

news

SUMMER/FALL 2017



Equinox Collaborates to Improve Access to Care, Reduce Avoidable Hospitalizations

As the national debate over health care reform rages on, Equinox is helping to improve access to high-quality, cost-effective care for low-income adults with chronic illnesses through its partnership in a Health Home.

Called Capital Region Health Connections, the Health Home is a network of 10 health and community agencies – each with its own area of expertise – that are working together to help more than 2,200 people get the care they need. Health Homes are part of an extensive plan in New York to restructure the health care delivery system with a primary goal of reducing avoidable hospitalizations by 25%.

Health Home clients are Medicaid-eligible adults who have two chronic health conditions, such as diabetes, obesity, hypertension or substance abuse, or one serious mental illness or HIV/AIDS. They are frequently high utilizers of costly emergency room services, using them for their primary care, and often

because a preventable medical or mental health problem has gone untreated. Health Home clients, who are often referred from a hospital, are matched with a Care Coordinator who coordinates services including medical care and social or housing needs, and creates a care plan. These plans are revised every six months, and a comprehensive assessment is conducted every year. Mel Fish, pictured above with Care Coordinator Lashay Newell, has been working with the Equinox Health Home for four years. “I found that it has been very helpful with finding my way to senior housing that meets my needs. I have accomplished getting a copy of my birth certificate and social security card with the help of Lashay.”

“We have good relationships with Medicaid providers throughout the community. We can make seamless referrals, and are able to match clients with practices that will best suit them,” said Bridget McCarthy, Health Homes Manager. “Care Coordinators will often

accompany a client to their first appointment at a new practice. Many clients experience significant anxiety. By having their Care Coordinator with them, they are much more likely to make it to the appointment and begin to establish a relationship with that primary care provider and practice. This is an essential step in helping clients get the services they need to live healthier and safer lives, and to reducing their use of the ER as primary care.”

Clients with mental health and substance abuse disorders can be treated at Equinox. “Whenever possible, we try to keep services in-house to make it easier on the client,” noted Ms. McCarthy.

Equinox is joining HIXNY (Health Information Exchange NY), which is a secure, digital exchange of patient data that is fostering significant collaboration among the region’s entire health care community.

That means that Equinox will get alerts when clients access other services, for example. And, if an ER doctor or hospital navigator sees that a patient is part of Equinox’s Health Home, Equinox would receive an alert to follow-up with the patient.

“We will be able to communicate with hospitals and other providers directly through HIXNY,” said Ms. McCarthy. This will help ensure the efficient and timely delivery of services, and strengthen collaboration on behalf of the clients. ●

INSIDE THIS ISSUE

Message from the CEO	2
Foundations Invest in Equinox	2
Equinox On the Move	3-4
Equinox Thanks it’s Community Partners	5
ThanksGathering Celebration!	6





CEO's Message

equinox
news

As you may have heard, Equinox has moved from 95 Central Avenue. After careful consideration of our clients' needs and the agency's long-term financial health, the Board of Directors and leadership decided to sell the aging building. Most services offered at 95 Central have moved to our new Albany location at 102 Hackett Boulevard, which offers efficient space and better parking. The Youth Outreach Center will remain at 95 Central. (Please see the facing pages for more information.)

Another significant change has been the recent closing of the Equinox House for Youth (EHY). Fewer and fewer homeless youth have been choosing to enter short-term emergency shelter, preferring to move from one friend's home to the next. After several years of sharply declining use, the program was unsustainable due to requirements such as 24/7 staffing regardless of the number of clients. There is, however, almost always a full house at our Transitional Living Program that offers longer term supervised living and support services to help homeless youth (ages 16 to 21) achieve self-sufficiency and permanent housing. Equinox also continues to serve hundreds of youth every year through the Youth Outreach Center and its street outreach program. These changes, along with Equinox's progress toward managed care reflect our commitment to ensuring that the agency's resources are being best used to support the programs and client needs.

The momentum continues as we gear up for another busy fall. October brings Domestic Violence Awareness Month. Every year Equinox provides support, safety and services to more than 2,000 individuals affected by domestic violence. Visit our website and Facebook page for information.

Of course, activities are well underway for all things Thanksgiving! Please mark your calendar for October 12, and plan to join us at the ThanksGathering Celebration, our signature fundraising event. Held at the new Albany Capital Center with a view overlooking the Empire State Plaza, it will be a festive evening featuring great music, cocktail-style feasting and much fun! The event also kicks off the countdown to the 48th Annual Thanksgiving Community Dinner!

With warm regards,

Dorothy S. Cucinelli
Dorothy S. Cucinelli, PhD

BOARD OF DIRECTORS

Steve Baboulis, *Chair*
Terri B. Crowley, *Vice Chair*
Linda MacFarlane, *Treasurer*
Rose J. Jackson, *Secretary*

Carm Basile
Lorraine D'Aleo
Dennis First
M. Sherry Gold
Gary C. Holle
Mark R. Holtzman
Dennis McDonald

David Meyers
Jill Parsons
Marilyn Pendergast
Elliott Rosen
Lauri Rosmarin-Plattner
Elmer E. Streeter

Scott Fein, *Counsel to the Board*
Dorothy S. Cucinelli, PhD, *CEO*

ADVISORY COUNCIL

Marvin Freedman
George R. Hearst, III
Norman I. Massry
John J. Nigro
Kevin O'Connor
Jeffrey Stone

FOUNDATIONS INVEST IN EQUINOX January – June 2017

Equinox is deeply grateful to the foundations listed below. Their generous support of our programs makes a significant difference in the lives of those we serve.

First Niagara Foundation Legacy Mentoring Initiative • \$15,000

First Niagara's multi-year support of the Journey and New Pathways Mentoring Programs for youth ages 13-24 is greatly appreciated and has been critical to the continuation of these meaningful programs.

Ronald McDonald House Charities • \$13,000

With the support of RMHC, Equinox is able to purchase security cameras and furniture to improve the safety and comfort of residents and staff at the Transitional Living Program, which provides supervised housing and support services for homeless youth ages 16-21.

Sidney & Beatrice Albert Foundation • \$10,000

This grant will help Equinox purchase a minivan to transport residents of Holt House and the Recovery Residence to appointments, community events and other activities. Previous grants from the Albert Foundation have also supported the Adult Residential Mental Health programs.

Hubbard Foundation • \$5,000

Equinox is grateful for the ongoing general operating support from the Hubbard Foundation, which allows us to use the gift wherever funding is most needed.

Cohoes Savings Foundation • \$5,000

Cohoes Savings Foundation provided support for the Outpatient Mental Health Clinic, to help bridge the gap between the cost of providing high-quality mental health care and insurance reimbursement.

Wright Family Foundation • \$5,000

This gift from the Wright Family Foundation was given to purchase needed baby items and new furniture for the Domestic Violence Shelter.

Regeneron Pharmaceuticals • \$3,000

The Regeneron grant will be used to help bridge the gap between the cost of providing high-quality mental health care and insurance reimbursement in the Outpatient Mental Health Clinic.

Stewart's Shops Holiday Match Fund • \$3,000

This annual fund supports youth programs throughout the Capital Region, and once again includes Equinox Youth Services.

Equinox on the M

Equinox provides compassionate services and positive
at 12 locations in Albany County, including resident
locations of our many non-re



500 CENTRAL AVE
518.435.9931

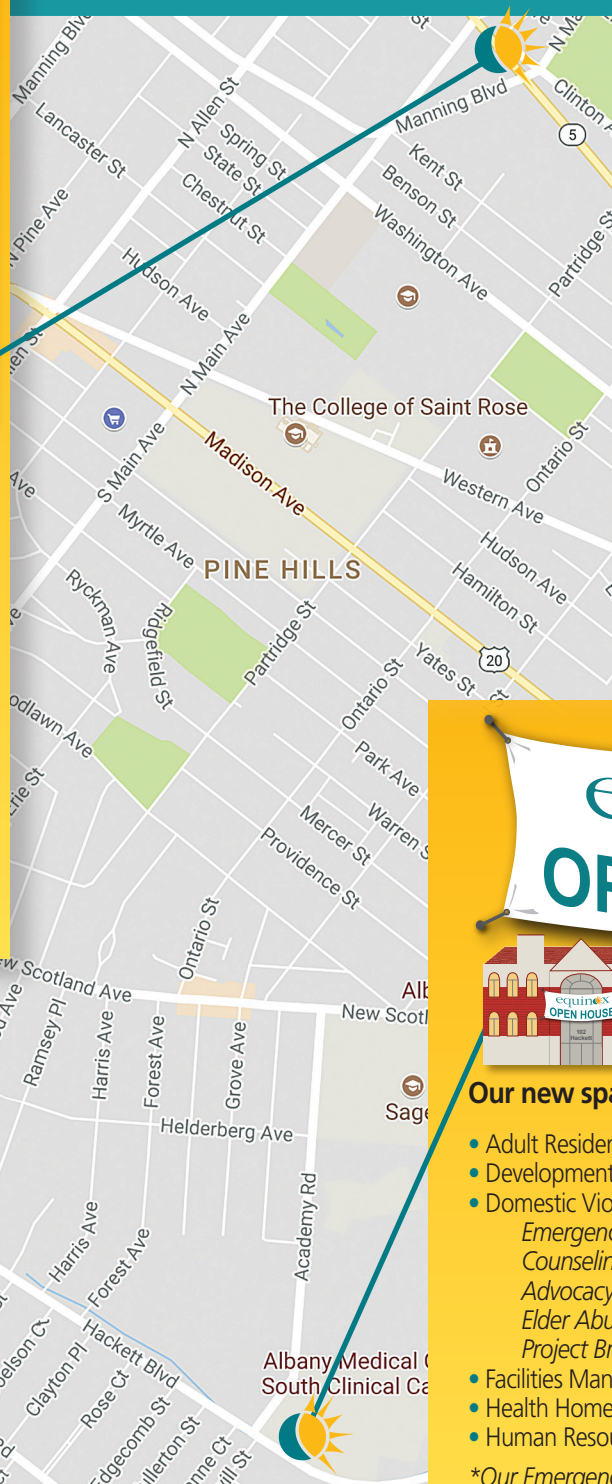


Co-locating the substance abuse Counseling Center (formerly at 95 Central Ave.) at the same location as Mental Health Services is a recommended "best practice." This change has shown real benefits for the many clients who suffer from both disorders.

- Administration
- Mental Health Services
 - Outpatient Mental Health Clinic*
 - PROS (Personalized Recovery Oriented Services)*
 - Family Resources*
- Substance Abuse Services Counseling Center

Mental Health Community Residences & Apartments are located throughout Albany County.

If you would like to tour
our new space at
102 Hackett Blvd.,
please stop by our Open
House on September 15,
8:30 a.m. - 10 a.m., or
call the Development
Office at 434-6135, ext.
5366, to arrange a visit. ●



Our new space

- Adult Residences
- Development
- Domestic Violence
 - Emergency*
 - Counseling*
 - Advocacy*
 - Elder Abuse*
 - Project Bridge*
- Facilities Management
- Health Home
- Human Resources

*Our Emergency services are undisclosed locations

ove!

opportunities to 5,500 people every year
 tial facilities. This map is a guide to the
 idential services.



95 CENTRAL AVE
518.407.0376
Youth Outreach Center

The Youth Outreach Center is a popular safe haven for the hundreds of youth who take advantage of its many programs and services. Thanks to a rental agreement with the building's new owners, Equinox can continue to serve the community's youth in this familiar and convenient location.

Our Transitional Living Program for homeless youth remains at 35 S. Ferry and 59 Dongan in downtown Albany.



102 HACKETT BLVD
518.434.6135

place is home to the following services:

- Transitional Services Management
- Outreach & Community Relations
- Domestic Violence Outreach Services*
- Emergency Shelter Placement & Crisis Intervention
- Counseling & Support Groups
- Transitional Living Program
- Project Break-Free
- Case Management
- Care Management
- Resources
- Emergency Domestic Violence Shelter remains in an alternate location.



188 WASHINGTON AVE
518.407.0394

Domestic Violence Services Satellite Office

This downtown office provides the same Domestic Violence Services as the main location (at 102 Hackett), but is more convenient to those traveling by public transportation.

- Emergency Shelter Placement & Crisis Intervention
- Counseling & Support Groups
- Advocacy
- Elder Abuse Program
- Project Break-Free

Equinox Thanks Its Community Partners



"Community" is Their Middle Name!

Albany Jewish Community Center Executive Director Adam Chaskin, pictured, delivered 20 huge boxes of personal care items and goodnight bags for Equinox youth programs collected by the JCC in the spring. The successful drive was a community service project of the organizers of the JCC Maccabi Games, an international youth athletic event that brought 1,000 student athletes, coaches and families to the Capital Region during August. Thank you JCC! Also pictured is Equinox Development & Community Relations Director Christina Rajotte.



Equinox Scores During March Madness

University at Albany Residential Life Office turned March Madness excitement into a wonderful fundraiser for Equinox. Students worked together collecting donations, making welcome bags, beading bracelets, and writing letters. Their efforts benefited children at the Domestic Violence Shelter, and teens at the Youth Outreach Center and in the Transitional Living Program.



Team MVP Helps Equinox Bloom

Many thanks to members of Team MVP who spent a sunny spring day giving back to the community by working on landscaping – weeding and planting flowers – at Equinox's Cohoes Residence. Located on a quiet street in Cohoes, this residence provides a supportive environment for 14 adults with mental illness. MVP is also a sponsor of the ThanksGathering Celebration and provides tote bags for our Annual Thanksgiving Community Dinner. Thanks MVP for your great community partnership!



Back to School with CAP COM

CAP COM Federal Credit Union has again generously donated backpacks full of school supplies for Equinox youth. This annual gift helps ensure that youth from the Youth Outreach Center (YOC) and the Transitional Living Program will head back to school with the necessary tools. Colleen Chera, YOC Manager (far right) is joined by CAP COM reps and Equinox's new Annual Giving & Events Coordinator, Pearl Higgins (far left).



Erie Materials Builds Hope

Equinox is grateful to be the Capital Region beneficiary of Erie Materials' generous support of Domestic Violence Programs in the communities they serve. During their March campaign, \$1 was donated for every square of CertainTeed, Mastic and IKO roofing and siding purchased. Erie raised \$3,268 for Equinox. This is the third year that Erie has supported the Equinox DV program! In all this year, Erie donated more than \$16,000 to DV programs in New York and Pennsylvania. Pictured: Equinox Domestic Violence Services Director Kathy Magee receives a check from Erie Materials Manager Mike Dominikoski accompanied by employees and vendors at their Albany location. Erie Materials will also team up with Equinox for the Annual Thanksgiving Community Dinner!



500 Central Avenue
Albany, NY 12206
518.435.9931

Non-Profit Org.
US Postage
PAID
Albany, NY
Permit No. 1026



It's Our 48th Year!

To volunteer or to request
a meal, call our T-Day Hotline
at 518.434.0131,
beginning October 18.



Donate online
www.equinoxinc.org



FOLLOW US ON FACEBOOK
at facebook.com/EquinoxAlbany



Join Us For A Festive Evening!

Presented by



J. Eric King, President

**Thursday, October 12, 2017
5:30 p.m. – 8:30 p.m.
Albany Capital Center
55 Eagle Street, Downtown Albany**

The ThanksGathering Celebration will feature:

Live music by Grand Central Station's Jazz Trio • Hors d'oeuvres • Chef Stations &
Dessert Station with a Harvest Flair by Mazzone Hospitality • Seasonal
Beverage Tastings by Brown's Brewing Company and Albany Distilling Co. • Cash
Bar • Gift Card Pull • Celebration Raffle with Great Prizes!

*\$95 per reservation/\$175 per couple
(\$75 per junior reservation/\$140 junior couple, age 35 or younger)*

For more information or to make a reservation, contact us at 518.434.6135,
ext. 5302, or visit www.equinoxinc.org or Facebook/EquinoxAlbany.



Hope to see you there – as we begin the countdown to the 48th Annual Thanksgiving Community Dinner!