

ANNUAL REPORT



SHREWSBURY YOUTH AND FAMILY SERVICES, INC.
COUNSELING, PREVENTION & WELLNESS FOR GREATER SHREWSBURY

Empathy

COMFORT

inclusivity

SUPPORT

Empowerment

Everyone deserves to feel these words.

STRENGTH

DIGNITY

SELF

esteem

Compassion

HOPE

Courage

JULY 1, 2018 - JUNE 30, 2019

The mission of Shrewsbury Youth and Family Services, Inc. (SYFS) is to provide counseling and other supportive services to members of our community.

A Letter from the Executive Director

Dear Friends of SYFS,

SYFS began at a time when those with mental health or addiction challenges were so shunned and marginalized that they simply hid themselves away. Families were profoundly affected by the view that mental illness was a character flaw, not a brain-based health condition deserving the same resources and attention as any other health issue.

Today, stigma and discrimination still exist, but as we join together and raise our voices in our homes, schools, and communities, those misconceptions are beginning to fade. SYFS provides a voice for individuals with mental health challenges and their families. Boldly advocating for change, we fight every day to promote innovation, improve care and support recovery.

When it comes to shaping real progress for those with mental illness, SYFS is building a movement through powerful alliances, authentic voices and collaboration for change. Focusing on youth through early intervention, proven care models and family, school and community collaboration, we are beginning to see clear signs that new answers are on the horizon.

Our board and staff are committed to creating and sustaining a healthy and secure community achieved through a system that holds the needs of our clients and families paramount, regardless of their ability to pay. Vital to this commitment is our network of collaborators and sponsors who support our work promoting mental health and social services of unparalleled value serving children, youth, adults and older adults across the lifespan. This commitment is realized through stories of lives saved and lives changed through our services.

So many in our community are struggling with mental health problems or seemingly insurmountable challenges such as domestic violence, homelessness, loneliness and isolation. SYFS is determined to ensure that no one faced with these issues will walk alone.

I'm proud to share our progress in this report with you along with my heartfelt thanks for the support you so generously give. Nothing could have been accomplished without our sponsors, partners, donors and volunteers. We are deeply grateful to our extended SYFS family and look forward to more impactful years ahead.

Warmly,

Christine Mowry

Executive Director

B O A R D M E M B E R S

Ron Alarie

Noor Ali

Liz Clemenzi

Michelle Duke

Susan Haffty

Thomas Hopkins

Sandra Jenkins-Bryant, Esq.

Neena Mohanka

Jason Palitsch

Joseph Palomba, MD

Antonio Simas

John Smithhisler

Joanne Tyndall

S T U D E N T L I A I S O N S

Amber Ali

Ryan Conant

Patrick Duke

Madison Kane

*Board of
Directors*

**EXECUTIVE
COMMITTEE**

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CHAIRPERSON

Melissa Pride-Fahs
FIRST VICE
CHAIRPERSON

Kathleen Keohane
VICE CHAIRPERSON

Michael Rooney
TREASURER

Michelle Duke
SECRETARY

Michael Gregory
MEMBER-AT-LARGE

SYFS STAFF



Christine Mowry

EXECUTIVE DIRECTOR



Jennifer Rifkin

DIRECTOR OF
CLINICAL SERVICES



Lynn Lynch, MBA

BUSINESS MANAGER



Alison Eccleston

CLINICAL
COORDINATOR



Jennifer Flagg

OFFICE MANAGER

FEE-FOR-SERVICE CLINICIANS

Rachel Baldino, LCSW
Kathleen DellaPenna, LCSW
Emily Van Ness, LICSW

INTERNS

(Graduate Students)

Lindsey Fox

Assumption College

Soraya Curi

Assumption College

Samantha Golemo

Assumption College

Olivia Grella

Assumption College

Erin Jeffrey

Assumption College

Stephanie Mourad

Assumption College

Rachael Patten

Boston University

Nicole Plona

Assumption College

Amanda Russo-Falco

Assumption College

"The Town of Shrewsbury is dedicated to fostering a vibrant and safe community for all to thrive. All Town staff, whether DPW, public safety or others in the Town Hall have the privilege of serving the residents of Shrewsbury. In some situations, our interactions are challenged by circumstances we may not fully understand or anticipate. Having staff trained in Mental Health First Aid gives us another opportunity to look out for the well being of residents. That may mean we have to engage outside resources to ensure the well being of our residents or simply allow us to recognize a challenge someone is facing and change our approach to better serve them. Recognizing and being educated on supporting all of our residents is something we will always do."

*-Kevin Mizikar, Town Manager
Town of Shrewsbury*

The Grafton Schools are very fortunate to partner with Shrewsbury Youth and Family Services. The level of professionalism, responsiveness, and expertise that SYFS has brought to our school district has already made a positive and dramatic difference.

*-Dr. Jay Cummings, Superintendent
Grafton Public Schools*

"SYFS HAS PROVIDED AN INCREDIBLE AMOUNT OF SUPPORT TO AL-HAMRA ACADEMY. FROM CONDUCTING PARENT INFORMATION SESSIONS, TEACHING A SOCIAL EMOTIONAL CURRICULUM TO STUDENTS, PROVIDING MENTAL HEALTH FIRST AID TRAINING TO TEACHERS, TO PLACING INTERN COUNSELORS AT OUR NON-PROFIT SCHOOL, SYFS HAS OFFERED SUPPORT IN WAYS OTHERWISE UNIMAGINABLE."

*-Dr. Noor Ali, Principal
Al-Hamra Academy*

"I have really enjoyed having our intern with us this year. She has been such a wonderful asset to our building and our students. I am incredibly grateful for the additional support she provides. She does a little bit of everything, from helping with students in classrooms, to pulling small groups for work on specific target skills to assisting at lunch and recess. The staff is thankful to have her as an added resource."

*-Angelina Adams, School Psychologist
Walter J. Paton Elementary School*

"I've been coming to SYFS for nearly three years now. My time here has helped me to better know and see the value in myself, and I've made a lot of progress because of that. I always feel accommodated and comfortable, so I always look forward to coming in. I'm happy I found such a positive, caring environment at SYFS."

-SYFS Client

"Thank you to SYFS for creating a tailored, individualized, proactive and therapeutic program that supports our students to have a better understanding of the negative impact of vaping. Our students have reported that they have learned a lot and will think twice about vaping again. We, as a school, could not ask for more and are thankful that are students are receiving such direct interventions and supports that will foster less risk taking and more healthy choices."

*-Sara Paragluski-Walsh, Principal
Algonquin Regional High School*

A SPECIAL THANK YOU TO OUR
2018-2019

SYFS
ORGANIZATIONAL
SPONSORS

Al-Hamra Academy
Avidia Bank
Avidia Foundation
Central One Federal Credit Union
Lakeway Commons/Grossman Development Group, LLC
John & Susan Haffty
Hannah Kane Charitable Foundation
Lamoureux Pagano Associates|Architects
Reliant Foundation
Rotary Club of Shrewsbury
Shrewsbury Federal Credit Union
UniBank
United Bank Foundation
Webster Five Foundation

We couldn't do our work without you!

How We Help

Empower young people and building confidence with after-school and summer programs like "You Go Girl!" to gain social/emotional growth and development

Ensure clients have access to affordable, quality counseling, using evidence-based and research-supported practices

Promote health and well-being through educating high school students and providing opportunities to gain social/emotional growth and development

Train future therapists, counselors, psychologists and social workers through a holistic strength-based and collaborative approach with colleges and universities

Assist with fuel program applications for families in need to ensure winter warmth

Provide opportunities for high school students to learn and practice leadership skills that will guide them in their future

Help disadvantaged families find resources through our free supportive services

Serve as a resource for Shrewsbury town departments, community partners and the students and staff at both the public and private schools

Provide onsite services to residents at the Shrewsbury Housing Authority, improving self-care, increasing support and decreasing isolation

Manage an integrated anti-bullying curriculum in youth and parent programs

SYFS Values

Impact

We create sustainable impact at scale by changing policies, practices and systems.

Diversity, Equity and Inclusion

We design our partnerships and work in ways that do not reinforce structural oppressions but create new models for shared power and co-creation.

Integrity

We conduct our work with honesty and transparency, addressing all situations with high moral and ethical standard.

Learning

We research and adopt information on evidence-based and culturally competent practices that advance the field of mental health.

Collaboration

We recognize that acting alone, we cannot effectively address the systemic nature of the barriers to mental health and therefore engage in meaningful partnerships with a variety of stakeholders to ensure sustainable change.

Highlights

Our vision is that all members of our community have access to resources to ensure their social and emotional well-being.

25

students participated in the "You Go Girl!" youth development summer program

738

adults were trained in Youth Mental Health First Aid and 652 youth were referred for services by those trained

197

referrals were received for counseling or supportive services

954

hours were spent in the Shrewsbury schools providing counseling & support

995

hours were spent providing counseling services

49

residents were helped with fuel assistance



Our Services

Positive Youth Development Programs

- "You Go, Girl!" (Middle School Girls)
- Anti-Bullying Programs (All Programs)
- Youth Board Liaisons (High School)
- Youth Volunteers
- "One Love" (Relationship Abuse Prevention & Education)



Counseling Services

- Psycho-educational Groups
- Individual, Family & Couples Support Groups
- Trauma Informed Care
- Treatment Planning
- School-based Counseling
- Comprehensive Assessments
- Parent Support
- Employee Assistance Programs
- Transition and Discharge Planning



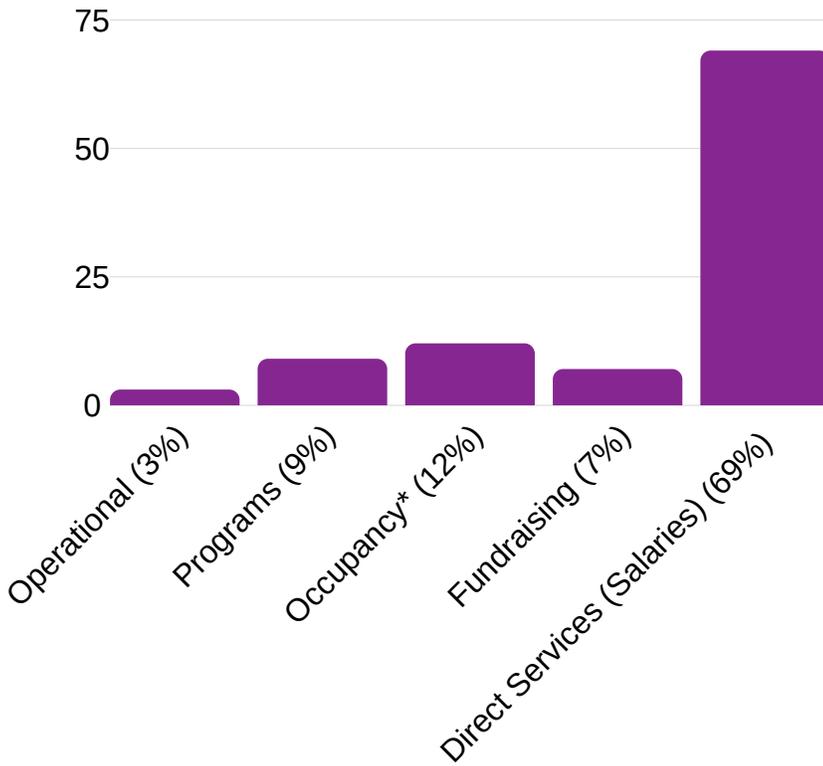
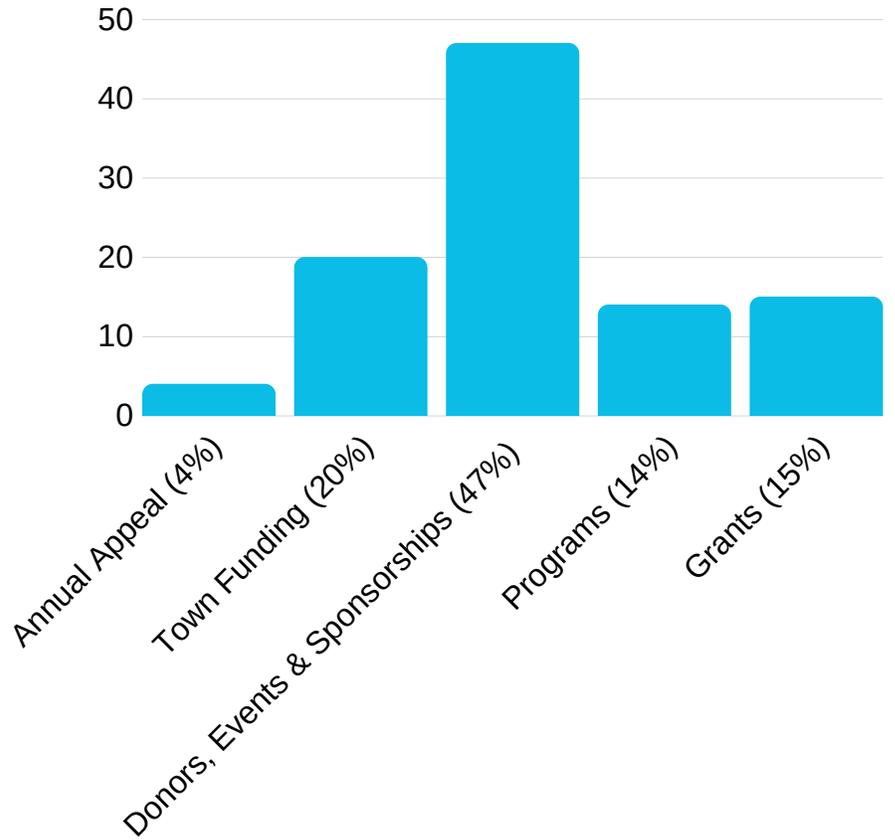
Supportive Services for Shrewsbury

- Community Outreach
- Advocacy
- Fuel & Electric Assistance: SMOC, SOAR, SELCO
- Holiday Gift-Giving Program
- Health Care Linkages
- SCAPE Drug-Free Coalition
- Referrals & Links: Shelter/Housing, Food, State Resources, Financial/Debt, Special Programs & Insurance Applications



Revenue & Expenses

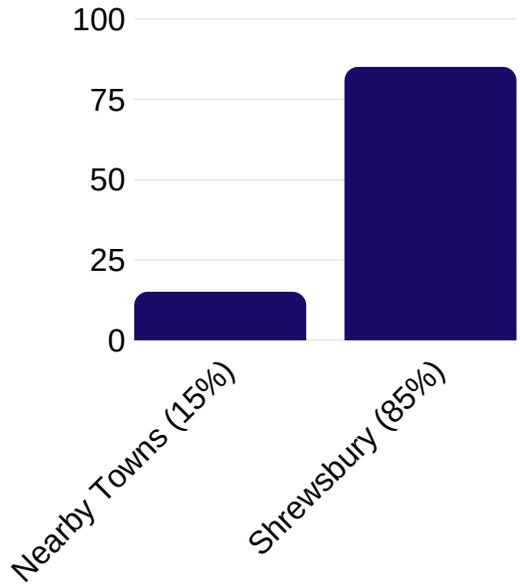
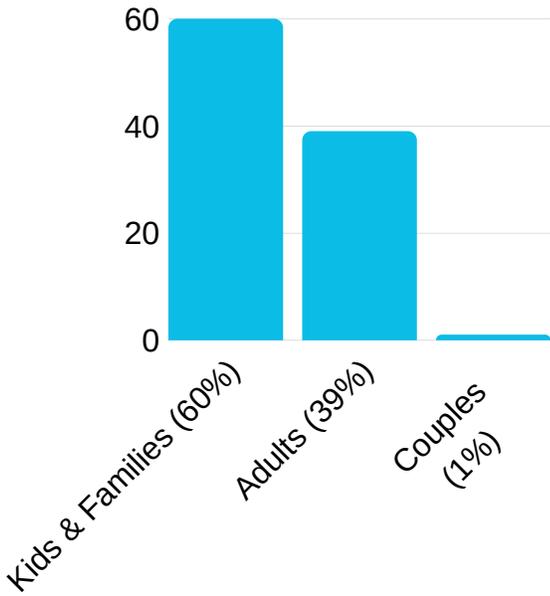
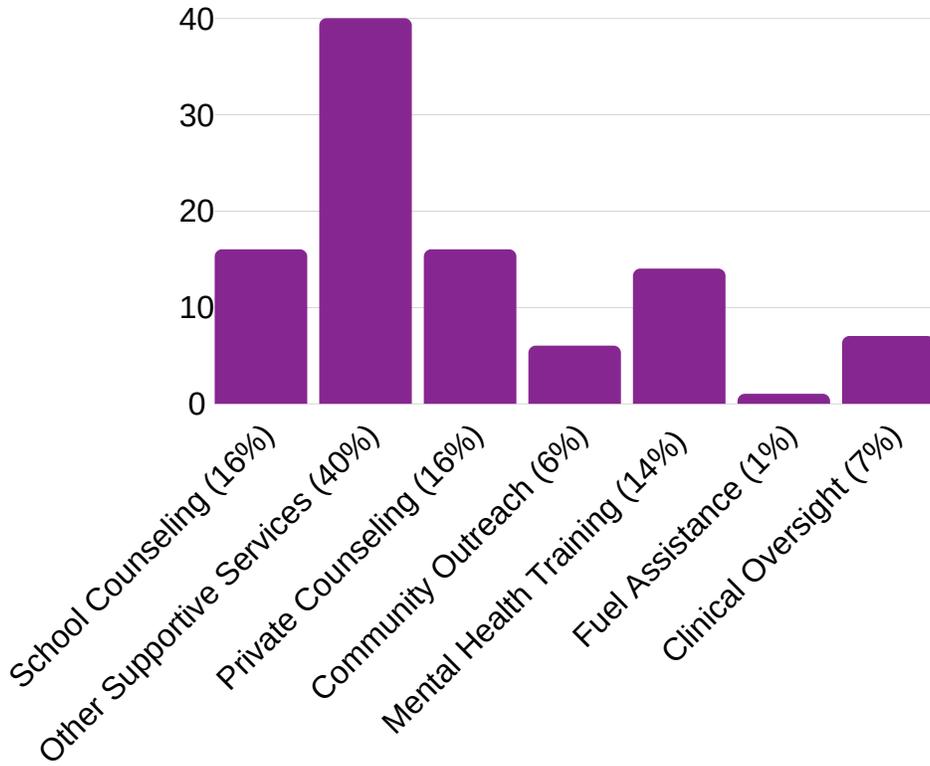
Revenue



Expenses

*Custodial, IT, Rent, Equipment, Building Repairs & IT





Programs & Services

YOU GO GIRL!

JUNE 24 - JULY 19, 2018

Facilitated by:

AMANDA MORICO

Assisted by:

SAMANTHA GOLEMO, PATRICIA HENNESSEY,
AMANDA RUSSO-FOLCO, NICOLE PLONA & GRACE HARTWELL



You Go, Girl! is one of SYFS' most popular programs, focusing on the concerns, hopes, dreams and goals of middle school girls by discussing the important changes they are experiencing during this critical time in their lives. They learn how to strengthen their self-confidence, manage emotions, communicate better with friends and family and practice in decision-making, goal-setting and problem solving! They also learn how being healthy and drug-free will help them become the person they are meant to be!

A HALLOWEEN MAZE TO BENEFIT SYFS

OCTOBER 2018



Shrewsbury husband and wife Sean McNamara and Meg McArdle, along with their children, had built a Halloween maze in their yard for years for the neighborhood kids and trick-or-treaters. As the scope of the maze grew, Sean extended the invitation to the rest of the community! The well-lit 41 Hillando Drive maze was designed for all ages, open to the public from 6:30-8:30pm on Friday-Sunday throughout October and included several challengingly-designed "rooms" (scenes) to discover with hints available for little guests.

While there was no admission charged to enter the maze, but the McNamara family collected over \$2,200 in donations for SYFS!

Thank you so much, McNamara Family!

GIVING & THANKS

OCTOBER 26, 2018



This casual evening served to thank sponsors for their generosity, bringing together old and new community friends to support and learn about SYFS. The evening included a delicious fall dinner and live entertainment at Cyprian Keyes Golf Club.

ANNUAL TOY DRIVE

DECEMBER 17, 2018



In the spirit of giving,
toys, clothing and gift
cards are donated to
serve the many local
children and families
in need.





Honoring

2019 HARRY S. CUTTING, JR. AWARD RECIPIENT

James Heald

**ANNUAL
BREAKFAST**

JANUARY 18, 2019

Sponsored By:

Central One Federal Credit Union
Commonwealth Appraisal Services

John & Susan Haffty

State Representative Hannah Kane

Senator Michael Moore

Struck Catering

John & Joanne Tyndall



BOSTON MARATHON

APRIL 15, 2019



The 123rd Boston Marathon saw Shrewsbury native Jim Heald running the race for the fourth time, this year fundraising for the agency.

His incredible effort yielded an astounding \$14,255 in donations for SYFS.

For the time invested, perseverance demonstrated, and tremendous heart shown, we
"THANK YOU, JIM!"

We would also like to share our appreciation for the bib donor, who made it possible!

Guests enjoyed a special evening with a sumptuous dinner and dueling pianos at The Haven Country Club in support of the agency's critical fundraising needs to further the mission and outreach.

EVENING OF GIVING

MAY 18, 2019

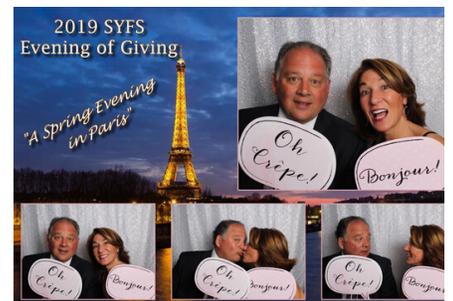
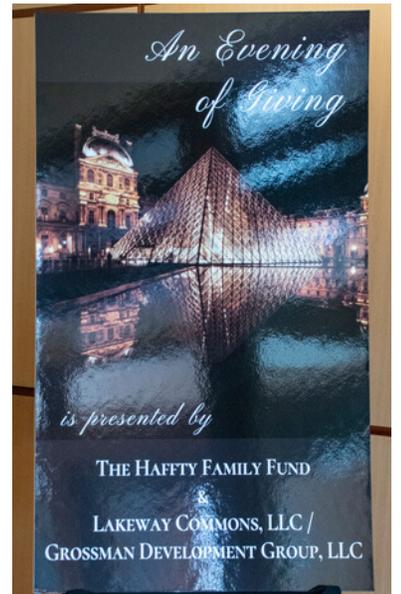
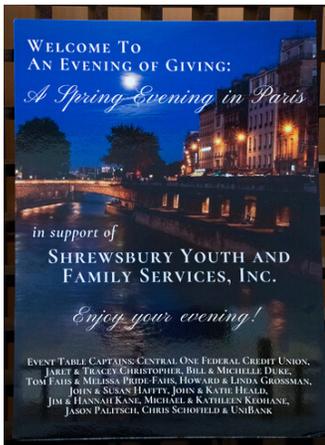


TABLE CAPTAINS: Central One Federal Credit Union, Jaret & Tracey Christopher, Bill & Michelle Duke, Tom Fahs & Melissa Pride-Fahs, Howard & Linda Grossman, John & Susan Haffty, John & Katie Heald, Jim & Hannah Kane, Michael & Kathleen Keohane, Jason Palitsch, Chris Schofield and UniBank

This tournament has raised over \$267,000 in critical funding in just five years for SYFS, St. Anne's Human Services and Westborough Food Pantry.

The SYFS Staff & Board of Directors would like to thank State Representative Hannah Kane, Tournament Director Beth Casavant, the Host Committee, sponsors & golfers for their tremendous support.



HANNAH KANE CHARITY CLASSIC

AUGUST 19, 2019



SHREWSBURY YOUTH AND FAMILY SERVICES, INC.
COUNSELING, PREVENTION & WELLNESS FOR GREATER SHREWSBURY



"We live in a world where, if you break your arm, everyone runs over to sign your cast, but if you tell people you are depressed or anxious or in desperation, everyone runs the other way. That's been the stigma. We are so accepting of any body part breaking down, other than our brains, which is ignorant. And that ignorance has created a world that doesn't truly understand mental health."

Mental health affects all of us.

And the tide is changing.
As we continue our critical work to fully support our communities,
thank you for your support.

222 Maple Avenue, Higgins Building
Shrewsbury, MA 01545
508-845-6932
www.syfs-ma.org