



Long Island Crisis Center

It's OK to ask for help



SPRING 2016

A Message From...

**Linda Leonard,
Executive Director**

2016 - a milestone year for Long Island Crisis Center!

It is hard to believe that we are celebrating 45 years of delivering services to the Long Island community. There have been years when, as Executive Director, I thought, "with this cut in government funding, we aren't going to be able to get through another year."

And then one of three things would happen: thanks to the work of advocates from within and outside the agency, partial or full funding was restored; staff and program cuts were made much to the heart-break of all; or, you, our supporters and donors, made the difference by giving so that we could continue to give to the people who needed us. I can only say thank you for believing in our mission, our life-saving work and for being our partners in caring about our community.

I am happy to let you know that we have now completed our Quality Assessment Survey. The findings? The Crisis Center is an effective tool in suicide prevention and crisis intervention and is impactful in mental health awareness. Please take the time to read more about it in this Newsletter.

As for the future? We are launching a new awareness campaign - #BetterCanHappen - because we truly want life to be better for everyone. You'll be hearing more about this soon!

WE CELEBRATE 45 YEARS OF SERVICE TO LONG ISLAND

In 1971, on the campus of Adelphi University, a 24/7 hotline was started and staffed by students to provide crisis intervention counseling for classmates who were facing issues with alienation and drugs. Thus, Long Island Crisis Center was born.

45 years later, the Crisis Center has grown from one hotline to seven, has added new technology for even more accessible counseling services and established programs and initiatives to target at-risk populations. Linda Leonard, Executive Director, looks back and says, "This Anniversary is not a celebration of how old the Crisis Center is but is rather a celebration of the one million Long Islanders who contacted us throughout those years and found hope because they reached a person who truly cared. Sometimes, that connection can make all the difference in the world to someone who is feeling alone, discarded or helpless."

Included in the celebration is the recognition of the thousands of volunteers who have contributed their time and lifesaving skills to the Long Island community. "And we know that even former volunteers are now out in the community, using the counseling skills they learned with us to help family, friends and colleagues navigate through difficult times," continues Linda.

As long as there is the 20 year-old college student, or the 67 year-old woman, or the 28 year-old veteran - each reaching out because at the moment they see no way out of their crises - Long Island Crisis Center will be there to make a difference in those lives.

For the staff, for the volunteers, for all the supporters of the Crisis Center, each life saved is a celebration.

SAVE THE DATE!

SUNDAY, SEPTEMBER 18, 2016

**"Let's Walk, Let's Talk...Stepping Together to Prevent Suicide"
Long Beach Boardwalk @ Laurelton Blvd.**

For sponsorship information or to join the Walk Planning Committee (first meeting taking place on 4/27), please contact Fran Karliner at 516-826-0244 or fkarliner@longislandcrisiscenter.org

Long Island Crisis Center
2740 Martin Avenue
Bellmore, NY 11710
Office: 516-826-0244
www.longislandcrisiscenter.org

- 24/7 Hotline: 516-679-1111
- Chat LIVE Long Island (computer, phone, tablet)
www.liconline.org

Pride For Youth
2050 Bellmore Avenue
Bellmore, NY 11710
Office: 516-679-9000
www.prideforyouth.org

LONG ISLAND CRISIS CENTER RESEARCH STUDY PROVES THAT ITS SERVICES BENEFIT THE COMMUNITY!

With a \$10,000 grant from Long Island Community Foundation, a team of researchers from SUNY @ Oneonta and 15 months of questionnaires and follow-up with hotline and online clients, Long Island Crisis Center has completed an innovative study on the efficacy of its hotline and online crisis counseling programs. The results will allow the Crisis Center to better serve the Long Island community and contribute to the scientific research on short-term crisis counseling.

“The anonymous and confidential nature of our services makes it difficult to evaluate the quality and effectiveness of our programs or to develop awareness of clients’ expectations, experience, and assessment of contacts with the agency,” states Linda Leonard, Executive Director. “To date, few studies have evaluated the primary aim of crisis services – to reduce the crisis states of callers and to provide a specific plan of action or referral for the client. Thus, little is known whether crisis counseling is an effective mental health community resource.”

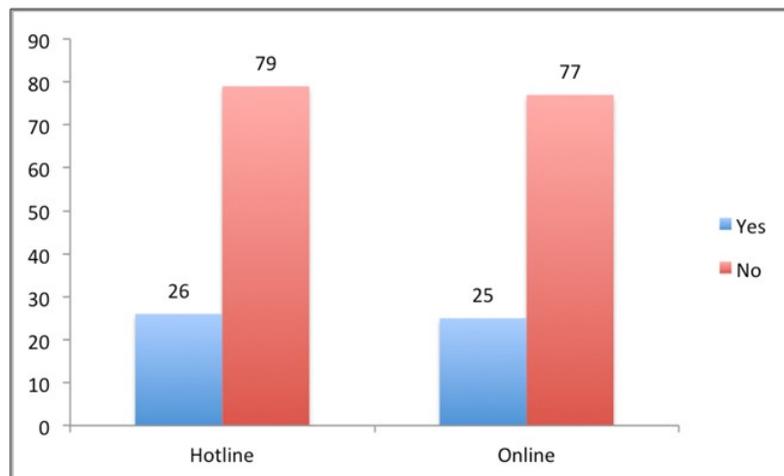
550 immediate (taken right after a client’s call) surveys and 207 intermediate (taken 2 to 4 weeks after the client’s call) surveys were conducted on both hotline and online contacts. Overall, hotline clients rated their initial post-contact experience more favorably than did online counseling clients. However, clients in both groups agreed/strongly-agreed that immediately after the counseling session they were:

- better able to think clearly
- felt less stressed
- knew what their next step would be
- knew what options were available if their feelings returned
- were now aware of positive ways to cope with future stress
- were more likely to seek professional help if necessary
- felt more able to handle their problems, and
- felt that there was hope for their situation

Both hotline and online counseling clients, 4 - 6 weeks after their initial contact with the Crisis Center (intermediate results) reported sustained satisfaction with the services they received and improvement in their overall mood and level of anxiety, and their ability to think clearly about, and cope with their problems.

Below is a sampling of the questions and the results:

1. Were you in treatment for any behavioral or emotional problems at the time you called the hotline?



(The response to this question indicates that the Crisis Center serves a broad spectrum of Long Island’s population. It also effectively demonstrates the Center’s philosophy that any one, at any time, can present with a crisis situation where access to counseling and support needs to be available in a non-judgmental and confidential environment and manner.)

(Article continued on page 4)

OUR PARTNERS IN THE COMMUNITY

MASSAPEQUA KIWANIS
Presents
The Drug Initiative



When the Massapequa Kiwanis Club wanted to bring awareness to the community about heroin and prescription drug abuse among young people, they looked at many support and communication systems. As Kiwanis member and drug initiative spokesperson Bob Thompson noted, “for our helpline, we are proud to partner with Long Island Crisis Center, the 24/7 crisis hotline in Nassau County.”

JANSSEN THERAPEUTICS GRANTS \$30,000 TO CRISIS CENTER'S PRIDE FOR YOUTH

1 of 8 agencies nationwide (and the only one in NYS) to receive a grant from Janssen Therapeutics, Pride for Youth will be able to enhance its program of addressing the HIV/AIDS epidemic among young MSM (men having sex with men) of color. Pride for Youth Director, Pete Carney states, “We are honored to be recognized for our national reputation of making a positive impact on the epidemic and this specific community.”

EMMY WINNING DOCUMENTARY FEATURES CRISIS CENTER

“Dear Laura [Crisis Center’s Community Ed Coordinator], I’m delighted to inform you that we won an Emmy Award for ‘Protect Our Children: Sexting & Sextortion vs. Safe Dating.’ It was great to be able to feature the high school workshop [at Garden City HS] you facilitated, thanks to Long Island Crisis Center, and we really appreciated your help and cooperation!” Jeelu Billimoria, Sr. Producer, WABC-TV.



Long Island Crisis Center Presents

Pride for Youth Back to the Beach

an Early Pride Celebration

May 22, 2016, 5:30pm | The Crescent Beach Club | \$125 Advance, \$150 at Door

Pride for Youth
Creating Success Through Pride

Nicholas Coppola & David Crespo

Northwell Health

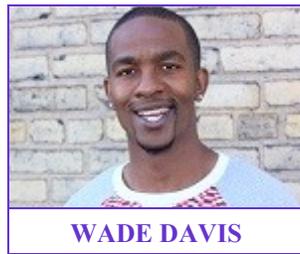
Capital One

VISHNICK MCGOVERN MILIZIO LLP
ATTORNEYS AT LAW

This year, Pride is coming early!

This first-of-its-kind fundraiser takes place on Sunday, May 22nd at the beautiful Crescent Beach Club in Bayville, NY! An exciting kickoff to the Pride season (because Pride should be celebrated every month), this upscale beach celebration will feature amazing views, top-shelf liquor (21+ only, please), a wide menu of passed hors d’oeuvres and dinner and dessert stations and entertainment provided by That 70’s Band!

At this event we will honor our 2016 Groundbreaker Awardees:



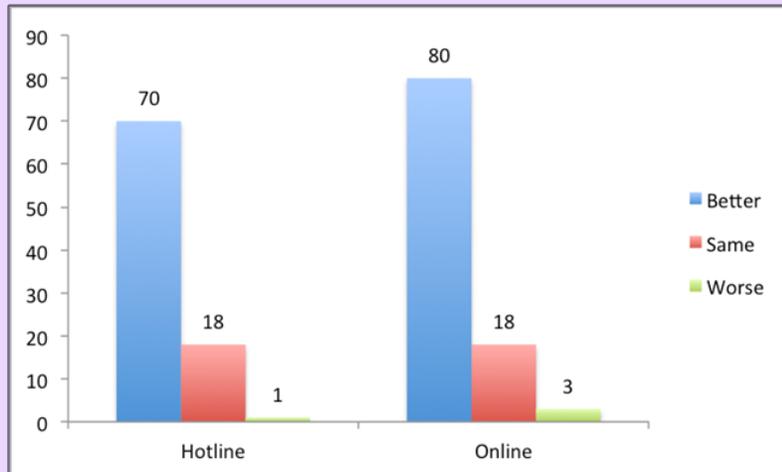
Wade Davis played for the Tennessee Titans, the Washington Redskins, and the Seattle Seahawks, as well as for two different teams within the NFL Europe league. In 2014, Davis began consulting for the NFL to ensure that LGBT athletes have a safe and affirming space. In his role as Executive Director of the You Can Play Project, an organization dedicated to ending discrimination, sexism, and homophobia in sports, Davis works to develop curriculum, programming, training, and conversations that are focused on inclusion and diversity.

Rep. Brian Sims represents Center City Philadelphia in the Pennsylvania House of Representatives. Elected in 2012, after unseating a 28-year incumbent, Sims became the first openly gay member of the Pennsylvania General Assembly. A staunch advocate for LGBT civil rights, Sims has been credited with successfully lobbying Pennsylvania’s U.S. Senators to publicly support marriage equality and the LGBT-inclusive Employment Nondiscrimination Act (ENDA), respectively.

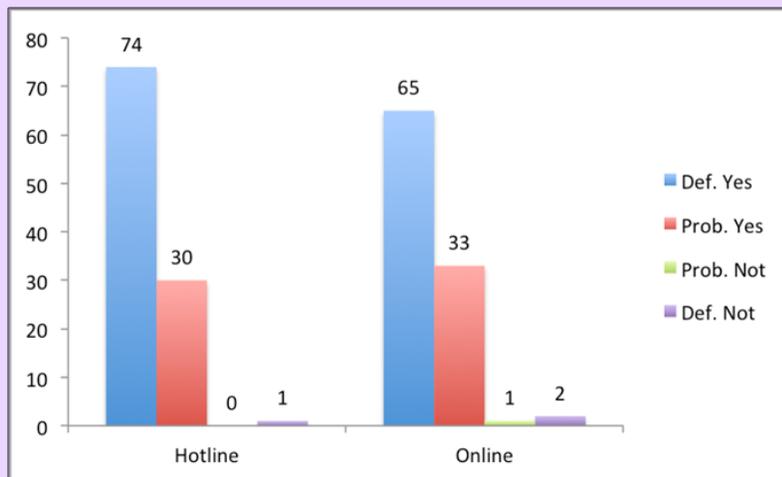
More than anything, this is an opportunity to raise money and awareness of Pride for Youth’s programs and services for LGBTQ youth. So, what do you say? Can we count you in? Reserve your tickets, or take a sponsorship, place a program ad or make a contribution by going to: www.tinyurl.com/PFYevent

LONG ISLAND CRISIS CENTER RESEARCH STUDY...cont'd.

2. Overall, since you contacted the Center, how have you been feeling?



3. If a friend were in need of similar help, would you recommend the Crisis Center to him or her?



“It is truly remarkable that in just over a year’s duration, our highly trained Counselors were able to create a safe environment so that 550 clients felt comfortable enough to answer a short set of questions immediately following their intervention. This is a most extraordinary number of participants in this type of study. Kudos to our excellent volunteers,” stated Linda Zwiren, Board Member and Retired Professor. “It is clear, based on the size of the client sampling and the results of the surveys that the Crisis Center is effective in meeting the goals and outcomes of crisis intervention.”

Long Island Crisis Center will be sharing the methodology and results of this study with other crisis centers across the country. “Given this groundbreaking research, it is hopeful that other non-profit organizations can use the innovative tools developed for this study to evaluate the effectiveness of their own programs,” adds Linda Leonard.

COMING SOON - #BETTER CAN HAPPEN

A new public awareness campaign is being launched in May called #BetterCanHappen. While many people don’t identify themselves as being in a crisis, they can still be in a better place - and the Crisis Center can be there for them. “Calls to action” will highlight the many facets of the work the Agency provides: Feel Better (hotlines); Do Better (volunteer); Give Better (donate); Say It Better (de-stigmatize mental illness); and Know Better (community education).

NEED TO ACKNOWLEDGE A SPECIAL OCCASION? MEMORIALIZE A LOVED ONE?

Make your gift even more special with a donation to Long Island Crisis Center. A beautiful card will be sent out on your behalf to honor a special occasion, commemorate an achievement or memorialize a loved one. Just remember to include, with your donation, who you want the card to go to and for what occasion. Make your gift online at: longislandcrisiscenter.org (click on “Donate”) or mail your check to: Long Island Crisis Center, 2740 Martin Ave., Bellmore NY 11710.