



neighborhood coalition for shelter

HELPING NEW YORKERS FIND THEIR WAY HOME

NCS Research Results Published

An article in *Comprehensive Psychiatry* (September 2005) reported the findings of NCS's first study on personality disorders within the homeless population. In conjunction with Dr. Sam Ball of Yale University School of Medicine, NCS undertook the first study in the United States to research a treatment intervention within a drop-in center setting.

The target population was chronically homeless men and women with substance abuse and psychiatric symptoms. These co-occurring disorders often create tremendous difficulties for both staff and clients in achieving placement in housing.

We wanted to identify and evaluate a treatment intervention that could help these individuals make the transition from homelessness to housing. The treatment offered was Dual Focus Schema Therapy (DFST), an innovative time-limited, manual-guided individual psychotherapy that specifically targets both substance abuse and personality disorder symptoms.

In 2000, with a grant from the Jacob and Valeria Langeloth Foundation, NCS commenced a two-year treatment outcome study of DFST.

The results indicated that participants were severely impaired and had a longer than average length of homelessness. We predicted that DFST would reduce behaviors such as relapse and interpersonal problems, and eventually lead to housing, sobriety and employment. However, these primary outcomes were not the significant finding.

Rather, when compared to other randomized treatment comparison studies, the level of impairment identified among our study participants for certain categories of personality disorders (Cluster A: paranoid, schizoid, and schizotypal; and Cluster C: obsessive compulsive, avoidant and dependent) was extreme and surprising.

The significance of these findings gave us the impetus to further evaluate a similar population at several other drop-in centers within New York City. NCS is currently evaluating this data. Additionally, we have commenced a third study as co-investigators with Dr. Sam Ball further evaluating the characteristics of this population in both New York and New Haven as part of a larger study being conducted by Yale University School of Medicine under a grant from National Alliance for Research on Schizophrenia and Depression.

NCS's research with this population remains a priority as the City implements its plan to end homelessness by engaging and housing chronically homeless adults whose behaviors continue to be a challenge for homeless service providers.

SAVE THE DATE!



The NCS Spring Gala

honoring

Jane Pauley

and

other Women of
Distinction

Television news anchor, journalist and author of

"Skywriting: A Life Out of the Blue"

**Ms. Pauley will also host the
evening's events**

Monday, June 5, 2006

For more information, call Rachel Greenstein at
(212) 861-0704, option 1, ext 405.



Executive Director's Message



Anne R. Teicher

The Neighborhood Coalition for Shelter is committed to ending homelessness by providing men and women with housing and support that can transform their lives

Having just completed a strategic plan to guide our work for the next five years and revised our mission statement, NCS has reaffirmed its commitment to ending homelessness

through its work. We will continue to provide and expand our housing capacity. For many of the people we serve, maintaining housing may require access to a range of services to help in remaining psychiatrically stable or sober, managing finances or even the use of leisure time. NCS will continue to provide and expand these services to homeless and formerly homeless men and women.

The groundbreaking research we are doing is focusing attention on the underlying reasons for chronic homelessness and identifying the common denominator among

those who have the most difficulty remaining in housing or accepting the services that would help them do so. That understanding will make it possible to develop or utilize the most effective strategies for engaging these individuals to end their homelessness.

Ending homelessness means engaging in vigorous advocacy with all levels of government to hold them to their commitment to this goal. Mayor Bloomberg has increased the City's preventive services and funding for affordable and supportive housing with the goal of reducing homelessness by two-thirds within five years. The federal government, despite its stated public policy to end homelessness, has instead reduced many of the social supports and subsidies, including Section 8 subsidies, the most successful homelessness prevention program there is.

With escalating costs of housing, diminishing real income for so many working people and vanishing government support, the challenge to actually end homelessness is formidable. But working together with the dogged determination to accomplish this goal, anything is possible.

Administrative Office
157 East 86th Street
New York, NY 10028
Phone: (212) 861-0704
Fax: (212) 860-2301
ncs@ncsinc.org
www.ncsinc.org

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SERVICE SITES

- NCS Residence
211 East 81st Street
New York, NY 10028
(212) 861-0704
- Neighborhood Center for Homeless People (NCHP)
237 East 77th Street
New York, NY 10021
(212) 861-0704
- Lester Waldman's Place
Madison Avenue
Presbyterian Church
921 Madison Avenue
New York, NY 10021

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First Class Graduates from Emporium Online

The September 29th Emporium Online graduation ceremony may have been absent the caps and gowns, but the pride of accomplishment was displayed in the glowing smiles as Edwin Mirrof, Xavier Randall, Denise Downs and Daisy Diaz celebrated the successful completion of a rigorous four-month on-the-job training program that prepared them to begin the next chapter in their lives.

"Resilience is a word to describe these graduating students," Mark Adiedo, NCS Vocational Director proudly stated during his introductory comments.

Held at the Neighborhood Center for Homeless People, this marked the first formal ceremony for Emporium Online graduates. Launched in the Spring of 2003, this program teaches participants to operate an actual e-commerce business selling cds, dvds, videos and books that have been donated to NCS for this purpose. Participants receive 24 hours of training a week in technology, online customer service and office administrative skills, with the goal of moving into employment or further comprehensive training. Emporium Online operates stores on Amazon and eBay, named Support4Homeless.

To date, 19 homeless and formerly homeless participants have completed this program. Graduates have been placed in jobs, obtained further training in the computer field, been promoted to peer trainers within the program.



Emporium Online Graduates proudly display their certificates. From left to right: Daisy Diaz, Xavier Randall, Denise Downs and Edwin Mirroff.

"One of my favorite tasks is to honor your accomplishments. I'm very proud of you," stated Anne Teicher, NCS Executive Director, who was on hand to distribute the Certificates of Completion as well as the portfolios of the graduates' accomplishments.

The graduates were also very proud of their accomplishments, thanking their vocational counselors and staff for helping them "to move forward"; provide an "experience I'll remember the rest of my life"; and, in short, impact their lives.

Six new trainees are now working toward their own graduation goals. When Emporium Online becomes fully operational, NCS will train 36 people a year from our own and other programs.

Congregation Or Zarua Plays Santa to NCS

On the eve of Thanksgiving and Christmas, after the stores close, two teams of volunteers from Congregation Or Zarua meet in front of Eli's and the Vinegar Factory on the Upper East Side. Like Santa and his elves with six vans instead of sleighs, about 20 volunteers fill 70-80 aluminum trays with 40 varieties of beef, chicken, fish, pasta, vegetables and fruit salads as well as sandwiches, bread, fruits, cookies, cakes, candies and even sushi. The loaded vans then head over to NCHP and the NCS Residence, where they promptly fill not just the refrigerator but the entire kitchen.

Thanks to Richard Stadin, the volunteers of Congregation Or Zarua and the generosity of Eli Zabar our holiday tables are laden and participants in our programs enjoy this delicious food for days afterwards.

Richard Stadin has been a volunteer at NCS since 1998 and is a member of the Board of Directors of Congregation Or Zarua. For the past five years, at Richard's behest, Eli Zabar, has been making daily deliveries of food to NCS's programs. When he was recruited to play Santa Claus at NCS's Christmas celebrations several years ago, Richard was inspired to approach Eli about donating food on the holidays, as well.

While the clients are the ones enjoying the great food, it's the volunteers who seem to truly benefit. "Everybody is powerfully moved by this experience. We get more than what we give," notes Richard.

Founded in 1989 and headed by Rabbi Harlan Wechsler, Congregation Or Zarua is a small, Conservative synagogue on the Upper East Side. Their Hesed Committee, headed by Lesley Palmer, coordinates their efforts to help those within the local community who are in need. In addition to providing holiday meals to NCS clients, the Committee has been providing a weekly pizza night for the tenants of our Residence for many years.

NCS is grateful to all of our friends who donated food for the holidays – from our partners in the religious community through other generous groups and individuals around the city. We also want to recognize Lorenzo and Maria's Kitchen, which generously donated 20 boxes of gourmet food, delivered by Congregation Or Zarua volunteers to the NCS Residence.



Volunteers from Congregation Or Zarua gather in front of Eli's on Christmas Eve where they cleaned out the shelves, leaving no bread unturned.

Through our Doors to Hope



Eugene Duncan

In less than a year as an employee at Duane Reade, Eugene has been promoted twice and is now in charge of photo development. Only a year ago, Eugene walked through the doors at the Neighborhood Center for Homeless People struggling with issues that not only caused him to lose his apartment but also threatened his life. Driven by a fear of long-term incarceration and a determination to repair his life, Eugene sought help from NCS. Within a week of his arrival, want-

ing to be involved in something positive, he began looking for every opportunity to offer help.

Eugene began volunteering in the NCHP kitchen, facility room and wherever help was needed. He was told that to obtain work within

the agency he could participate in JobWorks, the internship program run by NCS' Vocational Department. Eugene discussed the situation with his case manager and was soon assigned a vocational counselor who facilitated the process of joining JobWorks.

Once in JobWorks, Eugene's goal was to be the best worker and ultimately obtain full-time employment. Shortly after beginning his internship, Eugene's vocational counselor, acknowledging his hard work, secured him an interview with Duane Reade. All Eugene had to do was "ace the interview." Though not his dream job, Eugene was excited because "I could already see myself repairing my life." It presented the possibility of his saving money as he continued to work with counselors in getting further training and better paying jobs.

Beyond his employment successes, Eugene has moved from NCS's transitional shelter, Lester Waldman's Place to Prince Transitional Housing, where he is in the process of securing independent housing.

New Director of Volunteer Services

We are pleased to announce the appointment of Millicent (Mille) Cavanaugh as the Director of Volunteer Services for the Neighborhood Coalition for Shelter (NCS). Mille oversees recruitment, placement, creation and coordination of volunteer opportunities. She also organizes and supervises volunteers at on-site events, such as our Holiday parties and off-site projects such as clothing and cd/dvd/book drives.



**Millicent
Cavanaugh**

Prior to joining NCS, Mille enjoyed a varied career that prepared her for the challenge of working with a diverse group of volunteers. As the Administrative/MIS Manager of the National Committee on US-China Relations, she was responsible for the day-to-day operation of the international relations programming office, including the supervision and training of staff. Mille gained experience in counseling and conflict resolution working with the Creative Arts Team of NYU and created and supervised the national photography department for Urban Data Solutions, a computer mapping corporation. Along with her own ongoing volunteer work, Mille also worked, early in her career, for the Park Slope Food Co-op, supervising an impressive 50 – 100 volunteers daily.

NY Times Again Features an NCS Client !!

For the third consecutive year, a client of the Neighborhood Coalition for Shelter has been featured in The New York Times annual The Neediest Cases Fund series.

Paul Wright, who first sought help from NCS in the fall of 2002, appeared in the December 14, 2005 column. While receiving vocational and educational training at the Neighborhood Center for Homeless People, Paul came up with an idea to sell donated reading and audio materials online to raise money for NCS programs. This later became the basis for NCS's Emporium Online.

After successfully completing an internship at Emporium Online, Paul obtained his certificate in "Wood Finishing & Entrepreneurship" from the Fashion Institute of Technology. His demonstration of stability and the ability to be part of a team helped NCS to help Paul secure benefits and housing.

Each year, The New York Times conducts a fundraising campaign during the holiday season with daily stories that describe the challenges faced by some of the city's neediest people. The proceeds are distributed among the seven participating agencies, including the Federation of Protestant Welfare Agencies, from which the Neighborhood Coalition for Shelter receives a grant.

This grant is used by NCS to purchase lodging kits with the dishes, flatware, linens, etc. to help people moving into their own apartments turn it into a real home.

Donate your gently used CDs, DVD's, Videos and Video Games to...



We will pick up!!

For more information or to arrange pick-up, call (212) 861-0704, option 3, ext. 214. To drop off – 237 East 77th Street, NYC.

Find us on amazon.com at our zShop – Support4homeless.