WE ARE ANDRUS

Summer 2019 Edition

www.ANDRUS1928.org

SAVE THE DATE

ANDRUS Annual Gala

FRIDAY, OCTOBER 25TH

CHECK OUT PAGE 14
FOR MORE DETAILS

Dear ANDRUS Community,

Exciting things continue to happen at ANDRUS, and our team continues to push forward on initiatives that continually enhance the much needed services we provide to our children and families.

We kicked off the summer with our Annual Golf Fore Kids Outing at Ardsley Country Club, and we didn't let the rain get us down! The Fund-A-Need at the event, raised critical additional support for our Animal Therapy Program. If you have been lucky enough to see this program in action, then you know first-hand the remarkable difference the animals make in the lives of those we serve.

In June, we were honored to celebrate our graduates from the Orchard School; I was proud to witness how far the children have come on each of their ANDRUS journeys. Their successes would not have been possible without the hard work and dedication of so many.

This summer's Camp Week may have been our best yet! The children and staff enjoyed participating in the ropes course, swimming, tie-dyeing, smoothie making, crafts, and of course, the annual trip to Rye Playland. Our good friends at Levitt-Fuirst Associates, Ltd. joined us in July for their annual volunteer day on campus. This year, their team of volunteers spent many hours cleaning up our gardens, renovating our therapeutic labyrinth, building and painting bird houses, and putting together new equipment in our RAP studio. Their team not only generously volunteers their time to revitalize our campus but works with our children to teach them valuable life skills. We are grateful to them for their continued support and dedication.

We are busy planning and getting ready for our Annual Gala on Friday, October 25th at the New York Botanical Garden as we honor our friend and supporter, Dr. John Castanaro. This year's event will have a special focus on ANDRUS' technology, innovation and our plans to enhance our technology infrastructure throughout the divisions. This focus will assist us in becoming even more efficient, effective and cutting edge in our approaches to serve our communities. We hope to see many of you there.

We are also excited for our much-anticipated Fall Festival on the Yonkers campus on Saturday, October 5th. The Fall Festival brings the local community together with our staff, children and families for a seasonal celebration. There will be pumpkin painting, rides, games, face painting, food, and so much more!

The work we do at ANDRUS is challenging but it is also transformative. To each member of the ANDRUS community, from staff to supporters, thank you for choosing to devote yourself to this important mission. I am honored to work alongside so many talented and dedicated individuals, and remain in awe of the support our community receives from so many.

Gratefully,

Bryan R. Murphy
President & CEO

Residential Student Council Kicks off Campus Recycling Program

"The plastic we throw in the trash winds up in our oceans, and eventually in our drinking water. The decisions we make in the next 10 years will affect the next 1000 years," said a residential student as he closed the educational presentation of the Residential Student Council's Recycling Program kickoff. For months our Residential Student Council has been hard at work envisioning and planning for the roll out of a Recycling Program at ANDRUS.

Shortly after being elected by their peers to serve on the Residential Student Council, our President & CEO Bryan Murphy tasked the council with taking leadership in doing their part to address the most pressing global issue at hand- climate change. This group of young leaders approached this crucial project in collaboration with Tom Meier, Department of Public Works Commissioner for the City of Yonkers, and with Rosario Velez, Senior Director of Facilities and Operations at ANDRUS. After months of discussion, study, and planning, the group presented their recommendations to Ms. Velez to increase our capacity for recycling across the campus and reducing single-use plastic consumption. The result? More than 125 recycling receptacles have been installed around our campus and plans are underway to replace many single-use plastics with environmentally sustainable alternatives.

Following their presentation to Ms. Velez, the Student Council shifted their focus to engaging their peers around the importance of recycling in a way which was educational, service oriented, and fun. In their presentation to over 50 of their peers, they expressed the detrimental impact which litter has on animals, humans, and plant life. They also shared knowledge and resources regarding how to properly recycle along with methods for reducing waste and reusing plastics. The Student Council then facilitated a number of fun and creative "3 R" themed games. The "recycle relay" involved a relay race in which the baton was a piece of waste which had to be placed in the proper receptacle before the next runner. The plastic bottle reuse station gave participants an opportunity to turn a used plastic bottle into a pot for a small plant or into an original piece of artwork. And finally, "trashkitball" was a spin on basketball replacing the net with a recycle bin. Even Yonkers City Council Majority Leader Michael Sabatino stopped by to try to take his best shot at Trashkitball! The event culminated in a campus cleanup competition in which Ms. Dinkins' class collected the most trash, earning themselves a pizza party.

Looking forward to the future, our Residential Student Council aims to continue educating and engaging their peers around the importance and practice of reducing, reusing, and recycling. Their commitment extends beyond ANDRUS, beyond our city, state, and country. Their commitment is to the planet.

Stephan Spilkowitz
Sr. Manager of Therapeutic Programming & Youth Development

We Are Graduates

Orchard School Graduation

Congratulations to ANDRUS' graduating class of 2019! We are so proud of each and every one of our graduates and their individual achievements throughout their time at the Orchard School. We know that they will continue to grow and overcome any challenges that may stand in their way.

AELC's Pre-K End of Year Celebration

Each year AELC holds a celebration for the Pre-K students and their families. Some of these children have been at AELC since before they were a year old and some have older siblings that have also been part of the AELC program. For many families, AELC is the first out-of-home care their child receives. AELC staff do an exceptional job of providing care for the children that attend the program each day and they also walk families through the first experience of leaving their children with adults other than their family and the first experiences of having their child as part of a group program. This End of Year Celebration marks Growth and Change for both our children and their families. We also know that with Growth and Change comes Loss and we often have conversations with families about the challenges that brings.

This year, due to uncooperative weather, our celebration was held at AELC. The children were able to invite parents, siblings and other important family members to celebrate. They joined us in the theatre where each child received a certificate, a book and an AELC t-shirt. We then moved to the Art Room for snacks, live music and lots of pictures!

Thank you to the AELC staff and congratulations to all of our AELC children headed to Kindergarten this year!

Frances Clayton
Director of Operations and Initiatives, AELC

Healthy Families Westchester

Promoting Health and Well-being of Children and Families in Yonkers

The recent measles outbreak that New York State witnessed has helped many of those around us understand the value of programs that promote child health and development. Vaccinations not only protect the child but those around them. According to Westchester County Health Commissioner, Dr. Sherlita Amler, there are vulnerable populations who are unable to receive vaccines through no fault of their own. They rely on herd immunity that routine vaccination provides to the community at large. These vulnerable populations are babies less than 1-year-old and those who have immune compromising conditions that put them at risk for contracting measles.

Our Healthy Families Westchester program ensures children receive immunizations as recommended. We promote the health and wellbeing of children and their families living in Yonkers (zip codes 10701 and 10705), and we have the performance outcomes to prove it!

Healthy Families Westchester is part of a larger multi-site system called Healthy Families New York (HFNY). There are over 400 programs across the country under the umbrella of Healthy Families America, an evidence-based model.

To learn more about Healthy Families New York, contact Program Manager Tamara Frederick or visit:
www.healthyfamiliesnewyork.org
www.healthyfamiliesamerica.org

For more information about vaccines visit
www.cdc.gov/vaccines/schedules/index.html

Corine E. Lurry-Mabin
Vice President and Chief Program Officer

OF THE CHILDREN ENROLLED FOR FY 18-19:

100%
were up to date on all 6-month immunizations

100%
were up to date on all 18-month immunizations

100%
were up to date with their vaccinations as of their 1st birthday

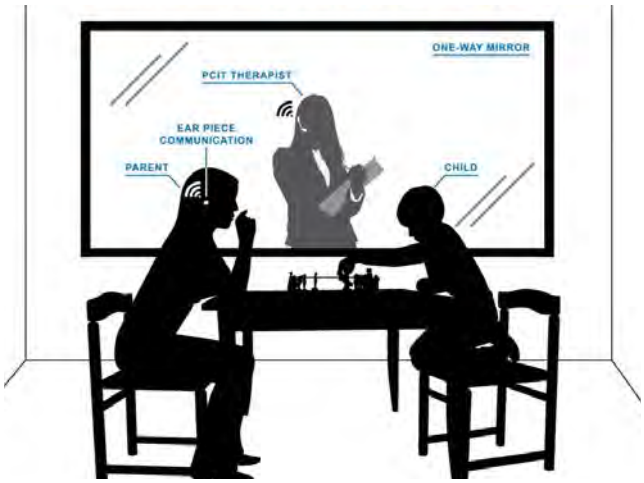
100%
were up to date with their vaccinations as of their 2nd birthday

Parent-Child Interaction Therapy

PCIT is an evidence-based behavior parent training treatment for young children (ages 2-7) with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. Children and their caregivers attend weekly family sessions during which they are coached live in utilizing positive parenting skills. Caregivers learn how to increase their child's positive behavior through the use of positive attention and increase listening skills through the use of giving effective commands and following through with consistent consequences when necessary.

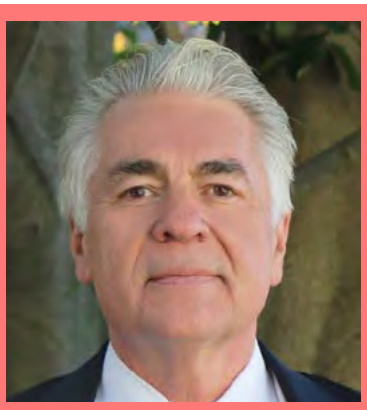
PCIT has a core "teaching" component that gives caregivers concrete steps on how to manage their child's behaviors. It also removes the effect of the therapist on the parent-child dynamic through providing live coaching through a one-way mirror. Treatment is fairly short-term with positive results and mastery of parenting skills typically occurring within 15 to 16 weeks.

PCIT has been identified by The National Child Traumatic Stress Network (NCTSN) as an effective treatment for childhood trauma.



"'I liked how the therapy was about how I interacted with my son. It taught me to praise and say thank you for the little things he was doing good. At first he wouldn't talk to me but then everything changed and he showed more care for me because of the way I learned to spend time with him. It really helps because we don't have a guide on how to be a parent so I learned how to get along better with my child in the moment and that made a difference" - Parent of a PCIT client

Danni Lapin Zou, LCSW-R
Clinic Manager



"Farewell for Now" Dr. E!

At the conclusion of the 2018-2019 school year, ANDRUS' Orchard School said 'farewell for now' to Principal Dr. Raymond Effinger, who announced his retirement in the fall.

Throughout the course of his long and successful career Dr. Effinger has had an indelible impact on the lives of countless children, staff, and families. Since joining ANDRUS in 2007, Dr. Effinger has been a boundless source of knowledge, passion for education, grace, and wit. Though Dr. Effinger will leave some large shoes to fill, we are excited for him to begin his next chapter.

In the weeks leading up his last day, school staff and students alike celebrated Dr. Effinger through fun activities and t-shirts showing their school pride. Culminating in both his speech at graduation and a surprise retirement party, ANDRUS said goodbye to Ray and thanked him for his years of dedication and service improving the lives of children and families here at ANDRUS.

"I am so grateful to Dr. Effinger for the years of service to the Orchard School, and to our children",
- President and CEO, Bryan Murphy

With our Sanctuary commitment to Growth and Change in mind, Vivian Ko-Rocchio was promoted to the role of Principal of the Orchard School for the coming school year with the kick-off of our six-week summer school session. Ms. Ko's 15 years of experience at ANDRUS have helped her start her new position reinforcing the foundational consistency and redictability of the Orchard School and will continue to support the Agency's Mission and Vision through advancing family engagement, curriculum development and implementation, and staff cultivation.

MAKE IT COUNT!

The end of the summer hysteria is here! Many of us are cramming pool time, beach days, and vacation trips into our calendars. Recently I overheard someone say they feel a lot of pressure to squeeze their summer desires into the last few weeks of August. Here are a few tips on how to make the last days of count!

1

Rise early: One way to make the most of your day is to start your day early in the morning! Try to wake up around 5 AM. It allows time for you to plan and organize your day, leaving room for productivity! If you're feeling super ambitious, you can use this time to exercise or practice mindfulness/yoga.

2

SAY YES!: The summertime usually provides opportunities for people to socialize, visit new places, learn a new skill, or even catch up with friends and family. Instead of being a summer "grump," say "yes" and allow yourself to greet new experiences with a smile and an open mind!

3

Take mini-vacations: Vacations aren't always about 7-day cruises and Caribbean islands. Vacation is taking time-off and taking time away from home (or away from the people who ask you to do a bunch of tasks)! One can have just as much fun making a quick trip to Ocean City, Lake George, or even staying in a vacation home in Woodstock, NY. (check out hello@oakandvioletinc.com) Remember, you get to define vacation time; stay away from comparison.

4

Be a tourist: I have lived in New York for over 28 years, and there are several tourist sites to which I've never seen. Grab a friend, your partner, your kid(s), or even go solo to check out what NY has to offer; I still have yet to visit the Statue of Liberty, the Botanical Garden (except during the Gala) and the Chrysler Building.

No matter how you decide to enjoy the last days of summer, do it with love, gratitude, and an open & curious mind.

Lindsay Jackson, CPC
Assistant Director of Training
Certified Professional Coach

The Sanctuary Institute's

Network Days 2019

Evolution: The Transformation of Resilient Organizations

The Sanctuary Institute's 2019 Network Days "Evolution: The Transformation of Resilient Organizations" was held in April in White Plains, with a theme focused on the sharing of transformative experiences and strategies among our network agencies in the practice of the Sanctuary Model®.

Organizational leaders, educators, and their communities gain opportunities to connect, provide hope, and build sustainability via the application of various trauma-responsive practices during dynamic sessions and workshops.

The conference was attended by over 200 participants from around the world (including Australia!). During the three day conference, participants were able to attend various workshops and speakers as well as attend special events. Some of the activities included: presentations from our two keynote speakers, Dr. Jerry Yager and Maia Szalavitz; 30 informative and engaging workshops; three networking sessions; Hatha Yoga classes; and a guided Mansion Tour.

Members of the Network and their agencies were recognized with the 2019 Spirit of Sanctuary Award and 2019 Star Award, as well as our dedicated Sanctuary Model Peer Reviewers. Additionally, over 50 agencies were recognized as Sanctuary Certified agencies.

Stay tuned for more information on the 2020 Sanctuary Institute Network Days Conference!

The Sanctuary Institute's Five Day Training

In June, ANDRUS welcomed members of the Sanctuary Institute's network to join us at ACLI (ANDRUS' Center for Learning and Innovation) for a 5-Day Sanctuary Training!

This training offers an in depth review of The Sanctuary Model of Trauma-Informed Care as well as discussions on new research and studies within the trauma-informed community. This training is held several times each year to promote shared knowledge and to continue the growth of the trauma-informed community.

Not familiar with the Sanctuary, check out a brief explanation below or visit www.thesanctuaryinstitute.org for more information! The Sanctuary® Model is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community. A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary Model's focus not only on the people who seek treatment, but equally on the people and systems who provide that treatment.

To register for our next Sanctuary 5 Day Training held September 30th to October 4th, please visit www.sanctuaryinstitute.org/sanctuary-5-day or call us at (914) 965- 3700.

ANDRUS' Annual Staff Appreciation Event

ANDRUS' Annual Staff Appreciation Event was a huge success! With almost 200 employees in attendance, this event was an amazing opportunity for employees across our 3 divisions to socialize, connect, and celebrate the important work we do here at ANDRUS. We are so proud to honor Jennifer Sangregorio with the Debra Snyder Spirit of Sanctuary Award for modeling the seven commitments of Sanctuary and for being a knowledgeable resource across departments and divisions within our community. We are proud to honor Jeremy Perez with the Clinton Mills Award for his humility while providing outstanding work with our children. We appreciate and celebrate each and every one of our ANDRUS employees and we recognize their achievements and contributions to our community. We could not serve our children and families without the dedication of our staff!

AELC's 50th Anniversary Celebration

In May, The ANDRUS Early Learning Center celebrated its 50th Anniversary with a fundraiser full of stylish Derby hats and bow ties!

With support from the local community, the ANDRUS staff, and the Parents Association, the evening raised $6,000 to fund continued programming at the center.

Camp Week 2019

One of our most valued traditions at ANDRUS is Camp Week, during which time the campus transforms into a day camp filled with a variety of activities for our residents to celebrate the start of summer. In addition to favorite yearly activities such as our Ropes Course, slip n' slide, staff v. kids softball game, tye dye, and our full campus trip to Rye Playland, this year's Camp Week featured numerous first time activities which were a big hit!

These new activities exposed our residents to a variety of new and fun experiences and have jump started excitement to discover, explore, and engage. New sports with a creative twist such as water balloon baseball, skateboard skate park, and knockerball soccer were introduced. We also had opportunities for residents to create through make your own smoothie, plastic bottle art station, paint balloon mural, and ice cream making. Other new activities included karaoke, scavenger hunt with Teddy-Romer, and volleyball. Camp Week concluded with our first ever "Tropical Pool Party." The pool area was adorned with blow up palm trees, Hawaiian leis, flowers, and all sorts of toys and floars with tropical music to cap off an intensely fun week with an opportunity to cool down and relax.

Stephan Spilkowitz
Sr. Manager of Therapeutic Programming
& Youth Development

Levitt Fuirst's Annual Volunteer Day

On July 25th, our campus hosted its Annual Volunteer Day with Levitt Fuirst Associates, Ltd. Nearly their entire office of 55 individuals came once again to work on beautification projects including gardening, repairing the Labyrinth, sprucing up the Griffith Hall Courtyard, assembling equipment in the RAP studio, filling the solarium with succulents and assembling bird and bat houses for our campus ecosystem. As always, they were an incredibly gracious group and so thrilled to spend the day with us. Thank you to all of those who joined us throughout the day and made it such a great experience for everyone!

Juliana Fondacaro
Assistant Director of Developemnt

Staff Spotlight!

Barbara Dann

Site Director of AELC

Although new to ANDRUS, Barbara Dann has made quite the impact on the children, staff, and families of the ANDRUS Early Learning Center. Barbara comes to ANDRUS with close to 30 years of experience in the early childhood education field. Of all the age groups she has worked with, Barbara has found a special connection with preschool and kindergarten age children. With a BS in Psychology and Education and a Masters in Early Childhood Education and School Psychology, Barbara not only has a passion for this position, but also the expertise to excel. And when it comes to her personal life, Barbara is the mother of three teenagers so she stays busy!

We are fortunate to have found such a devoted, patient, and kind leader for AELC and we look forward to seeing how she will continue to implement new strategies for success here. We are so proud to honor Barbara with the Staff Spotlight!

Have a suggestion for our next Staff Spotlight?
Please email blynn@jdam.org to nominate!

Golf Fore Kids Outing 2019

On Tuesday, June 18th ANDRUS hosted its 15th Annual Golf Fore Kids Outing. However, with the safety of golfers, supporters, and employees in mind, we had to call off the golfing part of the day due to Mother Nature's wrath.

Despite no golf, we had a Non-Golf Golf Outing. We replaced golfing with indoor putting, beanbag toss, music, food, drinks, and great community. Close to 100 people gathered for our cocktail and dinner reception where we had fun with our Live and Silent Auction, awards, raffles and Fund-A-Need for ANDRUS' Animal-Assisted Therapy Program.

With the generous support of sponsors, honorees, donors, and friends, ANDRUS raised over $160,000 that will benefit therapeutic programs
for vulnerable children and families in the community.

We hope to see you at next year's Golf Outing on
June 23, 2020!

Congratulations to this Quarter's Julia Award Winners!

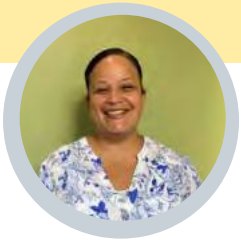
The award honors those who have represented the following in their daily endeavors here at ANDRUS:

J - JOYFUL U - UNIQUE L - LEADER I - INDUSTRIOUS and INSPIRING A - ACCOMPLISHED ACHIEVEMENT

Giselle Rodriguez

Business Operations Associate - MHD White Plains

Giselle has an extraordinary commitment to the ANDRUS community, including staff and clients. She always takes it upon herself to provide support to all those around her. Giselle is always quick to assist and assess the needs of others; she even knows clients by their first name! She is a team player, often providing information and being an outstanding resource for the clinic. Giselle's skills, knowledge, willingness to help others and dedication to the ANDRUS community maker her the perfect nominee.



Doshia Nichols

Assistant Teacher -Orchard School

Doshia is incredible! She is always positive and brings that energy wherever she goes. She is creative, kind and is an excellent role model for the students and staff. She has a unique and personal way of providing structure for her students, behavior management as well as fun and compassion. She is always patient and firm. She steps up and often helps other students and staff stay on top of their own responsibilities.

Ingrid Sutherland

Media Specialist- Orchard School

Ingrid is a very valuable asset to the Orchard School team. She is a very warm person who cares deeply about the students despite their challenges. Ingrid will go above and beyond to connect with the children offering them calm space in the library. She has made great efforts to promote the children's reading abilities and grow with an enjoyment for reading. Ingrid is inspiring because of her love for all children and her dedication to this line of work. She is joyful, pleasant, caring, and devoted to our mission of helping children.

Jim Casey

Teacher - Orchard School

Jim has been with the agency for almost four years and in his time he has grown both professionally and personally. When he was a Teacher's Assistant he did a stellar job with building healthy relationships, being a role model, and truly living by the Sanctuary Commitments. Since then, Jim has been promoted to Lead Teacher and continues to make strides. During the Sanctuary Re-certification process, Jim participated in a focus group for the Orchard School and blew the reviewers away with his ability to provide insight, reflection and sprinkle in a bit of humor. Jim is someone that both the students and the staff admire. He is hardworking, kind, thoughtful, and dedicated to the work.

Save The Date!

FIVE DAY SANCTUARY TRAINING

SANCTUARY TRAINING REGISTER NOW TO RESERVE YOUR SEAT AND JOIN THE MOVEMENT IN CREATING A WORLDWIDE TRAUMA-RESPONSIVE COMMUNITY.

SEPTEMBER 26TH - OCTOBER 4TH

WWW.THESANCTUARYINSTITUTE.ORG

Mission & Vision

ANDRUS nurtures social and emotional well-being in children, families, and communities by delivering a broad range of vital services and by providing research, training, and innovative program models that promote the standard of excellence for professional performance in and beyond our service community.

Communities where all children and families can thrive.

Join ANDRUS' Social Media Community:

Find us using:

@AndrusChildren

Would you like to contribute to the next newsletter?

If you have a story, idea, or shout-out, please email Brianne Lynn at BLynn@jdam.org

www.andrus1928.org