



Family Services

communities without limits

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NEWS & UPDATES

May/June 2023

A Note from Our CEO

How Do We Define Success?

by Leah Feldman



It is a common question we are asked by funders, donors, supporters – how do you define success?

In human services, measuring success is not always easy. How can we measure a shooting that never happened because of our SNUG team conducting a mediation at a critical time? How do we measure a sexual assault that didn't occur because of an act of bystander intervention learned through one of our Mentors in Violence Prevention courses?

Of course, we do measure outcomes and compile large amounts of data, which is a great feat executed by some amazingly talented staff. This helps us to monitor the quality of our services including the success rate of different interventions as well as the costs associated with services delivered. The goal is that based upon trends discovered, we can predict how well our services will be received in the future and determine if the methods of service delivery offer the most desirable outcomes.

I have learned however, that this data doesn't always paint the whole

picture of success when working with humans. Success can mean different things to different people. There are variations of success, and we must ask, can we be the judge of someone else's journey?

Sometimes success is getting out of bed in the morning and making it to your appointment at our Behavioral Health Center. Sometimes success is just beginning to contemplate the option of leaving your abusive partner. We recognize and see each step, whether small or large, as a success.

While our human impact is always at the forefront, we are proud of the significant economic contributions we make to our community. According to the Social Return on Investment & Economic Impact Study by the Benjamin Center at SUNY New Paltz, every \$1 spent on services provided by organizations at the Family Partnership Center, yields a \$72 return on investment. The Family Partnership Center contributes over \$6.7M in overall economic activity in Dutchess County annually.

Being an impactful organization takes a lot of work from many dedicated staff who choose compassion and humanity every day. We work daily to earn your support and trust and are proud to have grown our impact to nearly 17,000 children, adults, and families each year in the Hudson Valley.

A quote from a recent client satisfaction survey stood out to me: "I feel valued, validated, and cared about." When people ask what success looks like, for me, that is it.

I hope you are inspired to join us. If you want to make a difference in your community, there is no better family to join. We cannot do this work alone. Check out the many opportunities to get involved - volunteer, work, give, and more!

*Together
Leah*



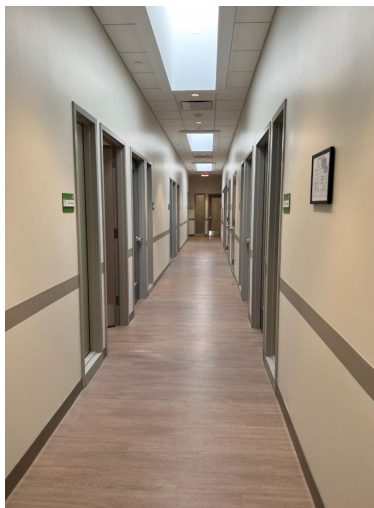
Our Brand New and State-of-the-Art Poughkeepsie Behavioral Health Center is OPEN!

We are excited to announce the opening of our new Poughkeepsie Behavioral Health Center, at 20 Manchester Rd. In this bright and welcoming center, we are collaborating with multiple community agencies to create a space where you can easily access behavioral and physical healthcare.

Family Services will continue to provide behavioral healthcare, offering individual therapy, group counseling, and medication management services. We are collaborating with Sun River Health to provide primary care services and Genoa Pharmacy to fulfill your prescription needs on-site in the upcoming months. We also welcome Lexington Center for Recovery and Mental Health America of Dutchess County for easy, one-stop access to substance use, case management, and peer services. Here at the Poughkeepsie Behavioral Health Center, supporting your mental and physical health journey is our goal!



**Beautiful & Comfortable
Waiting Room**



Sunny & Bright Halls



**Warm & Welcoming
Offices**

Mother's Day & Father's Day: Taking Care of You!

by: Joseph Parise

Happy Mother's Day and Father's Day to all the amazing parents out there! The idea for a day to celebrate mothers can be traced back to

ancient civilizations, while the first official Father's Day was celebrated in the US in 1910. Both holidays aim to recognize the contributions and sacrifices made by parents in raising their children and maintaining their families. As parents, we often prioritize the needs of our children over our own. However, it's important to remember that taking care of ourselves is essential to being the best parents we can be.



Here are some self-care tips for parents:

1. **Take breaks:** It's okay to take a break from parenting. Schedule some time for yourself every day, even if it's just 15 minutes to read a book or take a relaxing bath.
2. **Get enough sleep:** Sleep deprivation can make everything more difficult, including parenting. Try to prioritize getting enough sleep by setting a bedtime routine and sticking to it.
3. **Connect with other parents:** Join a parenting group or find other parents who are going through similar experiences. Having a support system can make all the difference

In addition to self-care, it's important to have effective parenting strategies. Here are some quick tips to get started:

1. **Set boundaries:** It's important to set boundaries with your children to help them understand what is and isn't acceptable behavior. This can help add structure, create nurturing routines, encourage positive behavior, and prevent tantrums or meltdowns. Boundaries “set the stage” for success.
2. **Practice positive reinforcement:** Instead of only pointing out your child's mistakes, focus on the positive. Praising your child's good behavior can help reinforce it. Remember to praise the process, not the outcome. Praising the effort and ethic behind a behavior is key, as it reinforces the process that lead to a positive outcome, rather than simply focusing on the outcome itself.
3. **Listen to your child:** Listening to your child can help build trust and strengthen your relationship. It can also help you better understand their needs and concerns. Active listening is essential for understanding emotions, and helping children express emotions in healthy, safe ways.

Finally, it's important to support parents in our communities. Here are some ways to do so:

1. **Offer to help:** If you know a parent who could use some assistance, offer to help. This could mean babysitting or helping with household chores.
2. **Share resources:** Share parenting resources with other parents in

your community. This could include books, articles, or even local parenting groups.

3. **Offer a listening ear:** Sometimes, all a parent needs is someone to listen to them. Offer to be a sounding board for other parents and provide emotional support when needed.

Remember, taking care of ourselves is essential to being the best parents we can be. Let's support each other as we navigate the ups and downs of parenthood. Happy Mother's Day and Father's Day!

Celebrating National Nurses Month!

Have you thanked a nurse today?

May is an important month which focuses on ending the stigma of living with mental health issues and recognizes the lifesaving profession of nursing. Together, with the combined focus of overall health, our staff at Family Services enrich and save lives every day in countless ways. Below is information from the National Nurses Association on this year's National Nursing Month celebration theme.



“We are all indebted to nurses for their unwavering commitment to patients, their communities, and our health care system. The Nurses Month theme, “You Make A Difference,” was selected to encourage nurses, other health care professionals, employers, community leaders and the public to recognize and promote the vast contributions and positive impact of America’s nurses.”

Family Services is proud to have our very own Kristie Tierney as one of Hudson Valley Magazine's 2023 Excellence in Nursing Nominees!

Important Upcoming Holiday Closings!



Family Services & The Family Partnership Center will be closed on Monday, May 29th in observance of the Memorial Day Holiday.



Family Services & The Family Partnership Center will be closed on Monday, June 19th in observance of the Juneteenth Holiday.

Tickets and Sponsorships for our **2023 Family of the Year Gala** are officially **on sale!** Click the photo below to purchase!



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By joining our Family Tree, you are supporting our vision of stronger, safer communities where everyone has access to critical resources when they need it most.

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