



# ANNUAL REPORT 2015

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 EquinoxAlbany



# About Equinox

## ABOUT US

Equinox provides vital human services and positive opportunities to thousands of people every year. 365 days a year, Equinox helps youth, adults and families who have been impacted by domestic violence, chemical dependency, mental illness, homelessness, and the challenges of growing up amidst poverty and violence. The Equinox year culminates with its Annual Thanksgiving Community Dinner. With the support of thousands of volunteers and donors, Equinox provides holiday meals to 10,000 of Capital Region neighbors in need.

## OUR MISSION

Changing lives and strengthening communities in the Capital Region through a continuum of human services.

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# Message from CEO



Annual Reports provide an opportunity to review accomplishments and challenges of the past year. As always, our focus was on best practices – evaluating current programs and services and seeking out new opportunities to best serve our clients and our community. The Highlights section of this report offers a picture of the breadth of the year's achievements. Below are just a few of 2015's highlights and milestones:

- Equinox was awarded a highly competitive \$1.4 million federal grant from SAMHSA (Substance Abuse and Mental Health Services Administration), an agency within Health and Human Services. The SAMHSA grant made it possible to keep our Youth Outreach Center not only open, but thriving. The Outreach Center, which serves youth ages 13-24 from Albany's highest-needs neighborhoods, now features innovative and engaging programs and activities that promote healthy lifestyles with an emphasis on substance abuse and HIV prevention.
- Our Counseling Center for Chemical Dependency began accepting walk-ins for assessment five days a week. The response has been very positive, with dozens of walk-ins a week. Providing a person struggling with addiction to immediate access to services at the time they are ready, helps remove an obstacle on their difficult journey to recovery. Additionally, those who are taking advantage of the ability to walk-in are returning to their next appointment, with fewer "no-shows" than with those who schedule their initial appointments. Increasing access to addiction services has been especially important in light of the tremendous growth of individuals with heroin and opiate addictions.
- The 25th anniversary of the Equinox Domestic Violence Shelter (still the only one of its kind in Albany County) gave us the opportunity to honor two organizations whose partnerships with Equinox have been key to the Shelter's success. The Junior League of Albany took on the challenge of establishing Albany County's first-ever DV shelter in the mid-1980's. The League donated seed money, raised additional funds, found and renovated a house, and, after issuing a request for proposals, chose Equinox to run the Shelter. Thanks to their vision and commitment, the Shelter has been serving the community since 1989. The Legal Project has been a close ally and frequent collaborative partner with Equinox Domestic Violence Services since 1995. Legal Project attorneys frequently provide technical assistance to Equinox staff and both agencies make frequent referrals to each other and work on cases together.

We are grateful to have the support of our many friends and donors, like you, who make our work possible. Thank you for embracing our mission.

Dorothy Cucinelli, PhD  
CEO

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# 2015 Program Highlights

## EQUINOX MADE A DIFFERENCE IN THE LIVES OF CLOSE TO 6,000 PEOPLE IN 2015

- Equinox provided services to **2,019** people who were affected by **domestic violence**. The DV Shelter gave safety to 151 adults and 83 children
- The Equinox Counseling Center for **chemical dependency** served **270** individuals – many whose lives have been devastated by opiate or heroin addiction
- Mental Health Services were provided to **2,388** individuals and family members who live with **mental illness**
- **1,229 low-income youth** received support and services from Equinox

### DOMESTIC VIOLENCE SERVICES

- Because of our Domestic Violence Service's expertise in the area of elder abuse, Equinox was named a key partner of a federally funded project led by Senior Services of Albany to provide enhanced and expanded services to those who are victims of elder abuse, neglect or exploitation.

Equinox makes a special effort to remove obstacles that prevent victims from fleeing their abusers and provides outreach and services to underserved populations including immigrants/refugees and survivors with disabilities. Equinox offers a comprehensive program for victims of elder abuse and has been a pioneer among DV shelters in New York State, admitting straight, gay, and transgender victims for the past six years. Equinox also participates in program that provides foster homes for pets of DV victims during their stay at our shelter.

- Equinox provides advocacy at Albany Domestic Violence Court and works in other criminal courts throughout the county. In 2015, court advocacy services were expanded into the Colonie Town Court, a busy weekly court.
- By adopting the rapid re-housing model, Project Break Free was able to receive increased federal funding, beginning in May 2015, which enabled Equinox to provide this effective transitional assistance to more people in a more flexible manner.

Project Break-Free is a transitional housing program providing case management and support, rental subsidies and help with transportation from six months to two years to help DV victims achieve self-sufficiency.

- DV staff conducted 123 DV awareness events, including multiple events throughout the area during Domestic Violence Awareness Month in October, reaching more than 3,000.

*Equinox advocates distributed paper purple hands—the color associated with DV advocacy—for “These Hands Aren’t Made for Hurting. These Hands Are Made for... Campaign” at a kiosk donated by Colonie Center during National Domestic Violence Month in October. People were encouraged to write non-violent activities on the purple hands, such as: “These hands are made for helping,” “These hands are made for cooking.”*



- Equinox marked the 25th anniversary of its Domestic Violence Shelter – the only DV shelter in Albany County that cares for victims and their dependent children. The 30-bed Shelter is open 365 days a year and is staffed 24 hours a day. Residents may stay up to 90 days and receive room and board, counseling, support groups, safety planning, advocacy, and case management. Shelter staff work to provide the desperately needed support, information and safe environment that will enable victims and their children to take steps toward living a violence-free and self-sufficient life. The Shelter served 151 adults and 83 children in 2015.

### CHEMICAL DEPENDENCY SERVICES

The Counseling Center provides confidential services to anyone age 12 and older who has been effected by drugs or alcohol. Even if the person struggling with addiction is not seeking help, the Counseling Center offers support to family and friends.

- There was a 35% increase in clients served between 2014 and 2015. As with chemical dependency facilities throughout the country, the Counseling Center has been treating more and more clients who are using and having devastating problems with opiates and prescription pain medication.

With the frightening growth of opiate and heroin use and addiction, area media outlets have turned to Equinox for expert advice and commentary.

- In 2015, the Counseling Center began accepting walk-ins for assessments five days a week. The response has been very positive, and continues to result in increases in the number of clients and services.

### MENTAL HEALTH SERVICES

Equinox provides a range of outpatient and residential services and treatment to best meet the needs of adults with serious mental illness, and their families. The Family Resources program offers family members support groups and a 24/7 hotline: 518.312.2228.

### PROS – Personalized Recovery-Oriented Services

- The volunteer Peer Guide program was expanded to train more clients to provide program tours to potential participants and supporters, and answer questions about PROS. This experience helps Peer Guides develop job readiness skills.
- To best serve clients, PROS became part of two learning collaboratives, both of which promote evidence-based approaches: one to improving employment outcomes for clients and the other for ensuring appropriate group service delivery for individuals with co-occurring substance abuse issues.

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**Residential**

- Staff at Holt House began using resources of the NYS Adult Career and Continuing Education Services-Vocational Rehabilitation to help younger, motivated clients successfully find employment and prepare for a more independent living environment. Holt House is an 11-bed co-ed adult residential program for adults with a dual diagnosis of mental illness and an intellectual disability.
- The implementation of the Phase Program has resulted in an increase in clients successfully moving on to less supported housing.
- Through the monthly *Just Say Yes program*, a representative from the Regional Food Bank talks to clients at Recovery Residence about healthy eating, exercise, reading labels and general guidelines for healthy living. Recovery Residence meets the needs of adult men with a dual diagnosis of mental illness and substance abuse.

**Family Resources & InSights**

- The Family Resources Program saw an increase of several hundred people served.
- A drop-in relaxation room for students offering adult coloring and free yoga was added at Hudson Valley Community College through the InSights Program.
- The InSights Program also collaborated with the SUNY College of Nanoscale Science and Engineering, offering stress reduction workshops and yoga for students during midterms and final exams.

**GreatFinds**

- GreatFinds Retail Training Program (and thrift boutique) received clothing donations from J. Jill Store, EYP Architecture and Engineering Firm, Capital Care Group, SUNY Albany Sigma Delta Tau, Women’s Employment Resource Center, and many individual donors.
- GreatFinds was featured in an article on consignment shopping in Berkshire Homestyle magazine, and the Khidr Joseph Photo Project, a story of businesses on Central Avenue.

GreatFinds Boutique, which features stylish, gently used women’s clothing and accessories, provides people with mental illness an opportunity to learn soft skills and work skills.

**Health Home Care Management**

- Health Home Care Management began 2015 in a new location – 95 Central Avenue – making it more convenient for staff and clients, alike. HHCM saw an upswing in community and intra-agency referrals.

- The HHCM program manager facilitated intra-agency referrals by attending staff meetings at other Equinox programs, including PROS, the Counseling Center, and Outpatient Clinic.

Health Home Care Management focuses on integrating multiple provider systems to target complex health needs of individuals – with one or more chronic medical conditions – and reduce Medicaid costs.

**YOUTH SERVICES**

- The Youth Outreach Center (YOC) was awarded a highly competitive \$1.5 million, five-year federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The grant enabled Equinox to keep the doors of the popular YOC open and to add an array of new programs aimed at promoting healthy lifestyles, building resiliency, and encouraging participation in innovative, onsite substance abuse and HIV prevention activities.
- Many youth in the Transitional Living Program (TLP) made progress towards an education goal, including graduating from high school, obtaining a high school equivalency diploma, and enrolling in college or vocational programs.
- TLP introduced a Youth Advisory Board composed of new youth leaders.
- Youth in the Supervised Independent Living Program (SILP) and Project Independence were able to maintain employment while in the program, and used SILP counselors and community resources to help increase their independent living skills.
- SILP received many referrals for youth from Westchester County. Additionally, a contract was created between the Equinox SILP and Tioga County.

Equinox has been serving youth, including those in crisis, since 1969. The Youth Programs provide critical support and opportunities enabling youth, ages 13-24, to build resiliency, increase life skills, work on educational and vocational goals, and forge connections with supportive adults and community resources—all in an effort to help them move toward becoming self-sufficient, productive members of the community.

**DEDICATED STAFF. COMPASSIONATE CARE**

- The Equinox Human Resources Department oversaw the needs of 200 staff who are dedicated to providing quality, compassionate care to nearly 6,000 individuals relying on Equinox.
- HR helped keep staff members healthy by organizing free flu immunizations and first aid/CPR training.
- Thanks to HR, staff enjoyed seasonal opportunities to relax and enjoy their colleagues: The spring pancake breakfast, summer celebration, Pumpkin Fest contest, staff Thanksgiving lunch and holiday party.





# Our Generous Community

Equinox is grateful to every donor for every gift. We understand that there are many worthwhile organizations that turn to you for support, so we deeply appreciate that Equinox is part of your charitable giving. Thank you for your compassion and generosity -- for investing in our mission, in our community and in all those we serve.

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*We strive to thank and recognize every donor. If we have inadvertently omitted your name or listed you incorrectly, please contact our Development Office at 518.435-6135. Thank you.*



## Generosity

*The most natural outward expression of an inner attitude of compassion.*

### Gifts-in-Kind

Equinox is fortunate to receive in-kind donations from hundreds of individuals, families, organizations, and businesses throughout the year. We are deeply appreciative of the generosity and effort involved in collecting needed items and bringing them to Equinox. Personal care and hygiene products, new bedding, toys, household items, and clothing for our GreatFinds thrift boutique are some of the items that can make a huge difference in the lives of those who have very little. Although we are unable to list everyone who has made an in-kind donation due to the sheer volume, we extend our heartfelt gratitude for their support of Equinox and our community.

### Holiday Gift Drive Supporters

Thank you to all of the individuals, families, organizations and businesses who donated gifts to our Holiday Gift Drive in December. Because of this generosity, we were able to distribute toys, clothing and other gifts to many of our clients in our youth and domestic violence programs. Below are our key community partners in this effort:

- Alumni Chapter of Kappa Alpha Fraternity
- BlueShield of Northeastern NY
- Capital Hospitality
- CDM Smith
- Church of Immaculate Conception, Scotia
- Congregation Beth Emeth
- Crisafulli Bros. Plumbing & Heating
- Keller Williams – The D’Angelo Team
- McGeary’s
- Meyers & Meyers, LLC
- Office of Right of Way – NYS DOT
- SEI Design
- Siena College
- The Pink Store – Crossgates
- Verizon
- Victoria’s Secret – Colonie Center
- Victoria’s Secret – Crossgates



*Photos left to right: Sewn with Care. Farnsworth Middle School students sewed “care bags” in their Family & Consumer Sciences Class and filled the bags with hygiene items for homeless and runaway youth at Equinox. • Teens in our Youth Outreach Center are happy to show off their holiday gifts.*





## Commemoration and Celebration

### DV SHELTER 25TH ANNIVERSARY LUNCHEON

Equinox commemorated the Domestic Violence Shelter's 25 years of exceptional service to our community on May 6, with a luncheon and program at Wolfert's Roost Country Club. Tables were adorned with beautiful, donated floral arrangements featuring purple blooms – the color associated with DV advocacy. The 200 guests enjoyed remarks from dignitaries and special tributes to the Junior League of Albany and the Legal Project, which have played significant roles in the shelter's history and services. The event raised over \$30,000 for the shelter, with an additional \$10,000 gift from the Junior League to help renovate the Shelter's kitchenette available for 24/7 use by residents. New York State Lt. Governor Kathy Hochul spoke about her family's work on behalf of domestic violence survivors and her commitment to working with Equinox and other organizations as part of her continued advocacy.

*Photo Above (left to right): Junior League of Albany members proudly displaying their partnership award.—an inscribed white and purple birdhouse representing the Equinox DV Shelter • Congressman Paul Tonko, Lt. Gov. Kathy Hochul, and Equinox CEO Dorothy Cucinelli at the DV Luncheon • Equinox Board Chair Steve Baboulis, Legal Project Executive Director and Honoree Lisa Frisch, Equinox CEO Dorothy Cucinelli, and Mistress of Ceremonies WNYTNewsChannel13 Co-anchor Benita Zahn*

### THANKSGATHERING CELEBRATION – A NEW HOLIDAY TRADITION

More than 260 Equinox friends and supporters joined in the inaugural ThanksGathering Celebration on November 5. The Adirondack exhibit in the New York State Museum was the perfect backdrop for a fun and festive evening of delicious food, seasonal beverage tastings and live jazz. ThanksGathering, which replaced our spring gala, serves as an exciting kick-off to Equinox's Annual Thanksgiving Community Dinner.

The Golub Corporation was honored for its significant support of Equinox and our Thanksgiving Community Dinner. Price Chopper has annually donated more than 830 turkeys (12,000 pounds) for the 10,000 holiday dinners. A very special thank you to the evening's Honorary Co-Chairs Barry and Sara Lee Larner of Schuyler Companies; Presenting Sponsor Equinox Companies, J. Eric King, President; Media Sponsor Albany Broadcasting; and all the evening's generous sponsors. The successful event raised more than \$100,000 for Equinox programs and is sure to become a new Capital Region holiday tradition.

*Photos Below (left to right): Honorary Co-Chairs Barry & Sara Lee Larner with their son, Eric Larner, President and Partner of Schuyler Companies, a major corporate sponsor • Honorees Neil and Jane Golub admiring the inscribed turkey platter held by Mona Golub, which was presented to them for their significant support, through Price Chopper and Market 32, of the Equinox Thanksgiving Community Dinner—and for "serving" the community since 1932 • J. Eric King, President of Equinox Companies, with his wife, Kathy Thiel, remarking on Equinox Companies' commitment as Presenting Sponsor—bringing the two Equinoxes together.*



### THE 46TH ANNUAL THANKSGIVING COMMUNITY DINNER

Our deepest gratitude to our Capital Region community for making the 46th Annual Thanksgiving Community Dinner a continued success. Volunteers served a lovely sit-down dinner to 500 at First Presbyterian Church in Albany and delivered 9,500 holiday meals to our neighbors in need. A special thank you to the NYS Office of General Services, which for 20 years has partnered with Equinox – lending us chefs and the use of their kitchens in the Empire State Plaza. This amazing event would not happen without everyone coming together—including more than 3,500 volunteers to prepare, serve or deliver meals, and more than 200 local businesses, farms, schools, organizations, and lead community partners to donate food and other supplies, including:



- |                                     |                              |  |                                    |                                      |
|-------------------------------------|------------------------------|--|------------------------------------|--------------------------------------|
| Academy of the Holy Names           | Clark, Sally                 | Hamilton St Café                         | NiCastro, Andrea                   | Shenendehowa Central School District |
| Adams, Jeffrey DDS                  | Clearview Bag                | Hampton Inn                              | Niskayuna Coop                     | Sherman, Hope                        |
| Adirondack Beverages                | Cocca Dotts                  | Hartman, Lauren                          | Niskayuna High School              | ShopRite                             |
| Aetna Dental                        | Colonie High Key Club        | Hebrew Academy of Capital District       | Northeast Home Medical Equipment   | Sifka, Chris                         |
| Albany Country Club                 | Columbia High Key Club       | Hill & Markes                            | Occhiogrosso, Gina                 | Simple Solutions                     |
| Albany Hilton                       | Cookie Factory               | Hillside Organic Farm                    | O'Donnell, Patti                   | Smith, Christine                     |
| Albany Lutheran Cluster             | D Brickman Inc               | Home Depot                               | Olive Garden                       | Sommers, Mary                        |
| Albany Marriott                     | Davis, Michael               | Honest Weight Food Coop                  | OTDA State Office                  | St Matthews Church                   |
| Albany Medical Center Material Mngt | DeChants, Joe & Claire       | Indian Ladder Farms                      | Owens, Jean                        | St Peter's Episcopal Church          |
| Albany Pump Station                 | Deily & Glastetter           | Jack's Oyster House                      | Palmerino Family                   | St Pius X School                     |
| Albany Sathya Sai Center            | Denison Farm                 | Joey G's                                 | Panera's Latham                    | Staron Farms                         |
| Albany Theater Supply               | Desmond Hotel                | Kapp, Alex                               | Papa Johns                         | Stewart's Shops                      |
| Alexis Diner                        | Donald Sutherland Elementary | Kearney, Joanne                          | Park Pub                           | Stone, Judy                          |
| Algonquin Middle School             | Draper Development/Subway    | Kidz Korner Child Care & Learning Center | Peacock, Maxine                    | SUNY Albany Women's Committee        |
| Anonymous                           | Dunkin Donuts                | Konopka, Ella                            | Pepper Jacks                       | SUNY UCAWD                           |
| Arbor Hill Elementary               | EA Morse                     | Koreman, Lance                           | Perrotta's Bakery                  | Swartz Farm                          |
| Art In Motion                       | Elsmere Elementary           | Kratz, Joan                              | Phillips Hardware                  | Sysco                                |
| Au Bon Pain                         | Fabbi, Jamine                | LaFrank, Jim                             | Piche, Mary Ellen                  | Teresian House                       |
| B&G Restaurant Supply               | Ferradino, Nick              | Lancor, Wendy                            | Pie In The Sky                     | The Fresh Market                     |
| Barbeisch, Vicoria                  | Fiorello Bakery              | Lark St Florist                          | Pine Grove United Methodist        | Time Square                          |
| Barnsider Restaurant                | First NY FCU                 | Latham 76 diner                          | Prinzo's Bakery                    | Tissue Group                         |
| Batting, Norine                     | Fortitech                    | Latham Ridge Elementary                  | Purebred Athletics                 | United Group                         |
| Beauchamp, Megan                    | Forts Ferry Elementary       | Lekakis, Lynne                           | Quinn, Roseann                     | UPS Store                            |
| Belardo, Sherrie                    | Foy, Gwendolyn               | Lexington Vacuum of Albany               | R & E May School                   | Van Antwerp Middle School            |
| Bella Napoli Italian Bakery         | Frangella Associates         | Lindsey's Country Store                  | Radisson                           | Victory Drive Neighbors              |
| Bethlehem's Children's School       | Freedlander, Charles         | Loudonville Elementary                   | Rajotte Family                     | Villa Italia                         |
| Bill Doran Co                       | Freihofer Baking Co          | Maplewood School                         | Red Mill Elementary                | Virkler, Nancy                       |
| Blessed Sacrament School            | Furyck, Linda                | Martin, Janice                           | Reel Seafood                       | Vogel, Judy                          |
| Blue Creek Elementary School        | Gade Farms                   | Mazzone Hospitality                      | Rensselaer High School             | Vosko, Richard                       |
| Brown School                        | Galvin, Joyce & Jim          | McCarrolls Village Butcher               | Rensselaer Jr High 8th Grade Class | WB Mason                             |
| Bulich Creekside Farms              | Garelick Farms Dairy         | McDonalds at Empire State Plaza          | Reyome, Norman                     | West Hill Middle School              |
| Burns, Pat & William                | Gavrillik, Joan              | McLaren, Michael                         | Rivchin, Pam                       | Westgate Pizza                       |
| Business Council of NYS             | Giffen Elementary            | Milano Restaurant                        | Robinson ACE Hardware              | Westmere Elementary School           |
| Butch, Serena                       | Gingerman                    | Mohanasen Nat'l Honor Society            | Rossleville Presbyterian           | White Management (Creo etc)          |
| Cairo-Durham Middle School          | Goolds Orchard               | Mooney, Judi                             | Ruhl, Gretchen                     | Wijeyesinghe, Charmaine              |
| Camuglia, Luciano                   | Grace Fellowship Women       | Morgan Linen                             | Ryan's Produce                     | Wildwood Schools                     |
| Capital City Produce                | Grainger                     | Morgan Stanley                           | Sainato's Market                   | Witkowski, Christine                 |
| Carbonic Sales                      | Grandmas Pies                | Nagengast Florist                        | Samuel, Gale                       | Wolffs Biergarten                    |
| Carosello Bakery                    | Green Grocers                | Nagler, Sylvain                          | School 18 Troy                     | Wooster Pace, Susan                  |
| Carroll Hill Elementary             | Green, Vivette               | National Grid                            | Schuyler Bakery Inc                | Wyman, Jay & David                   |
| Cavoli's Grinding Inc               | Greenberg, Marcia            | Neil Hellman School                      | Shaker High Key Club               |                                      |
| Center for Disability Services      | Greenbush Tape & Label       | New World Bistro & Bar                   | Shaker Jr High Builders Club       |                                      |
| Chris's Coffee                      | Gundrum, Louise              | nInfrastructure                          | Shaker Rd Elementary               |                                      |
| Christ the King School              |                              |  | Shaker Shed Farm Market            |                                      |

*Photos above (left to right): • Taking a quick break from cooking nearly 850 turkeys donated by Price Chopper. Long-time volunteer chefs Paul Strasser, Tom Tibbitts (Head Chef), and Alli Tibbitts • In addition to meal prep and delivery from the Empire State Plaza, Equinox partners with the First Presbyterian Church in Albany for a sit-down dinner for 500 people. The church is decorated beautifully and ready to open its door to Thanksgiving guests. • Die-hard volunteers on Thanksgiving Day getting food ready for meal assembly lines.*



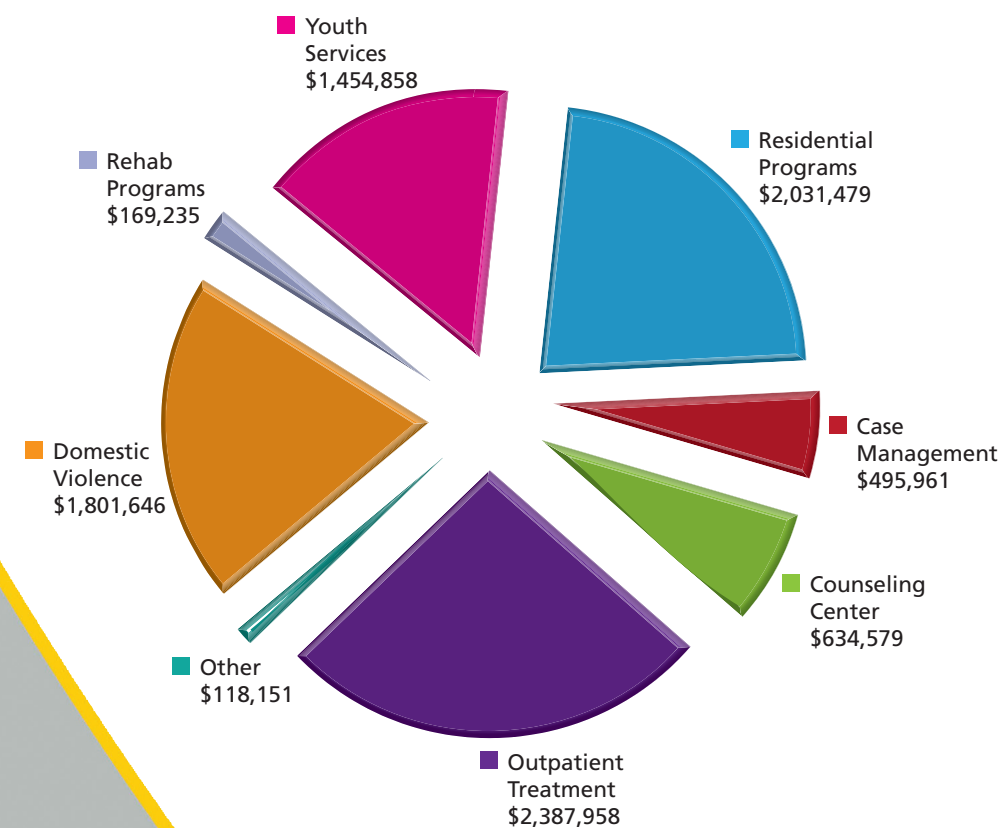
# Financial Summary

FOR THE YEAR ENDED DECEMBER 31, 2015

## BALANCE SHEET

Current Assets	\$	2,406,077
Property and Equip		4,980,765
Other Assets		825,062
<b>Total Assets</b>	<b>\$</b>	<b>8,211,904</b>
Current Liabilities		1,950,262
Other Liabilities		4,714,786
Net Assets		3,497,118
<b>Total Liabilities and Net Assets</b>	<b>\$</b>	<b>8,211,904</b>

## 2015 PROGRAM EXPENSE – TOTAL \$9,093,867



# Leadership

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