



**UNITED WE FIGHT!
UNITED WE WIN!**

LIVE UNITED

2017-2018 NONPROFIT COMMUNITY PARTNERS

United Way of the Dutchess-Orange Region fights for the health, education and financial stability of every person in our community. This year, United Way is investing your donations in 50 programs run by 37 agencies serving Dutchess and Orange counties.

Each dollar you contribute to United Way helps children attend pre-K programs and after-school enrichment programs while having support in the classroom to read to learn, not just learn to read. In emergencies, your dollars provide families with food and shelter in crisis situations - and a safe place and counseling for domestic abuse survivors and their families. To prevent trauma, your support helps children and teens identify and prevent child abuse and bullying. To move from crisis situations to stability, your dollars fund programs to help keep families in their homes, provide job coaching, interview guidance and attire, and more.

Now serving area veterans through MISSION UNITED™, your contribution also provides legal assistance and job training for area veterans and their families.

In addition, United Way provides help for everyone by simply dialing 2-1-1. This service is available 365 days a year for everyone.

Thank you for your continued support of United Way - together we LIVE UNITED!



www.uwdor.org

HEALTH

Development of Healthy Relationships & Reduction of At-Risk Behaviors

GOAL: Increasing resiliency of young adults to help them to maintain healthier relationships with themselves, their peers, and their families.

Big Brothers Big Sisters of Orange County, Inc.

One-to-One Mentoring is a mentoring program which matches a volunteer adult mentor to an at-risk child or adolescent. These one-to-one pairings of mentors and youth delay or reduce antisocial behaviors; improve academic success; improve attitudes and behaviors, peer and family relationships; strengthen self-concept, and improve social and cultural enrichment.

The Center for the Prevention of Child Abuse

Child Advocacy Center (CAC) brings Child Protective Services & Law Enforcement together to meet the needs of child victims and families while undergoing sexual and physical abuse investigations. This collaborative response reduces trauma to the child and increases prosecution of the child sex offender. The CAC operates with the guidance of a multidisciplinary team with representation from each public and private agency involved in child advocacy in the county.

The Center for the Prevention of Child Abuse

Personal Safety Program (PSP) is a sexual abuse prevention education program offered free of charge to the children of Dutchess County ranging from grades Pre-K through grade 6. The program aims to alert students to the realities of abuse, teaching skills and strategies to promote keeping themselves safe. Children are taught this sensitive topic in the comfort of their classroom using an Evidence Based Curriculum.

Cornell Cooperative Extension Dutchess County

Green Teen Community Gardening Program immerses urban youth in the local food system. They learn life and work skills through hands-on experiences in farming and gardening. The Green Teen "Growing Healthy" program will build on the existing program by increasing nutrition education, encouraging greater physical activity and providing intensive mentoring towards life skills development.

Family Services, Inc.

Mentors in Violence Prevention (MVP) leads the regional Sexual Violence Prevention programming for Dutchess, Orange and Westchester counties. Family Services provides the Mentors in Violence Prevention (MVP) curriculum, which is an evidence-based program that addresses dating & sexual violence prevention and teaches students to interrupt, confront and prevent violence in their communities.

Family Services, Inc.

Teen Resource Activity Center (TRAC) is a significant resource for at-risk youth, serving youth ages 13-18. TRAC operates from 3:30 to 8:30 PM, Monday to Thursday. Compared to other local afterschool programs, TRAC's timeframe provides considerably longer hours of supervision, and therefore decreases the likelihood that youth will engage in gangs, substance abuse and other violent activity.

Girls on the Run Hudson Valley

Girls on the Run is a physical activity-based positive youth development program designed to develop and enhance girls' social, psychological and physical competencies to successfully navigate life experiences. Girls in the 3rd through 8th grades combine training for a 5k (3.1 miles) running event with healthy living education.

Grace Smith House

Healthy Teen Relationships program seeks to prevent dating and peer to peer violence by educating middle and high school students about healthy relationships and bystander intervention, with the goal to break the cycle of violence in our community.

HONORehg

A Friend's House is the only Runaway and Homeless Youth Shelter in Orange County. It accommodates up to 13 co-ed youth under 18 years of age who have been displaced from their regular place of residence. The shelter is open 24/7, 365 days a year and is staffed at all times for the safety and protection of the most-at-risk youth in our community. The goal of A Friend's House is to facilitate Family Reunification.

Hudson River Housing

River Haven addresses immediate needs of runaway and homeless youth and assists them in developing plans for their future. Services include outreach; 24-hour hotline/crisis services; emergency housing via a 12-bed shelter; individual/group/family counseling; case management; transportation; enrichment opportunities; educational support; and linkages to community services and resources.

Mental Health Association in Orange County, Inc

Safe Dates is a multi-session primary prevention education curriculum administered by Rape Crisis, a program of MHA. The curriculum offers middle school age youth the opportunity to learn about caring relationships and to challenge personal beliefs that contribute to sexual violence. This evidence-based curriculum is geared toward preventing first time victimization and first time perpetration.

The National Alliance on Mental Illness Mid-Hudson

Ending the Silence (ETS) is a 50 minute, early intervention/prevention, mental health literacy presentation offered free to high school students. Students learn about mental illness (MI) directly from families and young adults living with MI. ETS addresses substance/alcohol abuse, suicide prevention, bullying and overcoming stigma. ETS instills good citizenship skills to help their peers.

North East Community Council, Inc.

Teen Team Leadership Program is a resilience-building, community-engagement group for low-income, at-risk youth ages 14 to 18. The group coordinates its own community service activities and recreational, cultural events. It also benefits from workshops in substance abuse prevention, healthy relationships and social and cultural diversity. Teens have the option of joining a Youth Council as well.

Red Hook Community Center

What's On Your Mind is an after school program for middle/high school students providing education and activities through exercise, meditation, experience and discussion to address substance abuse, bullying & health issues to create life-long habits and opportunities to nurture positive decision-making through the lifetime. It includes sessions for parents to reinforce and support their child.

Safe Homes of Orange County

Teen Dating Violence Prevention Program (TDVPP) offers knowledge and tools for youth and adults working with youth in navigating healthy and unhealthy relationships, gender violence and bullying prevention. It empowers youth to become peer leaders and raise awareness of teen dating violence and school violence within their community. The program operates within schools and youth organizations in Orange County.

Spark Media Project

DROP Studios is a year-round, community-based afterschool and summer program providing hands-on training in the media arts to underserved youth. This innovative program engages teens through a rigorous curriculum that pairs the development of media-making skills with financial literacy and vocational training, facilitating positive decision making and personal resiliency.

HEALTH **Nutrition & Physical Activity**

GOAL: Provide individuals and families with information to understand the value of healthy eating habits and gain access to nutritious foods and physical activity.

Hudson Valley Seed, Inc

Hudson Valley Seed teaches elementary school students in school gardens in Beacon and Newburgh. In weekly curriculum-integrated garden lessons, students learn about health and wellness, taste veggies, plant and harvest while applying math, science and writing skills. Hudson Valley Seed collaborates with teachers, parents, farms and community organizations to implement its programs.

Poughkeepsie Farm Project

City FRESH: Realizing Fresh Food Access and Enjoyment for Student and Family Health removes barriers to healthy food choices and encourages healthy eating habits among youth and families by providing access to healthy foods, especially fresh vegetables, and positive, engaging learning experiences at Poughkeepsie Farm Project, Poughkeepsie City School District schools and in the community.

Regional Food Bank of Northeastern New York

The Food Bank of the Hudson Valley: Food for Dutchess & Orange County Feeding Programs provides funding to emergency feeding programs in Dutchess and Orange counties to enable them to acquire more food from the Food Bank for the hungry people they serve.

EDUCATION

Parent/Caregiver Support

GOAL: Empower parents and caregivers with the knowledge and tools to be their child's first teacher.

Astor Services for Children and Families

Developmental Check-Up Program is a confidential early childhood screening project that provides parents with standardized data on their child's development. The program then partners families with developmentally appropriate activities and referrals for early intervention when needed. Collaborative discussion during the screening process helps parents to understand and support the child's optimal development.

Catharine Street Community Center

Children & Parents Learning Together is a school readiness preparatory program for preschool & K - 3rd grade children. The program engages, trains and supports parents to utilize affordable resources and establish collaborations to enhance the education of their preschool children before kindergarten and continuing during out of school hours.

Grace Smith House

Parents As Caregivers shelter program services individuals and families who are victims of domestic violence. Domestic violence has a serious impact on children's development. Our children's program supports the education, emotional and social development of the children through supportive counseling, advocacy, support groups and planned activities

Mental Health America of Dutchess County

Your Defiant Child is a parenting series utilizing a skill-building program based on the work of Russell Barkley, Ph.D. Parents attend a two hour class for six weeks, learning a new skill each week. It is for parents of children between the ages of 2-12 who: get easily annoyed, argue with adults, actively defy/refuse adults' rules and act spiteful or vindictive.

Safe Homes of Orange County

Nurturing Families Program (NFP) serves adults and their children residing in the agency's 17-bed emergency shelter for victims of domestic violence. The NFP is designed to support families in shelter in coping with the impact of the abuse they have experienced while encouraging the positive development of family relationships and functioning through nurturing interactions and education.

EDUCATION

A Community Effort to Learning

GOAL: Empower students with the appropriate skills for successful grade-level advancement by providing opportunities for structured learning outside of the classroom.

Boys and Girls Club of Newburgh

The Afterschool Project's Early Elementary Education Program is designed to provide students in grades K-3 with the academic and social skills they need to successfully enter college and the workforce.

Hudson Valley Seed

Afterschool and Summer Camp Programs at Boys & Girls Club of Newburgh and Newburgh Armory Unity Center teaches elementary school-aged students through weekly garden lessons. Students practice math, science, and writing skills while learning about health and wellness, tasting veggies, planting and harvesting.

Literacy Connections of the Hudson Valley

Book Buddies program recruits volunteers to read one-on-one with children in K-4th grade who are identified by their teachers as reading below grade level. Schools are recruited to participate in the program and volunteers are trained and matched with a student in a school. Classroom Book Buddy volunteers read aloud to children, using a dialogic reading method to give them a positive experience with books.

Newburgh Armory Unity Center

Saturday Morning Enrichment Program (SMEP) provides supplemental literacy and academic enrichment classes at no cost for Newburgh children, pre-K through grade 6, 52 weeks a year. The program includes over 19 class offerings, totaling over 50 instructional hours weekly. Geared towards those who under-perform in academic settings, the program facilitates intentional learning experiences enhancing children's academic development.

R.E.A.L. Skills Network

S.T.A.R.T. Program is a free afterschool program for K-5 students in the City of Poughkeepsie School District that focuses on techniques to support academic retention and progression. Students work alongside high school, college and adult mentors in academic and enrichment activities. The multi-age approach of the program also addresses social skills and the navigation of peer relationships at a young age.

Vassar College Urban Education Initiative

VELLOP: Early Literacy for English Language Learners pairs Vassar students to tutor and mentor low-income English Language Learners (ELLs) in K-Grade 3 at three Poughkeepsie City schools: Krieger and Warring Elementary and the Smith Early Learning Center. Educational opportunities for ELL parents will be given to support family-school connections, early literacy and immigrant student rights. The VELLOP program supports the PCSD's compliance with Part 154 DOE Regulations.

FINANCIAL STABILITY

Strength Based Financial Education

GOAL: Empowering clients with the knowledge and resources to overcome financial crisis.

Catholic Charities Community Services of Orange and Sullivan

Case Management & Crisis Intervention serves the homeless, the hungry, the emotionally and physically handicapped, immigrants, the marginalized and vulnerable individuals of Orange County through providing case management, substance abuse prevention and treatment, immigration services and housing issue support. Through our Case Management program in 2016 Catholic Charities assisted over 5000 individuals.

Community Action Partnership for Dutchess County, Inc

Case Management and Crisis Intervention provides financial assistance for critical needs and ongoing wrap-around support in a strength-based Case Management approach to affect lasting change for the families served.

Cornerstone Family Healthcare

Healthy Connections ensures homeless patients and families in transition in Orange County, NY have access to needed medications, healthcare-related transportation and information on services that can help them attain financial stability. The overarching goal of the program is to alleviate any health-related barriers preventing patients from breaking the cycle of homelessness.

Exodus Transitional Community

Poughkeepsie/Newburgh Re-Entry Workforce Development program provides job readiness, acquisition and retention services to Orange and Dutchess County residents who struggle to overcome employment barriers associated with criminal justice involvement. Participants in our workforce development program receive comprehensive assessments, case management, mentorship, work readiness training, job placement and retention services.

Grace Smith House, Inc.

Grace Smith House Meets Unmet Needs serves all victims of domestic violence and strives to meet each client's most basic needs through case management services and direct financial assistance via an Unmet Needs Fund.

Jewish Family Service of Orange County, Inc

Financial Empowerment Program helps families to regain independence and control of their situations following unanticipated financial setbacks. The goal is to stabilize families through direct monetary aid, assistance in budgeting and help in applying for appropriate resources. Jewish Family Service helps those affected by such difficulties as medical emergencies, loss of employment, fires and natural disasters.

FINANCIAL STABILITY

Long Term Capacity Building

GOAL: Support individuals and families with the education and tools to attain self-sufficiency through improved financial practices.

Catholic Charities Community Services of Dutchess County

Case Management / Crisis Intervention program provides services to individuals and families facing financial and social crisis in their lives, work 1:1 with individuals to assess their challenges, identify needs and increase household income to create a sustainable resolution.

Community Action Partnership for Dutchess County, Inc

Dress for Success Dutchess County (DFS) empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. All programs furnish each client with a confidence that she carries forever and the knowledge that she can actively define her life, the direction she takes and what success means to her.

Dutchess Outreach, Inc.

The Emergency Assistance and Relief program works with individuals and families who face emergencies that cause them financial stress and hinder their access to basic needs. Through its program and administration of assistance, referral, and in our advocacy Dutchess Outreach is able to provide their clients with relief to overcome these instances of financial crisis and help them to eventually become self-sufficient.

Hudson River Housing, Inc.

Follow Through Program (FT) aims to increase long-term stability and self-sufficiency of formerly homeless individuals and families by providing services/support during and after their transition from temporary shelter to permanent housing in the community. Support is provided for up to a year as the household works towards a self-sufficiency plan.

Hudson River Housing, Inc.

Housing Navigation Program provides assistance to homeless, at-risk and low-income households in securing appropriate housing.

Legal Services of the Hudson Valley

LSHV Homelessness Prevention and Income Stabilization Services in Dutchess and Orange Counties prevents illegal lockouts and unwarranted eviction; helps families retain protected subsidized housing; provides emergency cash assistance & support to clients facing eviction or who need to move; prevents foreclosures. It helps clients to stabilize/increase their incomes by obtaining/maintaining public benefits and/or bankruptcy protection; refers to supportive services, e.g., counseling/training.

North East Community Council, Inc.

Case Management Services (CMS) assists residents in a financial, health or other crisis, with the goals of meeting basic needs and working toward long-term independence. Once the immediate crisis is resolved, the program emphasizes improved financial practices—including household budgeting, debt avoidance and saving—that are tailored to the needs and strengths of the individual client.

Pawling Resource Center

Transport to Health and Nutrition provides transportation services to access food for the home bound elderly and underprivileged in the Pawling area, to access medical appointments for seniors and others who do not drive to locations within a 45 minute radius, and will provide transport of medical equipment from the Loan Closet.

Safe Homes of Orange County

The Financial Assistance Program (FAP) supports access to emergency funds/financial assistance for the crisis intervention needs of victims of domestic violence. The program is intended to increase victims' access to safety and sustainability by minimizing the destabilizing impacts of financial abuse.

FINANCIAL STABILITY Increasing Assets

GOAL: Increasing annual earnings and workplace advancement of individuals and families in our region.

Hudson Valley CA\$H Coalition

Annual Free Income Tax Preparation Assistance Program provides free tax preparation service for low and moderate income residents helping them to claim all available refunds applicable to their personal situation.

KEY COMMUNITY RESOURCES

[Hudson Valley 2-1-1 Helpline](#)

A free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. This resource is available 365 days a year, 24 hours a day.

[Mid-Hudson Valley Community Profiles](#)

Is an indicator project and resource that assesses our Mid-Hudson Valley region to quantify strengths and challenges, and help determine priorities and launch community-wide discussions about improving quality of life.

VETERANS Employment Related Education & Training

[Hudson River Housing](#)

Employment Assistance and Training Station (EATS) program focuses on addressing the employment and training needs of local veterans with employment obstacles. Given that veterans make up 8.6% of the homeless population, with high rates of poverty and unemployment, it is imperative that Hudson River Housing use its skills and experience in veteran services by assisting veterans in accessing employment-related education and training.

VETERANS Legal Assistance

[Legal Services of the Hudson Valley](#)

Veterans & Military Families Advocacy Project for Dutchess County Residents serves veterans and members of the military struggling to transition to civilian life while facing a range of issues including eviction/foreclosure; denial of rights/benefits; domestic violence; unscrupulous practices of predatory lenders/debt collectors; illnesses/disabilities, e.g., TBI/PTSD. LSHV provides civil legal services and refers to a network of providers dedicated to meeting veterans' distinct needs.



Help is just a phone call or email away. Contact United Way's 2-1-1 human services helpline to find needed referrals or visit hudson211.org. Prescription discounts at major pharmacies are available with the free FamilyWise card and mobile app - available for everyone. Free tax preparation is available through the Hudson Valley CASH Coalition.

Remember to call 2-1-1, visit UWDOR.org or email info@uwdor.org for information on these and other programs.

For more information about how you can support the work of United Way and help transform the lives of those who need help the most, email info@uwdor.org, visit www.uwdor.org or call 845-471-1900.

Create change through serving as a volunteer, provide guidance as a council member or grant reviewer. Become a Young Leader and join a team of young professionals who are dedicated to making a difference. Serve as a Loaned Executive and receive professional development training while sharing the work of United Way at workplaces in Orange and Dutchess counties.

Contribute to United Way through payroll deductions at your workplace or online and each dollar will support those who need help the most, creating lasting change for 1 in 6 individuals in our community.

75 Market Street
Poughkeepsie, NY 12601

123 Grand Street, 2nd Fl
Newburgh, NY 12550

845.471.1900
info@uwdor.org
www.uwdor.org



United Way of the
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