



philipstown  
BEHAVIORAL HEALTH

HUB

Local access to mental health & addiction resources



# ANNUAL REPORT

2019-2020





# A Letter from the Executive Director

Dear Friends,

It gives me great joy to share the Hub's 2019-2020 Annual Report, which highlights the vital work of Philipstown Hub staff supporting our community throughout our first year--made possible by the generosity of our individual donors, families, foundations and local organizations and businesses.

2019-2020 has been a year like no other and the challenges that Philipstown families are facing are not lost on the Hub. The loss of life and unsteadiness in the world around us has been disorienting to most of us. Mental health and addiction challenges have not gone away in the midst of it all. Philipstown residents who have struggled in the past find this time more challenging. Some of us find this time newly taxing on our mental health needs and some find themselves struggling for the first time with substance use.

Together with our supporters, we created the Hub to meet these needs. We did not realize when we started out that we would be establishing and trying to grow a new non-profit organization in the midst of a global pandemic. We have been able to do so because the entire community has stepped up in ways we could never have imagined, and have shown us just how much they support the idea of a grassroots, community-based organization devoted solely to Philipstown residents. The successes of the Hub in supporting families and individuals and creating community connections belong to YOU, Philipstown.

Despite the pandemic, we have been able to keep Philipstown Hub's doors open at 5 Stone Street in Cold Spring. Through the generosity of our donors, not only has the Hub survived through this time, we have been able to provide more staff to keep the Hub open more hours during the day to meet the needs of growing mental health and addiction challenges of our residents. It has allowed us to provide a higher quality level of care coordination that larger agencies do not have the capacity to do. At Philipstown Hub, working with our participants means dozens of phone calls advocating on their behalf and not stopping until we have connected them with needed resources.

When schools closed, the Hub was able to pivot and provide virtual mental health check-ins for our local middle-school students. Young people shared about their isolation from friends and Hub staff talked them through coping skills and worked weekly to connect them with each other.

And when large group gatherings were banned, the Hub created virtual events like our online Community Conversations and Virtual Mental Health Marathon to continue to connect community members to each other. We have been able to host vital Narcan trainings and facilitate real conversations with real residents sharing about their lived experiences with depression and opioid use disorder.

We could not do the work that we do on the ground every day without the time, dedication and support of our Board members. Their hard work creates a higher-level of care coordination for all Hub participants.

At Philipstown Hub, we are honored to work every day with our neighbors, who trust us with their stories and play an active role in their own mental health and addiction journey. Through our work, we learn more about addiction and mental health issues and how they impact families and our community on a daily basis.

It has become apparent over this year especially that the Hub is more vital than ever to keeping our community healthy, strong and connected. In the midst of such challenging times, my wish is that looking at how much this community has accomplished together will create some light and hope in your lives. Thank you to our supporters for making this work possible. And to our potential supporters, I encourage you to join us. This community has never needed you more.

You are not alone. We are here for you.

Health and hope,

**Danielle Pack McCarthy**

Executive Director, Philipstown Behavioral Health Hub

Resource Coordinator, Town of Philipstown

# MISSION

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The Philipstown Behavioral Health Hub is a nonprofit organization that provides LOCAL access to mental health and addiction resources in Philipstown, New York.



# OBJECTIVE

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Over the past decade, the town of Philipstown, New York, has lost many lives to fatal overdose. Many more residents struggle with issues related to depression, anxiety and addiction. Despite the severity of this crisis, Philipstown residents have difficulty finding and accessing critical treatment and prevention resources, many of which are located outside the community.

The Philipstown Behavioral Health Hub was created to give Philipstown residents a place to turn for local access to these resources. The Hub is a registered 501(c)(3) nonprofit that provides a single point of entry to mental health and addiction programs, services and education within Philipstown. We do this by:



**Coordinate care and resources** for community members struggling with issues of mental health and addiction, to ensure Philipstown residents get the help they need and no one slips through the cracks.



**Hosting events** to reduce stigma, educate the community, and raise awareness of the issues of mental health and addiction.



**Partnering** with medical providers, local school districts, businesses, law enforcement and other community sectors to create innovative programming.

***"You treated me with compassion and no judgment. That made all the difference. You quickly scoured the earth (or the surrounding area) for the right resources for my situation- not some one-size-fits-all prescription. I felt hopeless and deeply ashamed and you gave me hope; made me feel like I could get past something that, at the time, felt insurmountable."***

- Hub Participant, 2019-2020

# TEAM

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## STAFF



Danielle Pack McCarthy  
Executive Director  
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Julianne O'Reilly  
Care Coordinator  
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Mandy Brindle  
Development Manager  
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## BOARD



Shannon Keegan, Chair  
Luke Hilpert, Vice-Chair  
Tamar Cunningham Stubbs, Secretary  
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Larry Taub  
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Suzanne Willis

\*Donors helped fund two new staff positions in our first year

# WORK

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On September 4, 2019 we officially opened our door at 5 Stone Street in Cold Spring. The foundational relationships established in our first year with donors and community partners have allowed us to help many neighbors in need. There is still much to do to provide care for those navigating the substance addiction and mental health crisis in our town, but we want to take a moment to reflect on the progress our community has accomplished together in year one.

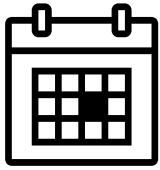


## **In our first year, we met the need to coordinate care for 60 Philipstown neighbors.**

Needs of our community members ranged from needing support around depression and anxiety challenges to assistance getting a loved one into addiction treatment and support through recovery.

## Examples of Care Coordination At Work

- A Cold Spring business owner reached out to the Hub to try to connect one of their employees with an addiction 12-step program. The Hub was able to share information about local meetings and educational resources. This employee is now engaged in an active recovery process.
- A local single Dad in addiction recovery reached out to the Hub to try to get connected with camp resources for his two children. Philipstown Hub partnered with Philipstown Recreation to make camp a reality for his children, freeing this Dad up to work and attend recovery meetings during the summer.
- A Phillipston neighbor contacted the Hub in order to find support for her grandson, who was experiencing increased anxiety due to the COVID-19 pandemic. Hub staff was able to meet with the entire family, provide counseling and support and connect them with therapy and a social skills group.



**181** Program Participants  
*from Middle School Meet ups, PAUSE Parent Support Group, Mental Health First Aid, Mobile Hub, Community Conversations, 1st Fridays, and Narcan Training*



Community Conversation  
 January 2020



NARCAN Training  
 February 2020



Mental Health First Aid  
 February 2020



Established **41** Community Partners



Philipstown Volunteer  
 Ambulance Corps



Drug World  
 of Cold Spring



Topfield  
 Equestrian Center



Received the 2019 Putnam County Business Council Trailblazer Award



# SUPPORTERS

As a local 501(c)(3) nonprofit, private support is vital to our operation. In our first year, a resilient, passionate and generous community invested \$152,883.00 to allow everything you have read about in this report to happen. **Our supporters believe that offering help cultivates hope to those who need it most. No one is alone.**

From the bottom of our hearts we are grateful for this community support, which has helped:

- Open our doors at 5 Stone Street in Cold Spring
- Offer programming to help reduce the stigma and shame associated with addiction and mental health
- Coordinate care for over 60 Philipstown residents
- Provide over 500 touchpoints to those in need
- Hire two new staff members, funding three total positions

Full financial and budget information is available upon request.

## Thank you to the following businesses and organizations that supported the Hub in 2019-2020:

Amazon Smile Foundation	Juicy Orange
American Legion Post 275	JVT Construction INC
Black Dash Studio	Lions Club
Butterfield Realty	Manitou School
C & E Paint Supply Inc	Marzollo Family Fund of the Community
CC Media	Foundations of the Hudson Valley
Cold Spring Coffee House	Mid-Hudson Concrete Products, Inc
Cold Spring Fitness	Nelson Family Charitable Fund
Community Foundations of the Hudson Valley	Network for Good
Cunningham Family Fund of the Community	Old Souls
Foundations of the Hudson Valley	Riverview Restaurant
Dancing Dialogue	Scanga Innovative Woodworking
DJ McManus Foundation Inc	Signs Ink.
Drug World of Cold Spring, LLC	Sorenson Family Foundation
Endless Skein	Summer Set
Fit + Fun Playscapes	Supply Channel Inc
Garrison Properties, LLC	Taconic Outdoor Education Center
Garrison Woods Inc.	The Charles A. Matronardi Foundation
Harold Lyons & Sons Inc	The Country Goose
Henry L Kimelman Family Foundation	The EASTER Foundation
Hope For Youth Foundation	The Lostand Foundation
Hudson Financial Group	The M&T Charitable Foundation
Jaymark Jewelers	Town of Philipstown
Joseph's Fine Jewellery	Village of Nelsonville
Juanita's Kitchen	

***"I support the Hub because I know I am helping keep the doors of this vital community organization open. Since donating, I have been able to refer a neighbor struggling with loss, attend free Narcan training providing me with the skills to potentially halt a fatal overdose and my son was able to attend virtual "meet ups" supporting better mental health during this pandemic."***

- Hub Supporter, 2019-2020



## Thank you to the following individuals who supported the Hub in 2019-2020:

Nancy Abraham & Arnold Moss  
Denise Angelo  
Alison Anthoine  
Celia Baczkowski  
Joanna Batstone  
Yona Benyahini  
Tom & Nancy Berner  
Diane Botnick  
Trey & Mandy Brindle  
Rick & Dee Brindle  
Lynn Brown  
Christopher Buck & Hara Schwartz  
Gilman Burke & Sarah Bayne  
Simon Butt  
Peter Bynum  
Christine Caballero  
Eleya Carela-Burnstein & Jeffery Burnstein  
Alex & Betsy Carone  
Cynthia Cohen  
Jennifer Colandrea  
Susan Coleman  
Jamie & Carolyn Copeland  
Scott & Julie Corbett  
Mary Costigan  
Thomas & Susan Costigan  
Michael Crane  
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Dale Cunningham  
Robert Cutler  
Christopher & Jennifer Daly  
Donal & Kathleen Daly  
Christopher Davis & Elizabeth Hughes  
Kate Dayton & Michael Mell  
Anthony Deos  
Paul & Anne-Marie Diamond  
Maya Dollarhide  
Matthew Donachie  
John & Marion Dugan  
Marie Early  
Rachel Emig  
Maeve Eng-Wong  
Marianna Falco  
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Michael & Noreen Fee  
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Phoebe Geer & Matthew Speiser  
Bruce & Diana Geller  
Kim Giachinta  
Carson Gleberman  
Kyle Good & Gerald Singer  
Courtney Gordon-Tennant  
Jacqueline Grant  
Cecily & Mark Hall  
Allan & Diane Harris  
James & Juhee Hartford  
Maureen Hegarty  
Noreen Hegarty-Weber  
Jay & Renee Heim  
James Helbock  
Elizabeth Hires  
Peter Hoffman & William Burbank  
Jennifer Howse  
Dan & Diane Hughes  
Patrick Hynes  
Mary Letaka  
Anne & Laura Impellizzeri  
Anne Kane  
Dinesh & Karen Kapoor  
Jeff & Shannon Keegan  
John Kinnaird  
Jamie Kinnard  
Tom & Erica Kivel  
Alice Krakauer  
Gary Kuehnlenz  
Lars & Marit Kulesied  
Kurt & Dianne Landtroop  
Lydia Langley  
Michael Leonard  
Martee Levi  
David & Cathy Lilburne  
Carolyn & Dave Llewellyn  
Danielle Locastro  
Bevis & Clara Longstreth  
Alex MacInness & Katie Adler  
Susan MacLean  
Darren Mahoney  
Maria Marques  
Jim & Kristin McPherson  
Friedrike Merck  
Marisa Mickel & John Crouch  
Tim Miller  
William Miller  
Janice Min & Peter Sheehy  
Peg Moran  
Samara Mormar  
Janet Murff  
Blake & Belle Newton  
Floyd Norris  
Irene O'Garden  
Jim & Lisa O'Rourke  
Jim & Terese Olson  
Fred Osborn III  
Danielle Pack McCarthy & Dave McCarthy  
Chris Pascarella  
Linda Patterson  
Rebecca & Jay Pearsall  
Pam Petkanas  
Sal & Ginny Pidala  
Linda Piermarini  
John & Irene Pieza  
Colleen Pitcher  
David & Susan Playford  
Joseph & Katherine Plummer  
Lori & Mike Powers  
Nat & Anita Prentice  
Sheila & Ru Rauch  
Douglas Price  
Melissa & Thomas Ptacek  
Michael Rapalje  
Rudolph Rauch  
Brent Rechtschaffer  
William & Mary Rice  
Mark Robohm  
Janet Rodzevik  
Jonathan Rose  
Eleanor Roukas  
Jerome & Christine Rubino  
Stephanie Rudolph  
Peter & Lisa Ruggiero  
Sonia Ryzzi-Ryski  
Ellen Sandoval  
Felicia Saunders  
Pamela Saverese  
Lisa & Larry Scicluna  
Ellie and Erin Shields  
Steven Sohn  
Sophie Stark  
Maria Stein-Morrison  
Heidi & Matt Stephens  
Henry & Adele Stern  
Tamar & Peter Stubbs  
Owen & Zshawn Sullivan  
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Gloria VanTassel  
Joan Varricchio  
Thalia Verros  
Theresa Waivada  
Sylvia Wallin  
Daniel Ward  
Abigail & Glennon J Watson  
Tyler Weyant  
Eugene & Dolores White  
Peter & Grace Wilkie  
Dar Williams  
Claire Willis  
Suzanne Willis  
Paul & Julia Wynn  
Mary Ellen Yannitelli  
Al & Candy Zgolinski  
Neil & Heather Zuckerman

# EVENTS

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In our first year, the Hub hosted many community events to help reduce the stigma and shame associated with substance abuse and mental illness. The COVID-19 pandemic could not stop us from celebrating and supporting our community.

**Fall 2019** included the Grand Opening celebration of the Hub, Friendraisers, as well as the Dar Williams Benefit Concert at the Chapel Restoration. Over \$40,000 was raised by community members at these Fall events to help make the work of the Hub possible in our first year.



Friendraiser  
September 2019



Hub Grand Opening  
October 2019



Dar Williams Benefit Concert  
November 2019

**Spring 2020** surprised everyone. When the COVID-19 pandemic hit, many addiction and mental health resources were disrupted and in the wake of the pandemic, the need for such resources grew to be higher than ever. Hub staff members worked remotely during this time to serve the needs of the community. During the Hub Virtual Marathon for Mental Health, 112 participants helped raise over \$6,000 to continue supporting our neighbors during the second half of our first year. To show appreciation for our front line workers, #ClapBecauseYouCare encouraged all community members to make a cheerful noise each night at 7pm.



Hub Virtual Marathon for Mental  
Health  
June - July 2020



#ClapBecauseYouCare  
April - May 2020



# SO MUCH TO DO IN YEAR TWO

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Thank you for building a meaningful foundation in our first year. This organization was started to help fill the great need for addiction and mental health resources in our community. Though much was accomplished in year one, our work is just beginning. We hope you will join us in Year Two as we strategically scale our services in order to increase the quality and care of residents served in Philipstown. Our goals for Year Two include:

## Care Coordination

- Establish Care Coordination evaluation
- Expand the number of families served

## Programming

- Develop a community needs assessment
- Evolve virtual programming to thoughtfully and appropriately support the community
- Further raise awareness of addiction and mental health resources available through the Hub

## Staff

- Fund three professional staff positions to best support our participants
- Train staff to provide the highest quality level of care



***“Year One was about creating an organization to help people in our community who might not know where else to turn. In Year Two the Hub is increasing staff, adding care coordination resources and outreach programs, and extending office hours at 5 Stone Street. These steps will allow us to reach more Philipstown residents struggling with issues of mental health and addiction.***

***Our donors make this possible.”***

Shannon Keegan

Chair, Philipstown Behavioral Health Hub Board of Directors

To support the Hub in Year Two, please visit [www.philipstownhub.org/donate](http://www.philipstownhub.org/donate) or mail your contribution to 5 Stone Street, 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

**Thank you, Philipstown!**



**Philipstown Behavioral Health Hub**

5 Stone Street, Cold Spring, NY 10516

845-809-5050

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



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