The NYSPCC creates a grief counseling program for parents and caregivers for The New York City Administration for Children’s Services (ACS).

At the request of the Commissioner’s Office at ACS, The NYSPCC developed a grief counseling program for ACS-involved parents, who are experiencing traumatic stress due to the death of a child, or other serious critical incidents involving their child. These sessions would be 60-90 minutes in length and led by therapists at The NYSPCC who have extensive experience in dealing with traumatic grief and loss due to child abuse and other traumas. The NYSPCC is accepting referrals from ACS meeting the specific criteria and will reach out to the parent and explain the support services available. Sessions will be held either at The NYSPCC offices at 520 Eighth Avenue, in Manhattan, or virtually over Zoom.

The NYSPCC receives the Robin Hood ‘FUEL for 50’ award.

Robin Hood, New York’s largest poverty-fighting philanthropy, announced the winners of FUEL for 50, its new initiative to support young children’s learning and development through programs focused on their caregivers. We are extremely proud to say The NYSPCC was an awardee! The fifty awardees were selected from a pool of 355 programs supporting parents and caregivers of young children. These fifty awards—the first phase of a 2-year initiative—will Robin Hood’s latest investment in our six-year commitment to make New York City a model for cultivating and scaling new approaches to supporting the development of children ages 0-3.

As an award winner, The NYSPCC will receive $25,000 in funding, access to expert workshops and support, and opportunities for up to $250,000 in additional funding to test the efficacy of their programs, and in 2023—up to three awardees will receive an additional $1 million to scale their efforts. As New York’s largest poverty fighting philanthropy, Robin Hood uplifts organizations that support parents and caregivers of young children and shifts the narrative around what it means to support early childhood development. We commend Robin Hood for connecting to this crucial initiative and are honored to be recognized for our outstanding work.

Board of Director Spotlight
The NYSPCC welcomes three new members to our Board of Directors: Lilian Yang, entrepreneur, investor, and co-founder of the family’s charitable foundation, Cosmin Panait & Lilian Yang Foundation; Shane Foley, Partner at PwC and leader in the Cyber, Risk, and Regulatory consulting practice, and Global Technology, Media, & Entertainment Industry, board-certified pediatrician and currently completing a doctorate in Public Health at Columbia University. We also welcome the new Junior Society President, Christine Curran.
Mary’s Corner

Training Needs of Youth-Serving Professionals
By Mary L. Pulido, Ph.D.

Coping is a dynamic process that changes over time in response to changing demands and changing approaches of the situation. Most of us can go one step at a time, and use some coping techniques over and over, but doing repeatedly always means, they may not be an effective, or consider trying others. There is an actual “process” to coping that’s helpful to understand, particularly now.

Step One: Determine that an event is stressful

Step Two: Identify a coping strategy

Step Three: Implement a specific response

If the response is effective, then it’s stress is reduced, and you feel better. There are adaptive (positive) and maladaptive (negative) strategies that you can choose. Positive ones include exercising, talking to a non-spilling friend, therapy, meditation, or a hobby you enjoy. Maladaptive ones, such as consuming alcohol at pills, smoking, or binge eating your favorite foods) of choice, may make you feel better in the short-term but are likely to have negative consequences in the long-term.

3. Feed your mind good news, limit the bad news. The news these days is usually sharpening, depressing, and is full of violent content. As an parent, you need to take in details that can help you to stay abreast of the latest updates but limit it to 10 minutes in the morning and evening. Parents have a constant diet of bad news from their phones, social media, the television, radio, or newspaper. Take a break. Read some news, or blogs that are uplifting, happy, and calming. Watch a show that makes you laugh. Have dinner with music on.

4. Last point, have an emergency support plan. If you think you are going to “lose it” and find yourself getting angry or frustrated with your children, reach out for help. If you think you are depressed, talk to your doctor about what may help you. The demands of parenting can be fierce and draining, but they pass. The parents’ hotline at 1-800-443-1400 is a great resource for parents.

For more information on coping strategies, please check out the following resources:

https://www2 .nyspcc.org/parenting

The New York Society for the Prevention of Cruelty to Children

The NYPSCC’s Training Institute offers a variety of trainings designed to build capacity and support the professional development of social-service agencies and staff in preventing and responding to child abuse and neglect. To date, the Training Institute has trained over 74,000 professionals.

The last three years have seen an enormous toll on children, families, and youth-serving professionals. During this time, the Training Institute has overseen six virtual Train the Trainer sessions and five virtual and live Train the Trainer Workshops. In response to these challenges, the NYPSCC has launched a new initiative: The Training Institute’s Training Institute Training Series. This series is designed to provide training and support for child welfare professionals across the country on a variety of topics, including: clinical, legal, and prevention issues.

For more information, please visit https://www.nyspcc.org/.
The Fall Gala
The NYSPCC held its most successful Gala ever on Wednesday, November 17, 2021, raising over $825,000 for child abuse prevention programs and services. Held at The NY Public Library’s Stavros Niarchos Foundation Library, the Gala honored longtime friend and supporter of The NYSPCC, the Stavros Niarchos Foundation (SNF), and was hosted by Stephanie Ruhle, Anchor, MSNBC, Senior Correspondent, NBC News.

Upcoming Events
Spring Luncheon
April 27, 2022 at Tavern on the Green. Hosted by Judy Woodruff and featuring Guest Speaker, Audry Nafziger.

Fall Gala
November 16, 2022 at The Rainbow Room. Hosted by Deborah Norville and honoring Maarit Glocer.

Virtual Spring Luncheon
The NYSPCC held their virtual Spring Fundraiser, “An Evening With V”, on Thursday, April 29, 2021 featuring a conversation with V (formerly Eve Ensler), Playwright and Activist, and moderator Professor Melissa Harris-Perry, Ph.D. The event raised over $190,000 for The NYSPCC’s Trauma Recovery and Therapeutic Supervised Visitation Programs.

The New York Society for the Prevention of Cruelty to Children
Helping Children Heal

Throughout his childhood, Jordan’s parents fought frequently and sometimes violently. As he grew older, his father directed some of his anger toward Jordan, inflicting intense emotional and psychological abuse. Eventually, his mother, Vanessa, found the strength to move out, but the pain occurred at a distance and as a result, new harm wasn’t enough to erase the pain she felt. Vanessa brought Jordan to The NYSPCC’s Trauma Recovery Program to help him heal.

Nine-year-old Jordan hadn’t seen his father for more than a year when he started therapy. Jordan’s emotional world fell flat. He had a tremendous fear of his father and experienced hypervigilance, expecting danger everywhere. Not surprisingly, Jordan did not reveal to his therapist or to his mother about the physical abuse. To gain Jordan’s trust, the therapist conducted the first few sessions with Vanessa in the therapy room. As Jordan’s comfort level grew, the therapist gradually decreased the amount of time Vanessa spent in the sessions, until she was left only to do the therapy on his own.

Once Jordan felt safe, the therapist was better able to explore his experiences in therapy. In therapy, Jordan verbalized his feelings, learned coping skills, and was able to talk about his traumatic memories. Jordan’s past traumatic memories were so painful that the smallest cues focused his mind with emotions—anger, anxiety, depression, and fear—which in turn caused him to engage in self-harming behaviors and thoughts of suicide. The therapist worked collaboratively with Jordan and Vanessa to create a suicide safety plan that empowered Jordan to having a voice on how to remain safe and alive. Safety was established, Jordan was able to identify his physical and emotional reminders and how they connected with his trauma reminders. With this information, he was able to utilize his learned coping and trauma responses to reduce the pain he was feeling inside and outside of therapy sessions. All therapists who are supported Jordan to be able to share his traumatic story with the therapist and his mother. Crafting a trauma narrative helped Jordan make sense of his experiences and overcome the painful memories and trauma responses through utilizing healthy adaptive coping skills.

Crafting a trauma narrative helped Jordan make sense of his experiences and overcame the painful memories and trauma responses through utilizing healthy adaptive coping skills. And, with the narrative, Jordan was able to utilize his learned coping and trauma responses to reduce the pain he was feeling inside and outside of therapy sessions. All therapists who are supported Jordan to be able to share his traumatic story with the therapist and his mother. Crafting a trauma narrative helped Jordan make sense of his experiences and overcome the painful memories and trauma responses through utilizing healthy adaptive coping skills.

Vanessa and Jordan learned common language to be able to discuss Jordan’s trauma experiences and his post-traumatic responses. They were able to talk about the traumatic events and Jordan’s trauma responses together, helped Jordan heal from and understand. These sessions also helped Vanessa enhance her skills to better respond to her son’s needs outside the therapy room, even as she took to Jordan’s recovery and future resilience.

To learn more about the impact Safe Touches has been able to make, please visit our website: www.nyspcc.org

Safe Touches The NYSPCC’s evidence-based, research-informed Safe Touches program teaches children in Kindergarten through third grade valuable body safety tools and child sexual abuse prevention concepts using puppet skits. During the week of the COVID-19 Pandemic, the NYSPCC’s Training Institute adapted the curriculum to a virtual format. This Spring, The NYSPCC’s Safe Touches workshops almost doubled to 13 New York City schools to educate 14,000 students. This summer, The NYSPCC’s training initiatives will reach new communities. Safe Touches facilitation and implementation is available to more schools and organizations, and Safe Touches is expanding in New York State through a partnership with the non-profit organization, Empowering Collaborative of Long Island (ECLI) and the Victims Information and referral Service (VIBS). This spring, The NYSPCC Training Institute is training two of their staff members in Safe Touches facilitation and implementation to reach more school children across New York State.

*Names have been changed to protect confidentiality.

The New York Society for the Prevention of Cruelty to Children

The NYSPCC's Trauma Recovery Program is an evidence-based, research-informed treatment program designed to help children heal from the emotional, psychological, and physical effects of child abuse and neglect. The program provides a safe space for children to process their experiences and develop coping skills to move forward in their lives. Through individual and group therapy sessions, children are able to work through their trauma and build resilience.

To learn more about the NYSPCC’s Trauma Recovery Program, please visit our website: www.nyspcc.org
Focus on Advocacy

The NYSPCC has been working independently, as well as with a consortium of other advocates, on the following child protection issues:

• Working with Senator Wyde and Senator Gillibrand’s team on the Travel in Child Safety Act to provide safety for children regarding protections to prevent internet child pornography.

• Sponsoring the letter from Councilmember Stevens’ office on

  Children and Families Reinvestment Act to provide additional funds and support for the families of New York State.

• Participated in the advisory committee to the New York State Office of Family and Children’s Services on updating its Abandoned Repeater Training, specifically on areas of implicit bias.

• Working with advocates to amend the present social services laws to include additional job duties of those who must have a child abuse background check completed prior to starting employment with a child serving organization.

• Joining to support the slate of advocacy work of the District Attorney of the State of New York.

Special Thanks

We are grateful to the following supporters who have made gifts of $1,000 or more since March 1, 2017 to help support our work with NYC’s children:

$5,000 – $9,999

• David Behmke
• Anthony Bavedas
• Elena and Douglas Atkin
• Susan and James L. Winter
• Venable Foundation

$20,000 – $49,999

• Mr. and Mrs. Richard Rothman
• Joseph Rinaldi
• Daniel Selcow
• Sanford Schlesinger
• Mulan Ashwin-Rinaldi and Desiree Nemati
• Barbara and Alan Patti
• Desiree Nemati

$10,000 – $19,999

• Frank Sommerfield and Jason Wu
• The Rite Aid Foundation
• New York Yankees
• Moore Charitable Foundation
• Elizabeth and Timothy Mayhew
• Foundation

$5,000 – $9,999

• Deborah and James Carrier
• John Buttrick and Alex Ching
• Architects DPC

$1,000 – $5,000

• Lynn and Jules Kroll
• Karen and John Klopp
• Karin Day and Paul R. Kingsley
• Titania Jordan
• Mel Immergut
• Stephanie Hunt
• Mr. & Mrs. Elbridge T. Gerry III
• Caroline V. Gerry
• Eleanor Frommer
• Constituent

www.nyspcc.org
Allison Birkinbine joined us as Development and Communications Coordinator. In this role, Allison will be responsible for assisting the Development Department with all administrative duties.

Emilie Clark, LMSW joined us as Bilingual Trauma Therapist. In this role, Emilie will support the Clinical Services department by providing therapeutic services for families participating in our Therapeutic Supervised Visitation and Trauma Recovery Programs.

Ruth Edele joined us as Archivist. In this role, Ruth will be responsible for the day-to-day operation and organization of archival materials.

Emily Gordon joined us as Bilingual Trauma Therapist. In this role, Emily will support the Clinical Services team by providing therapeutic services for families participating in our Therapeutic Supervised Visitation and Trauma Recovery Programs.

Jahi Gordon joined us as Child Abuse Prevention Training Specialist. In this role, Jahi will support the development, delivery, and promotion of The NYSPCC Training Institute’s curricula and materials.

Nicole Liu, Ph.D. joined us as Assistant Director of Research and Evaluation. In this role, Nicole will be responsible for designing and implementing study protocols, managing systems for collecting and storing data and seeking funding through grants.

Jennifer Marshall joined us as Director of Finance. In this role, Jennifer will manage all financial/accounting functions for The NYSPCC.

Theodore Rael joined us as Manager of Operations. In this role, Theo will manage all office-related issues including maintenance, technology and safety.

Raydel Rijo joined us as Program Coordinator of Clinical Services. In this role, Raydel will assist the Clinical Dept. with all administrative duties associated with clinical programs.

Jara Rodriguez joined us as Child Abuse Prevention Training Specialist. In this role, Jara will support the development, delivery, and promotion of The NYSPCC Training Institute’s curricula and materials.

Anne Rosenberg, LCSW, joined us as Assistant Director of Clinical Services. In this role, Anne will support all activities of the Clinical Services Department.