

Philipstown Behavioral Health Hub



Ending Stigma, Building Community

ABOUT THE HUB

OUR MISSION

The mission of The Hub is to create and coordinate local access to mental health and addiction resources for the residents of Philipstown, their family members, and those who work in Philipstown.

OUR VISION

The Hub provides a convenient central point of access for locals to receive support in a warm and inviting environment.

Hub services are confidential, and are available in person, by phone, or online.

We follow all ethical and legal requirements to protect privacy.

OUR VALUES



Support



Awareness



Education





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In the mental health world, sunflowers are symbolic for resiliency, endurance and hope. Helen Keller stated, **"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do."**

LETTER FROM LEADERSHIP

Dear Hub Family,

In the post-pandemic era, we are all learning to manage transitions. It's a new world and new challenges must be addressed. For The Hub, Fiscal Year 2023 was a time of transition – great steps forward coinciding with adjustments to our operations.

We recruited new members to our Board of Directors while bidding others farewell. We have welcomed an Interim Executive Director, Christopher R. Owens, to build on the strong foundation laid by our founding Executive Director, Danielle Pack McCarthy, and her successor, Laurie Sigalos.

Chris Owens worked for seven years as Chief of The Re-Entry Bureau with the Kings County District Attorney's Office (Brooklyn, NY). Mr. Owens' philosophy is clear: **"Helping people address recovery issues and management of their mental health is a critical calling for all of us."**

The Hub remains committed to providing behavioral health and addiction resources to everyone with a need for them. The Hub also remains committed to building and expanding strong local collaborations with the public, private and non-profit sectors.

During the 2022-2023 Fiscal Year, The Hub worked on a total of 213 cases for participants. There were 114 cases started during the fiscal year (an average of one new case every other business day), and Care Coordinators worked on 99 additional cases that continued from the previous fiscal year.

The Hub's work is clearly needed and appreciated throughout the Philipstown area and beyond. *You recognize The Hub's value and we appreciate your support.* The upcoming year will be one of change and growth. We are excited about the future and about the opportunity to continue working with you for the benefit of so many people who need help from The Hub.

With gratitude,



Rebecca Pearsall
Board Chair



Aric Kupper
Vice Chair

MEET OUR TEAM

HUB STAFF



Chris Owens
Executive Director



Jessica Quiñones
Care Coordinator



Kyoko Gelber
Care Coordinator



Kait Timler
Communications
Manager

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WHAT'S IN A CASE?

HOW THE HUB CAN ASSIST YOU

- You could be seeking help for yourself, a family member, a friend, or even an acquaintance.
- Don't worry if you're unsure of what type of help you need – **our Hub Care Coordinators are here to listen to you and guide you through the process.** Our staff is multi-lingual.
- Our team is dedicated to finding the right service providers for you, scheduling appointments, and advocating on your behalf. We have compiled a **database of more than 800 provider and support services** and are always adding more.
- We understand that every case is unique and we are prepared to put in the time and effort to ensure that you receive the best possible support.
- From the moment you reach out to us, we begin researching, making calls, and keeping confidential case notes to ensure that you receive comprehensive care.
- The Hub works with **all participants regardless of insurance coverage** and our services are **completely free of charge** – we are a nonprofit organization committed to helping those in need and serving our community.



"Our Care Coordinators are the backbone of the Hub, dedicating their efforts to fulfilling our mission."

Chris Owens,
Executive Director

PARTICIPANT STORIES

FINDING HOPE THROUGH THE HUB

Recovery From Depression And Anxiety

A local school referred a child and their family to the Hub because the child was suffering from depression and anxiety. The Hub Care Coordination team met with them, during which it became immediately clear that the student needed a higher level of care. The Hub team connected them with an emergency room. The child was admitted to an in-patient psychiatric unit and eventually transferred to a residential mental health facility for ongoing care over a longer period of time.

Working with the family, The Hub engaged in discharge planning and obtained referrals to Putnam County SPOA for case management as well and other supportive out-patient services. The Hub continues to support the child and family with a range of services.

A Victory Over Addiction

A young person came to The Hub's office, along with family and supportive community members, to obtain help with substance use. They all discussed options with The Hub, including in-patient care. While it was a difficult decision, the new participant chose in-patient care as their treatment. The Hub worked diligently to locate a facility that would accept the participant, accept their insurance, and that also had space available on an immediate basis. This was not easy, but the participant was admitted to a facility within one week. The facility was not local, but it was in-state and transportation was arranged by The Hub.

The participant successfully completed a residential program and tackled their addiction. They were discharged and came back to their community with after-care support and successfully resumed their normal activities and lives substance free. During this difficult time, the participant's parent also needed supportive therapy services but had limited insurance coverage. The Hub was able to find her the support she needed. The family was grateful for The Hub's assistance.



WHO WE SERVE

CASES

During the 2022-2023 fiscal year, The Hub worked on a total of 213 cases for participants, consisting of 114 new cases as well as 99 cases carried over from the previous year.

YOUTH

Since its first year of service, The Hub has served a significant number of younger people and this number may be increasing. Almost 40% of 2022-2023 participants were between ages 1 and 25, with 17% being between 13 and 17.

INITIAL CONTACT

Among the 114 new cases, over half started with a phone call and nearly a quarter started with a visit to The Hub's website. Other methods included walk-ins, email inquiries, text messages, and events. However, case start-ups are a small part of The Hub's overall activity.

During the 2022-2023 fiscal year, Hub staff members managed many contacts:

1896
EMAILS

1586
CALLS

241
TEXTS

97
IN-PERSON

10
VIRTUAL

PRESENTING PROBLEM

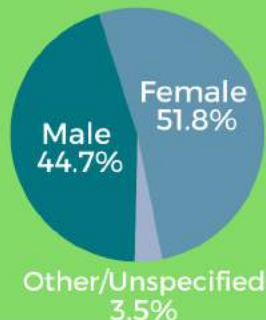
About 70% of participants reach out to The Hub for mental health support, 22% for services related to drugs or alcohol, and 8% for other reasons such as domestic violence.

70%

22%

8%

GENDER Self-Identified



A TIME TO REMEMBER

Overdose Awareness: A Day of Reflection and Community Support

On August 31st, we came together at the Cold Spring Waterfront to honor those who have passed away due to overdose and to raise awareness about the devastating impact of addiction. The Luminaria event, organized by our Hub Board member Malanie Matero, was a powerful and emotional day that included speeches from community leaders, a candlelight vigil, and resources and information about overdose prevention and harm reduction.



Philipstown Town Board member Judy Farrell, Cold Spring Mayor Kathleen Foley, State Senator Rob Rolison, Nelsonville Mayor Chris Winward, with Hub Board members Matero, Pearsall and Del Pozo



Finding Help for Addiction

If you or someone you know is struggling with addiction, The Hub offers local resources and support to help. The Hub also provides free Narcan kits and Fentanyl testing strips on-site or upon request.

COMMUNITY CONNECTIONS

The Hub's Board and Staff are highly involved in the Philipstown community and collaborate with local organizations to better represent and serve the community.

SUPPORTING FAMILIES

The Hub partnered with a local therapy provider to hold free monthly Parent Support Group meetings in Spring 2023.

The Haldane-GUFS PTAs Learning Differences Committee also holds their monthly meetings at The Hub office to address learning opportunities, disabilities, and inclusion.



PET THERAPY

The Hub has worked in partnership with Hudson Valley Paws For A Cause to organize and host "Tuesdays with Seamus." These events allow the community to come interact with trained therapy dogs and their handlers.



HALDANE NARCAN TRAINING

The Hub partnered with St. Christopher's Inn to provide Narcan kits and training to Haldane High School's faculty in December 2022. In June 2023, The Hub arranged a Narcan training session for 63 graduating seniors through The Prevention Council of Putnam.

EQUINE THERAPY

The Hub partnered with Topfield Center to offer equine therapy to its participants, providing a calming and therapeutic experience that reduces stress and anxiety. This unique therapy also improves communication and social skills as individuals learn to interact and work with the horses.



YOU MATTER AWARDS

Amelia McCarthy from Garrison Union Free School and Alex Danilov from Haldane High School have been awarded the 2023 YOU MATTER AWARD, presented by The Hub, for their exceptional demonstration of kindness, inclusivity, and compassion towards others. Congratulations!



Amelia McCarthy



Alex Danilov

SERVING SENIORS



Program
Highlight

The "Senior Connections" program, spearheaded by The Hub at the Philipstown Friendship Center, has been a beacon of hope for older adults in Philipstown. Under the guidance of **Peer Advocate Sara Dulaney**, this program served over 100 seniors through 26 weekly group sessions, providing a safe space to connect with others and share experiences.

“

I want to say how much the Seniors enjoyed and participated in the conversations. It was a wonderful program and I hope we can collaborate again in the future.

Sally Brady,
Friendship Center Case Manager

The program's primary focus is on building strong connections and relationships among seniors, which helps to combat the feelings of isolation and loneliness that are all too common in older age. To further enhance the experience, we collaborated with Hudson Valley Paws For A Cause to bring therapy dogs to our discussions. The results have been nothing short of remarkable!



Michael Cunningham, Director of Putnam County's Office for Senior Resources, joined Hub Case Coordinator Jessica Quinones, Peer Advocate Sara Dulaney and senior citizens at the Philipstown Senior Friendship Center.

YEAR IN PHOTOS

Dave Marzollo, Hub Board member, kicks off Hub 5K



Special thanks to former Board members Jeanne Clemente, Katie Cucchiarella, and Tamar Stubbs



Cold Spring PD Narcan Training



Senator Kristin Gillibrand backs Philipstown and Putnam County's fight against substance abuse and overdoses



Hub ED Chris Owens and Larry Burke, Officer-In-Charge, Cold Spring PD



OUR FINANCIALS

FISCAL YEAR 2022-2023



EXPENSES

- General Administration 46%
- Programs 45.6%
- Fundraising 8.4%



REVENUE

- Contributions 75.6%
- Grants 18.7%
- Special Event Income 5.8%

GRANTS RECEIVED

Cold Spring Lions Club
DJ McManus Foundation, Inc.
NY Presbyterian

The Community Foundations
of the Hudson Valley



Recognizing Community Leaders' Support for The Hub

The Hub appreciates the strong support it receives from community leaders. Special thanks go to Philipstown Town Supervisor John Van Tassel, Cold Spring Mayor Kathleen Foley, and Cold Spring Officer-In-Charge Larry Burke (shown here with Hub ED Owens and Board members Pearsall and Dubroff), as well as Philipstown Town Council Member Judy Farrell, Nelsonville Mayor Chris Winward, Putnam County Legislator Nancy Montgomery, NY State Senators Rob Rolison and James Skoufis, and NY State Assembly member Dana Levenberg.

FUTURE PLANS & GROWTH

NEW OFFICE SPACE FOR THE HUB

The Hub ended Fiscal Year 2023 with an even stronger desire to increase its impact on the community. The Board of Directors commenced discussions regarding the expansion of The Hub's ability to provide services through additional space.

The Hub currently assists individuals seeking mental health and substance abuse assistance through referrals and advocacy. The Hub's vision is to be part of a strong network of services that cover a full range of conditions with easy access for residents of western Putnam County.

Towards this end, The Hub will be signing a multi-year lease of additional space (approximately 1,300 square feet) located on Route 9. When the renovations are completed, The Hub plans to finalize partnerships with service providers to provide on-site services.

The new site will have more room for Hub staff while also providing greater privacy for visitors. There will be space to provide counseling and therapeutic resources (individual and group), space for community conversations and education sessions, space for game nights, and accessible space for senior programs, amongst other activities. The additional good news is that there will be plenty of parking spaces.



The plan is in motion. With your help, The Hub will become a regional center of excellence and support for individuals and families.

You help us expand The Hub's reach by making a donation.



Donate here!

COMMUNITY FUNDRAISING

VIRTUAL MARATHON FOR MENTAL HEALTH

Dedicated to promoting Mental Health Awareness Month, The Hub Virtual Marathon encourages participants to walk, run, bike, or hike a total of 26.2 miles throughout May.



THE HUB 5K & FAMILY FUN RUN

In September The Hub 5K is held in downtown Cold Spring. It encourages everyone to participate, regardless of running experience. It's not just a race, but a way to bring the community together for a good cause.



SPECIAL THANKS TO OUR 2022/2023 EVENT SPONSORS!





THANK YOU

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The Hub appreciates your generous donations and continued support

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The Hartley Corporation
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The New York Community Trust
Touchstone Fund
Topfield Equestrian Center
Town of Philipstown
Union That Nothing Be Lost, Inc
Village of Cold Spring
Village of Nelsonville

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July 1, 2022 - June 30, 2023

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Amy Kuchera

Thank you for the many ways you provide hope to our participants and our community

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