

# Family Counseling Services of the Finger Lakes

2021 Annual Report



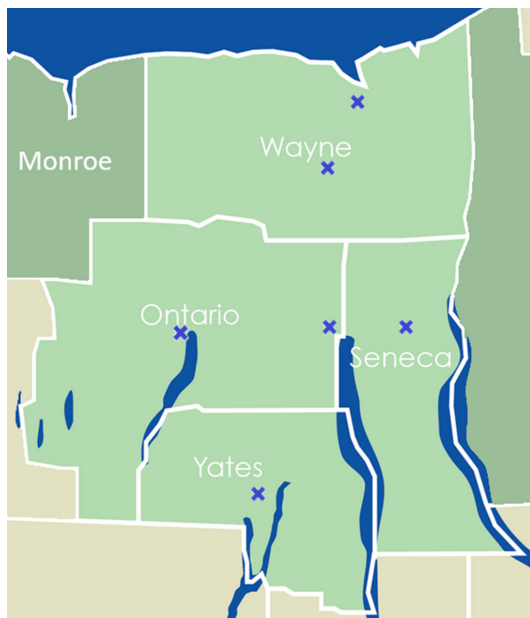
Presented on  
June 28, 2022

# Who we are

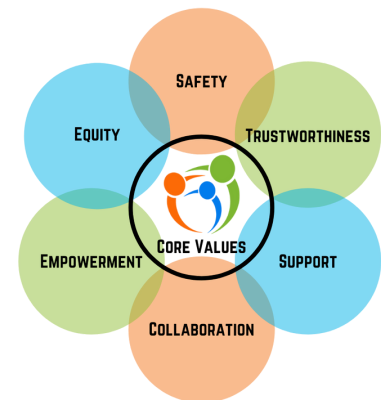
Family Counseling Service of the Finger Lakes, Inc. is a leading provider for healing centered services promoting resiliency for those that have experienced a wide array of life challenges - including but not limited to adversity, trauma, abuse and/or loss. This high-quality work is achieved through individual, child and family counseling and trauma therapy, advocacy and/or case management services; our commitment to bettering cross-sector collaboration and workforce development; increasing community awareness around core issues that impact the overall safety, health and wellness of the individuals, families and communities we serve.

## Our Mission

To provide professional counseling and support services to individuals, children and families to improve the quality of their life at home and in the community.



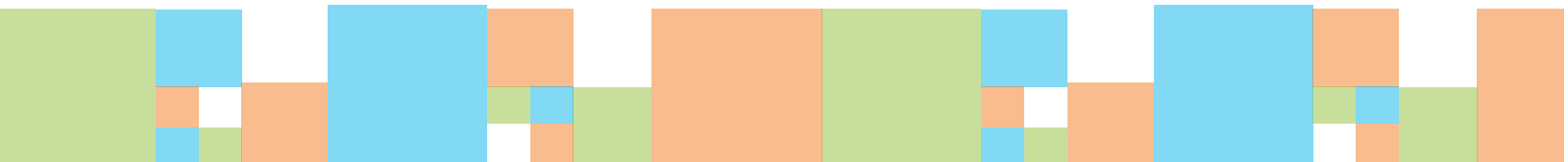
## Our Agency Values



671 S. Exchange Street, Geneva NY 14456  
514 S. Main Street, Canandaigua NY 14424  
150 Van Buren Street, Newark NY 14513  
115 Fall Street, Seneca Falls NY 13148  
6692 Middle Road, Sodus NY 14551  
263 Lake Street, Penn Yan, NY 14527

Ontario, Wayne, Seneca, Yates and throughout the Finger Lake Region

familycounseling@fcsfl.org  
315-789-2613 \* www.fcsfl.org



# Message from President/CEO

When looking back over the past year, our FCSFL team accomplished so much in the midst of very difficult times which impacted all of us as individuals and our organizational health and culture.

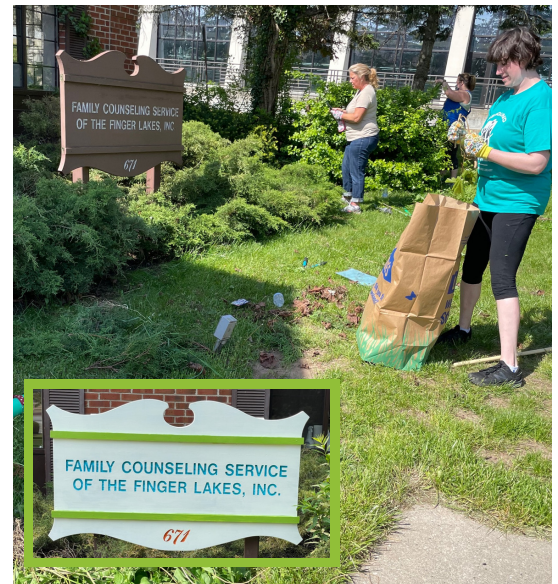
Our team navigated and responded to daily challenges regarding general operations, ever-changing guidance from local, state and federal bodies, employee personal and professional needs, and how we deliver direct services in the safest, most impactful and often creative ways. The challenges were overwhelming and they were constant for all of us at work, at home, within the communities we live, the states we reside, the country we live; the impact was felt and continues to be felt across the globe. It was heavy. Maintaining our own mental, physical, social health and wellness and achieving a healthy work-life balance has been difficult and it is important we recognize that.

These challenges, however, provide us an opportunity to look at ways we can do better, personally (for ourselves and our families), and professionally, as employers, providers, community members and collectively across systems. I look forward to continuing to learn and grow from one another because of this shared experience.

In 2021, FCSFL, along with long-time trusted partners and newly fostered relationships with other people-serving agencies, began sharing the many challenges we all faced and began to focus on how we could align efforts to better reach and serve individuals and families. The expansion of FCSFL direct service staff within schools and with other community providers proved to be extremely valuable, allowing us to better serve those in need by bringing services to where individuals and families were at. We look forward to further building upon these partnerships and using these collaborations to further alignment between agencies and across systems.

FCSFL's charge as a people-serving organization is to provide trauma-informed and healing-centered services that are based around our Agency mission and values. It is important we celebrate all that we have achieved in support of our mission during this time and that we do not lose sight of the lessons learned to help guide how we can do better moving forward. I am so proud of this team's commitment and ongoing support to those we serve, to one another, and to the communities in which we live and serve.

Much gratitude to our FCSFL staff, volunteers, interns, Board of Directors, partner agencies and those who donate and support FCSFL.



2021 United Way Day of Caring  
Landscape and sign refresh in Geneva

# 2021 Board of Directors

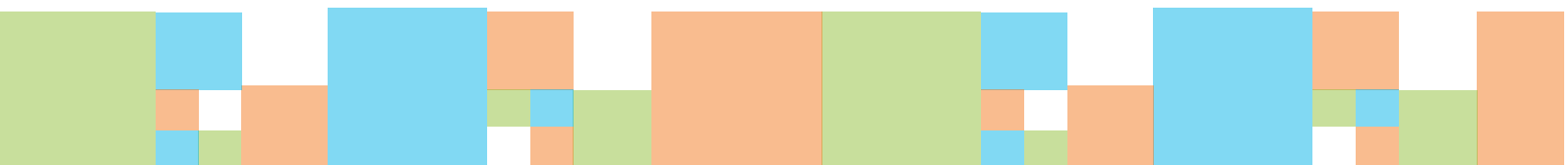


## Board Members

Joseph Rusinko, President  
Sage Gerling, Vice President  
Natalie Kanellis, Secretary  
Matthew Kelley, Treasurer  
Carol Van Horn  
Michael Bricco  
Andrew Hintenach  
Rebecca Gamba

## Board Contributions through 2021

Establish & maintain the mission of the Agency  
Understand operational challenges; manage & guide them  
Support & encourage staff  
Lead capital improvements  
Review & attest to the financial circumstances of the Agency  
Support transitions & navigation of policy through the pandemic  
Learn & support programs & trauma informed/healing centered approaches  
Coordinate, support & attend fundraising events & activities



# Staff 2021

Amanda Abbott, LMSW

Robert Adams, LMHC

Laura Alexander, LMSW

Joshua Arnold

Jamie Austin, BA

Amy Babiarz, BSW

Roni Bain

Bridget Benz

Kaitlyn Bergen, LCAT-P

Lynda Blake

Kathryn Bluett

Savannah Borza, BS

Michele Bowersox, LMHC

Crystal Braham

Audrey Button, BA

Brenda Capozzi, MS CASAC, CRC

Vanessa Cardona

Sophia Carter

Elizabeth Chase

Lindsay Cooney, LMSW, VSW-CP

Megan Cortese, LCAT, ATR-BC

Jennifer Dahlgren, LMHC

Amy Dake, MA, R-DMT, LMHC-P

Jessica DeFazio, BA

Rebecca Delong

Joan Diaz

Holly Doe, LMHC

Rebecca Emerson, BA

Joseph Fantigrossi, Ed. D

Nicole Fess, BA

Rachel Ficaglia, MSW

Justice Gaiter, AS

Carrie Gardner, LMHC

Katherine Glathar, MS, LCAT, MT-BC

Sarah Hamling, LMHC

Cassandra Heyl, MS QHP-P

Ember Hilkert, LMSW

Caitlin Horrocks, LCAT, ATR-BC

Patricia Hurley-Trojan, MBA, CASAC

Marla Hurst, BS QHP-P

Kelsey Jamieson, LMSW

Diana Johnson

Kari Johnson SHRM-CP

Sharon Joslyn

Jennifer Julien, LMHC

Ky Kawolics, LMFT

Olivia Kime, LCAT-P

Karli Klinger, LMSW

Elizabeth Knapp, BA

Heidi Knapp, BS

Erin Larramendi, LCAT

Mitchel Leet

Esin Lewey, LMHC-P

Ashley Lewis, LCSW

Amanda Macksamie, LMHC-P

Pamela Maglier

Asia Marin

Allison McConnell, LCAT, ATR-BC

Debra McMillon

Amanda Miller, MHC-P

Jennifer Ogar, LMSW

Leslie Ohmann

Jessica Orchard, MHC-LP

Katie Ostrowski

Scott Ostrowski, LCSW

Dianna Paige, BA

Laila Paliotti, LMSW

Bryan Peck

Colin Peck

Maria Peralta

Barbara Pierce-Morrow, MSM, CASAC, FDC

Mirandia Pipher, M.S.Ed

Lindy Powers, M.Ed

Bonnie Prater

Angela Ralston, BA

Brian Rice

Lindsay Rippey, AAS, AS

Mishon Robinson, LMSW

Paul Robinson

Jay Roscup

Edward Rose Jr.

Jacob Spina

Grete Steele, BS

Quianah Stowe, LMSW

Victoria Tanner, BA

Tammy Thiel

Cathy Thurston, BS, BA

Meghan VanHout, LMSW

Samantha VanHout, Ph.D

Karl Warrington, LMSW, MDiv

Dawn Weidner, LMSW, CASAC

Emily White

Shelly Wilcox

Amanda Wilson

Nicole Wood

Sarah Woodworth, LMSW

## Interns

Cameryn Cimino

KJ DeWeese

Mollie Kenerson

Emily Lough

Emily Michalski

Deanna Mikalauskas

Justin Miller

Maydoneri Perez

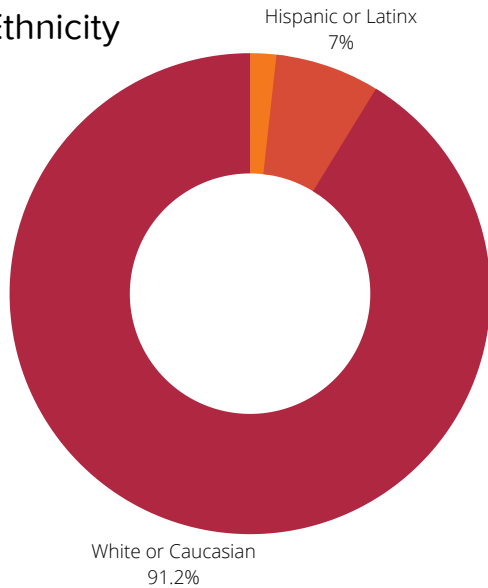
Michele Personius

Daniel Schubmehl

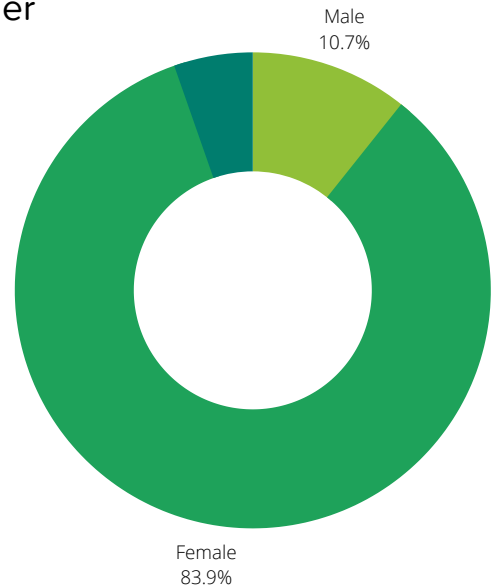
# 2021 Diversity Equity & Inclusion

With our employee base growing by 300% in 3 years, 2021 was our first official DEI survey as an agency. 56 employees responded to this survey, giving us a view of the agency and our need for continued growth.

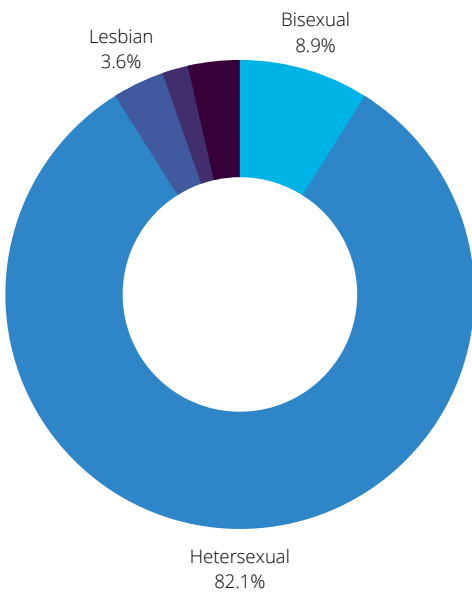
### Ethnicity



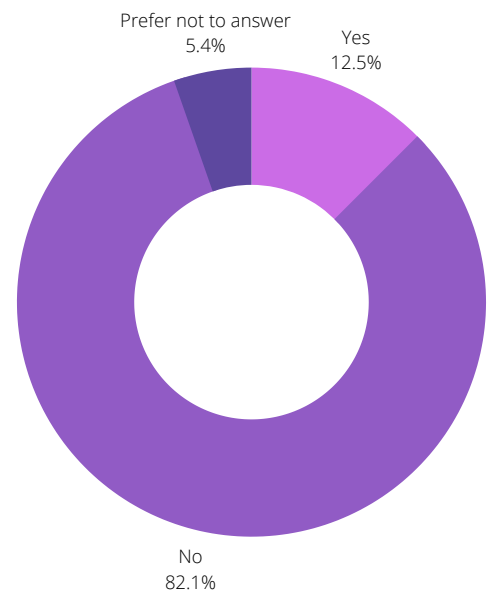
### Gender



### Sexual Orientation



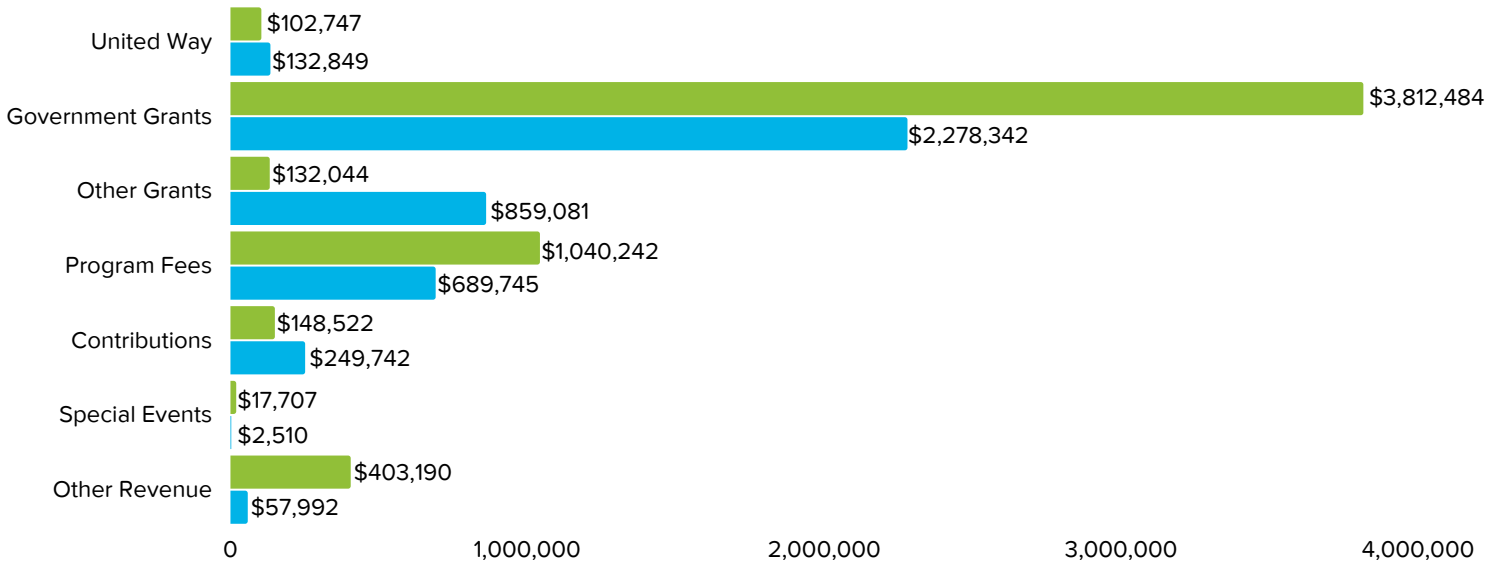
### Living with a Disability



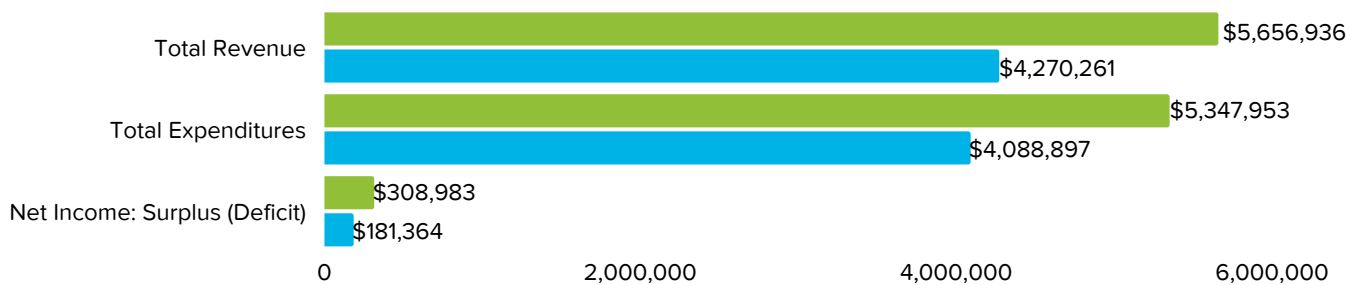
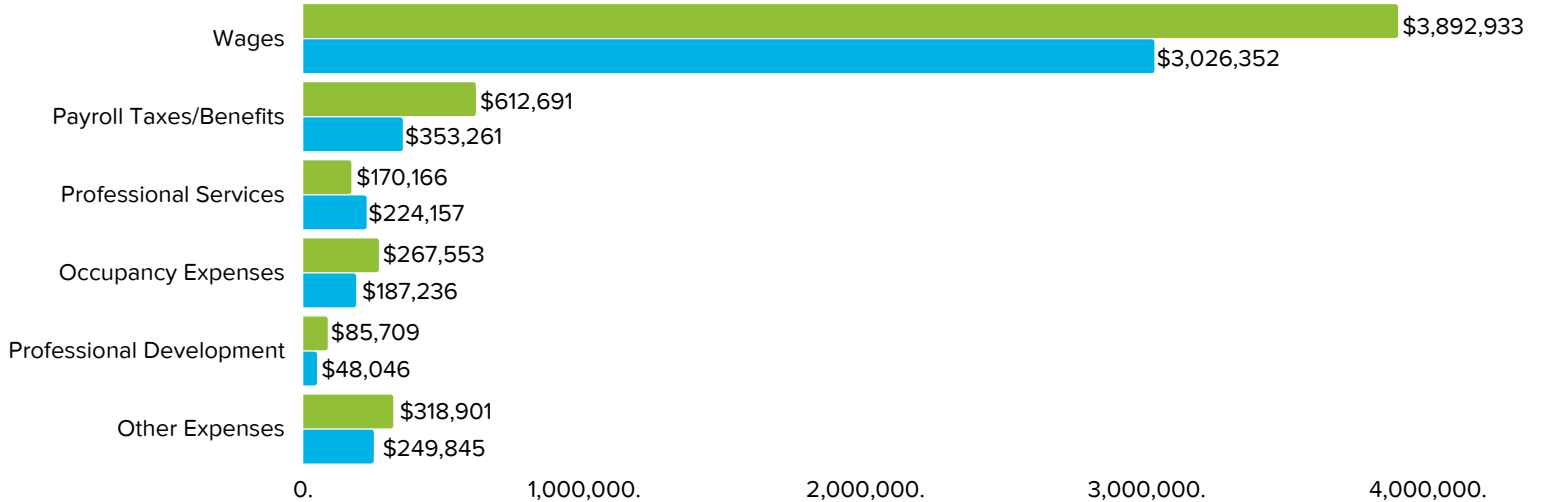
# 2021 Financial Report

2020 2021

## 2021 Revenue



## 2021 Expenditure



# 2021 Highlights



Domestic Violence Awareness  
Pet Safety



Retirement Celebration for  
Cathy Thurston



FLX Pride 2021

Our 2nd year of hybrid celebrations - small in person and virtual events through June celebrating the LGBTQ+ community with family, friends and community partners.





# 2021 Donor List

Jayden Abrams  
Sabrina Androvett  
Anonymous  
Carl & Heather Aten  
Jamie Austin  
Amy Babiarz  
Mark Bays  
Jochen Beheydt  
Joanne Bleakley  
Lindsay Boldt  
David Brind  
Clair & Mary Britt  
Fred Brockway  
Brenda Capozzi  
Daniel & Paula Chacchia  
Caitlin Cole-Conroy  
Jacqueline Conroy  
Andrew & Melissa Correia  
Jane C. Crumlish  
KJ DeWeese  
James Dickson II  
Tisha Eckhardt  
Joan Ferguson  
Katherine Ferguson-Schmid  
Michelle Ficaglia  
Lawrence & Rebecca Gamba  
Sage & Christopher Gerling  
William & Jane Gerling  
Taylor Gillespie  
Harry & Susan Givelber  
Tonia Groom  
Christine Hann-Laros  
Alison Henry  
Diana Johnson  
Kari Johnson

Nicole Jones  
Sharon Joslyn  
Laura Kammermeier  
Natalie Kanellis  
Joel & Margret Kerlan  
James Krueger  
Carling Laneche  
Richard Laude  
Mitch Leet  
Michelle Menon  
Jennifer Morris & James Spates  
Robert and Judith Oaks  
Lars & Delia Olufsen  
Richard & Susan Onze  
Katie Ostrowski  
Scott Ostrowski  
Amy Paul  
Barbara Pierce-Morrow  
Andi Polanski  
Meg and Glenn Reed  
Allie Reynolds  
Christine Rose  
Kimberly Russell  
Anne Schleining  
Jennica Simon  
Grete Steele  
Melissa Stolfi  
Danielle Stoner  
Catherine Taylor  
Megan Thompson  
Cathy Thurston & Kerry Gorla  
Carol & Schuyler VanHorn  
Friends of Carol VanHorn  
Sarah Wagner  
Kelly Walker  
Rachel Williams

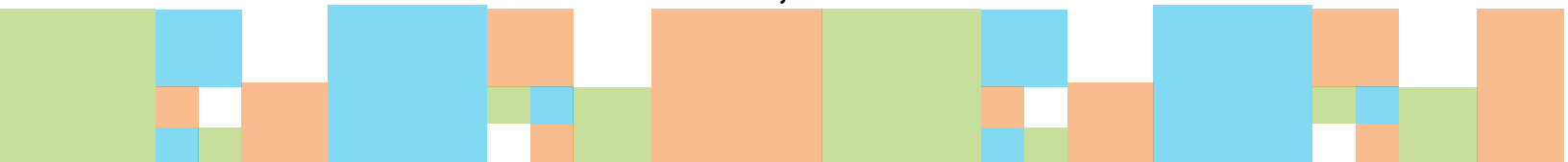
Anthony Road Winery  
Billsboro Winery  
Block Longo LaMarca Brzezinski  
PC  
Bonadent  
Bright Side Sweets  
Community Bank  
D&BT Properties  
FF Thompson Hospital  
Finger Lakes Community Health  
Finger Lakes Partners  
First United Methodist Church  
Foxyer's Electrical  
Gorham Tax Service  
Junior League of Rochester  
Kowalski Legal, PLLC  
Leonard Lutz Foundation  
On the Spot Cleaners  
Peacemaker Brewing Company  
LLC  
Penn Yan Elks Club Bell Jar  
Prime Lending  
Proper Grahamer Clothing  
Roll'n Deep  
Seneca Food Foundation  
Sinful Confections  
Solar Village  
Steele Designs (in-kind)  
Story Center Films  
Upstate Event Management, LLC  
Waste Connections



thank you

A huge thank you to the many board members, staff, community businesses, and friends for your thoughtful donations. Your donations helped us provide assistance to individuals and families in need, LGBTQ programming, advocacy services for domestic violence victims, as well as support for the Agency infrastructure, allowing us to better serve those in need during these challenging times.

With extreme gratitude, Barb



# 2021 Story

In September of 2021, I began working with a woman in Canandaigua who had just relocated to New York after fleeing a domestic violence relationship in the Midwest. When I met her, she was living with her sister, had very little independence and had no mental health supports.

The client engaged in crisis intervention and brief therapy. Throughout our time working together she was able to obtain her own housing, a mental health therapist and a psychiatrist to begin managing medications. She chose to move to a different city than her sister (Geneva) to give herself even more independence and a chance to meet new people. This was huge for her; for years she had been in a situation where she was unable to have friends or leave the home.

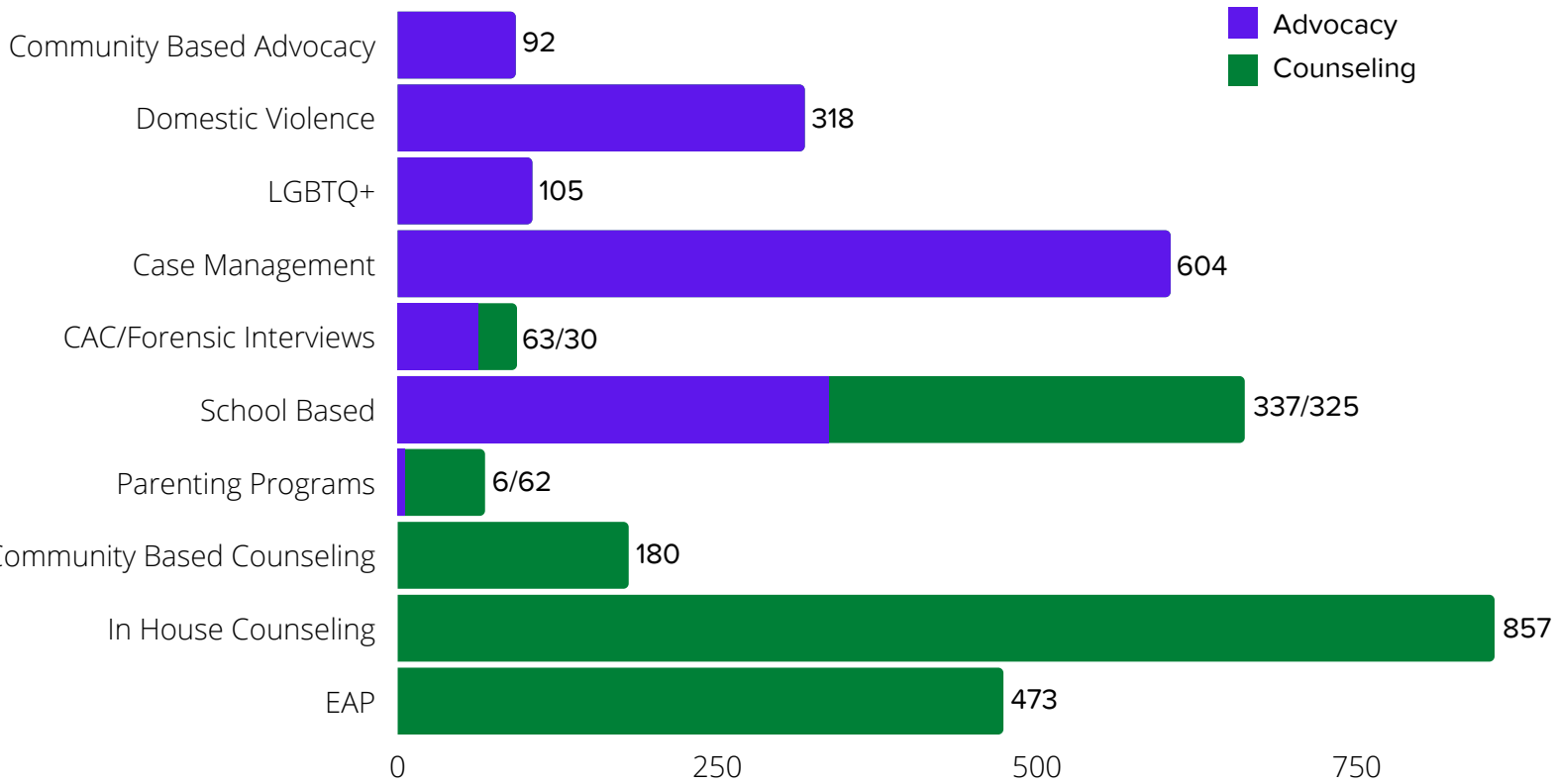
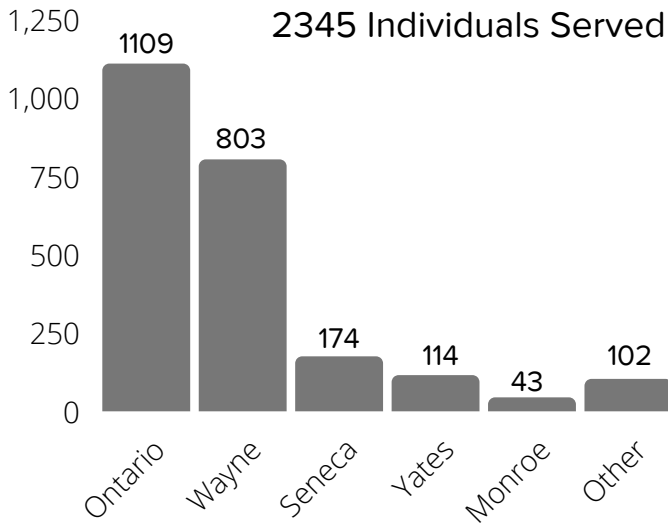
In addition, she was referred to the Domestic Violence program at FCSFL and expressed feeling safe and comfortable in talking about her experiences, which up until this point she never had felt safe discussing.

As of February 2022, she was discharged from the Mobile Integration Team program as she had many other supports in place to help continue engagement in services. She is now volunteering at local organizations, as well as engaging in community groups where she has made new friends. She continues to thrive and engage in all services.

-Holly Doe, MHC-P, Clinical Therapist



# 2021 Services



# Family Counseling Service of the Finger Lakes

671 South Exchange Street

Geneva, NY 14456

NONPROFIT ORG  
U.S. POSTAGE PAID  
GENEVA NY  
PERMIT NO. 103

Your Health. Your Choice. Your Life. Help for Today. Hope for Tomorrow.



Your Donation is Greatly Appreciated!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Payment Method:  Cash  Check  Paypal/Venmo  Credit Card

Credit Card payments, please fill in the following information:

Mastercard  Visa  Discover  Amex

Credit Card Number: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_

Donation Amount:

\$50  \$1000

\$100  \$2500

\$250  \$5000

\$500  Other: \_\_\_\_\_



Please note if you would like your donation to fund a specific service(s):



**venmo**

Please Mail All Checks to: 671 South Exchange St Geneva, NY 14456

