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.

Equinox Collaborates to Improve Access to Care, Reduce Avoidable Hospitalizations

INSIDE THIS ISSUE
Message from the CEO 2
Foundations Invest in Equinox 2
Equinox On the Move 3-4
Equinox Thanks its Community Partners 5
ThanksGathering Celebration! 6

www.equinoxinc.org
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 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, PhD

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**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.
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.

Equinox on the Move!

Equinox provides compassionate services and positive opportunities to 5,500 people every year at 12 locations in Albany County, including residential and non-residential services. This map is a guide to the locations of our many non-residential services.

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.

Our new space is home to the following services:

- Adult Residential Services Management
- Development & Community Relations
- Domestic Violence Outreach Services*
- Emergency Shelter Placement & Crisis Intervention Counseling & Support Groups
- Advocacy
- Elder Abuse Program
- Project Break-Free
- Facilities Management
- Health Home Care Management
- Human Resources

* Our Emergency Domestic Violence Shelter remains in an undisclosed location.
Equinox on the Move!

102 HACKETT BLVD
518.434.6135

Our new space is home to the following services:

• Adult Residential Services Management
• Development & Community Relations
• Domestic Violence Outreach Services*
• Emergency Shelter Placement & Crisis Intervention
• Counseling & Support Groups
• Advocacy
• Elder Abuse Program
• Project Break-Free
• Facilities Management
• Health Home Care Management
• Human Resources

* Our Emergency Domestic Violence Shelter remains in an undisclosed 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

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.
“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.

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!
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

Don't be a Turkey
Give on Thanksgiving

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!