

# 2023

*Annual Report*

**Connection to Care**





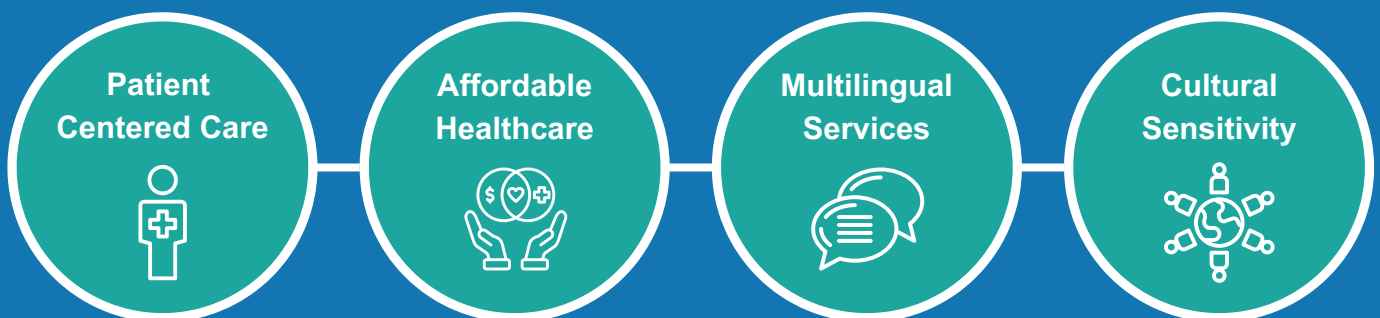
# We Are Now Known as CEC Health Care

In 2023, we began “doing business as” CEC Health Care. This name change underscored our commitment to partnering with those we serve in promoting their health and overall well-being, and tells people who we are, and what we do, in a more direct way.



## The Mission of CEC Health Care

CEC Health Care’s mission is to provide access to high-quality and comprehensive medical, dental and behavioral health care to improve the well-being and quality of life of individuals who have historically been underserved.



# Executive Message



**Anne Emmerson, EdD**  
Chairperson



**Dr. James R. Dolan, Jr.**  
Executive Director

This was another notable year at CEC Health Care! In the fall of 2023, the Charles Evans Center began “doing business as” CEC Health Care to reflect the services offered at all our locations. This name change underscores our commitment in promoting healthy life choices and overall well-being, and tells people who we are and what we do in a more direct, concise way. Additionally, the use of “CEC” in the name preserves the legacy of the Charles Evans Foundation and its wonderful philanthropic work.

The people CEC serve continue to be empowered to attain wellness and to achieve their life goals. This is CEC’s purpose, and it is a result of the therapeutic relationship that exists between patients and their dedicated and expertly trained providers.

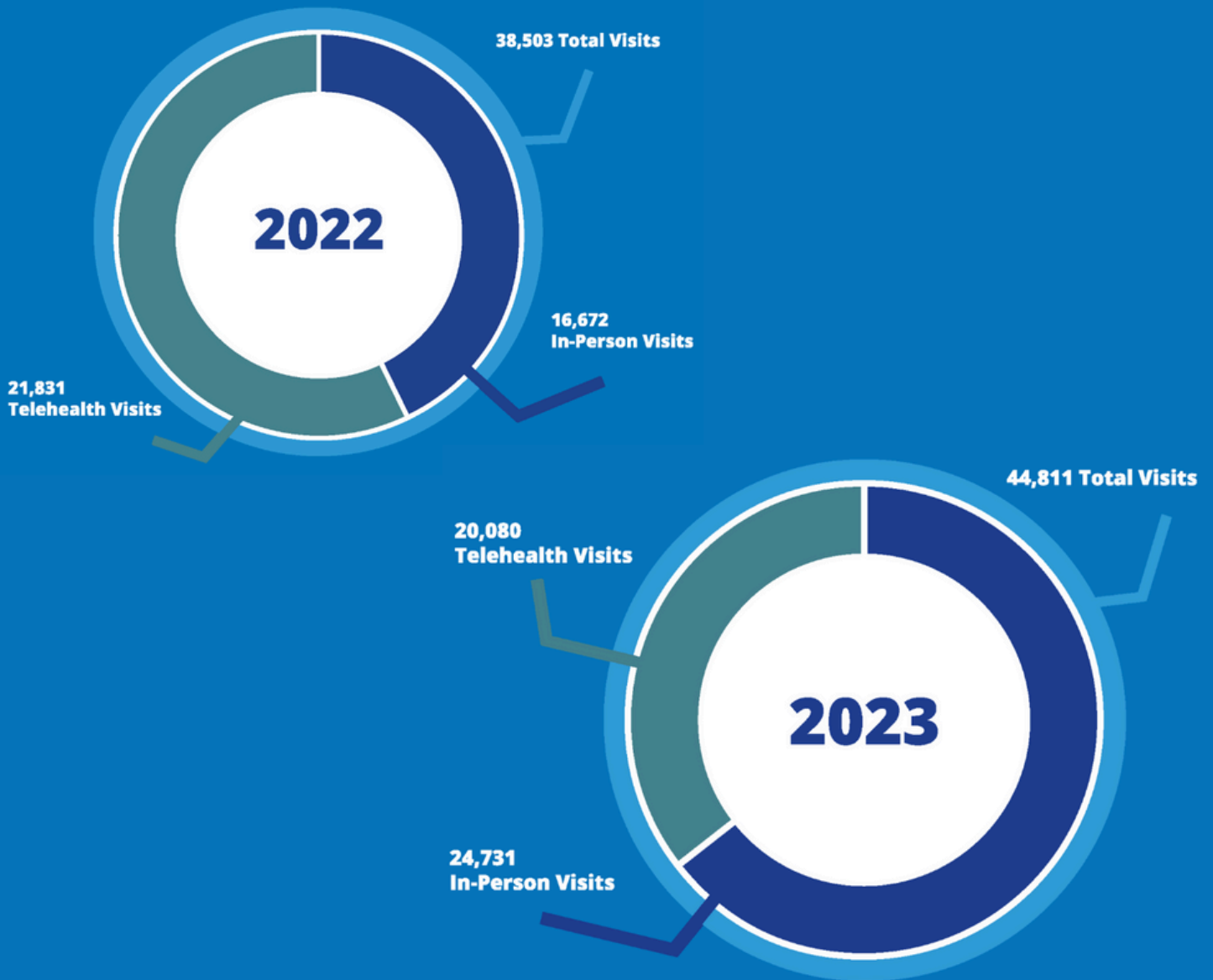
CEC’s success in helping people attain healthy outcomes is revealed in self-audits and surveys that show that we consistently exceed statewide and national norms with key measures of health promotion and in patient satisfaction. In 2023, CEC was again designated by the National Committee for Quality Assurance as a Patient Centered Medical Home, which is representative of CEC’s commitment to deliver inclusive, comprehensive and high-quality medical, dental, and behavioral and mental health care. This year CEC expanded its scope of services by adding dermatology and pediatric mental health care.

Consistent with the demand for mental health care, CEC now also serves the South Shore community at its newest location in Seaford. Furthermore, CEC brings behavioral health care into community settings, such as libraries, schools, senior centers and veteran’s service agencies. By engaging people at neighborhood locations, CEC provides a familiar environment to community members who may feel more comfortable in this type setting.

Since a person’s mental health is largely dependent upon having a place to live that is safe, stable and supportive, CEC is also pleased to announce that in 2023 we maintained 90%+ occupancy in its 24/7 residences. Clients living in these homes benefited from a supervised and supportive environment that enabled them to achieve various life goals.

Along with CEC’s indicators of strength and stability, this year’s independent financial audit report concluded that CEC’s financial operations are conducted with a high level of expertise and integrity. It is with pride and commitment that CEC’s Board of Directors, administration, management, and support staff strive to provide patients and clients care with excellence and compassion! This was achieved in 2023 and will continue to be at the core of CEC’s existence.

# CEC Health Center Visits 2022 vs. 2023



	In-Person Visits	Telehealth Visits	Total Visits
<b>2022</b>	16,672	21,831	38,503
<b>2023</b>	24,731	20,080*	44,811
<b>+/-</b>	<b>+8,054</b>	<b>-1,751</b>	<b>+6,308</b>

\*Decrease in Telehealth visits due to decline in pandemic precautions



# Health Care Services

## Medical, Dental and Behavioral Health Services (Article 28)

CEC clinicians provide compassionate, quality healthcare regardless of a person's ability to pay. CEC's focus is a holistic approach of patient centered preventative care and healing to support individuals as they strive to fulfill their life goals. Additionally, CEC's behavioral health team of highly trained psychiatrists, licensed clinical social workers, psychiatric nurse practitioners and psychologists are dedicated to supporting each individual's recovery journey.

## Mental Health Services (Article 31)

CEC provides comprehensive mental health services including assessment, diagnosis, and treatment for people with mental health and co-occurring addiction treatment concerns. CEC clinicians provide quality care based on best practices and work collaboratively with clients to assist them in their desire to attain mental health wellness. In addition, CEC Glen Cove offers licensed mental health to children (6+) and adolescents (children's rooms pictured below).



## Addiction Treatment Services (Article 32)

The CEC Addiction Treatment Outpatient Clinic is committed to improving community health by providing a full spectrum of services for individuals with addiction concerns. CEC provides individualized care to empower clients to overcome the challenges of addiction and provide a path to support lasting recovery. To achieve this goal, significant others are encouraged to support their loved ones by gaining an understanding of addiction, its effect on relationships, and learning coping skills.

# Residential Programs

The residential program at CEC Health Care remains dedicated to providing safe, secure and affordable housing to adults with Serious Mental Illness (SMI). The program consists of various levels of housing including Supervised Community Residences, Supportive Housing, Forensic Supportive Housing, and Crisis Respite. Residential staff work with recipients on targeted goals to ensure that they remain supported in the community.

## **Supervised Community Residences-Transitional Housing**

CEC provides three single-site community residences. Services include medication monitoring, symptom management, rehabilitative activities, and community integration including transportation training, banking, shopping, socialization, and linkages to psychiatric and medical services in the community. Community residences are located in Glen Cove, Glen Head, and East Hills.

## **Supportive Housing**

CEC provides residential support services that promote the recipients ability to live independently in a safe and supportive environment. Housing assistants work with our Federally Qualified Health Centers, MRS Team and Care Coordination to ensure that recipients can achieve their life goals.

## **Forensic Housing Program**

The CEC Forensic Housing Program is unique in Nassau County as it provides affordable stable housing to recipients who have a legal history or are transitioning out of incarceration. Forensic staff work closely with probation and parole officers to link recipients to outpatient mental health, vocational, and socialization services to help advance the recipient's ability to live successfully in the community.

## **Mobile Residential Support Team (MRS)**

MRS supports residents in the community by providing services at the person's home that promote their mental health and overall wellness. MRS works collaboratively with housing, mental health providers and state and local resources to ensure that recipients remain safely housed in the community.



# Outreach, Assements, and Referrals

## Care Coordination

CEC's Care Coordination program provides community support to adults with serious mental illness. Care Coordinators partner with recipients to help connect them to the care that promotes their health and enhances their support network.

## Certified Community Behavioral Health Clinic (CCBHC)

The CEC Health Care CCBHC offers comprehensive, coordinated mental health and substance use services for individuals across the lifespan, ensuring increased access to high-quality care, including crisis intervention. Person-and family-centered services are provided utilizing evidence-based practices to meet the diverse needs of the community. The CCBHC is open to anyone seeking help, regardless of their diagnosis, location, or ability to pay.

## Mother Cabrini Grant

The Mother Cabrini Foundation Grant, awarded to CEC Health Care in 2022, aimed to improve health outcomes for medically underserved communities in Nassau County by providing free health screenings, workshops on chronic health conditions, and facilitating referrals to care. Although the grant ended in 2023, it enabled those served to engage with health professionals, obtain culturally appropriate health information and screenings, and work toward reducing health disparities.

## Community Mental Health Promotion and Support (COMHPS)

The CEC Health Care Community Mental Health Promotion and Support (COMHPS) teams provides community engagement, mental health wellness promotion, individual screenings for mental health conditions, brief counseling, and referral to licensed mental health professionals. The COMHPS Program aims to support New Yorkers with subclinical mental health needs and establish, maintain, and improve individual and community mental health and wellness. The program offers supports through tabling events, by conducting trainings and groups, and through individual contact both in-person and via phone.

# CEC Health Care News

## CEC Safe Harbor Program shared at Nassau County Town Hall

Tanya Jackson-Edwards, Supervised Residential Program Coordinator, provided insights about the CEC Safe Harbor Program at Nassau County's Town Hall Annual Conference.

Her presentation contained valuable information about CEC's short-term residential support offered to adults (18+) who find themselves in the midst of a mental health or housing crisis. This program has supported many Nassau County residents in their time of need.



## CEC's 5th Annual Conference on "Promoting Brain Health"

CEC Health Care and the Mental Health Association of Nassau County (MHANC) are proud to have hosted the 5th Annual Conference on Promoting Brain Health. This event took place on October 18, 2023, live online via Zoom.

The Keynote Speaker, Dr. Stephanie Santoro, presented "People with Down Syndrome and Treatment; Co-occurring Medical Conditions including, Alzheimer's Disease, Autism Spectrum Disorder, and Regression". She was followed by Stephen Rayport, MD, PhD, speaking on the topic of "Psychiatric Drug Discovery". David Hymowitz, LCSW, concluded the conference with a workshop entitled "The Science of Stress and STARR Exercises"

## CEC on Social Media

In 2022, we significantly increased our social media presence. We learned from our clients that they wanted to see more photographs and videos of our medical team. People online responded much more strongly to pictures of our CEC staff at work. We saw significant subscriber increase on LinkedIn and Instagram, specifically. As CEC is now able to make immediate changes to our site, we will be adding more photos of our caring staff to our site. .



## CEC Staff Wellness Experience 3.0

Our 2nd Annual Staff Wellness Retreat was a huge success! CEC staff and their families enjoyed a beautiful day at Planting Fields Arboretum which included yoga, a trail walk, lunch, games and a tour of the property's mansion.



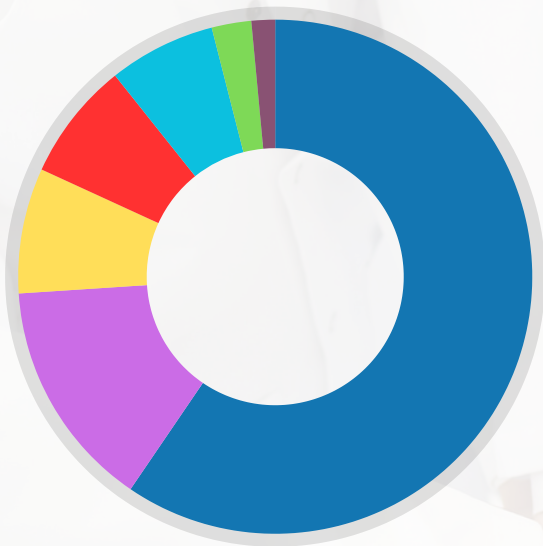
## Donate to CEC Health Care

Most of CEC's funding comes from government sources, but it is the generosity of CEC's friends, families, and business communities that allow CEC to offer programs and services beyond basic services. The generous donations from individuals like you enable CEC to continue its mission of serving individuals experiencing financial insecurity with care, excellence and compassion.

The Charles Evans Center is a 501(c)(3) nonprofit organization. You may make a secure donation online at [www.charlesevanscenter.org/donate](http://www.charlesevanscenter.org/donate). You will receive an acknowledgement to confirm your tax-deductible donation.

If you prefer you may mail your donation to: The Charles Evans Center, Development Department, 857 South Oyster Bay Road, Bethpage, NY 11714.

# 2023 Financial Activities



Medicaid, Medicare and Commercial	\$12,844,368
State Contracts	\$3,117,413
Grants	\$1,702,628
Pharmacy	\$1,607,994
Selfpay and Participant Fees	\$1,451,426
County and Other Contracts	\$537,623
Other	\$320,551
<b>Total Sources of Funding</b>	<b>\$21,582,003</b>

Health Services	\$6,076,632
Supportive Housing	\$3,162,083
Administration	\$2,848,067
Community Residency	\$2,264,069
Behavioral Health Services	\$1,848,243
Substances Abuse Services	\$1,753,527
Various Grant Programs	\$1,782,919
Assertive Community Treatment	\$1,190,070
<b>Total Expenses</b>	<b>\$20,925,610</b>







## **Board of Directors**

- Marianne B. Barbera
- Anne Emmerson, EdD, Chairperson
- Robert Goldsmith
- Stefania Medvedik, RD, RN, CDE, CDN, Secretary
- Shari Prinstein
- Mary Quinn, RN
- Iris Rosenthal
- Robin Barbara Salsberg
- Nick Sciacovelli, Vice Chairperson
- Ellen Spiegel
- Ronald M. Tauss, Treasurer

## **Executive Staff**

- James R. Dolan, Jr., DSW, LCSW, Executive Director
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- Christine Brown, MD, Chief Medical Officer
- Richard Poniarski, MD Medical Director Behavioral Health
- Judy Olshin, DDS, Director of Dentistry
- Michele Sofronis, RN, MA, MS, Director of Operations
- Anne Marie Phillips, LMSW, Director of Quality and Compliance
- Michael DeGeorges, Director, Development and Community Relations



# CEC Health Care

*Care with Excellence and Compassion*

**Primary Medical Care • Podiatry • Dermatology**

**Neurological Care • Dental Services •**

**Women's Health • Psychological & Psychiatric Services •**

**Mental & Behavioral Health • Addiction Treatment**

**857 South Oyster Bay Road  
Bethpage, NY 11714**

**2146 Jackson Avenue  
Seaford, NY 11783**

**113 Glen Cove Avenue  
Glen Cove, NY 11542**

**305 Oser Avenue  
Hauppauge, NY 11788**



[cechealthcare.org](https://cechealthcare.org)