnerable children, families, seniors, and communities.