

# Paving the Path to Recovery

SKY LIGHT CENTER MEDIA GUIDE **2016**



GIVING SUPPORT

The one thing about Sky Light Center that is most important to me is the sense of community, the sense of belonging.

– Angela Cerio

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CREATING PURPOSE

Sky Light Center has given me the confidence and opportunity to work again. Thanks to Sky Light, I now have the chance to lead a better and healthier life.

– Raymond Febles

# An Individualized Path to Recovery



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SKY LIGHT CENTER  
MEDIA GUIDE 2016



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## **THE SKY LIGHT CENTER PHILOSOPHY**

Clubhouse members and staff work together to manage the program. We call participants “members” because we are a club with rights of membership. Members choose work activities and a staff person to work with, and each member has a lifetime right of reentry and to our community support services. Members are expected to participate in all aspects of the Clubhouse’s operation

We organize productive daytime support activities through a pre-vocational program and offer authentic life perspectives of the world of work in our transitional and supported employment programs (TE and SE).

The Sky Light Center culture is built on shared values and activities. We know that it is a basic human need to belong to a group that is safe and that appreciates each individual, where each person is treated with respect.

STRATEGIC PLAN

# Guiding Principles

OUR MISSION

Sky Light Center offers a path to recover from psychiatric and substance use disabilities through comprehensive rehabilitation services in a intentional community.

OUR VISION

Sky Light Center provides individualized paths to recovery through services that significantly impact and improve quality of life for members.

Sky Light Center is an accredited member of Clubhouse International, whose best practices among the worldwide Clubhouse community define its model of psychiatric rehabilitation. Sky Light Center’s accreditation affirms its ongoing commitment to helping recovering adults to stay out of hospitals and to achieve socially, financially and vocationally viable lives.

Sky Light Center’s funding comes from a number of public entities, including the New York State Office of Mental Health, ACCESS-VR and the New York City Department of Health and Mental Hygiene. Each funder sets expectations for Sky Light Center’s performance and monitors compliance through regular program and financial audits.

## Wellness

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Sky Light Center focuses on the wellness of a person, not the illness.

## Support

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Our community is a haven of member-driven encouragement, fellowship, exploration and opportunity.

## Opportunity

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Members find their voices in fighting stigma and discrimination through our opportunities for advocacy and education.

## Talent

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The program affirms each member’s talents, strengths and skills by offering opportunities to work in the day-to-day operation of the Clubhouse.

## Rights

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Each member’s right to make choices about their lives permeates every Sky Light Center opportunity.

## Dignity

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Our decision-making process is inclusive and collaborative, and opens the door to mutual ownership.



## LEADERS & STAFF MEMBERS

# A Team That Cares

### LEADERSHIP MEMBERS

**Linda Wilson** Chairperson

**Nancy Andino** Vice Chairperson

**Greg Cicero** Treasurer

**John Russell** Secretary

**Susan Batkin**

**Norma D'Arrigo**

**Reginald Minus**

**Jon Kuhn**

### STAFF MEMBERS

**Cathy Holladay** MS, LMHC Executive Director

**Diana Hellman** MSED, LMHC Assistant Executive Director

**Stephen Signeavsky** Clubhouse Program Director

**Chris Frayler** Supported Housing Program Coordinator

**Carlos Osorio** Supported Housing Program Staff

**Amy Slaven** Assisted Competitive Employment Program Director

**Jeffrey Strauss** Assisted Competitive Employment Program Staff

**Christina Finamore** BFA Clubhouse Staff

**Kellie Gainey** Clubhouse Staff

**Zaia Russell** Clubhouse Staff

**Linnette Hughes** Supported Housing Program Staff

**Thomas Bonillo** Clubhouse Staff

**Roger Franz** Tutor







## PLANNING FOR THE FUTURE

We believe that being faithful to our vision day in and day out changes lives. Stigma still exists for people who struggle with their mental health. It is our passion to see the stigma of mental health erased from society. We are committed to offering program services that empower and support our members in their journeys toward personal recovery and community integration. We are always looking for ways to improve our programs, seek funding, raise awareness and educate the general population and our members. We believe that it is possible to live in a world where people respect all others.

## INCOME & EXPENSES

# Where We Stand

### 2015

<b>INCOME</b>	<b>\$2,484,747</b>
Government Grants	2,423,897
Contributions	44,844
Investment Income	15,457
Other Income	549
<b>EXPENSES</b>	<b>\$2,400,314</b>
<b>Program Services</b>	
Clubhouse	621,097
Recreation	0
Supportive Employment	287,472
Housing	1,172,026
<b>Supporting Services</b>	
Administrative Expenses	319,719
<b>DEFICIT OF SUPPORT VS. REVENUE</b>	<b>(\$84,433)</b>

### 2014

<b>INCOME</b>	<b>\$2,486,050</b>
Government Grants	2,425,957
Contributions	44,636
Investment Income	15,402
Other Income	55
<b>EXPENSES</b>	<b>\$2,222,966</b>
<b>Program Services</b>	
Clubhouse	600,567
Recreation	0
Supportive Employment	275,675
Housing	1,147,923
<b>Supporting Services</b>	
Administrative Expenses	198,801
<b>DEFICIT OF SUPPORT VS. REVENUE</b>	<b>(\$174,935)</b>



## 2013

<b>INCOME</b>	<b>\$2,463,097</b>
Government Grants	2,342,368
Contributions	67,701
Investment Income	52,706
Other Income	322
<b>EXPENSES</b>	<b>\$2,347,196</b>
<b>Program Services</b>	
Clubhouse	533,913
Recreation	94,052
Supportive Employment	329,365
Housing	989,163
<b>Supporting Services</b>	
Administrative Expenses	400,703
<b>DEFICIT OF SUPPORT VS. REVENUE</b>	<b>(\$17,593)</b>





## THE STATISTICS

# Stating the Facts



Membership in the Clubhouse psychosocial program significantly decreases involvement in the criminal justice system.

**SOURCE:** Johnson and Hickey (1999).



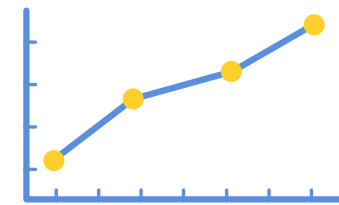
Reduced Hospital Stays: Clubhouse members are hospitalized far less often than nonmembers.

**SOURCE:** DeMasso, Avi-Itzak and Obler (2001).

# 40%

40% of members who participated in Sky Light's smoking cessation programs have lowered their daily intake by volume.

**SOURCE:** 2014-2015 Sky Light Center Heaviness of Smoking Index records.



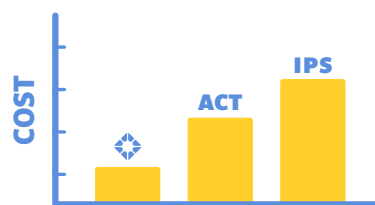
Clubhouse attendance results in longer employment retention.

**SOURCE:** Macias, Kinney and Rodican (1995).

# 99%

99% of members report that Sky Light's outreach system is effective.

**SOURCE:** 2014 Sky Light Center internal member satisfaction survey.



The cost of Clubhouses is estimated to be  $\frac{1}{3}$  of the IPS model, about  $\frac{1}{2}$  the annual costs of Community Mental Health Centers, and substantially less than the ACT model.

**SOURCE:** McKay, Yates, and Johnsen (2005); IPS model reported by Clark et al (1998); ACT model reported by Macias et al (2001).



100% of members report that Sky Light's Supported Housing program has afforded them the opportunity to establish a home that is integrated into the community.

**SOURCE:** 2014 Sky Light Center internal tenant satisfaction survey.



Compared with individuals receiving the traditional services, Clubhouse members were significantly more likely to report that they had close friendships and someone to rely on when they needed help.

**SOURCE:** Warner, Huxley and Berg (1999).



#### HEAR FROM OUR MEMBERS

Sky Light Center offers a variety of integrated mental health services. We provide our members with the resources they need to join the workforce, advance their education, build a social support system and maintain their health. These steps build a stable foundation for recovery and help prevent the most serious consequences of mental illness. At Sky Light Center, we take a comprehensive approach to our members' wellness, resulting in long-term, sustainable progress.

## MEMBER STORIES

# Christine Turner

Sky Light Center and Queensborough Community College collaborated to archive recovery stories of Sky Light members by making it an English class's semester project. This is one of many similar success stories Sky Light has contributed towards.

In this world, we are all born with a unique gift or talent. And to those of us who have not discovered our gift or talent, we are at least lucky to have been born without any major problems with our body. Unfortunately, mental illnesses that some people are born with or develop limit their capabilities and make their lives harder than they should be. This is why facilities such as Sky Light Center were established: to offer rehabilitation and support to individuals recovering from their mental illnesses. However, the Sky Light Center does not focus on the person's illness. Instead it focuses on the person's well-being. Rather than view the people who are part of the program as patients, Sky Light views them as members instead. As part of Sky Light Center's philosophy, members are expected to assist in operating the Sky Light Center to show that they are needed and capable of doing the work of someone who does not have a mental disability. One particular member benefited from the Sky Light Center because the Sky Light Center changed her life for the better. That individual is Christine Turner.

54-year-old Christine Turner was born in Brooklyn, and, from the time she was a little girl, she had difficulty walking, and she had a mental disability. Her mother had a mental disability as well. Tormented by her own mother, there were times when Christine thought that she had no other options but to listen to all the negativity





thrown at her. However, she courageously took that negativity as a challenge and decided not to dwell on her problems in the past but focus on future. As a child, she was raised in a foster home in Brooklyn. She saw salvation in her godmother who taught her not to worry, how to walk, and told her not to worry about bullies at school. In school, her favorite thing to do was read. Her scores in reading proved that just because she had a mental disability this does not mean she is any less intelligent than anybody else. Christine's favorite book was *The Old Man and the Sea*. She did not finish her education because she was pregnant with her daughter, but she plans to do that in the near future and refuses to let anyone tell her otherwise. She has some credits in college and plans to get a degree in education. Shortly after leaving college, she decided to live her own life and get an apartment for herself. When the day came that her mother passed away, she was relieved that she would not have to deal with her constantly saying that she was not good enough. Even her own daughter treated her like a child, but Christine refused to be treated that way and made it clear to her daughter that she was a capable adult and did not need to be babied.

Realizing her capabilities, Christine found out about and joined the Sky Light Center. She found out about the Sky Light Center through her accountant. At this point, her life changed for the better. Christine has been a member of the Sky Light Center for eight long years. Because she is reliable, she knows that people at the Sky Light Center need her there. Her responsibilities at the Sky Light Center are cooking, answering the phone, clocking people in, and reception, which is her favorite responsibility at the center. It is here at the Sky Light Center where she can exercise her favorite activities of singing, listening to music, reading, and cooking. It is here where she met many good friends, such as Raymond.

The life of Christine Turner shows that with courage and a strong will even a mental illness cannot limit a person's life. She has realized that there are more important things than dealing with problems that occurred in the past. Her time at the Sky Light Center changed her life for the better, and she regrets not knowing about the Sky Light Center earlier. Christine's attitude encourages us to never give up on our goals in life and prove to everyone that we control our own lives.

\*Written by Andrew Kyriacou in association with Queensborough Community College.

## MEMBER STORIES

In 2015 we shared the recovery stories of three members highlighting the impact of Sky Light's support on their improved quality of life. Here is an update on how Irakly, Laura and David have continued on their individual paths to recovery with the support of our supportive community.



### IRAKLY SANADZE

Took several Sky Light sponsored art classes at a local school. He has been attending SLC daily, where he enjoys spending time with his friends.



### LAURA PRATHER

Completed her GED. She continues to attend Sky Light daily where she shares her skills and talents with her Clubhouse.



### DAVID MORRIS

Has urges to smoke, and is able to fight them off. He hasn't smoked since he quit in March of 2013. He wears the patch. He's also been exercising and feels great.



#### WHY SKY LIGHT CENTER WORKS

At Sky Light Center, we value our members' hard work and are proud to celebrate their milestones. Our programs support members throughout their recovery, not just during moments of crisis, and help them lead more fulfilling lives. We embrace members as individuals with unique talents and goals, rather than simply a diagnosis. Sky Light Center fosters lasting relationships among members, staff and the larger community, working as a partner in the journey to wellness. Our members create relationships at Sky Light Center that have the power to transform their lives.



#### CONTACT INFORMATION

## Get in Touch

#### Address

307 St. Marks Place  
Staten Island, New York 10301

TEL 718 720 2585

FAX 718 720 2601

For more information about Sky Light Center and our  
services, please visit our website.

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

#### PROMOTING HEALTH

Sky Light Center gave me the  
tools and inspiration to live  
a purpose-filled life through  
work and independent living.  
Here, everybody is family.

– Joel Madison

#### CREATING FAMILY

I've learned that no matter  
where you are in life, things  
may happen where you may  
need some help. If it wasn't for  
Sky Light Center I don't know  
where I would be now.

– Reggie Minus





SKYLIGHTCENTER.ORG

