



WYFS : HAPPY TO BE @ RIGGIO!

WYFS Annual Report For Year Ending June 30, 2017

2017 Milestones

It is amazing how each year can be so different, bringing new challenges and successes, and growth. Throughout, WYFS continues its focus on the delivery of quality and caring support for this community.

In the midst of building improvements, we joined an initiative to support EL families, launched new programs, connected with emergency first responders and supported individual clients in record numbers. We said goodbye to a beloved and brilliant Clinical Director Macdara MacColl and welcomed the warm and talented Sara Zaiantz whose clinical social work training brings a rich layering to our clinical practice.

Clinical Expertise

We have met our goal to increase our clinical expertise by acquiring and maintaining a roster of experienced staff clinicians. This ensures continuity in our work in the schools and connects us with populations that need longer term and stable professionals. With our staff's diverse experience, we can provide a more comprehensive and flexible level of care for more populations.

We also benefit from extremely capable interns and practicum; we choose these

students for their special skill sets and experience to ensure a rich engagement with others.

Supporting Westbrook Public Schools

Throughout each academic year, our goal is to adapt to current student and family needs with thoughtfully-constructed curriculum for our school programs. We have experienced staff assigned to each school, with deliberate consideration for providing the best support to each school, the students and their families.

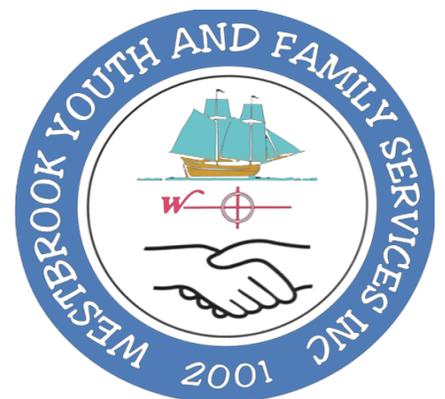
Targeted Programming

Because of the breadth of our mission, we enjoy the flexibility to reach across generations and abilities and offer a variety of agency programming. Our programming includes all the disparate populations that are integral to our community like Seniors, VISTA, newly divorced adults, and single parent family support. Our programs are designed to support and enrich our families, and share our strength through our annual community project.

We constantly strive to fulfill WYFS mission's in new and meaningful ways, responding to current needs and issues in our community.



Helping Hands at the Senior Center for "Mother's Day Glam"





Jill and Carolyn

Meet Our Staff



Sara on the job



Selfie with Shannon and friends

Jacqueline Ward, Executive Director is responsible for the fiscal operation and administration of WYFS, fundraising, community support programs, Juvenile Review Board, and community collaboration and outreach.

Sara Zaiantz, MS, LCSW, Clinical Director supervises the WYFS clinic in addition to working directly with individuals, families and groups. A licensed Clinical Social Worker, Sara helps identify the mental health needs in the community and ensures that WYFS is meeting those appropriately through counseling, supervision, programming and standards of care.

Shannon Murphy, MFT, Programming Coordinator oversees WYFS's programming initiatives, including executive and emotional skills groups for students in all Westbrook Public Schools. She facilitates teen groups designed to develop healthy relationship skills and foster responsible engagement in the community. Shannon sees clients at the schools and at the agency, specializing in teens.

Carolyn Gumbrecht, LMFT, MALS, BD Ed, Counselor brings clinical strength and expertise to WYFS. She expertly counsels a broad range of individuals, couples and families, leads support groups including a Womens' Group, and single parent/ family programs in addition to facilitating our Parent Education Program and after school groups.

Jill Scott-Enerson, Child and Family Support Counselor, works closely with young children and their families. For the last three years, she has been on site at Daisy school facilitating social skills groups for young children and teaching emotional regulation skills for children with behavioral issues. In late 2017, Jill's role will expand to include support of WMS and working with adults clients.

Kristen Myshrrall, MFT, PhD (geology), Counselor
Scott Tordoff, MFT, CAC, CADC, Counselor. After two years at WYFS supporting WMS and WHS and agency clients, we are delighted that Scott and Kristen have agreed to continue as staff clinicians at the agency. Kristen and Scott each arrived with a strong and unique skill set, which – when combined with their MFT training -- has produced talented counselors.

Kim Wood. With one year of practicum complete, the challenging year of managing agency and school practices and her last year of graduate studies begins. As a special education teacher for over 20 years, Kim has an educated perspective on reaching our students, but she has also impressed us with her ability to connect and support adults. We look forward to a great year.

And coming in August 2017 we welcome **Kristen Gaedeke as a new practicum student.** Kristen has worked with children for the last 5 years, particularly youth and adolescents with autism, developmental disorders or mental health issues. We are pleased to have this qualified and energetic graduate student working with us in a few months.



Scott and Kristen, graduates again



Kim in the classroom

For more information about our staff,
 visit: www.wyfs.org/about_wyfs/clinical_staff

WYFS 2016-17 Facts and Figures



Counseling Services

100 Active Clients/ 3000 Clinical Sessions

This year, WYFS clinical staff has its largest case load ever with over 100 active clients at the agency and students seen individually in the schools and almost 3000 clinical service hours annually. Our counseling services assist individuals, families and couples resolve issues related to family transitions, behavioral and mental health or trauma.

As a private non-profit, we can offer our services to residents of other towns though 70% of our counseling clients are Westbrook residents. Since none of us exist in a Westbrook only bubble, our ability to reach across geographical lines benefits all of us.

We offer an affordable fee structure, assessing no fee for in-school work and frequently no fee for agency sessions so we can make counseling available to all who may benefit. We estimate that we save Westbrook residents over \$70,000 per year on counseling services and therapeutic supportive programming alone.

In our improved clinical model, WYFS staff delivers more services, improving quality, increasing institutional learning and ensuring sustainability and consistency. We have improved our assessment tools and offer clients information about community resources and --when appropriate --referrals for their particular needs.



Community Programs

900 Program Hours

With in-school and agency programming, we offered over 900 programming hours annually. We reach over 200 children in direct long-term engagement programming or counseling and another 1500 individuals, families and seniors in large-group community events, shorter term programming and education.



Community Connections

Community Supports

We continue to focus on community supports including our student-led Helping Hands community support program, administering Westbrook's Juvenile Review Board, Warm the Children support, our annual Holiday Giving program for families in need, the School Supply Closet, WYFS Bookshelf, WYFS scholarship of Parks and Rec summer camps, Local Prevention Council scholarship, Westbrook Family Day, and support of WHS toy delivery to shelter.



Collaborating Partners

Collaborating Partners

To provide the best resources, we seek every opportunity to collaborate with entities that enrich this community, including Westbrook Public Schools, Westbrook Library, VISTA, Westbrook Early Learning Links and Early Childhood Council, Local Prevention Council, Asset Development Team, Westbrook Troopers, Oxford Academy, Exchange Club of Westbrook/Old Saybrook, Westbrook Senior Center, Westbrook Social Services, Essex Lions Club, Westbrook VNA, Valley Shore Collaborative, Middlesex County Youth Service Bureau leaders, Shoreline YSB Clinical Directors and the VSYMCA.

2016-2017 Programming

Agency Programming:

Parent Exchange
 PAUSE substance abuse discussion group for parents
 Helping Hands, student-led community services group
 Surviving to Thriving (social skills learning for cognitively disabled adults)
 Women's Group
 Court mandated Parenting Education
 Mother's Day Glam at the Senior Center
 Life's a Beach
 Crafty Connections
 Sharing Our Stories, a community-wide program
 Intergenerational Family Bingo Night with Senior Center
 Mental Health Presentations at WHS Youth Awareness Day
 Informational Resource for Community (provide consultations on behavioral mental health and parenting issues, and referrals to other service providers and programs)

In-School Programming

Through individual sessions, targeted in-school programming, and drop in support, WYFS reaches a significant portion of the student population, providing services, and a meaningful relationship with an adult. WYFS may also support students through participation in advisories, student assistance meetings and collaborations with teachers and special services.

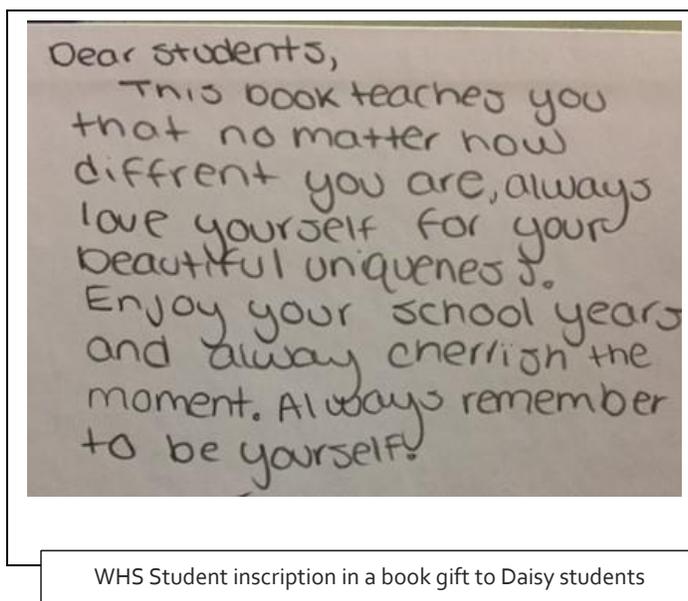
At Daisy, 8 structured weekly groups including [Sandcastles](#) which helps kids whose families are changing, and [school-climate focused groups](#) which share lessons about empathy and skill sets for communication and interactions with others. [Stepping Up](#) at Daisy is an afterschool program which encourages kids to tap into their leadership potential.

At WMS, 6 structured weekly groups focusing on [executive functioning skills](#) and [positive youth development](#) (emphasizing assets that enable children to make wise choices). We also had enthusiastic participation in [Girl Code](#) and [Relaxation Club](#).

At WHS, [High School Life](#) (with WPS) and a new [Guys Group](#) provide opportunities for peer-led discussions on topical issues with a focus on future planning and setting goals. [Helping Hands](#) facilitates student-led community service projects while [Lunch groups](#) offer down time to relax and share with peers.

Community Programming

Westbrook's Juvenile Review Board
 Daisy Initiative to support EL families
 Emergency Responders presentation
 Holiday Giving
 Toy Drive
 Warm the Children for Rotary
 Community Scholarships
 Westbrook Parks and Rec Family Day
 Westbrook Childhood Council Educational Forum
 Daisy, WMS and WHS Open Houses
 Screenagers with the local prevention council
 School Supply Closet
 Seasonal cards for the VNA homebound residents
 WYFS BookShelf
 Coats for Kids (Essex Lions Club and Essex Financial Services)



WHS Student inscription in a book gift to Daisy students



THANK YOU!

2016-17 WYFS Board of Directors:

Kimberly Bratz, Chair
 Lea Engels, Treasurer
 Joan Angelini, Katherine Bishop, Adrienne Bransfield,
 Allison Davine, Corey Ehrlich, Harry Evangelist
 Diane Lewis, Monica Selmont

BOD Committees:

Strategy (future emphasis, public image, bylaws/ BOD membership): Adrienne Bransfield, Joan Angelini, Harry Evangelist

Fundraising (strategy/ recruit help): Kimberly Bratz, Monica Selmont

Financial(invest/audit): Lea Engels

Programming: Kit Bishop, Allison Davine, Diane Lewis, Corey Ehrlich

Personnel: All BOD



Find the joy this summer with your family, neighbors or a new acquaintance.

OUR SUPPORTERS



Major Donors, with our gratitude

Town of Westbrook

Connecticut State Department of Education

Jon Lorensen, Lorensen Enterprises

Toyota Motor Corporation, Matching Gift Program

Lenny and Joe's FishTale

The Paolucci Family Charitable Fund

Exchange Club of Old Saybrook/ Westbrook

The Schreck Family

Friends at Essex Financial Services

Essex Lions Club

Essex Savings Bank Community Investment Program

And MANY other individual and local organizations donors, and supporters of fundraisers that benefit us, THANK YOU !

A special thank you to Dennis Hallahan who good-humoredly led the effort to get our beloved Riggio building in compliance.



Outside Riggio

Shout Outs to WYFS!

We don't mean to brag so we will let others do that for us! A sample of what has been said about WYFS just THIS year:

- "As a community partner of WYFS, I can attest to the quality of their programs, professionalism of their staff and significant impact in our community."
 - A local community leader
- "My daughter was having a melt down but we used the emotional regulation skills training from our WYFS counselor, and it worked!"
 - A local parent
- "I thought the class was awesome and provided a great foundation for [my co-parent] and I as we embark on the journey of single parenting. Thank you for all the work that goes into this class!"
 - A Parenting Education participant
- "[WYFS} regularly works with parents to help students be successful at school and at home...Their systemic approach, which encompasses the whole family, provides comprehensive support resulting in greater success for the entire community."
 - A local administrator
- "This student gets agitated in this class which is difficult for him, but he used skills that the WYFS clinician taught him and was able to calm down."
 - A special education teacher
- "For the record, you've been the nicest person I've talked to of the many Parenting Education sites I have called".
 - A Parenting Education participant

WYFS Mission and Objectives

The mission of Westbrook Youth and Family Services is to support and strengthen youth and families through coordinating and providing a comprehensive delivery system of prevention, intervention, treatment and follow up services.

We accomplish this by focusing on three objectives: supporting the Westbrook school system, providing affordable mental health services for individuals, families and couples and offering clinical, supportive and healthy family programming.

Support Westbrook Schools:

We have staff in each school and masters level interns supporting them. We participate in early identification of potential behavioral or emotional issues. We provide in-school therapy for children and family counseling at the agency. We lead peer mentoring groups focused on social and executive functioning skills, divorce, peer relationships, stress and coping or other topics and we develop programming and afterschool clubs which address current needs or interests in the school community.

Provide Affordable Mental Health Services:

With the generosity of the Town of Westbrook and many other wonderful donors, WYFS can offer quality, affordable mental health counseling to individuals and families who may not otherwise be able to receive counseling because of financial limitations.

Offer Programming to Strengthen Families and address specific community needs

At WYFS, we know that families are unique with different needs and in different life stages. We design our programming to respond to these stages, family structure, and life transitions. We provide opportunities for any family to support each other, learn something new or just play together!

WYFS Annual Report for Year Ending
June 30, 2017
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WYFS.ORG