

# PHILIPSTOWN BEHAVIORAL HEALTH HUB



ANNUAL REPORT  
2020-2021



REAL PEOPLE, REAL CHALLENGES,  
REAL SUPPORT, RIGHT HERE.

# MESSAGE FROM OUR LEADERSHIP

Dear Friends,

The pages that follow detail our growth and impact over the past fiscal year, but if you read nothing else we hope you take away three things:

1. Your support made it possible to keep the doors open, the lights on, and the services flowing seamlessly throughout the pandemic.
2. Your support enabled us to provide personalized service to community members quickly--within days, not months.
3. Your support is essential as we focus on our core mission while continuing to expand our offerings of mental health and addiction services.

Earlier this year someone shared an observation: "This pandemic has very much been like flying a plane while building it." This sense of unsureness has left many in our community rattled, anxious and depressed. And yet – as things open back up, many Philipstown residents are reaching out for the help that they need. It is an honor and privilege to help meet those needs, from mental health to addiction to much in between.

The second year of the pandemic coincided with the second year of the Hub. It proved to be a time of unparalleled challenges but also unparalleled opportunities to serve. As this report lays out, we are striving every day in every way to ensure our impact is rising to the scale of these challenges. Your ongoing support, in person or virtually, makes all the difference.

Sincerely,

Philipstown Behavioral Health Hub Leadership



**DANIELLE PACK MCCARTHY**  
Executive Director



**LUKE HILPERT**  
Board of Directors Co-Chair



**KATIE CUCCHIARELLA**  
Board of Directors Co-Chair

# ABOUT THE HUB

Philipstown Hub is a registered 501(c)(3) organization providing a single point of entry for mental health and addiction programs, services and education for Philipstown residents.



## WE SERVE OUR COMMUNITY BY:

- **Coordinating resources** among service providers to ensure that our residents can get the help they need and no one slips through the cracks.
- **Hosting events** to educate the community, raise awareness, and reduce the stigma associated with mental illness and addiction.
- **Partnering** with medical providers, local school districts, businesses, law enforcement, and other community sectors to create innovative programming.



Thank you so much for following up with me. It means a lot to deal with someone who takes the time to care. Thank you for doing the work that you do.

- Hub Participant

# 142

## TOTAL CARE COORDINATION PARTICIPANTS SERVED

Philipstown residents of all ages served by the Hub.

# 2,750

## PARTICIPANT CONTACTS

In-person meetings, phone calls, and emails with residents needing support.

# 11

## COMMUNITY CONVERSATIONS

Topics ranging from mental health, addiction, overdose prevention, recovery, confronting racism, and relieving anxiety.

# 4

## GROUPS RUN

Virtual support and connection groups for Garrison Union Free School students and staff and a 12-session Hub Girls Group.

# 8

## TRAININGS

Includes Narcan trainings, a four-session Developmental Assets Framework Course, and a Mental Health First Aid Training.

# IMPACTS OF COVID-19 ON MENTAL HEALTH



The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health and created new barriers for people already suffering from mental health challenges and substance use disorders.

The demand for mental health and addiction treatment services has increased nationwide this year, with **67%** of organizations seeing an increase in the demand for services (National Council for Mental Wellbeing).

The demand for youth mental health and addiction treatment services has also grown, with **63%** of organizations seeing an increase in the demand for youth services (National Council for Mental Wellbeing).

Since the COVID-19 pandemic began in March 2020, Philipstown Hub has seen an increase in people seeking help for anxiety and depression amid isolation, job loss, and other pressures. The pandemic increased difficulty in finding needed resources like therapists and inpatient addiction treatment due to long waiting lists and virtual-only appointments. The Hub is proud of our efforts to keep our doors open, supporting community members while connecting them to services quickly.

## ADAPTING TO SERVE OUR COMMUNITY:



- Hub doors stayed open while adhering to COVID-19 safety measures
- Highly active social media accounts with regular updates and helpful information
- Vaccination of all staff
- Converted events to virtual
  - Virtual support groups
  - Virtual Community Conversations
  - Hub Virtual Marathon for Mental Health

# ANNUAL GROWTH

As the pandemic entered its second year, Philipstown Hub experienced tremendous growth in need and support from the community. We turn no one away, but this growth is outpacing the funds we are raising.

**We need your support to keep up.**

**142**

*participants served*

**136%**

*participant increase*

	20/21	19/20	% Growth
<b>Service:</b>			
Participants Served:	142	60	137%
Participant Contacts:	2,750	500	550%
Social Media Posts:	210	149	41%
Members of Staff:	3	1	200%
<b>Fundraising:</b>			
Donors:	301	229	31%
% of Household Donors:	9.7%	6.8%	44%
Funds Raised:	211,450	152,984	38%
Funds Used:	127,890	51,211	150%
<b>Community Engagement:</b>			
NARCAN Trained Samaritans:	35	13	169%
Social Media Followers:	1,184	778	52%
Event Participants:	340	245	39%



Sign up for our newsletter and learn more about the Hub at

[www.philipstownhub.org](http://www.philipstownhub.org)

# HUB VIRTUAL MARATHON FOR MENTAL HEALTH

Over **130 individuals and families** participated in the Hub Virtual Marathon for Mental Health. Participants could **run, walk, bike, or hike 26.2 miles** over the month of May.



“ I was intentional about my mental health today by recruiting friends to join me for Day 1 of the #HubMarathon. Love this organization and the work they do. I also love that I can support them by doing activities I already enjoy! ”

Together, residents and friends **ages 8-78** completed **3,000 miles** and raised over **\$13,000** for mental health and addiction services for our community!

HUB EVENT SPONSORS





# REAL SUPPORT

## Groups and Education

### COMMUNITY CONVERSATIONS

Hub staff and volunteers met virtually to provide monthly educational and supportive discussions about various topics related to mental health or addiction in our community.

### GIRLS GROUP

Weekly group sessions led by Hub mental health professionals, where adolescent girls came together to share stories and support each other.

### VIRTUAL MENTAL HEALTH MEET-UPS

Hub staff facilitated virtual support and connection group check-ins for Garrison Union Free School students and staff.

### PHILIPSTOWN OVERDOSE PREVENTION TRAINING

Free, live online NARCAN trainings presented in partnership with the NY State Office of Addiction Services and Support (OASAS).

“When I was younger, I didn't have a group like this, I wish I did, it would've been very helpful. All you younger ones are really lucky to have a group like this where we can discuss these topics and be listened to.”

“We recently began working with the Hub. The warm and welcoming atmosphere, conversational style and actual feedback is so completely different from the cold and sterile experiences we've had in the past.”

“Don't be surprised if I drop by the Hub soon to “catch up”. I always come away from our meetings more confident and hopeful.”

“You should know what an exceptional job you do. I'm grateful to have had you be the voice on the other end of the phone. You are good at what you do. Trying to navigate this process is overwhelming. There are some angels I've met along the way and you are one of them.”

“Thanks again and I wanted to say that I'm so glad that you were there for us that Friday afternoon. That was the catalyst for us getting support for our kid.”

“I thought the Hub was a great place to talk with people my age as well as guide about what we were feeling and how life was going during this hard time. Thank you!!”



# FINANCIAL OVERVIEW

(As of Jun 30, 2021)

## ASSETS

Cash & Cash Equivalents	187,893.72
Furniture and Equipment	1,748.99
Security Deposit	2,200.00

**TOTAL ASSETS \$ 191,842.71**

## LIABILITIES

Payroll Liabilities	2,534.94
---------------------	----------

**TOTAL LIABILITIES \$ 2,534.94**

## NET ASSETS

Unrestricted Net Assets	105,922.54
Net Revenue	83,385.23

**TOTAL NET ASSETS \$ 189,307.77**

**TOTAL LIABILITIES AND NET ASSETS \$ 191,842.71**

Special Hub programs were made possible through these grant-making organizations:

### Cold Spring Lions Club

Provided funds for necessary supplies for new Hub Care Coordinator.

### Garrison Children's Education Fund

In person and virtual group sessions for middle school students and Garrison School Staff to promote positive mental health.

### Haldane PTA

Provided Youth Mental Health First Aid training tools for Haldane School staff, equipping staff with the skills to recognize children who are struggling with their mental health so appropriate support services can be offered.

### Haldane School Foundation

Funded teen Mental Health First Aid training, allowing Hub staff to teach high school students to assess the risk of mental health and addiction crises among their peers.

### Hope for Youth Foundation

Critical support utilized to help the Hub establish virtual programming and services during the pandemic.

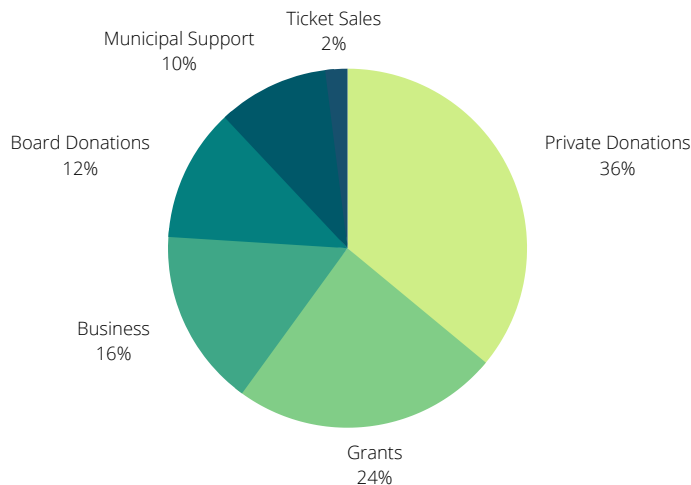
### Jane W. Nuhn Charitable Trust

Enables the Hub to partner with community members who face financial roadblocks obtaining appropriate mental health and addiction treatment by providing financial support they need to attend essential appointments routinely for three to six consecutive months.

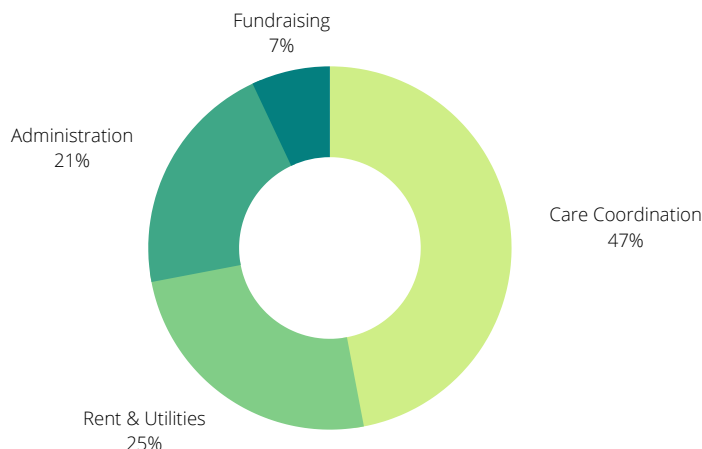
### The Community Foundations of the Hudson Valley

COVID-19 relief funding enables the doors of the Hub to stay open and continuously offer community support during the pandemic.

## HOW IT WAS RAISED:



## HOW IT WAS SPENT:





# REAL PEOPLE WHO CARE

*Philipstown Hub is fortunate to have a dynamic group of leaders and professionals to move our lifesaving mission forward.*

## TEAM MEMBERS



**Danielle Pack McCarthy**  
*Executive Director*



**Julianne O'Reilly**  
*Care Coordinator*



**Kaitlyn Timler**  
*Development Manager*



**Amie Anderson**  
*MSW Intern*

## BOARD OF DIRECTORS

Katie Cucchiarella, *Co-Chair*

Luke Hilpert, *Co-Chair*

Tamar Stubbs, *Secretary*

Jeanne Clemente, *Treasurer*

Kelley Amadei, Olivia Hunt,

Aric Kupper, Maria Stein Marrison,

Dave Marzollo, Melanie Matero,

Heidi Stephens, Larry Taub,

Dan Upham, Sylvia Wallin



### Why we serve:

*I'm a social worker with a 36 year professional history in the treatment of substance misuse and mental health conditions. As soon as I learned that members of the community were establishing the Hub I made myself available as a board member and am glad to be rolling up my sleeves to help in these efforts.*

*-Larry Taub*

*I am an ER doctor and have seen firsthand the crisis and deaths that result from addiction and mental health problems. I joined the Hub board to help fill an urgent need. My dream is to never again tell someone that their loved one is dead due to addiction or suicide, and I believe the Hub can bring that dream closer to reality.*

*-Aric Kupper, MD*

*When someone dies from a mental health disorder or the disease of addiction, their universe is shattered. So much is forever lost. I am on the Hub board to help change perceptions of mental illness and addiction. It is my greatest hope that no more universes are shattered in our precious community.*

*-Melanie Matero*



# YOU MAKE ALL THE DIFFERENCE

Without the financial support of our community, many of the mental health and substance use treatment coordination and services would not be available to the people who truly need them. We would like to thank the following community sponsors and funders for supporting the Hub this year.

## CORPORATE, FOUNDATION & GOVERNMENT SUPPORTERS

Alice Curtis Desmond & Hamilton Fish Library  
 Anne and Fred Osborn III - The EASTER Foundation  
 American Legion Post 275  
 Appalachian Equities LLC  
 Carroll and Wieck Charitable Fund of the Community  
 Coill Dubh Masonry, LLC  
 Cold Spring Apothecary  
 Cold Spring Coffee House/Bohemian Cafe LLC  
 Cold Spring Fitness  
 Cold Spring General Store LLC  
 Cold Spring Lions Club  
 Cold Spring Pizza/Procopio Food Service Inc.  
 Cunningham Family Fund of the Community Foundation  
 Deb's Hair Design  
 DJ McManus Family Foundation  
 Downey Propane LLC  
 Drug World of Cold Spring, LLC  
 Erie Theory Entertainment  
 Fidelity Charitable  
 Flagler Landscaping  
 Garrison Children's Education Fund  
 Garrison Union Free School District  
 Garrison Volunteer Fire Company, Inc.  
 Got Sneakers, LLC  
 Haldane PTA  
 Haldane School Foundation  
 Heather Anne Zuckerman Therapy  
 Hudson River Healing and Wellness  
 HOPE For Youth Foundation  
 Hope G. Turino - The Charles A. Mastronardi Foundation  
 Houlihan Lawrence, Inc

Jane W Nuhn Charitable Trust  
 Jaymark Jewelers  
 Juanita's Kitchen  
 Lisikatos Building & Development Inc Project 5  
 LV Wood Floors  
 Manitou School, LLC  
 Marzollo Family Fund of the Community  
 Foundations of the Hudson Valley  
 MHZ Marketing, Inc  
 Mid-Hudson Concrete Products, Inc  
 My MacDaddy LLC  
 Northeast Design Company LLC  
 Old Souls  
 Pidala Electric Inc.  
 Pidala Landscape Material & Supply  
 Pidala Oil Co., Inc  
 Point West Media LLC  
 Revalant Consulting  
 Romeo & Juliet  
 Community Foundations of the Hudson Valley  
 Shea Construction  
 Signs Ink  
 Stephen Saikin - Frank E. Lucente Fund of the  
 Community Foundations of the Hudson Valley  
 Sweet Harvest  
 The Haldane PTA General Fund  
 The Hilpert Law Offices  
 Thrift King Auto Services  
 Town of Philipstown  
 Village of Nelsonville

Manitou School students held a Read-A-Thon and donated what they raised to the Hub.

"After visiting the Hub in person, and hearing all about it, I felt even more proud that I had helped to raise money for it."



To support the Hub, please visit [www.philipstownhub.org/donate](http://www.philipstownhub.org/donate) or mail your contribution to Philipstown Behavioral Health Hub, PO Box 317, Cold Spring, NY 10516.

Philipstown Behavioral Health Hub is a registered 501(c)(3) nonprofit organization. Donations are tax deductible to the extent provided by the law. EIN# 84-2402163

# 2020/2021 HUB SUPPORTERS

Shari Alexander  
 Frances Allen  
 Laurel Amadei Freemand  
 Kelley Amadei  
 Joseph Mahon & Elizabeth Anderson  
 Alison Anthonie  
 Luz & Scott Bailey  
 Janet & Sandy Barton  
 Darron Berquist  
 Lauren Biniaris  
 Chris Bockelmann  
 Frank Bozsik  
 Deanna Brindle  
 Mandy & Trey Brindle  
 Lynn Brown  
 Hara Schwartz & Christopher Buck  
 Leonora Burton  
 Simon Butt  
 Brian Cairns  
 Melany & Tom Campanile  
 Ben & Bonny Carmicino  
 Susan Choi  
 Jeanne & Michael Clemente  
 Ezra Clementson  
 Cindy Cohen  
 Jennifer Colandrea  
 Jamie & Carolyn Copeland  
 Mary Costigan  
 Susan & Thomas Costigan  
 Mary Cotter  
 Katherine & Alex Cucchiarella  
 Nick & Jan Cucchiarella  
 Chris Cunningham  
 Dale Cunningham  
 Jake Cunningham  
 TJ Cunningham  
 Kathy & Joe Curto  
 Maisy Curto  
 Philip & Patricia D'Amato  
 Leslie D'Onofrio  
 Linda Daichman  
 Jeffrey Dain  
 Christopher Daly  
 Jen Daly  
 Donal & Kathleen Daly  
 David Herman & Alexis Dean  
 Jeannette DeCarolis  
 Melissa DeFonce  
 Lisa Denby  
 Mary-Clancey Pace & Sterling Deweese  
 Paul & Anne-Marie Diamond  
 Daniel & Catherine Dillon  
 Joseph Lucca & Maya Dollarhide  
 Douglas & Mary Rose Donaghy  
 Steven & Alex Dubroff  
 Kathleen Duffett  
 John & Marion Dugan  
 Debbie Earle  
 Mary Ephraim  
 Cory Ethridge  
 Tamsin Eva  
 Melissa & John Falloon  
 Peter Davoren & Stacey Farley  
 Judy Farrell  
 Judy & Rodney Faust  
 Kathleen Finlay  
 Lauren & Michael Fiorisi  
 Heather Fitzgerald  
 Tara & John Flagler  
 Robert & Annette Flaherty  
 Jeanne-Marie Fleming  
 John Hedlund & Kathleen Foley  
 Becca Ford  
 Carol Marquand & Stan Freilich  
 Alane Gahagan  
 Marisa Gargaro  
 Matt Speiser & Phoebe Geer  
 Bruce & Diana Geller  
 Joseph Peparo & Dorthey Gilman

Philip Giordano  
 Carson Gleberman  
 David Glynn  
 Michael Glynn  
 Jacqueline Grant  
 Gail Greet Hannah  
 Sarah Grom  
 Paul Guiney  
 Sarah Gurland  
 Cat Guthrie  
 Jacqueline Hadden  
 Michelle & Nick Hanzely  
 Clara Hardy  
 Pamela Harris  
 James & Juhee Hartford  
 Phillip Heffernan  
 Jay & Renee Heim  
 Peter Henderson  
 Elizabeth Hires  
 Laura Lee Holmbo  
 Derrick Hopkins  
 M. Ryan & Drusilla Hose  
 Matthew Howard  
 Helen Butler & Jennifer Howse  
 Daniel & Diane Hughes  
 Olivia Hunt  
 Gina & Larry Hutcher  
 Patrick Hynes  
 Mary Ietaka  
 David Jacobson  
 Anne Kane  
 Dinesh & Karen Kapoor  
 Shannon & Jeff Keegan  
 Richard Keller  
 Janet & Mark Kenny  
 John Kinnaird  
 Alice Krakauer  
 Gary & Sharifah Kuehnlentz  
 Lars & Marit Kulesied  
 Michelle & Aric Kupper  
 Teresa & Brent Lagerman  
 Curt & Diane Landtroop  
 Sayaka & Mat Larsen  
 Felicia Lecce  
 Maria & Robert Leiter  
 Michael Leonard  
 Martee Levi  
 Cynthia Ligenza  
 Camille Linson  
 Carolyn & Dave Llewellyn  
 Andrea & John Maasik  
 Donald MacDonald  
 Donald MacDonald  
 Susan MacLean  
 Robin Markell  
 Mark Marrocco  
 Dave & Melia Marzollo  
 Linda Matthews  
 Julie Mayville  
 Christine & William Mazzuca  
 Ann McBride-Alayon  
 Danielle Pack McCarthy & Dave McCarthy  
 Joyce & Kevin McCarthy  
 Janice & Kevin McConville  
 Sarah McKnight  
 Micki McWade  
 Jason Merriman  
 John Crouch & Marisa Mickel  
 Peter Sheehy & Janice Min  
 Peg Moran  
 Janet Murff  
 John Nguyen  
 Floyd Norris  
 Nancy Noschese  
 Irene O'Garden & John Pielmeier  
 Heather & Jeff O'Neil  
 Carol & Noel O'Reilly  
 Raymond & Patty O'Rourke  
 Patrick & Trcia O'Halloran

Patrick & Trcia O'Halloran  
 Terese & Jim Olsen  
 Alice Olwell  
 Teresa Orlandi  
 Chris Pascarella  
 Libby & George Pataki  
 Rebecca & Jay Pearsall  
 Josiah & Kristen Peparo  
 Molly & Derrick Perry  
 Jonathon & Carolyn Peters  
 Sal & Ginny Pidala  
 Linda Piermarini  
 Maia Guest & John Plummer  
 Joseph & Kathy Plummer  
 Andrea Latvis & David Poses  
 Hildreth Potts  
 Carol Powell  
 Nat & Anita Prentice  
 Michael Rapalje  
 Laura & Andy Reid  
 Michael Reisman  
 William & Mary Rice  
 Russell Ritell  
 Francesca Robledo  
 Janet Rodzevik  
 Jonathan & Diana Rose  
 Jeff Rossi  
 Christine & Jerome Rubino  
 David Hardy & Stephanie Rudolph  
 Peter & Lisa Ruggiero  
 David Sampliner  
 Daisy & Peter Sanders  
 Ellen Sandoval  
 Felicia Saunders  
 Pamela Savarese  
 Anne Schultz  
 Randi Schwartz  
 Michael Guilorn & Megan Shea  
 Patrick & Erin Shields  
 Ana Silverlinck  
 Jeffrey Silverstein  
 Stephanie & Craig Skiptunis  
 Roberta Smith  
 Rogers Smith  
 Julia & Jeff Sniffen  
 Nancy Sobier-Maier  
 Sue & Jim Spratt  
 Kristin Sorenson Stark & Eric Stark  
 Matt Koch & Heidi Stephens  
 Tamar & Peter Stubbs  
 Owen & Zshawn Sullivan  
 Stephen Ives & Anne Symmes  
 Linda Tafapolsky  
 Barbara Taggart  
 Karen Tangen  
 Jeff Grocott & Barbara Tierney  
 Julisa Rincon & Paul Tomizawa  
 Sarah & Brian Taylor  
 Suzi Tortora  
 May May & Terry Twitchell  
 Virginia Sole-Smith & Dan Upham  
 Kathryn Upham  
 Stacey Vail  
 John Van Tassel  
 Jeffrey Burstein & Elynn Varela-Burstein  
 Joan Varricchio  
 Carol & Chris Vathke  
 Theresa Waivada  
 Sylvia Wallin  
 Daniel & Allison Walsh  
 Robin Waters  
 Edwin Weber  
 Eugene & Dolores White  
 Michael Williams  
 Jill Willie  
 Claire Willis  
 Suzanne Willis  
 Al & Candy Zgolinski  
 John Wayland & Jennifer Zwarich



THANK YOU FOR YOUR SUPPORT

This list reflects contributions made to the Hub from July 1, 2020 - June 30, 2021. We have taken great care in compiling this list. In the unfortunate event we have made an error or omission, please accept our sincere apologies and email info@philipstownhub.org to have the error corrected.



## CONTACT

**Philipstown Behavioral Health Hub**  
5 Stone Street, Cold Spring, NY 10516  
(845) 809-5050  
info@philipstownhub.org

Sign up for our newsletter and learn more about the Hub at  
[www.philipstownhub.org](http://www.philipstownhub.org)

## CONNECT

@PhilipstownHub 

@PhilipstownHub 

@PhilipstownBehavioralHealthHub 