

# 2020 Annual Report

## Resiliency and Change



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**Family Centered Services**  
of CT





## Message from the 2021 Board of Directors Chairperson and the Executive Director



Anita Visentin-Perito  
Attorney at Law  
Board Chairperson

Dear Friends,

As an agency that has served Connecticut for over forty years we have been confronted with many challenges. Last year, as always, we met the challenges presented by the COVID 19 pandemic with a spirit of dedication and determination. Our model of service is hands-on: we meet our clients in their homes and that one-on-one contact is essential. And while we all wish the restraints imposed by the pandemic were no longer a factor, our staff is ever mindful of the continuing impact on our work. We move forward, optimistic about the changes we can make and mindful of the effect and changes the pandemic has had and continues to have on our mission.

One of the upcoming changes and challenges we now face is the 2022 retirement of our Executive Director, Cheryl Burack. Cheryl has been the Executive Director for thirty-four of our forty-four years. She has steered the agency through all challenges with empathy and grace, ever conscious of our mission, and it is time for Cheryl to move onto the next phase of her life and time for the agency to work on filling the very big shoes she will be leaving behind. While we are very sad to see her go we are committed to finding a new Executive Director that will continue the good work and move the agency forward.

To that end we have engaged the services of an executive search firm to aid in this process. Over the next few months, the firm will work with the Board and most importantly our staff to assess our needs and continue the mission of Family Centered Services.

Our Mission, Values and Vision will continue to guide us in the work we do. We look forward to helping families establish safe and nurturing homes despite the challenges we face.



Cheryl Burack, M.S.  
Executive Director

Dear Friends,

What a journey this has been! Since my first meeting with the agency's founder, Jean Adnopoz, I understood the legacy that was being built in the community and the responsibility that came with it. Services for children were fragmented and Jean and her colleagues understood that multidisciplinary collaboration and coordination would increase the effectiveness of services. Our programs represent partnerships with health, law, law enforcement, education, child protective services and behavioral health, working together to empower families to understand and meet the needs of their young children and claim the benefits of community resources. This work will continue with the next generation of dedicated professionals who want all families to be safe and nurturing places where children can succeed. With thanks and gratitude to our colleagues, friends, funders and Board of Directors, I will watch the continued evolution of Family CT with excitement.



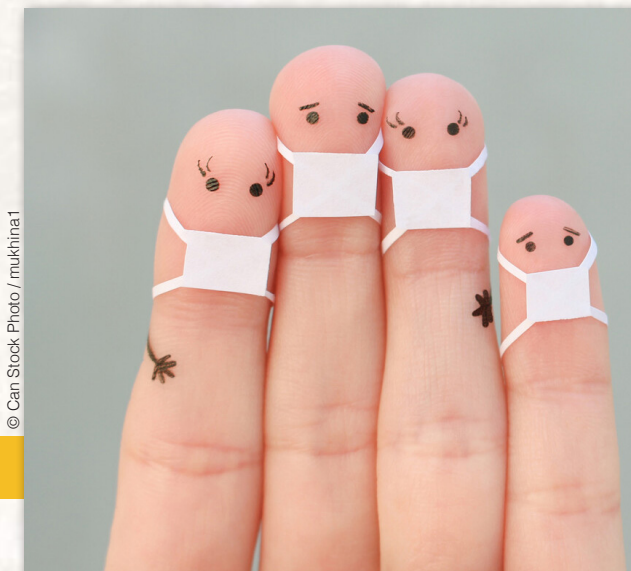
# The Pandemic and its Impact on Intimate Partner Violence

By Talyah Uslianer

The pandemic has found many people in a state of isolation, worry, as well as physical and emotional distress. For individuals who are victim to intimate partner violence, these attributes can be all too familiar- global pandemic or not. High levels of stress surrounding loss of jobs during this time, the inability to escape constrained houses, children being home from school, lack of healthy coping skills and increased substance abuse have played into the raising rates of domestic violence cases. U.S. studies show that domestic violence incidences increased 8.1% once lock-down requirements were established (Council on Criminal Justice, 2021).

In addition, the barriers to reporting domestic violence increased as well. Mandated reporters such as social workers, teachers, and doctors no longer had the same access to families to be able to recognize possible abuse taking place at home. Providers having to meet individuals virtually lessen the ability to fully access and evaluate the situations these families were in (Evans, Lindauer, & Farrell, 2020). Unreported domestic violence cases are already common so with the pandemic, this was exacerbated.

Being a clinician at Family Centered Services and working with families experiencing domestic violence, I was able to talk with clients about their situations during the pandemic. With increased stress, came increased aggression. Many clients were unable to identify abusive behaviors occurring within their relationship, and instead attributed unhealthy and abusive behaviors to extreme stressors occurring in these confinements. In addition, clients who struggled with having appropriate coping skills were unable to self-soothe and found themselves in situations where they felt a strong sense of hopelessness. Not being able to have regular outlets caused clients to dive even deeper into their unhealthy relationships. As a clinician it was important to teach clients that stress does not equate to violence or any form of abuse. Helping perpetrators recognize and find effective ways to manage their emotions has been found to be effective among clinicians at Family CT. These skills can be used to handle both routine stressors that these families experience as well as ways to cope with the residual effects of the pandemic.



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# New in 2021!

Family Centered Services of CT, Inc. has made a successful application to the CT Office of Early Childhood for a new home visiting program to improve healthy births for children and mothers, improve child development and parenting practices and reduce child maltreatment. Program eligibility will include parents of children prenatally-age five, with priority given to enrolling caregivers prenatally or with children up to six months of age; mothers and fathers under the age of 20; and/or women from racial/ethnic backgrounds who are more likely to experience adverse birth outcomes, including Black, American Indian and Alaska Native women.

Family CT and its subcontractors The Children's Community Programs of CT, the New Haven Health Department, and The Early Head Start Home Visiting Program at Team, Inc. will implement the Parents as Teachers (PAT) home visitation program model and serve 240 families/year. The vision of PAT is that all children will develop, learn and grow to realize their full potential and believes that parents are their children's first and most influential teachers. PAT is relationship-based and parenting-focused and lends itself to the development of positive childhood experiences, with emphasis on parent-child interaction, development-centered parenting, and family well-being; on strengths, capabilities and skills; and on building protective factors within the family. Home visiting is one component of the PAT program, which also includes group connections, health, hearing, vision and developmental screenings for children, and referral and linkage to other needed resources.

Some families will be referred to Clifford Beers Child First program for trauma-focused parent-child psychotherapeutic intervention and to CT Community Doulas for childbirth and postpartum education and lactation support. We are delighted to lead this multi-agency partnership!



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# Family CT's Holds its 10th Annual Walk Against Domestic Violence

## “Race, Culture & Domestic Violence”

For the past nine years Family CT has held a walk to raise awareness of domestic violence each October. The very first walk was held in 2009 and was conceived and organized by the staff of the Neighborhood Victim Advocacy Program (NVA) and the Intimate Partner Violence-Family Assessment Intervention and Response Program (IPV-FAIR). On a designated Saturday in October all would meet and after listening to brief remarks by an invited guest speaker, we would march down Orange St. in New Haven carrying banners with slogans or statistics about DV and its effect on children, families, and the community. After the walk we would gather for raffles prizes, Subway sandwiches and ice cream.

This year we were faced with the choice of not holding our event due to the pandemic or finding a new and creative way to get our staff, board members and community supporters involved in a safe and fun way to raise awareness. But how to do that? In the end, we decided to hold a virtual “Walk, Run, Ride” event. Since we had no experience running a virtual event, we secured the Walker Group to help us plan and strategize a social media campaign on the theme of “Race, Culture & Domestic Violence”. We created weekly themes and offered prizes for social media posts showing pictures related to the themes. We also had prizes for the most money raised by an individual and the most money raised by a team. We developed a web page related to the event where we posted resources about “Race, Culture & Domestic Violence” and most exciting of all, Jackson Katz, a world-renowned authority on gender violence, recorded a talk for us that was posted to our website. Dr. Katz’s speech was the highlight of our campaign and is available on our website. Our 10th Annual Walk, Run & Ride to end Domestic Violence was our first virtual event and its success may lead to more virtual events in our future. If you would like more information about our two programs that work with victims of Domestic Violence please check out our website: [www.familyct.org](http://www.familyct.org).



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# Programs

## Neighborhood Victim Advocacy

Safety planning, psychoeducation, court accompaniment and assistance with the criminal justice process for child and adult victims of domestic violence, sexual assault, child abuse, elder abuse and hate crimes. A Saturday morning Children's Empowerment Group is held for children who have witnessed domestic violence or experienced abuse.

## Parenting Support and Parental Rights Initiative

Therapeutic services to parents with psychiatric disabilities, providing education about parental rights and responsibilities, mental illness, and symptom management, development of temporary guardianship plans as needed, and work to strengthen and preserve families. Services ensure that children are best cared for and mothers and fathers are capable of healthy parenting and are knowledgeable about their child's needs.

## Baby & Me CT

An early childhood home visiting program supporting caregivers as they learn about their child's development, health and safety, and getting their child ready to start school. PAT provides personal visits customized for each family. PAT focuses on families with children from the prenatal stage through age five and specializes in working with young parents and first-time parents.

## Intimate Partner Violence - Family Assessment Intervention Response

Restoring, repairing and healing family relationships after domestic violence through safety planning, dyadic therapy, parenting education, and Fathers for Change program.  
\*DCF referrals only

## PROGRAMS OFFERED BY



## Family Centered Services of CT



## Teen Outreach Program

School-based services for teens ages 12-17 to increase school success and protect youth from risk factors that contribute to teen pregnancy and school failure.

\*The program is offered during the school year and is limited to students in participating schools.

## Child Passenger Safety Program

Mobile fitting station ensures each child is safe in the car. A Certified Passenger Safety Technician provides in-home education on correct installation and how to secure their child. Many families are provided with a new car seat. \*Referrals for current Family CT clients

## Parenting Support Services

Strengthens families through home-based parenting skills instruction and simple and practical strategies to help parents confidently manage their children's behavior, prevent problems developing and build strong, healthy relationships.

## South Central Medical Home Initiative for Children and Youth with Special Health Care Needs

Care coordination to link children and youth with special health care needs and their families to services and resources to achieve good health.

## Caregiver Support Team

In-home clinical interventions to kinship, foster and pre-adoptive families to prevent the disruption of placements and recognize the effects of trauma, grief and loss on children and families. \*DCF referrals only

## Family-Based Recovery

Strength based in-home services for families with children ages birth to three, who are affected by substance use. Services include substance use treatment, case management, and parent-child psychotherapy. \*DCF referrals only

UPDATED: 11/30/2021

Most services are free, bilingual (English/Spanish) and home-based.  
235 Nicoll St., New Haven, CT 06511 | [www.familyct.org](http://www.familyct.org) | 203-624-2600

# 2020-2021 Financial Supporters

We are grateful for the generosity of individuals, businesses, organizations, community groups, foundations and funders. If anyone has inadvertently been left off this list, please accept our apology and let us know.

## Financial Supporters

Adele Summers  
Alyssa Palmer  
Amanda & Stephen Giaimo  
Amazon Logistics DCY9 Team  
America's Charities  
Angel Mattioli  
Anita Visentin-Perito  
Anthony Wallace  
Ashley Goodwin  
Ashley Hernandez  
Bank of America Employee Giving Campaign  
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Mr. and Mrs. Keith Wortz  
Mr. and Mrs. Robert Ochman  
Mr. and Mrs. Robert S. Reger  
Ms. Ginger Sokolosky  
Network for Good  
Noreen McElroy  
Norman Forrester  
Pamela Matocha  
Pamela Sue  
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Peter Hicks  
Rachel Guerra  
Raycean Wright  
Renee Poet  
Robin & Kenneth Ayera  
Robin Caron  
Sally Edwards  
Sandy Gonzalez  
Stacey Porrello  
Steve & Joan Levine  
Talyah Uslianer

Tara Copes  
United Way of Greater New Haven  
Tracy Lynch  
Tyisha Minnifield  
United Way of Greater Waterbury  
Victor Frazao  
Weismuller, PC  
Yale Department of Surgery

## 10th Annual Walk Against Domestic Violence

### Signature Sponsor:

Yale New Haven Hospital

### Champion Sponsor:

Advanced Office Systems

### Prize Sponsors:

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Law Office of Elizabeth L. McMahon  
m Activity  
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Premier Car Wash

### Donors:

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Kappa Sigma West Haven  
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Karen Maestrini  
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Kelly Palumbo  
Kimberly Heard  
Laura Bernstein  
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Liam Leapley  
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Nikki Meek  
Paula Caron  
Shannon Puglisi  
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Tatum Trowbridge  
Team Pretty Pat  
The Walker Group  
Vanessa Lopez

## Beer & Cheese Raffle Donors

Caffe Bravo  
Celzius Training Center  
Dr. and Mrs. Robert Margolies\*  
Jason Sobocinski  
Mr. Barry Chernoff\*  
SoundRunner

\*donors who donated their prize back to the agency or to be drawn again

## Adopt a Family

Adam Francis and Kathy Busch  
Ann P. Hahn  
Anneka Doraz  
Augusta Mueller  
Bernadette Hackett  
BioHaven Pharma  
Brett Belmonte  
C.E. Floyd Co.  
CAVCOMM  
Cheryl Burack  
Christiana Mills  
Dan Lynn  
Darlene Gost  
Debra & John Covey  
Debra Stoltze  
Drill Masters Eldorado Tool, Inc.  
DTX Basketball  
EJ Crawford  
Elaine Lanzillotti  
Elizabeth Beaudoin  
Emily Palten  
Emily Smith  
Fidelity Charitable  
Gabrielle Vissicchio  
Georgianna Hull & Butchie Cretella  
Giovanna Espinoza  
Hamden Plains United Methodist Church  
Harrison Bryant  
Heather Kissel  
Holy Transfiguration Orthodox Church  
Jacquelyn Farrell  
Janice Murphy-Wallace  
Jeanette Chavira  
Jenna Manghnani  
Jessica Rostow  
Jessica Woodward  
Joanna Lopez  
Katie Johnson  
Kimberly Dal Santo  
Kristen Brandt  
Kristen Talwalker  
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Margaret Pittala  
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Mark DiPaola  
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Rosemarie Linebarger  
Sally Vogeli  
Sarah Doran

Stacey O'Donnell  
Sue George  
Susan Kreiger  
Susan Mara  
Tatum Trowbridge  
Tiffany Schroeder  
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Visconti & Associates  
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Worker's Compensation Trust  
Yale Alumni Association  
Yale New Haven Hospitalist Group Internal Medicine  
YNHH Community & Government Relations  
YNHH Department of Surgery Wellness Committee  
YNHH Legal & Risk Services Department  
YNHH Marketing & Communications Department  
YNHH Oncology  
YNHH Outpatient Pharmacy Services  
YNHH-Health Office of Strategy Management

## In Kind Donors

Blue State Coffee  
Carter's #1105  
Dr. Jack Levine  
L. Coury Brown  
Megan Cruz  
Michael Farrell  
Pamela Mitchell  
Steven Casada

## Back to School

Robin Caron  
Steve & Joan Levine

## Grants, Foundations, and Public Funds

City Missionary Association of New Haven, Inc.  
CT Department of Children and Families  
CT Department of Mental Health and Addiction Services  
CT Department of Public Health  
CT Department of Social Services  
CT Office of Early Childhood  
CT Office of Victim Services  
The Community Foundation for Greater New Haven  
The Ethel & Abe Lapides Foundation  
The Friends of Jimmy Miller  
The GoodCoin Foundation  
The United Way

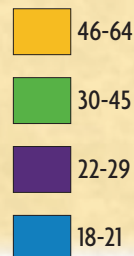
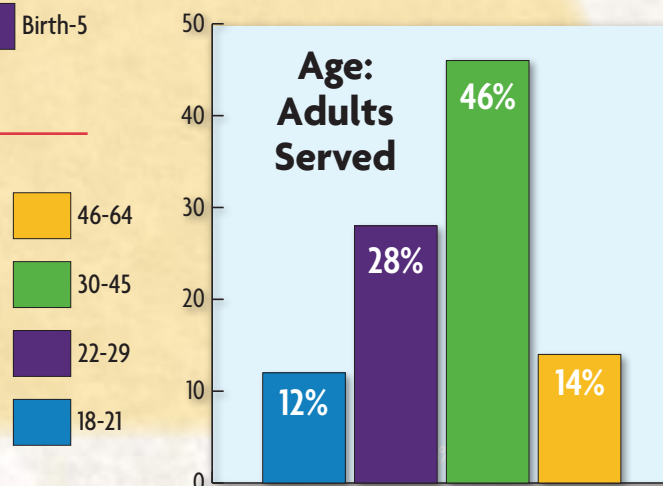
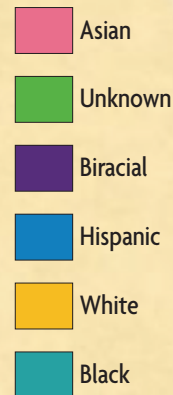
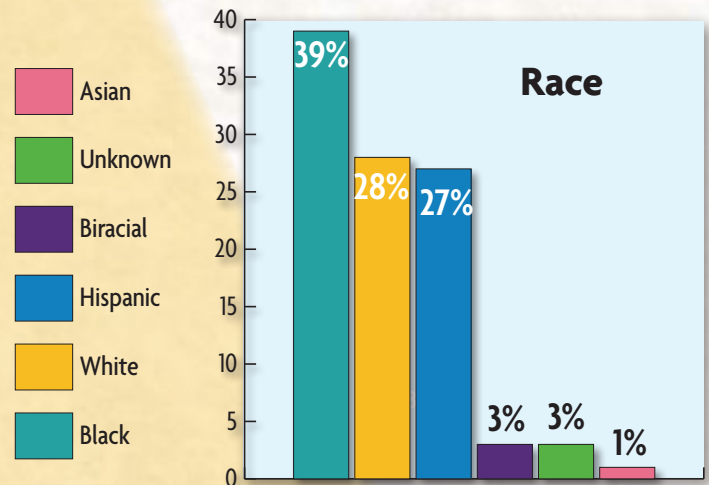
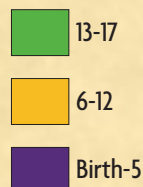
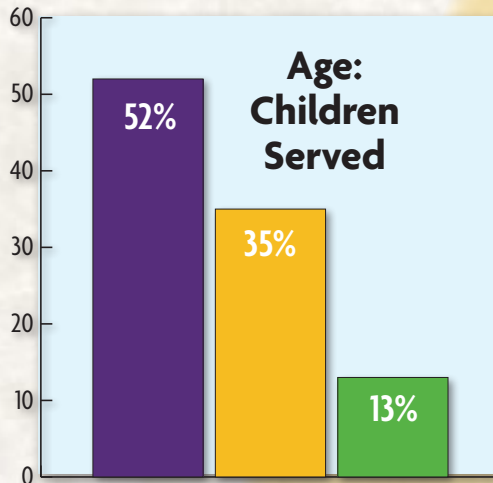
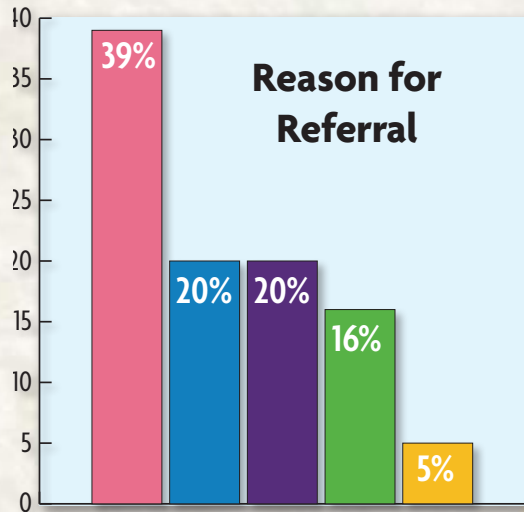


# Who We Served

July 1, 2020-June 30, 2021



1606 Families Served



## **FYE 6.30.2021 Income & Expense for annual report (unaudited)**

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### **Income**

Department of Children and Families	2,647,578
Department of Public Health	275,367
Department of Mental Health/Addiction Services	75,654
Department of Social Services	234,000
Office of Victims Services	476,350
Office of Early Childhood	845,000
Subcontracted with New Reach	27,910
Misc Income	2,841
Foundations	3,500
Unrestricted/Restricted donations	28,886
Fund Raising & Special Events	31,379
	<b>4,648,465</b>

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### **Expenses**

Salaries	2,606,076
Fringe Benefits	589,795
Program supplies, travel, trainings, Phone & Network	270,764
Subcontractors	934,885
Facility Costs	140,815
Administrative Expenses	104,090
Fund Raising & Special Event Expenses	2,040
<b>TOTAL</b>	<b>4,648,465</b>



# Family Centered Services of CT 2020-2021 Board of Directors

**Anita Visentin-Perito – Chairperson**

Law Office of Anita Visentin-Perito  
Branford, CT

**Meghan Dahlmeyer – Immediate Past Chairperson**

Yale University  
New Haven, CT

**Amanda Giaimo – Vice Chairperson**

Salesforce  
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T.M. Byxbee Company  
Hamden, CT

**Mark DiPaola – Secretary**

Noble Wealth Advisors of Janney Montgomery Scott  
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**Paula Caron**

Peoples United Bank  
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New Haven, CT

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**Angel Mattioli**

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Hartford, CT

**Jacqueline Miconi**

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West Haven, CT



## Our Mission

Family Centered Services works with families to ensure they are safe and nurturing places where children can succeed.



## Our Vision

We envision a world of healthy families, where children grow up to be confident and caring adults and contributing members of their community



## Our Values

We believe all children have the right to live in a safe, nurturing environment, free from violence, abuse, and neglect.

# Dedicated Staff

## Administrative Staff

Keisha Barnes, Administrative Assistant  
Cheryl Burack, M.S., Executive Director  
Jacquelyn Farrell, LCSW, Assistant Director  
Kara Rotheram, BS, Finance Director

## Caregiver Support Team

Sophie Caldwell, LMSW, Program Director  
Sandy Gonzalez, LMSW  
Lindsay Molina, LMSW  
Laura Rainey, M.Ed  
Marie Watson, MSW  
Jazmynn Jakubczyk, MPH

## Family-Based Recovery

Katherine Babb, LCSW, ICAADC, Program Director  
Joshua Hurlburt, BS  
Corey Larkin, LMFT-A  
Ruth Montgomery, LMSW

## Baby & Me CT

Jessica Palmer, LMFT, Program Manager  
Abigail Berkson, LCSW, Clinical Supervisor  
Delcy Castro, AS  
Noreen McElroy, BA  
Debreeda Pearson, BS

## Intimate Partner Violence – Family Assessment Intervention Response

Johanna Piper, LCSW, Program Director  
Bryanna Cotto, BA  
Ashley Hernandez, MS  
Jaime Thorne, LMSW  
Theresa Pichulo, B.A.  
Talyah Uslianer, LMSW

## Multisystemic Therapy – Building Stronger Families

Alix Pierce, LPC, Program Director  
Christine Conway, MSW  
Trudy Granston, BA

## Neighborhood Victim Advocacy

Gisela Taveras, BSW, Program Director  
Yoselin Coyotl, BS  
Melissa Masayda, M.S.  
Alivia Roseboro, M.S.  
Brittany Kennedy

## Parenting Support and Parental Rights Initiative

Geanella Lara, LMSW

## Parenting Support Services

Irene Clementino, M.A., Program Director  
Brittney Bauer, BA  
Tyisha Minnifield, BA  
Trevaun Ricketts, BS  
Ashley Robinson, BA  
Sarah Tracey, BA

## South Central Medical Home Initiative

Jodi Baloga, LCSW, Program Director  
Crystal Ayala, M.S.  
Rachael Stamat, LPN (Middlesex Health)

## Teen Outreach Program

Raycean Wright, BS, Program Director  
Allison Beaulieu, MPH





**Family Centered Services**  
of CT

235 Nicoll Street  
New Haven, CT. 06511  
203.624.2600  
[www.familyct.org](http://www.familyct.org)



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