

AN EVENING OF

# Conversation + *Music*

## MODERN WARRIOR LIVE



a veteran's journey  
of recovery shared  
through story  
and music

THE MENTAL HEALTH ASSOCIATION OF WESTCHESTER

AN EVENING OF

# Conversation+*Music*

WITH

## MODERN WARRIOR



# Welcome

Wednesday, October 24, 2018



CHAPPAQUA PERFORMING ARTS CENTER  
480 Bedford Road, Chappaqua, NY 10514



# A Letter from

THE CEO AND BOARD PRESIDENT

## Welcome to an Evening of Conversation and Music with Modern Warrior LIVE!

On behalf of everyone at The Mental Health Association of Westchester, thank you for joining us for an event unlike any other we have hosted before! We are thrilled to partner with Modern Warrior LIVE to share a compelling story of strength and resilience.

Weaving together story and sound, Modern Warrior LIVE takes us on a powerful journey. Created by veteran Jaymes Poling and renowned musician Dominick Farinacci, the performance builds bridges between veteran and civilian communities by highlighting stories of post-traumatic growth and focusing on the shared human experience. Modern Warrior LIVE's ensemble performance helps erase stigma and stereotypes while shining a spotlight on mental health issues and pathways to recovery.

As you will see and hear this evening, the challenges our service members encounter do not end with active duty. So often, they face additional hardships upon their return to civilian life. As a community, we must reach out to our veterans—not only to thank them for their service, but to promise to do more. Listen more, understand more, support more.

In preparing for this event, we knew we wanted to honor a member of our community who has done just that, and we knew it had to be Lieutenant Colonel Joseph Geraci, PhD, LMHC. Combining his own military background with his work as a scholar and a mental health care provider, Lt. Col. Geraci supports veterans and their families through his work at the VA and ProVetus, a peer mentoring organization. He is also the co-founder of the Resilience Center for Veterans and Families at Columbia University's Teachers College. Tonight, we are so pleased to celebrate his achievements, vision and leadership by presenting him with our first-ever Community Hero Award.

This evening also marks our agency's own pledge to do more for our veterans. Founded in 1946 to help members of the Armed Forces returning from World War II, MHA has a rich history of advocacy, education and direct care. As we embark on developing specialized support for the extended military community, we come full circle.

Your support tonight helps us prepare to serve those who have served our country.

Thank you for joining us on this important occasion as we explore a universal story of adversity, resilience and hope.



**Charlotte Östman, LCSW-R**  
CEO

  
Meryl A. Allison  
Board President

KIRSTEN E. GILLIBRAND  
NEW YORK

UNITED STATES SENATOR

October 24, 2018

Dear Friends,

It is a privilege to send greetings to all attending tonight's Evening of Conversation and Music hosted by the Mental Health Association of Westchester. Congratulations to tonight's honoree, Lt. Col Joseph Geraci, PhD, LMHC, for his unparalleled leadership, dedication, and service.

Tonight, we gather to engage in meaningful discussion about the universal topic of mental health and healing. I laud the Mental Health Association of Westchester's staff, board members, and volunteers for their strong commitment and dedication to serving the needs of veterans, adults and children with mental health difficulties. By offering preventative programs, rehabilitation services and empowerment for families, you help those affected by mental health illnesses to live productive and meaningful lives. It is my hope that your efforts inspire others to take part in actions large and small, public and private, to improve the quality of life for those affected by mental illness in their communities.

Please accept my best wishes for a wonderful event and many more years of continued success.

Sincerely,



Kirsten Gillibrand  
United States Senator

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# Tonight's Program

## National Anthem

Amy Chicavich, *Technical Sergeant*  
*Air National Guard Band of the Northeast*

## Welcome

Charlotte Östman, CEO  
*The Mental Health Association of Westchester*

## Community Hero Award

Joseph Geraci, PhD, LMHC Lieutenant Colonel, US Army  
*(Retired, Infantry)*

Presented by Peter Gaudet, *Co-Founder of ProVetus*  
*In recognition of an individual who displays unmatched passion, advocacy and dedication for improving the lives of those in their community.*

## Modern Warrior LIVE

Introduction by Dr. Barbara Bernstein, CPO  
*The Mental Health Association of Westchester*

Talkback Session and Q&A to Follow Performance

## Coffee and Dessert

Silent Auction Closes

Raffle Winners Announced

# Modern Warrior Live

ABOUT THE CREATORS



**Jaymes Poling** grew up in Warren, Ohio and enlisted in the US Army at the age of 17. He was assigned to the 82nd Airborne Division in Fort Bragg, North Carolina as an infantryman. During his eight years with the division, he spent 3 years serving in Afghanistan as a Machine Gunner and Squad Leader.

Upon returning to Ohio at the age of 26, Jaymes struggled with the narrative surrounding Combat Veterans. While dealing with his own memories of war, loss of friends, and sense of solitude, Jaymes began to find the potential for growth that comes with adversity. Through education, writing, and public speaking, Jaymes came to recognize the universality of his journey.

Jaymes graduated with a finance degree from John Carroll University in 2018, and now speaks across the country while partnering with veteran organizations to start conversations and connect our communities.



**Dominick Farinacci**, Trumpeter, graduated from The Juilliard School in 2005. During his career, he has performed in more than 120 cities in 14 countries. Music icon Quincy Jones says of Dominick's accomplishments in performance, recording, education & advocacy, "This kid is 360 degrees!"

In 2014, he was appointed to a 3-year residency as inaugural Global Ambassador to Jazz at Lincoln Center.

Dominick has been successful bringing music into the community and believes music and health are synonymous. Recently, he organized discussions through music for patient-doctor communication with Weill Cornell Medical College in Qatar.

Dominick has been a leading advocate in music education, most recently at the Community College Association of America in D.C. He served as Music Consultant to the Amy Winehouse Foundation, and is Artist in Residence at the Gill and Tommy LiPuma Center for Creative Arts at Cuyahoga Community College in Cleveland, Ohio. His recent recording "Short Stories" was produced by four-time Grammy Award winning producer Tommy LiPuma.

# Tonight's Program

COMMUNITY HERO AWARD



**Joseph Geraci** is a NYS Licensed Mental Health Counselor, a graduate of the Clinical Psychology doctoral program at Teachers College (Columbia University), was a Lieutenant Colonel (Retired, Infantry) in the US Active Army, and is the co-founder of the Resilience Center for Veterans & Families at Teachers College. Currently, he focuses on education and clinical practice initiatives to assist veterans within the VA's MIRECC center of excellence housed at the James J. Peters Veterans Affairs Medical Center in the Bronx.

Lt. Col. Geraci graduated as an Infantry officer from West Point in 1998. He deployed with the 2nd Ranger Battalion to Afghanistan in 2002, performed as a battle captain and assistant chief of operations for the Southern European Task Force during JTF Liberia in 2003, deployed to Afghanistan (from 2005-2006) as an Infantry company commander with the 173rd Airborne Brigade, and returned from Afghanistan (in 2013) after serving as the Brigade Operations Officer for 2nd Brigade Combat Team, 10th Mountain. During his service, he helped the Afghan government by mentoring officials, training police/military members, and building infrastructure, such as schools. He retired in June 2018 after 20 years of service.

Lt. Col. Geraci has also served as an assistant professor at West Point, where he taught the next generation of Army leaders in psychology, leadership and military operations, drawing upon his experiences both in combat and receiving VA psychotherapy.

At Teachers College, Lt. Col. Geraci has been the principle investigator for four studies. His research studies the efficacy of interventions he developed—especially peer mentorship models—to mitigate PTSD, crime, and suicidal behaviors in veterans and improve transitions to civilian life.

Being a combat leader, scholar and a mental health provider have provided him with a unique viewpoint that helps him support service members and their families.

His military awards include the Bronze Star, Air Medal, Joint Service Commendation Medal, two Joint Meritorious Unit Awards, Senior Parachutist, Expert Infantryman's Badge, Combat Infantryman's Badge and Ranger tab.

Lt. Col. Geraci has been married to his wife Caroline for over 20 years and they have three sons, Michael, Alex and JT.

# MHA in our Community

CARE HAPPENS HERE

## At The Mental Health Association of Westchester, we believe in recovery because we see it every day.

Founded in 1946, MHA is the premier advocate for behavioral health throughout the greater Hudson Valley region. We promote mental health through advocacy, community education and direct services. Our person-centered and recovery-oriented programs and services reflect our deeply held values, including our clients' rights to self-determination, choice and shared decision-making.

Each year, we provide behavioral health services to more than 13,500 children, teenagers and adults through our eight licensed clinics, as well as community-based programs and services. From traditional therapy and innovative practices for treating early psychosis, to planned respite and family support services, MHA creates individualized care to meet the needs of each of its clients. To help individuals with behavioral health conditions lead independent lives, we offer a variety of residential and employment services.

With walk-in clinics, bilingual and mobile behavioral health services, peer support services, telehealth appointments and home-based therapy options, we are able to provide care when—and where—our clients can benefit most.

We pride ourselves on being forward-thinking leaders and are actively involved in developing new models of care and establishing key alliances with other innovators in the field of behavioral health. We are a founding member of Coordinated Behavioral Health Services Inc. (CBHS), a partnership of not-for-profit agencies formed in order to address the rapidly changing approach to health care in New York State and to develop the critical business relationships necessary for substantiality. Together, we are able to deliver a better client experience, ensure better population health and promote more efficient use of resources.

Each year, we are a go-to resource for crisis intervention, mental health advocacy and community education. Our passionate and dedicated staff present on a variety of topics, including trauma-informed care, understanding psychosis, person-centered practice, the impact of substance use disorders and student mental health. We are also actively involved in professional education opportunities on topics such as behavioral health and suicide prevention and intervention.

*Thank you for supporting us as we support our community!*

## Treatment & Support

We offer an array of specialized services to help individuals achieve their unique recovery goals.

### + ACHIEVE

A care management program for children ages 12 to 21, ACHIEVE offers an evidence-based model of care coordination in order to help families keep their child at home and out of residential care. Specially trained Care Managers collaborate with parents and community service providers through a strength-based model that identifies a care team for each family and advocates for needed and appropriate services to promote care of children within their homes and communities, reducing emergency room visits and inpatient hospitalizations.

### + ASSERTIVE COMMUNITY TREATMENT

Assertive Community Treatment provides treatment and care management services for adults, 18 years of age and older, who are more likely to flourish and progress toward personal goals by working with intensive outreach and mobile supports in their own environment than through traditional clinic-based services. Our multi-disciplinary team addresses substance abuse, employment, wellness, family support and psychiatric and nursing needs.

### + CARE MANAGEMENT/HEALTH HOMES

Our Care Management services, uniquely tailored to meet the comprehensive needs of each individual, help people become—and remain—healthy while avoiding hospitalization. Care Managers help individuals obtain the services they need, which may include seeing medical specialists, successfully transitioning from an inpatient hospital admission to another setting, and obtaining social supports such as housing.

### + CLINICAL SERVICES

We offer individual, group and family services for individuals of all ages—and for a full range of behavioral health conditions. Our licensed behavioral health professionals provide person-centered, trauma-informed and recovery-oriented services. Treatment decisions, which are made collaboratively between an individual and their therapist, may be enhanced through additional work with trained peer specialists.

We also offer Telehealth, which enables clients to meet with our psychiatrists via two-way, real-time interactive audio and video equipment. Our Telehealth stations are located in our White Plains, Yonkers and Mount Kisco clinics and offer improved access to care for clients who are in crisis situations and those who engage in our clinical walk-in services.

### + CHILDREN'S HOME AND COMMUNITY-BASED WAIVER

Children's Home and Community Based Waiver is a care management program that offers an array of services including care coordination, respite, skill building, intensive in home, crisis response, family support, peer support, prevocational services, and supportive employment. Waiver Services are individualized, community-based care to children and their families with a goal to improve the family's ability to keep the child at home and out of residential care.

### + CRISIS STABILIZATION

Our Crisis Stabilization program provides an innovative team approach to stabilizing children at risk for behavioral health crises through short-term mental health consultation and treatment, intensive crisis respite support, and family peer advocacy. These services are provided to children and their families at home or other community-based locations by a team of professionals representing a variety of agencies, including MHA.

### + FAMILY SUPPORT SERVICES

Our Family Support Services offer one-on-one care, family and peer support groups, advocacy, respite and parent education for families who participate in MHA programs and who have a child who has been diagnosed with a behavioral health condition or behavioral challenge.

### + FIRST EPISODE OF PSYCHOSIS (ONTRACKNY@MHA)

OnTrackNY@MHA is a new and innovative early intervention service for young adults who have recently started to experience symptoms of psychosis. A research-based program for people 16 to 30 years old, OnTrackNY@MHA helps people get back "on track" with their lives through clinical and support services, substance abuse treatment, social skills training, family support and education.

## + HEALTH HOMES SERVING CHILDREN

Health Homes Serving Children is a care management program for children and young adults up to the age of 21. Individualized and community-based services help improve the family's ability to keep the child at home and out of residential care. Care Managers collaborate with parents and community service providers to identify a care team for each family and arrange for therapeutic, educational, recreational, respite and family support services.

## + HOME AND COMMUNITY BASED SERVICES

Home and Community Based Services (HCBS) offer recovery-oriented support to eligible and approved individuals. HCBS services include Empowerment Services-Peer Support, Vocational Services, Educational Services, as well as Community Psychiatric Support and Treatment, Psychosocial Rehabilitation, Habilitation, and Family Support and Training. Our full staff are available to meet the needs of each individual's goals towards recovery.

## + HOME BASED THERAPY

Following a hospital stay for the treatment of a behavioral health or substance abuse condition, members of the Beacon Health Plan may benefit from our Home Based Therapy program, which provides post-discharge assessments in the individual's home or in a community setting. Home Based Therapy also helps individuals assure that plans for follow-up appointments are realistic, confirms that prescriptions for medications have been filled and helps develop plans to prevent and manage potential future crises.

## + INTENSIVE AND SUSTAINED ENGAGEMENT AND TREATMENT (INSET)

INSET is available to individuals 18 years or older who live in the Hudson Valley and have been diagnosed with a mental health condition, have experienced multiple hospitalizations, and/or have a history of incarceration or substance abuse. INSET offers integrated peer and professional services to provide rapid, intensive, flexible and sustained interventions to those for whom prior programs of care and support have been ineffective. INSET provides linkage to formal supports and services and assists individuals in connecting with their natural supports—families, friends and larger social networks. The INSET team, which

focuses on providing mobile supports by meeting people in the community in a location that they choose, offers services and referrals where and when they are needed.

## + MOBILE MENTAL HEALTH

Our Mobile Mental Health clinicians provide mental health treatment and care management services in the home, or other community location, for high-risk children between the ages of five and 18 who have behavioral health conditions and have had difficulty benefiting from traditional behavioral health treatments in a clinic setting. The goal is to address emotional and behavioral concerns from a family perspective, help the youth and family develop better coping strategies, and avoid out of home placement or psychiatric hospitalization.

## + NUESTRO FUTURO

Nuestro Futuro es un programa bilingüe y bicultural que ofrece tratamiento de salud mental a niños mayores de cinco años, adolescentes y adultos en Español.

Nuestro Futuro is a bilingual and bicultural program that offers mental health treatment to children over five, teenagers and adults in Spanish.

## + PARTNERS IN PARENTING

Through our home-based Partners in Parenting treatment program, we are able to serve parents who have behavioral health conditions and who have had difficulty utilizing traditional clinic-based treatments. Our support can help parents create brighter futures by improving decision making and parenting skills, maintaining custody of their children, reducing risk of hospitalization, developing stronger social networks and working toward employment or educational goals.

## + PLANNED RESPITE

A comprehensive resource for those experiencing an increase in symptoms that cannot be managed at home without additional support, Planned Respite is a voluntary, short-term intervention that helps individuals avoid unnecessary hospitalization while regaining stability in their community. Planned Respite is provided by trained staff at home-like settings within the community and can also be used to provide family members, significant others and legal guardians relief from care responsibilities.

## + SINGLE HOMELESS ASSESSMENT CENTER (SHAC)

SHAC offers the support of therapists and licensed mental health professionals who provide a full range of shelter-based services to individuals who are homeless and who are temporarily housed through the Department of Social Services. Comprehensive mental health and substance use assessments are completed in order to refer individuals to services that can help improve their daily functioning, obtain employment and housing, go to school, develop a healthy social support network, improve their interpersonal relations and decrease the need for hospitalizations.

## + STERLING COMMUNITY CENTER (SCC)

Peer-professionally run and recovery-oriented, the Sterling Community Center (SCC) in White Plains offers an array of classes, volunteer work, evening and weekend social activities and one-on-one assistance for adults who have been diagnosed with behavioral health conditions. At SCC, individuals can find mutual support as they work toward personal goals by learning new skills, developing social networks, making connections in their larger communities, and developing opportunities for paid employment.

## + WALK-IN SERVICES

Our Mount Kisco and White Plains clinics offer walk-in services, which do not require an appointment or previous history as an MHA client, benefit individuals who need support in the moment.

## + WESTCHESTER RECOVERY NETWORK-INTENSIVE (WRN-I)

The Westchester Recovery Network-Intensive (WRN-I) is a mobile support service provided by peer professionals to assist individuals who are currently in the hospital or have had a recent hospitalization for a behavioral health condition. We recognize that everyone has their own unique recovery journey and WRN-I views relapses and hospital re-admissions as bumps in the road. WRN-I empowers people to move forward on their path, collaborating with them to honor their inherent strength and resilience.

## + WESTCHESTER RECOVERY NETWORK (WRN)

The Westchester Recovery Network (WRN) offers peer outreach and support for adults who have experienced behavioral health conditions and wish to decrease dependence on the behavioral health system while developing greater self-reliance and a more fully integrated life in the community. Operated by peer professionals, WRN is made up of Recovery Specialists who have lived experience. They help individuals discover or rediscover their passions in life and establish connections with others, helping to further self-development and economic self-sufficiency.

## Residential & Employment Services

MHA offers a variety of residential and employment services for adults who have been diagnosed with behavioral health conditions and provides resources to help them gain meaningful employment and lead independent lives.

### + RESIDENTIAL SERVICES

Through a variety of residential services, we help individuals achieve personal goals and obtain permanent housing, as well as receive support in developing skills like managing personal finances, negotiating with their landlord and accessing community resources.

### + EMPLOYMENT SERVICES

At MHA, we believe that you don't get better in order to work; you work in order to get better. Our Employment Specialists work one-on-one with job-seekers to determine employment goals, identify obstacles that have previously prevented job success and develop an action plan to overcome barriers.



## Helping Kids at Risk

In an effort to enhance the safety and well-being of children in Westchester County, MHA offers several services to support children in our community.

### + COURT APPOINTED SPECIAL ADVOCATES (CASA)

Assigned by a Family Court Judge, Court Appointed Special Advocates (CASAs) are trained community volunteers who monitor and report on the physical health, behavioral health and education needs of children who are in foster care or at risk for foster care. Volunteers act as a strong voice for children while advocating for the best interest of the child and providing support until permanency is achieved.

### + HOST VISITATION PROGRAM

For the nearly 600 Westchester County children in foster care, frequent and ongoing contact with their families is critical. Host Visitation volunteers support families by supervising and supporting them as they visit one another. Our volunteers help parents plan for meaningful visits in a natural and community-based environment whenever possible.

## Education & Training

We host an array of educational opportunities and services for the professional and non-professional communities on topics such as behavioral health, evidence-based behavioral health practices, suicide prevention, peer services and the New York State-certified course on Identification and Reporting of Child Abuse and Neglect. New York State Continuing Education Hours for Licensed Master Social Workers, Licensed Clinical Social Workers and Licensed Mental Health Counselors are also available for certain courses.

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**Thank you to all who helped make this  
inspiring evening possible.**

*\*Acknowledgements as of printing*

**We are proud  
to support  
MHA Westchester  
and  
to honor  
Dr. Joseph Geraci.**



Meryl A. Allison

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**With respect and  
gratitude to the  
Veterans  
who have served  
our country,  
and to MHA for the  
mental health services  
they provide for all  
who need them.**



Kate and Mike Lombardi

**Best wishes to our good friends  
at  
MHA Westchester!**

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**Congratulations to  
Lt. Col. Joseph Geraci  
for receiving MHA's  
first-ever  
Community Hero Award.  
Thank you for  
your service to our  
country and your  
commitment to  
your fellow veterans.**



Charlotte and Ulf Östman

Thank you to  
MHA Westchester  
for promoting  
mental health in  
our community

and

inspiring us all  
to add our voice to  
the conversation.



Donna M. Renella

**"Honor to the soldier  
and sailor everywhere,  
who bravely bears his  
country's cause. Honor, also,  
to the citizen who cares for  
his brother in the field and  
serves, as he best can,  
the same cause."**

*Abraham Lincoln*

We honor

**Lieutenant Colonel Joseph Geraci, PhD, LMHC**  
for receiving the inaugural Community Hero Award  
for his dedicated service as a combat leader,  
scholar, and mental health provider.

We support the

**Mental Health Association of Westchester**  
in bringing important stories and hope  
to veterans in our community.

**Carla Pasquali & Gerald Stern**



**We salute Charlotte Östman  
and the entire staff of MHA  
for the care and commitment  
they demonstrate each day.**

**Your unwavering belief  
in recovery has changed lives,  
and we are proud to embark  
on the next chapter in  
MHA's rich history with you.**

**Together we will proudly serve  
those who have served our country.**



MHA Westchester  
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**Rest in Peace  
Nick  
All my love,**



Gobby

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**Joseph Geraci, PhD, LMHC**

*Lieutenant Colonel, US Army (Infantry, Retired)  
Director, Military Relations,*

*Columbia University Teachers College  
Resilience Center for Veterans/Families*

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## Team Daniel Running for Recovery from Mental Illness

thanks all of our service members and veterans for their dedication to our country.

We encourage those who struggle with their mental health or who know someone who does, to reach out for help.



[teamdanielrunningforrecovery.org](http://teamdanielrunningforrecovery.org)

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mbacker@alltimedetection.com

**Congratulations Joe  
on the veteran lives you have  
positively impacted.**



Love, Mom and Dad

## How you can make a difference in your community

*Make an impact today and learn about the many ways you can be part of our work. Getting involved has never been easier!*

- Many companies have **matching gift programs** - contact your HR department to learn how you can double the impact of your gift.
- Make your shopping cart benefit MHA! Sign up for **AmazonSmile**, which donates a portion of eligible purchases to the charitable organization of your choice. Simply visit [smile.amazon.com](http://smile.amazon.com), select The Mental Health Association of Westchester and start shopping!
- **Volunteer your time and talent** in one of our programs. It only takes a little time to make a big difference!
- **Host an event** to raise awareness for mental health and donate proceeds to MHA.
- **Honor a loved one with a tribute gift** and let the world know you believe mental health matters.
- **Set up a recurring gift.** Becoming a monthly donor is an easy way to increase your giving!
- Participate in **Operation Holiday Joy** - our annual gift-giving program.
- Explore other ways to make a contribution, such as through **stock donations** or our **Sterling Legacy Circle**.

To learn more about the ways you can get involved, visit [www.mhawestchester.org](http://www.mhawestchester.org) or call 914-265-7511

  
The Mental Health Association of  
**MHA Westchester**  
[www.mhawestchester.org](http://www.mhawestchester.org)

**#MentalHealthMatters**

# Suicide Awareness

HELP HAPPENS HERE

Suicide is a major public health problem that has profound impact upon those who are touched directly and indirectly.

In the United States, there are more deaths by suicide than to homicide, and in 2014, more than 42,000 people died by suicide—and many more individuals attempted or considered ending their lives. The Mental Health Association of Westchester is working hard to raise awareness of the risk of suicide and promote suicide prevention education through our Community Conversation series, as well as through our safeTALK and ASIST trainings.

Suicide results from the interplay of many factors and occurs across all ages, cultures, ethnicities and socio-economic groups. Of people who die by suicide, most have a diagnosable behavioral health or substance abuse problem at the time of their death. Suicide is often preventable.

Prevention programs are based on the premise that, most of the time, risk of suicide can be recognized and completed suicide prevented. You can help if you are concerned about a loved one.

## + WAYS TO HELP

The simple act of asking can be a powerful way to prevent the suicide of someone in distress. Yet many—probably most—of us do not recognize that level of distress, nor feel able to start the conversation if we do. We may be afraid of making a situation worse, or even giving someone the idea.

It is now well-established that beginning a conversation—openly, honestly and without judgment—is in fact a very helpful thing to do. In fact, it is usually met with relief by someone who is thinking of suicide. By starting the conversation, we tell someone that we care enough to notice their despair and that we care enough to acknowledge their pain. By talking with someone, we do not obligate ourselves to solving their problems, nor do we take responsibility for their life. We do offer connection in the moment and, hopefully, a bridge to ongoing support.

If someone is in imminent danger, call 911. For crisis consultation, contact the **National Suicide Prevention Lifeline at 1-800-273-TALK**

## + SUGGESTIONS FOR TALKING WITH SOMEONE WHO IS THINKING OF SUICIDE

- Explicitly acknowledge that suicide is the issue. Be direct, talk openly and matter-of-factly.
- Listen. Listen without judgment or advice giving. Don't lecture on the value of life or minimize the problems.
- Don't be sworn to secrecy.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, if possible without endangering yourself.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- Call 911 if an attempt is in progress.

*Suggestions adapted from Suicide Prevention Lifeline.*

## + WARNING SIGNS OF SUICIDE

You might start the conversation if you become aware of “warning signs”—indicators that someone is currently thinking of suicide. Significant losses in life, such as the loss of a relationship, job or health may trigger thoughts of suicide. While each situation is different, some warning signs include expressions of:

- A wish to die or explicit suicide intention expressed through words, music, drawings, writing, online postings, etc.
- Feelings of hopelessness, having no reason to live; no sense of purpose or meaning in life.
- Feeling trapped or in unbearable pain.
- Sense of being a burden to others.

### Other warning signs include actions such as:

- Identifying and/or obtaining means of suicide.
- Increased use of alcohol or drugs; increased risky behaviors.
- Displaying extreme mood swings; including rage.
- Changes in sleeping or eating.
- Withdrawing or isolating from usual activities and relationships.

# Silent Auction

## Staycation

### DONORS:

**Cambria Suites Hotel,  
White Plains**  
**drybar, White Plains**  
**Mediterraneo Restaurant**  
**Red Hat on the River**

Enjoy a night away, right here in Westchester! Start your staycation with lunch for two at **Mediterraneo**, which serves up a seasonal, small-batch coastal menu at a sleek and stylish setting in downtown White Plains. Then refresh your 'do at **drybar**—and invite two friends along! For dinner, head to Irvington's **Red Hat on the River** (\$50 GC) and delight in French-American bistro cuisine while taking in a spectacular view of the Hudson. At the end of the night, head back to your King Suite at the new **Cambria Suites Hotel** in downtown White Plains. Before checking out in the morning grab free passes to Planet Fitness or swim a few laps at the indoor heated pool—and don't forget your complimentary breakfast for two!

### DETAILS:

*Cambria Suites Hotel: Gift Certificate for 1 night; valid Friday to Sunday*

*Mediterraneo: Excludes gratuity and alcohol; expires 12/19/19*

*drybar: Excludes gratuity; expires 12/31/18*

**VALUE: \$473**

## Escape to New York

### DONORS:

**Dangerfield's Comedy Club**  
**Locanda Verde**  
**Museum of Arts and Design**

Grab your friends and get ready for an outing for four in the Big Apple! First up, soak in contemporary and historic exhibitions at the **Museum of Arts and Design** (4 adult passes). Once your appetite for art is sated, please your palate with dinner at **Locanda Verde** (\$250 GC), a casual, energetic neighborhood Italian taverna in Tribeca. Then, switch gears, head to the Upper East Side, and get ready for a laugh with four passes to the iconic **Dangerfield's Comedy Club**.

**VALUE: \$414**

## A New You

### DONORS:

**Beginnings Bleus at Armonk**  
**NUMI Salon**  
**The Ritz-Carlton,  
White Plains**  
**Synchronology Skin Care**

Treat yourself to a decadent day! After a 90-minute relaxation massage at the **Ritz-Carlton** luxury day spa, get refreshed and ready for a new 'do at award-winning **NUMI Salon** (\$150 GC) in Rye. No makeover is complete without a new outfit, so head to **Beginnings Bleus** (\$50 GC) at Armonk and browse designer jeans and high-end labels. Remember this relaxing day for months to come when you use your

**Synchronology** skincare products at home, promoting skin cell rejuvenation with holistic treatments to refresh your skin from the inside out.

### DETAILS:

*Ritz-Carlton: Gift card expires 10/24/19*

*NUMI Salon: Gift card expires July 2019*

**VALUE: \$560**

## Game On

### DONOR:

**Yvonne D. Tropp**

It's Game Time, so get ready for kickoff! Enjoy two upper deck, 40-yard line tickets to the **New York Giants vs. the Chicago Bears** on Sunday, December 2, 2018 at 1:00 pm.

### DETAILS:

*Level 300, Section 339, Row 15, Seats 24 and 25*

**VALUE: \$220**

## Pamper Me

### DONORS:

**Billy's Hair Salon**  
**Bronxville Wellness  
Sanctuary**  
**LifeSpa at Life Time  
Athletic Chappaqua**

Have you been searching for the perfect excuse to pamper yourself? Look no further! Refresh your look with a consultation, haircut and blow out at **Billy's Hair Salon** in Mount Kisco, and then refresh your body with **Bronxville Wellness Sanctuary's "Be Well Package,"** which includes a 45 minute massage and 45 minute facial. Don't forget to see what all

the buzz is about at Chappaqua's brand-new Life Time Athletic, a luxury resort-style center, where you can unlock access to **LifeSpa** (\$250 GC) and choose from a long list of services to pamper yourself again!

### DETAILS:

*Bronxville Wellness Sanctuary: Expires 7/21/20*

**VALUE: \$505**

## Foodie's Delight

### DONOR:

**Crabtree's Kittle House**  
**Dinosaur Bar-B-Que**  
**La Crémaillère**  
**Underhills Crossing**

Kick up your culinary action a notch with gift certificates to four of the area's most loved restaurants! Enjoy dinner for two at Chappaqua's charming **Crabtree's Kittle House**, which was just named a Best of Westchester winner for private dining, wine menu and lobster! Continue the charm with lunch for four at Bedford's **La Crémaillère**, where you will delight in French country cuisine. For a SoHo dining experience right in Westchester, explore the eclectic and creative American Nouvelle menu with French flair at **Underhills Crossing** (\$75 GC) in Bronxville. And for the region's best finger-lickin' good ribs, head to Stamford for a meal at the famed **Dinosaur Bar-B-Que** (\$50 GC), hailed as America's Number One BBQ by Good Morning America. Plus, take home their famed flavor with your own spice set!

**VALUE: \$370**

# Special Thanks

**We are grateful to the following businesses and individuals who generously supported tonight's silent auction and raffle.**

Alamo Draffhouse Cinema	La Crémaillère Restaurant
Shari and Ed Applebaum	Levity Live
Beginnings Bleus at Armonk	Lifetime Athletic Chappaqua
Billy's Hair Salon	Locanda Verde
Boscobel House and Gardens	Mediterraneo
Bronxville Wellness Sanctuary	Mission Taqueria
Brotherhood Winery	Mohegan Sun
Bruce Museum	Moderne Barn
Cambria Hotel and Suites	Museum of Arts and Design
Capri Pizza & Pasta	Numi & Company Salon
Caramoor Center for Music and the Arts	Pedigree Ski Shop
Chelsea Piers Connecticut	Performing Arts Center at Purchase College
Children's Museum of Manhattan	Red Hat on the River
Clay Arts Center	Ritz-Carlton Westchester
Coffee Lab Roasters	Synchronology Skin Care
Crabtree's Kittle House	Tauk kitchen + bar
Dangerfield's	The Capitol Theatre
Dia Art Foundation	The Granola Bar
Dinosaur Bar-B-Que	The Thayer Hotel
Doral Arrowwood Resort & Conference Center	Town Center Pharmacy
drybar White Plains	Yvonne Tropp
Emelin Theatre	Underhills Crossing
Florio's Olde Stone Mill	Westchester Philharmonic
Fun Fuzion at New Roc City	Westchester Skating Academy
Hudson River Museum	Yonkers Tennis Center
Iron Tomato	Zwilling Cooking Studio, LLC
Jacob Burns Film Center	
Jazz Forum	
Katonah Museum of Art	

With gratitude to Park 143 Bistro & Fish in Bronxville for donating the wine for this evening.

*(as of printing)*

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GREEN

Epstein Becker Green  
is proud to support the  
**Mental Health Association  
of Westchester**  
for its continued leadership  
in mental health services

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# Your Voice Matters

#mentalhealthmatters



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