WE ARE ANDRUS

Spring 2020 Edition

www.ANDRUS1928.org

Nurture Hope

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Dear ANDRUS Community,

As we continue to persevere through these trying times, I think it is important that we take a moment to reflect on the world that was once so familiar to us, the changes that have occurred and where the future may lead us. For many of us, our lives have changed immensely, as we long for the old days, and focus on creating a new normal. There will be many life lessons that will come out of this pandemic, which include being kind to each other, looking out for one another, and protecting those who are most vulnerable.

It is important to take a step back to appreciate the good life, our health, and the possibilities of a bright future. During this difficult time we shouldn't lose hope, but learn from the lessons about how to be better to each other, listening to each other and truly valuing the time that we are spending with our loved ones, family, friends and colleagues. Human connection is fundamentally important and has taught us more than we've ever known. It's the counterpoints that we see in other people that completes our lives.

We continue to be resilient and manage through these difficult times however, it is also paramount that we practice self-care with ourselves and those around us. Taking the time out of each day to do a check-in, cope with the stress, and making time to unwind is critically important.

As an organization ANDRUS has made tremendous strides over the past few months in being able to adapt to the current challenges of the environment of today's world. Our organization has remained strong and continues to provide the best services to our children and families.

I am grateful to our community at ANDRUS, their work and perseverance has been truly remarkable.

WE ARE ANDRUS.

Gratefully,

Bryan R. Murphy
President & Chief Executive Officer

We are LEARNING

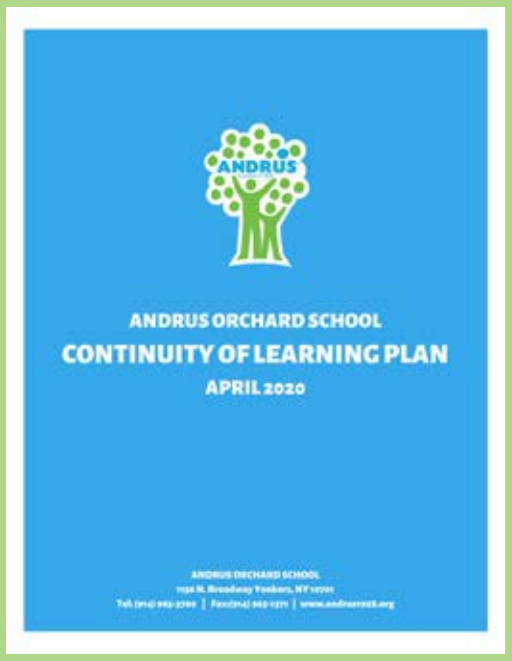
DISTANCE EDUCATION

ANDRUS' Orchard School has implemented a Continuity of Learning Plan in early April for our children to successfully progress through the school year. As we navigate through unchartered waters and extended school closures, we are thankful for our children, parents, families, teachers, and school staff for their patience and commitment to our new process.

To continue their education from home, the Orchard School team has devised a plan including providing Chromebooks to each student, online classrooms and lesson plans, daily feedback, and resources for dealing with daily stressors.

The plan also provides information regarding obtaining free wifi and other services to make learning from home most accessible for our children.

As we continue to adapt to this new learning environment, our team is making adjustments to our virtual learning plan with each child's success in mind.



CLICK HERE FOR MORE INFORMATION

CLINICAL NEWSLETTER

The ANDRUS Campus Clinical team is overjoyed to introduce the first edition of our very own newsletter. We hope to utilize this newsletter as a means to offer a sense of comfort and ease as we try to navigate this time of uncertainty and upheaval together. The clinical team is composed of licensed social workers, case managers, behavior specialists, and psychologists who support students enrolled in ANDRUS's Residential and Day Programs. We strive to create a safe and nurturing environment for all of our children through offering an array of therapeutic services such as individual, group and family therapy. We hope that this newsletter will help sustain the strength of our community, despite the physical distance that is currently amongst us all. We invite you to explore our newsletter- learn how to develop your very own therapeutic toolbox, get creative with our creativity corner, and maybe even try some yoga.

- The Campus Clinical Team

CLICK HERE TO VIEW THE FULL NEWSLETTER

We are GROWTH & CHANGE

KEEP THE FUN GOING FROM AFAR

Despite the need to practice physical distancing as a safety precaution, our residents and staff on campus still remain active, engaged, and have a variety of adapted therapeutic recreation activities available. Some of our most popular therapeutic recreation activities continue to be offered through minor adjustments to ensure for physical distancing. Swimming groups have been divided by cottage, basketball has shifted from full-contact games to 3-point challenges, NYPUM lessons are focused on learning about safe riding and dirtbike maintenance, and our Morning Shift Supervisor Tiffanie Holmes hosted a (distant) ice cream social. Across the campus, our Orchard School and Residential staff have been engaging with our residents through activities which are easy to enjoy from a far such as bike riding, whiffle bat, photography, and soccer.

Our Recreation and Animal Therapy staff have been hard at work discovering creative solutions for our residents on campus. Senior Recreation Therapist and Sports Coordinator George Pagan has been facilitating non-contact sports games which allow for plenty of room; kickball, softball, and funball. Andrus Hall Recreation Therapist Sade King has found creative means of educating the girls about the pandemic through art projects, a feelings journal, and handwashing challenges. In Foster Hall, Recreation Therapist Thomas Ceballos has been harnessing his love for the outdoors with the boys in his cottage through creative scavenger hunts on campus and a variety of nature and hiking park trips. Animal Therapy Coordinator Allison Ratner launched virtual equine therapy groups with Endeavor Therapeutic Horsemanship for every cottage on a weekly basis (an increase in our usual equine therapy programming). Looking forward, the Rec Team is excited to be launching a "tie-dye and silly-'stach make your own safety mask" activity which will help encourage our residents to wear fun and unique masks which they will have the opportunity to make themselves.

While our residents miss the hugs and high-fives from our staff and their peers, a silver lining has been that with fewer children on campus and more 1-1 time for many, relationships between staff and residents have grown considerably. So despite having to keep our physical distance, we are growing closer with one another and having plenty of fun in the mean time.

Stephan Spilkowitz
Assistant Director of Therapeutic Programming & Youth Development

We are CARING

TELEMENTAL HEALTH

The Care Management Program has shifted to teleservices since early March to continue to provide Service Coordination and support to families while abiding by social distancing recommendations. COVID-19 has created a lot of challenges for families, particularly those that we already experiencing chronic stress, financial instability, and mental health challenges.

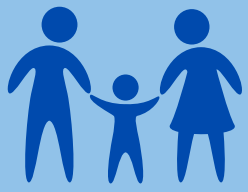
Our Care Coordinators have been working diligently in helping families stay safe and healthy during this time. In addition to our regular services, we have shifted our focus to help families manage while in quarantine. Some of the activities that we have focused on in the last couple of month include:

- Helping families navigate different systems by filling out applications, translating, reaching out to schools, mental health clinics, doctor offices, etc. to meet the individual needs of the families
- Assisting with the transition to e-learning by securing devices from the DOE for families when possible and connecting them to tutors and other learning resources
- Sharing with families in need of food, meal pickup locations, as well as meal delivery services for people who are quarantined and can't leave the house
- Providing information and making necessary arrangements for families that may need to get tested or are experiencing symptoms
- Connecting families with a medical provider so that they know when to appropriately access the emergency room, a testing site, or their primary physician to avoid further complications
- Ensuring that children who require prescriptions have access to their medication and monitoring their adherence
- Providing the latest information from the CDC, NY State, or DOH on the virus, social distancing, and other relevant measures that can impact the wellbeing of families
- Connecting them to referrals and services that they may still need, such as food programs, therapy services through telehealth, social services, etc.

The Mental Health Division has fully incorporated teleheath services since the COVID-19 outbreak. The statistics below represent some of the amazing work done by the divsion.

134
New Clients

6315
Individuals



1217
Families

THE SANCTUARY INSTITUTE

NOW OFFERING VIRTUAL TRAININGS

As a community, we have seen first-hand the impact the COVID-19 outbreak has had on our families, children and the clients we serve. This unprecedented time has increased our anxiety and uncertainty of what the future holds. Trauma is the response to deeply distressing events that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self, and their ability to feel the full range of emotions and experiences. The principles of The Sanctuary® Model can help individuals cope with their feelings and their interaction with others. The Sanctuary Institute is delivering a series of trauma-responsive care trainings to help the ANDRUS community, its clients, and the Sanctuary Network to address and manage anxiety in this ever-changing environment. The training frameworks are established to encourage relationship building that supports healing and recovery from trauma, and equip staff with practical strategies to strengthen current trauma-responsive engagement and treatment.

CLICK HERE MORE INFORMATION

INTERESTED IN A TRAINING?

Here is a list of current offerings:

1. The importance of Safety Plans and Self Care at both work and home during COVID-19
2. Creating a Culturally-Responsive Environment Through Sanctuary*
3. Change and Loss Helping Residential Programs Manage Changes from COVID-19
4. Help: Using the 7 Commitments while Working at Home
5. SELF Workshop: A SELF Conversation for Our Changing Times
6. Let's Talk Trauma: Using Trauma Theory to Navigate COVID-19*
7. Providing Services Virtually: Using the 7 Commitments to Enhance Your Service Delivery*

* Trainings constitutes 1.50 CE units

Julia Dyckman Andrus Memorial Inc., is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0394. Helping others cope with their stress makes our community stronger.

SELF CARE

SELF-CARE ACTIVITY GUIDE

ANDRUS SANCTUARY CORE TEAM

CLICK ON EACH HEADING TO ACCESS A RESOURCE

PODCAST

FEED YOUR SOUL

Pour inward with an episode of your favorite feel good podcast. Check out Brene Brown"s podcast Unlocking us!

GET A GOOD LAUGH

Check out the top 25 Best Comedy Podcast on iHeart Radio or wherever you listen to your podcast

LISTEN TO A BOOK

Sit back and let LeVar Burton read you a story! All you have to do is hit play!

WELLNESS

HEADSPACE

Free meditation & mindfulness As a part of ANDRUS benefits package, this program is FREE for ANDRUS employees.

MIND BODY

Find online yoga, meditation, pilates, etc. classes.

HEALTHY EATS

Take a virtual cooking class. Learn new ways to preapre your family favorites or pick up a new recipe!

MUSIC & ARTS

VIRTUAL BROADWAY SHOWS

Broadway HD is offering a seven day free trial for virtual Broadway shows.

CONCERTS FOR MUSIC LOVERS

Billboard provides a list of free concerts! Watch right from your living room

ALVIN AILEY DANCERS

The Alvin Ailey Dance Theater shares a series of elegant performances on YouTube.

VIRTUAL MUSEUM TOURS

Take a tour of popular museums from your couch!

FUN & GAMES

GAME NIGHT

Get your family & friends on Zoom for fun & games. Check out Scattergories and Houseparty!

NETFLIX PARTY

Schedule a "night at the movies"! Google Chrome offers interactive features like chats and synchronizes playback!

BAKE OFF

Engage your household members in a bake off! You will can create delicious treats and fond memories.

SUPPORT

SEWING FOR A CAUSE

ANDRUS is seeking anyone with basic seamstress skills to donate mask for the staff and children. You can email Donna Tularam here.

IT'S THE LITTLE THINGS

Check out a list of ways you can help during the pandemic. Remember simple acts of kindness go a long way.

THE GIVER

FightCOVIDFromHome.com is a resource website for people looking to help through virtual volunteering, helping their local communities, and donating to organizations on the front lines of the fight.

We are SUPPORTIVE

"Loula has been enjoying her time working from home. She continues to split her time between Yonkers and Peekskill, and she attends virtual meetings and sessions to provide a much needed morale boost for staff and clients! Loula also sends out her positive thoughts for the day, helping staff feel connected even when we're apart."

"Tully celebrated her 1st birthday on April 18th by playing in mud puddles, splashing around in the bathtub, and eating her special birthday pup-cake! These days she has traded her time in the office for the great outdoors. She gets the zoomies out by running laps in the backyard and on the weekends she fearlessly tackles trails through the woods. She is making the most of being home but she definitely misses all of her ANDRUS family."

"Teddy is really enjoying working from home, although he is definitely missing getting his morning treats from staff and morning hugs from students. When he isn't eating, Teddy keeps things interesting by splitting his time between sleeping and rolling in the grass outside. He looks forward to seeing the dog park, his handlers, and most importantly the students and staff at ANDRUS soon!"

"Rocky has traded in his time on campus for some quality relaxation time! In his free time, Rocky enjoys modeling for pictures, running outside, and throwing his toys in the air."

We are CELEBRATING

APRIL IS NATIONAL OCCUPATIONAL THERAPY MONTH

Occupational therapist or occupational therapy assistant, are part of a vitally important profession that helps people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities. OTs have holistic and customized approach to evaluations, interventions, and outcomes help a child with disabilities participate in school and in social situations, assist a person recovering from injuries to regain skills, aid an older adult to stay as independent as possible, and offer the specialized support and services to people of all ages and in all circumstances that only occupational therapy can provide.

Here is a brief introduction to the Orchard School's Occupational Therapy Team and why they love OT!

KATIE BOREK

I love OT because it allows me to be creative and scientific at the same time. It allows me to connect and build positive relationships with the children we serve, so that i can help them gain the tools and confidence to be successful in their lives.

ASHLEY MAJESKI

I love OT because I get to come to work everyday and work with some pretty amazing young people and incredible staff members! Having to be adaptable to work on the spot (because we never know what the world is going to throw at us) and understand what the young person needs and wants in that exact moment in order to help keep them regulated is an adventure. I know I am supposed to be the one helping them learn new skills, but in reality, they teach me something new everyday.

MARISSA MAKAR

I love OT because I get to engage in the occupation of play on a daily basis! I get to participate in different types of games and activities that aren't only fun, but target various skill areas. I also get to work closely with a variety of different people from teachers to clinicians to address the different areas of needs for our children!

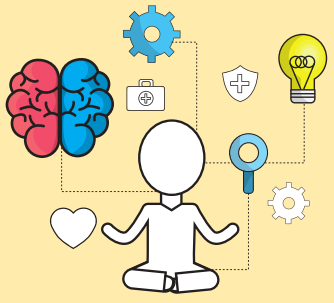
CASSANDRA DOMENIKA

I love OT because I love seeing and facilitating a child's "aha" moment. Being able to use my clinical eye like a detective and creativity to work on goals and life skills make each day an opportunity for growth and change. As a student's skills blossom, their confidence grows and independence is gained. Seeing and being a part of the process is why I love being an OT!

MAY IS MENTAL HEALTH AWARENESS MONTH

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. During a time of unprecedented anxiety about a world pandemic, it is especially important for everyone to focus on their mental health and to be aware of the mental health of others.

ANDRUS is here for you! If you or someone you know would like more information on our telemental health services, please visit www.andrus1928.org/mental-health-services



We are ADAPTING

VIRTUAL MINDFULNESS WORKSHOPS

This Fall, ANDRUS E.A.S.Y. (Eastchester After School Youth) Program began hosting Yoga & Mindfulness Workshops for our children to participate in.

The weekly workshops offered an opportunity to have fun with games that exercise social, emotional and sensory skills with instructor, Nathalie Monin Voelker, founder of Creating Mindful Communities, LLC.

As our children continue their education from their homes, we have transitioned our Mindfulness Workshops to virtual sessions. These sessions offer our children an opportunity to relax, take some deep breaths, listen to some calming music, and regain focus. They also give our children an opportunity to see and talk to one another again.

VIRTUAL ANIMAL THERAPY

Our farm animals have been a little lonely since school has closed, but luckily, they get to have zoom sessions with a few of their favorite day students. We have community meeting, story time, and browse through PowerPoints on various farm animals. The goats think that my iPad is delicious and the alpacas think my mask is very strange. They all miss the children very much.

Our residents stop by and visit them too, but they are not having continuous playdates with kids as much as they used to when school was in session. They are grateful for any human interaction, just as most of us are during these times of social distancing.

Some of the residents have also been engaging in virtual equine therapy. They used to attend Endeavor's Equine Therapy program in person and now they zoom with the horses and staff a few afternoons a week instead. Maintaining connections with therapeutic animals on-line allows the children time to distress, connect, observe, and know that we are all in this together.

Therapeutic animals are social, loving, and gentle. They seek out friendships with children, which is welcome, because who does not want nonjudgmental friends. Animals never put you down or call you bad names. A goat might eat your homework, but they always mean well.

Allison Ratner, Animal Therapy Coordinator

We are THANKFUL

APPRECIATING OUR COMMUNITY

Our Residential Student Council wrote letters of hope, gratitude, and encouragement to healthcare workers at our neighboring St. John's Riverside Hospital.

The healthcare workers were overjoyed and plan to hang these letters on the wall of the ICU as a daily reminder of our appreciation and admiration of their heroic efforts.

To celebrate Earth Day, ANDRUS' children and staff planted 2 trees on our main campus in Yonkers.

The first tree is in honor and memory of all those who have who passed away due to the COVID-19 virus.

The second tree is dedicated to all first responders, front line workers, and essential care staff who bravely continue to protect and serve our communities.

To show our gratitude for our essential care staff here at ANDRUS and throughout our community, our children have painted these hearts and displayed them at the front entrance of our campus.

Event Updates

ANDRUS' 16TH ANNUAL

GOLF FORE KIDS OUTING

HAS BEEN CANCELLED DUE TO COVID-19 CONCERNS

In an effort to be socially responsible to our community, we have decided to cancel this year's Golf Fore Kids Outing which had been scheduled for Tuesday, June 23rd. Although we look forward to seeing so many of you at this annual event, our priority is that we follow the recommended practices for keeping everyone safe, protected and healthy.

If any business or individual would like to find out how they can support our youth and families during these difficult times please contact Juliana Fondacaro, Director of Donor Cultivation & Community Outreach, at jfondacaro@jdam.org.

WITH THE GROWING CONCERNS ABOUT COVID-19 AND OUR SANCTUARY COMMITMENT TO SOCIAL RESPONSIBILITY IN MIND, THE SANCTUARY INSTITUTE HAS

POSTPONED THE 2020 NETWORK DAYS CONFERENCE TILL:

OCTOBER 14-16, 2020

We are HEROES

STAFF SPOTLIGHT

ANDRUS would like to highlight Chris Crooms, Campus Safety Manager, for his important work in the National Guard during the COVID-19 pandemic.

Chris has bravely dedicated himself to serving our community during this difficult time. He also has worked to help keep ANDRUs, our children and our staff safe during this time by delivering critical supplies to our campus.

Thank you for all you do to keep our community safe!

SANCTUARY STARS

ANDRUS' Residential Campus in Yonkers is proud to employ 283 dedicated Essential Employees who continue to come in each day to care for the children we serve. Despite the risks they take on each day and no matter what may come of the pandemic, these Essential Employees are agents of transformative healing for the young people in our care.

Thank you for your dedication, your courage, your perseverance, your care, and your tireless efforts through this great challenge we face. ANDRUS' Sanctuary Stars are upholding our mission and commitment to healing trauma and nurturing hope.

We as an organization are humbled to know that Heroes Work Here.

Check out out social pages for our Daily Sanctuary Stars!

BUSINESS COUNCIL OF WESTCHESTER HONORS

ANDRUS' own, Fabiola Abreau, Director of Care Management and Community Projects has been selected by the BCW for their 40 under 40 Rising Stars Program.

We are so proud of Fabiola for all of her achievements and this honor from the BCW!

Congratulations to Victoria Baldini, Executive Assistant to the CEO, on her graduation from the BCW's Star Power Career Leadership Program.

We are proud to have Victoria represent us a leader at ANDRUS and in our community!

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