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HUMAN SERVICES COUNCIL



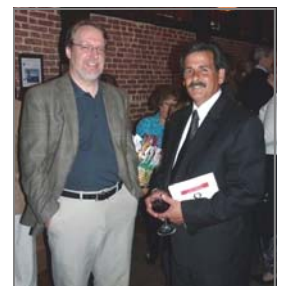
HIGHLIGHTS NEWSLETTER

FALL 2010

HSC Celebrates 2nd Annual SoNo Stroll in Historic South Norwalk

On Wednesday, June 9, 2010, the Human Services Council held its' annual fundraiser - the 2nd Annual SoNo Stroll in Historic South Norwalk. Over 220 supporters gathered for a cocktail reception at The Loft followed by dinner, dessert and coffee at one of SoNo's many fine participating restaurants which included, *Barcelona Restaurant and Wine Bar, Black Bear Saloon, The Brew House, Coromandel Indian Bistro, Donovan's & Mackenzie, Match, O'Neill's Pub and Restaurant, Pasta Nostra, Strada 18 and Wasabi Chi.* "Not only was this year's SoNo Stroll a huge success, it was also a great deal of fun," said Al Mirin, President of HSC's Board of Directors. "Thanks to the participation of South Norwalk's restaurants, HSC was able to raise almost \$90,000, which in turn provides funding for the numerous programs and services we offer to thousands of individuals each year, particularly children." The proceeds generated from the SoNo Stroll support HSC's

sixty-six year legacy as a regional community planning agency - one that strives to enhance the region's quality of life through a number of critical programs, including the Children's Connection, the Dr. Robert E. Appleby School Based Health Centers, the Mid-Fairfield Substance Abuse Coalition, the Norwalk Mentor Program and the Voluntary Action Center of Coastal Fairfield County. HSC extends a special thank you to our sponsors: *Purdue Pharma, Merritt 7 Corporate Park, Baywater Properties, CB Richard Ellis, CulinArt, James P. Murphy and Associates, TD Bank, Turner Construction, Benefit Planning Services, EFA Partners, Hatch and Bailey, Hoyt-Cognetta, Marcus Partners, People's United Bank, Shipman and Goodwin, Webster Bank, Diageo, Drinx Unlimited, Cisco Brewers and Triple 8 Distillery.* To our attendees, we hope you had a great night and look forward to seeing you again next year!



The Human Services Council (HSC)

Who We Are

Since 1944, the Human Services Council (HSC), a regional community planning agency, has promoted the well-being of its citizens through human service coordination, program sponsorship, education and training. HSC's motivating force has been the concern of a core group of citizens from Mid-Fairfield County, for achieving the best possible quality of life for all of our neighbors - particularly youth. Existing HSC sponsored programs include: *Children's Connection, Dr. Robert E. Appleby School Based Health Centers, Mid-Fairfield Substance Abuse Coalition, Norwalk Mentor Program and the Voluntary Action Center of Coastal Fairfield County.* All of our programs - past and present - have played a critical role in the vitality of the Greater Norwalk community.

What We Do

The Human Services Council has been instrumental in the development of a myriad of local community initiatives (i.e.) alcohol and drug prevention, affordable housing, child advocacy, homelessness, hunger, medical and psychosocial health of children and adolescents, mentoring and volunteerism. Did you know that the...

- *Children's Connection:* *has been providing quality, caring services to more than 3,000 children in Lower Fairfield County since 1974 and whose mission is as timely as ever - to create a world where no child is harmed and no family is left without guidance.*
- *Dr. Robert E. Appleby School Based Health Centers:* *offer free medical and mental healthcare services to students enrolled in Norwalk's three high schools and Nathan Hale Middle School (mental health only).*
- *Mid-Fairfield Substance Abuse Coalition:* *addresses substance abuse issues throughout the community.*
- *Norwalk Mentor Program:* *encourages the social, academic and mental growth of Norwalk's youth through a one-on-one mentoring relationship between a student and an adult volunteer.*
- *Voluntary Action Center of Coastal Fairfield County:* *promotes, coordinates and recognizes volunteerism throughout the 12-town Coastal Fairfield County region.*



Pictures courtesy of the Norwalk Mentor Program.

NMP 2009 - 2010
School Evaluation
Program Results

- 63% of mentees have improved their overall academic performance.
- 81% of mentees have improved their grades in at least one subject.
- 80% of mentees are better able to make decisions.
- 79% of mentees increased their self-confidence.
- 59% of mentees improved their classroom behavior.

The mission of the NMP is to encourage the social, academic and mental growth of Norwalk's youth through a one-on-one mentoring relationship where a caring adult serves as a role model to a student as he or she goes through a difficult period and/or faces new challenges. The NMP ended the 2009 - 2010 school year with 212 matches throughout the 19 Norwalk Public Schools. 129 of those matches were made since HSC took over coordination of the program in January 2009.

On average a new mentor is recruited every four days!

For additional information on the NMP please contact Jackie Effren, Director at (203) 849-1111 or via e-mail at jeffren@hscct.org.

FOLLOW THE NMP ON
FACEBOOK

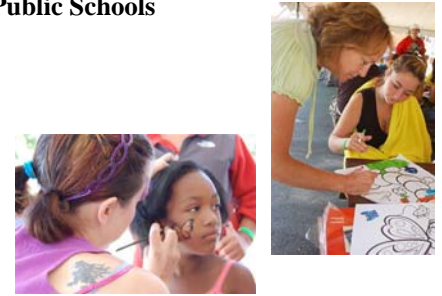
Norwalk Mentor Program (NMP)

A program of HSC in collaboration with the Norwalk Public Schools

***One Hour a Week
Can Change Lives
Forever.
Yours and Theirs!***

Local companies in Norwalk and surrounding towns that have employees who are mentors include: **Connolly, Diageo, FactSet, Fairfield County Bank, GE Capital, IBM, Marsh**

USA, MBI, Northrop Grumman Corporation, Norwalk Children's Foundation, Norwalk Hospital, Norwalk Police Department, PDC International, Pepperidge Farm, Reed Exhibition, Sequel, Stew Leonard's, UBS, Webster Bank and Xerox.



2010 Community Indicators Report

In May 2010, HSC released its bi-annual Community Indicators Report to the City of Norwalk, part of a long tradition of identifying community needs. Through this report, HSC examined the current social health of the community to gain a better understanding of what services are in place, how they are operating and what services are needed.

Over the course of six months, community leaders identified current trends and gathered new data, worked diligently on identifying sources, interviewing key stakeholders and refining critical information to create a document that would be able to be utilized by the entire community. While there were many positive indicators of success (the health of our children, public school students showing improvement in 3rd grade

reading scores and in CMT scores), the assessment found that the economic downturn has had and continues to have a dramatic impact on our community. Through the Community Indicators Report "Action Items" were identified with the hope that the community would unite to address them.

Action Items

Housing: Norwalk needs to rally behind efforts to make housing more accessible to all income levels.

Health: Childhood obesity, following national trends, is increasing among Norwalk's children.

Public Safety: Few residents that rent apartments/homes in Norwalk have renter's insurance.

Civic and Cultural Life: Norwalk would benefit

from greater collaboration between businesses and the Arts and Culture sector to explore the economic impact of further development as an economic engine for the City.

Basic Needs and Social

Infrastructure: The Social Safety Net is fraying. Non-profits are stretched and have an increased demand for services, coupled with decreasing sources of revenue. Many stakeholders suggest that City government needs to take on a more robust role.

HSC would like to extend a special thank you to the United Way of Coastal Fairfield County for funding this report and to Mary Peniston for spearheading this project.

The complete 2010 Community Indicators Report is available at www.hscct.org.

VAC Leadership Breakfast and Recognition Reception 2010

The Voluntary Action Center (VAC), a program of HSC, celebrated National Volunteer Week at its 18th Annual Volunteer Leadership Breakfast on Tuesday, April 20th at Dolce Norwalk Center. **Stew Leonard's received the Corporate Leadership Award in recognition of their generous support and volunteer involvement over many years to our community.** Stew Leonard, Jr., Jill Leonard Tavello and Beth Leonard Hollis accepted the award. **Ms. Betsy Bain, a lifelong resident of Norwalk, received the Distinguished Service Award for her volunteer service and leadership in city government and education committees and organizations.** As always, honorees were chosen for their exceptional volunteer contribution to Mid-Fairfield County and the example they have set for others.

On April 29, 2010 the Voluntary Action Center of Mid-Fairfield honored volunteers from Norwalk, Westport, Weston and Wilton at the Annual Volunteer Recognition Reception held at Norfield Congregational Church in Weston. Gayle Weinstein, First Selectman of Weston, greeted the guests and read a proclamation naming April 29, 2010 **Volunteer Recognition Day**. Both adult and youth volunteers received certificates of appreciation for their outstanding service and commitment to the not-for-profit agencies in which they so generously volunteer their time. The 2010 Spirit Award was given to the youth group at St. Philip Church in Norwalk for the 400 hours of community service they performed during their 30-Hour Famine Project.



Stew Leonard, Jr., Jill Leonard Tavello and Beth Leonard Hollis receive the 2010 Corporate Leadership Award

Ms. Betsy Bain
Receives the
2010
Distinguished
Services Award



The Voluntary Action Center of Coastal Fairfield County, a partnership of the Human Services Council and the United Way of Coastal Fairfield County, is an incredible source for volunteer recruitment, management, training and recognition for over 150 not-for-profit agencies. Find the causes you want to be involved with through the Volunteer Solutions website, <http://volunteer.truist.com/mfcvp/> which offers a listing of available volunteer openings at area non-profit agencies. We also work with local businesses to find individual and group volunteer opportunities. Call Sara German at (203) 939-1601 for additional information.

Dr. Robert E. Appleby School Based Health Centers (SBHCs)

Brien McMahon High School . Briggs High School . Norwalk High School . Nathan Hale Middle School

The 2009 - 2010 academic year was a busy one for the SBHCs, located at the three Norwalk high schools and Nathan Hale middle school. The SBHCs enrolled over 2,200 students and had over 7,600 visits. In addition to the physical and mental health visits at the health center sites, students participated in numerous therapeutic groups and health education programs conducted by both our staff and partner community agencies. In February 2010, the SBHCs observed **School Based Health Center Awareness Month** with an open house attended by Congressman Jim Himes, State Representatives Larry Cafero and Chris Perone, State Senator Bob Duff and Norwalk Mayor Richard Moccia. HSC Board

members, school staff, health center staff and students were also in attendance. The event was an opportunity to highlight the school based health center model of pediatric and adolescent healthcare and the crucial role school based health centers play as healthcare safety nets in the community.

For additional information on the SBHCs please contact Rhonda Capuano, Director at (203) 849-1111 ext. 3003 or via e-mail at rcapuano@hscet.org.

Top Reasons For Students Visits
Acute Illness
Mental Health
General Medical Exam/
Procedure
Reproductive Health
Immunizations

Groups/Clubs
Anger Management
SLOMO
(Seniors w/Lack of Motivation)
Girls Book Club
Teen Talk
Freshman Focus Group



**FOLLOW THE
SBHCs ON
FACEBOOK**

Community Prevention Task Force (CPTF)

In August 2010 the Community Prevention Task Force, a program of HSC celebrated the **Annual Family Day Celebrations at Roodner Court, Washington Village and Meadow Gardens**. The goal of the Family Day Celebrations is to unite families together for a fun-filled afternoon with state and local social service agencies in hopes of building necessary relationships to support shared values that promote a respect for cultural diversity and awareness around neighborhood concerns such as health and wellness, education, substance abuse and youth violence. Family Day 2010 featured numerous activities including music, food, face painting and much more. Children were also outfitted with backpacks full of school supplies that were generously donated by Diageo.



2nd Annual Day For Girls Health

On Saturday, April 24, 2010 the Mid-Fairfield Substance Abuse Coalition and the Dr. Robert E. Appleby School Based Health Centers hosted A Day for Girl's Health at St. Philip Church. The day provided information on prevention and living a healthier lifestyle through educational workshops. Presentations included healthy dating relationships, self-esteem building (Girl Power), fostering open communication with your teen, healthy skin care, emergency preparation and a ZUMBA fitness class. HSC would like to thank the following people who gave their time to support the event: Absolutely the Finest Catering, Michele DeLuca (Norwalk Fire Department), Lauren Linkowski (Domestic Violence Crisis Center), Mayor Richard Moccia, Jamie Mondschein (ZUMBA Fitness), Norwalk Health Department, Theresa Presser, Jacqueline Roberson, MSW (Norwalk High School), St. Philip Church, Glenn Shephard, LCSW (Dr. Robert E. Appleby School Based Health Center - NHS), Debra Weissman, M.D. (Dermatology Center, P.C.) and HSC youth volunteers.

The Human Services Council Community Service Building has conference rooms available for meetings. Space is limited to fifteen - thirty people and must be reserved in advanced. Please note that reservations are available on a first come first served basis. For additional information please call (203) 849-1111.

Mid-Fairfield Substance Abuse Coalition (MFSAC)

The Mid-Fairfield Substance Abuse Coalition (MFSAC) is one of 14 Regional Action Councils (RACs) designated throughout the State of Connecticut. Together the RACs form the Connecticut Prevention Network (CPN) that works to provide communities with education, training and advocacy for substance abuse prevention. RACs were created by the state legislature in 1989 and have taken the lead on programs to combat tobacco, alcohol, drug and gambling addiction across the state. The mission of MFSAC is to bring recognition and resources to address substance abuse across the lifespan and its effects on the communities of Norwalk, Westport, Weston and Wilton through education, awareness, enhanced addiction services and community action. MFSAC, in collaboration with the Housatonic Valley Coalition Against Substance Abuse (HVCASA), the Central Naugatuck Valley Regional Action Council (CNVRAC), the Regional Youth & Adult Social Action Partnership (RYASAP), the Lower Fairfield County Regional Action Council (LFCRAC) and the Search Institute, hosted a two day (4/29 & 4/30) Training of Trainers workshop on the Essentials of Asset Building. The training is a tool to equip and empower individuals who work with youth to promote the 40 developmental asset framework to enhance the experiences, opportunities, skills and qualities that embody strength-based youth development.

For additional information on the Mid-Fairfield Substance Abuse Coalition please contact Lisa Cooper, Director at (203) 849-1111 ext. 3006 or via e-mail at lcooper@hsct.org

Children's Connection (CC)

Children's Connection is a local program with a big heart and an even bigger mission - to create a world where no child is harmed and no family is left without guidance.

Children's Connection has been providing quality, caring services to more than 3,000 abused and neglected children in Lower Fairfield County every year since 1974. As one of eight Children's Advocacy Centers in the State of Connecticut, fully accredited by the National Children's Alliance, Children's Connection works in cooperation with local and state social service agencies, law enforcement and providers to investigate, substantiate and track cases involving sexual and severe physical abuse of children. All services are completely free of charge. Services include:

Multidisciplinary Investigative Team of Greater Norwalk: provides investigation and coordination of cases concerning physical and sexual child abuse. In collaboration with local law enforcement, the State's Attorney's Office, Norwalk Hospital, the Department of Children and Families (DCF), Adult Probation, local mental health providers and The Center for Sexual Assault Crisis Counseling and Education, this team works to ensure that all families are supported throughout the entire process from first disclosure to prosecution.

Children's Bank: a unique gift giving program which collects and distributes holiday gifts to children in the DCF foster care system, group homes and emergency shelters. This is a program that the entire community can get involved in as volunteers are the backbone of this initiative.

Stop Child Abuse and Neglect (SCAN) Education Programs: through workshops, seminars and media campaigns, SCAN Educational Programs teach parents, professionals and students how to recognize, resist and report all forms of child abuse including internet safety and sexting. SCAN programs are available to community groups throughout lower Fairfield County.

A local company brings holiday cheer to children in need!



Children's Connection 2009 - 2010 At A Glance

Multidisciplinary Investigative Team of Greater Norwalk

- 66 children received forensic interviews, specialized medical exams, support and/or counseling.
- 34 of these children were females and 34 were males.
- 15 were birth to five years of age.
- 22 were six to ten years of age.
- 29 were between the ages of 11 and 17.

Children's Bank

During the 2009 holiday season, Children's Bank collected and distributed gifts for over 3500 children throughout lower Fairfield County.

Stop Child Abuse and Neglect Education Programs (SCAN)

- 1715 individuals were educated during the 2009 - 2010 fiscal year.
- 932 were students from 3rd - 12th grade.
- 105 were parents.
- 678 were professionals.

For additional information on the Children's Connection please contact Kari Pesavento, Director at (203) 849-1111 ext. 3011 or via e-mail at kpesavento@hsct.org.

Thank You

The Human Services Council would like to extend a special thank you to all those who continue to support our programs. It is because of their kindness and generosity that we are able to provide services to thousands of individuals - particularly youth - each and every year.

Your generous donations have helped The Human Services Council provide the following to our clients:

- Flu shots for an uninsured/underinsured student enrolled in the Dr. Robert E. Appleby School Based Health Centers.
- Background checks and TB testing for mentors in the Norwalk Mentor Program.
- Mental health visit for an uninsured/underinsured student enrolled in the Dr. Robert E. Appleby School Based Health Centers.
- Forensic Interview for a child physical/sexual abuse case conducted by the Children's Connection's Multidisciplinary Investigative Team.
- Holiday gifts for the Children's Bank Toy Drive, a unique holiday gift program that collects, organizes and distributes gifts and other support to over 3,500 children who make up the Department of Children and Families case rolls, as well as other local community organizations with children in need.

A Few Words From Our Clients...

"With professional people like you advocating on children's behalf, parents like myself can go off and defend this great nation knowing our children are safe at home." ~ Children's Connection, Parent and Lieutenant in United States Navy

"I knew immediately from the 1st day we were all in your office that we were in great hands. The staff at the Children's Connection were so professional and the same time so gentle that, in hindsight, I realize the healing process started at that point." ~ Children's Connection, Parent

"It really helps a person grow, and gives tons of encouragement and hope, knowing that you have people that love and care for you." ~ Norwalk Mentor Program, 2010 Graduate

"I would thank her for going out of her way to care for me as if she was my older sister seeing that mine passed away." ~ Norwalk Mentor Program, 2010 Graduate

"The health center is amazing! It helps students with any need or even when they feel like they don't belong. They help you with food when you are hungry, with help if you don't feel good, anything you need they are there for you." ~ Dr. Robert E. Appleby School Based Health Centers, Briggs High School Student

"What I like most about the health center is know that someone is always here for me. If I am sick, or nervous, or just need to get something off my chest, I know there is always someone I can feel comfortable with." ~ Dr. Robert E. Appleby School Based Health Centers, Briggs High School Student

"The girls health fair was great. I loved it. It was fun and it gives you a lot of information and different skills you need for the future." ~ Middle School Student, 2010 Girls Health Fair, Mid-Fairfield Substance Abuse Coalition

"I really appreciate all of the activities held at the health fair because teens and tweens really need a village full of information to help them be the best possible people that they can be. They also need to understand and appreciate the process that goes into helping to shape them. I hope that you will repeat this program." ~ Parent, 2010 Girls Health Fair, Mid-Fairfield Substance Abuse Coalition

To learn more about the Human Services Council and/or to make a donation please contact Marissa Lilliedahl Mangone at (203) 849-1111 ext. 3023 or via e-mail at mmangone@hscct.org

CHILDREN'S BANK



For more than 20 years, Children's Bank, a program of Children's Connection has provided holiday gifts for children who are most in need in our communities. Each year more than 3000 children receive a special gift from Children's Bank thanks to the generosity of community members like you!

Ways you can get involved...

- Call today to get the specific wish of a child for you to fill.
- Organize a gift drive at your company, organization, community group or neighborhood.
- Donate general gifts for children in need.
- Make a monetary donation.

This year, our warehouse at 800 Connecticut Avenue in Norwalk will be open for drop off from **December 1st - December 10th.**

For more information or to receive the specific wish of a child in need, please call Kari at 203-849-1111 or e-mail kpesavento@hscct.org.



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The Human Services Council is a partner agency with the United Way of Coastal Fairfield County.