WE ARE ANDRUS

NEWSLETTER | FALL 2021 EDITION

THE GENESIS OF A CAREER IN BEHAVIORAL HEALTH

HEATH I. BLOCH

Heath's career in behavioral health began with his own experience of childhood trauma—his father died from heart disease when he was just twelve years old; and his only sibling, a younger brother, was just ten. That experience has informed his life choices ever since, giving him insights into treatment, and a heartfelt commitment to helping others heal. While he initially thought his career would be studying the science of the heart, he realized he was far more interested in the science, and the art, of the mind. He wanted to understand and explore how, as a child, he was able to find a path forward from potentially debilitating, all-encompassing grief. Sharing that path forward became his life's ambition. And leading an organization like ANDRUS, that helps children who have experienced trauma, means that he can channel his considerable energy and entrepreneurial spirit to its best and highest use—reaching as many children and families as possible.

HEALTH & WELLNESS CENTERS

ANDRUS' MHD & COMMUNITY DIVISIONS CO-LOCATE

As children and families returned to in-person programming, we have completed our plans to co-locate our mental health services and community-based programs to form the ANDRUS Health and Wellness Centers in Yonkers, Peekskill, and White Plains.

Adults, children, and families will receive an integrated, comprehensive continuum of services equitably responsive to the Social Determinants of Health. Our centers will use a trauma-responsive One System of Care framework to help individuals and families thrive.

GOVERNMENT AFFAIRS

On September 17th, Heath I. Bloch, President & CEO, and Donna Tularam, Senior Director of Special Projects, attended a Child Tax Credit round table at the Nepperhan Community center in Yonkers.

This conference was attended by Congressman Jamaal Bowman, United States Deputy Secretary of Treasury Wally Adeyemo, US Senate Majority Leader Charles Schumer, Senator Kristen Gillibrand; State Senate Majority Leader Andrea Stewart Cousins, and various members of the Yonkers Delegation at The Nepperhan Community Center. They discussed the progress of the Child Tax Credit which is a vital resource to assist families in reducing child poverty across the country.

ORCHARD SCHOOL

Over the summer, Orchard School students visited the Bronx Zoo, Shark Ride, the Intrepid Air & Space Museum, the American Dream Mall, Splash Down, and Rockin' Jump.

We are thrilled to have our students back a the Orchard School for full in-person learning. We continue to follow CDC guidelines as they are updated, taking all precautions to ensure the health and safety of all students and staff.

While we embrace a new normal, our core value remains to nurture hope in children and families.

CAMP WEEK

This year's Camp Week featured over 30 activities across five days, including new activities such as tie dye tag, the egg drop STEM challenge, slip n' slide kickball, and a pie eating contest. The week also included annual favorites such as the Ropes Course, Swimming, Bicycle Relay Rodeo, and Slip-n-Slide Bowling. We ended the week by transforming the campus into a full carnival, complete with obstacle courses, carnival games, a magic show, a clown, cotton candy, pirate pool activities and finally, a BBQ Block Party.

SANCTUARY

The Sanctuary Institute continues to be innovative and strategic with the support, services and online learning we provide to our network members. We are excited to announce the appointment of Maxine Reddy in the role of Director of the Sanctuary Institute.

WHITE WATER RAFTING

This October our Rec Therapists made ANDRUS history with our first-ever White Water Rafting recreational therapy trip!

Residents and staff from Bourne, Andrus, and Foster Hall traveled to Massachusetts for a safe and exciting day filled with adventure, teamwork, and an unforgettable experience!

PAWS PROGRAM

PETS AT WORK FOR SANCTUARY

Our PAWS Therapy Dog Program is growing! Join us in welcoming our two new furry friends, Chloe & Paisan! They will support our therapeutic services in the Orchard School and in the residential program.

MEET PAISAN!

5 YEAR OLD HUSKY SHEPARD MIX

MEET CHLOE!

2 YEAR OLD MALTESE PODDLE MIX

A SPECIAL THANKS TO .....

Mother Cabrini Health Foundation awarded the Mental Health Division at ANDRUS with $138,000 for community outreach and $203,000 for our healthy families program.

The Healthy Families award will serve 30 young mothers and young children in Yonkers providing on parenting skills and other critical support.

The No Kid Hungry Fund awarded $19,500 to the Community Division for direct food aid to families and for staff professional training on best practices in nutrition.

With the strong support of county legislator **Ruth Walter, the Westchester County Board of Legislators** approved an $18,000 contract to create a desert biome in the east greenhouse and $15,000 to support ANDRUS and Yonkers YMCA families who were victims of Hurricane IDA.

Children's Hope Chest provided $7,000 for families served by the Health and Wellness Centers and donated school supplies and water bottles for 175 children who attend the Orchard School.

In anticipation of the installation of the desert biome, ANDRUS invested nearly $80,000 to renovate the greenhouse. Long-time ANDRUS supporters, led by **ANDRUS Board members Michael and Nancy Spensley**, donated funds in 2018 to help support the renovation.

City of Yonkers Community Development Block Grant program awarded the Health and Wellness Centers $60,000 in direct food and technology aid for families severely impacted by the COVID-19 pandemic.

Back-to-School Drive

We are grateful to this year's supporters of the Back to School Drive, who provided much needed school supplies:

Mercer
Marsh McLennan
Children's Hope Chest
Deborah Chmielnik
India Center of Westchester, White Plains