“They believed in me when I didn’t believe in myself.”

That’s how Dawn Carney ended her speech at Hudson Valley Community Services’ thirtieth anniversary celebration in September 2016. We asked Dawn, who has been an HVCS client since the mid-1990’s, to share her experiences with our core supporters. She had the courage to openly discuss her past, when she experienced substance abuse, addiction, HIV, depression, suicide attempts, and heartbreak.

But through it all, she always found a caring ear, personalized support, and genuine empathy from employees at HVCS. Now she works for us as a peer navigator. Dawn uses her experience to help new clients with the complexities of the healthcare system. She is now the one who believes in others who have lost faith in the system and have given up hope.

“It takes special people to do this kind of work and I thank HVCS with all my heart for being there for me,” she said.

_Being there._ Sometimes the best thing we can do for those in need is simply to be there. To believe in a better, healthier future even when they don’t. To listen. To understand their issues—and know the environment well enough to craft a plan for support that can provide a better quality of life.

We were only able to be there for Dawn and watch her grow because of supporters like you. It’s this kind of longevity and experience in the Hudson Valley’s healthcare environment that make the difference in a client’s life. We envision the Hudson Valley as a place where all people, regardless of socioeconomic status, live healthy lives and have access to the coordinated care they need to maintain their health. And by health, we mean all aspects: physical, mental, social and self-worth.

We can build a healthier Hudson Valley...together.

Hello, I’m Andrew Evans, president of HVCS’ Board of Directors. I invite you to review our 2016 Annual Report for an overview of our programs, successes, future challenges and supporters. I am so proud of what this organization accomplishes when its staff, volunteers and community partners like you band together. The foundation for a healthier Hudson Valley is built by a vibrant network of diverse communities helping each other, and we are grateful for your contributions and support.
ABOUT HVCS

A small group of volunteers in Westchester County founded the agency in 1983 with assistance from the newly-created AIDS Institute of the New York State Department of Health in response to the burgeoning AIDS crisis. At its founding, the agency was known as the Lower Hudson Valley AIDS Task Force though it served the same seven county region it covers today: Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester. From the beginning, the agency has embraced vulnerable, disenfranchised and underserved communities like the LGBT community, substance users, prisoners, and immigrants.

The agency incorporated in 1986 using the business name AIDS-Related Community Services, Inc. and was widely known as “ARCS” for much of its history. In an era when even doctors and hospitals refused to treat AIDS patients, ARCS was the first agency to offer on-site client services. ARCS pioneered HIV prevention education among New York State inmates and piloted the Prisoners’ AIDS Counseling and Education (PACE) program in 1991. The agency started AIDS education in methadone clinics as early as 1987.

For much of our history, the agency worked exclusively on HIV/AIDS, substance abuse, sexually transmitted infections, and hepatitis C. In 2012, New York State made adjustments to Medicaid-reimbursed care management programs that initiated broad changes at ARCS. The newly redesigned Medicaid program allowed us to expand beyond HIV/AIDS care management to take on low-income clients living with all kinds of chronic diseases—over 200 qualifying illnesses. The agency changed its mission statement to reflect these changes and adopted a new name: Hudson Valley Community Services.

While many of our services still focus on HIV/AIDS, we offer an ever-increasing range of programs to allow all people living with chronic illnesses to reach their full potential. For example, we operate a SNAP (food stamp) access and education program in three Mid-Hudson counties, and we have two van-based substance abuse prevention programs, including the Mid-Hudson region’s only syringe exchange program.

We celebrated thirty years of incorporation as a non-profit organization with a gala in September 2016. As we move forward with plans for new and expanded programs, we trust that we can count on you to join in our mission of building a healthier Hudson Valley.

Mission

To promote prevention and wellness for all people, to encourage life-affirming decisions maximizing their quality of life, and to coordinate care for those living with complex health conditions.
We envision the Hudson Valley as a place where all people, regardless of socio-economic status, live healthy lives and have access to the coordinated care they need to maintain their health. And by health, we mean all aspects: physical, mental, social and self-worth. We picture a Hudson Valley in which underserved and disenfranchised communities have the same prospects for good health as the general population. A healthy Hudson Valley connects people living with serious, long-term illnesses with a wide variety of support systems to optimize their health and well-being, from great nutrition to access to services, freedom from the debilitating effects of substance abuse to eliminating the stigma that co-infects those with HIV/AIDS, mental illness, and other diseases.

**We envision:**

- A Hudson Valley with zero new HIV infections and greatly reduced sexually transmitted infection (STI) rates.
- A Hudson Valley in which racial and ethnic minorities are not disproportionately affected by HIV.
- A Hudson Valley in which gay and bisexual men (and men who sleep with other men but do not identify with the gay community) join the number of communities where HIV rates are actually decreasing.
- A Hudson Valley in which no family goes hungry.
- A Hudson Valley in which everyone can afford adequate, safe housing and no one is prevented from renting an apartment in the region due to their economic status.
- A Hudson Valley free from the scourge of heroin and prescription drug abuse.
- A Hudson Valley that prioritizes substance abuse treatment for those who need it.
- A Hudson Valley in which everyone has access to the medical care they need without fear of financial ruin.
- A Hudson Valley with a vibrant network of diverse communities helping each other.
CLIENT STATISTICS
January 1, 2016 - December 31, 2016

We define a “client” as an individual who received any type of service from us within the dates specified, excluding Health Home outreach clients.

Total Clients Served: 3,807

Transportation Clients: 609
Medical Benefits Assistance Clients: 171
Housing & Utility Support Clients: 120
SNAP Application Assistance Clients: 281
Food & Nutrition Clients: 328
Food Pantry Bags Provided: 1,844
Chronic Disease Care Coordination Clients: 704
HIV Case Management Clients: 396
HIV/STI/Hepatitis C Prevention Clients: 1,649
HIV Testing Clients: 588
Syringe Exchange Clients: 394
STI & Hep C Rapid Tests Provided: 1,181

County of Residence
Dutchess: 16%
Orange: 23%
Putnam: 1%
Rockland: 8%
Sullivan: 12%
Ulster: 14%
Westchester: 25%

Race
Black: 33%
Hispanic/Other: 12%
White: 55%

Gender
Female: 46%
Male: 54%

Age
10-19: 5%
20-29: 20%
30-39: 18%
40-49: 17%
50-59: 23%
60-69: 14%
70+: 3%

County
Dutchess: 16%
Orange: 23%
Putnam: 1%
Rockland: 8%
Sullivan: 12%
Ulster: 14%
Westchester: 25%
STATEMENT OF ACTIVITIES
November 1, 2015 - October 31, 2016

SUPPORT & REVENUE
Contributions & In-Kind Donations $ 210,174
Government Grants 6,091,896
Health Homes 3,886,392
Miscellaneous Revenue 114,305
Interest Income 49,439

TOTAL 10,352,206

EXPENSES
Education & Prevention $ 1,050,771
Client & Support Services 6,150,129
Management & Administration 795,612
Marketing & Communications 120,562
Fundraising & Development 191,387

TOTAL 8,308,461

BOARD OF DIRECTORS
Andrew Evans
 President
Aretha Thompson
 Secretary
Michael Hall
 Vice President
Andrew Bell
 Treasurer
Amy Ansehl
Richard Williams
Susan Witte
Andrea Straus, Executive Director

MAJOR PUBLIC FUNDERS
New York State Department of Health
AIDS Institute
New York State Department of Health
AIDS Institute: Ryan White Part B
Public Health Solutions: Ryan White Part A
Health Research Inc.
Hunger Solutions of New York

Area of Need: SUBSTANCE ABUSE
A Federal study found that the Hudson Valley topped New York State
for heroin overdose deaths from 2010 to 2015. HVCS’ substance abuse
programs are doing critical work to combat the spread of heroin and opioid
addiction and prevent overdose deaths. Our Project Reach Out and Syringe
Exchange Programs literally give people a second chance at life. We added
additional staff to our mobile units to serve more people but we cannot
sustain the increase without additional support. We cannot let them scale
back now, when opioids continue to threaten our region.
### PROGRAMS AT A GLANCE

#### Prevention

<table>
<thead>
<tr>
<th>ALERT</th>
<th>INFORM</th>
<th>PEER HEALTH ALLIANCE (PHA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Works with high-risk heterosexuals</td>
<td>Works with men who have sex with men (MSM)</td>
<td>Works with young (13-29) men who have sex with men (YMSM)</td>
</tr>
</tbody>
</table>
| Services provided:  
  - HIV, STI, Hep C testing & counseling  
  - Group sessions  
  - Safer sex & injection supplies  
  - Referrals  
  - Information on PrEP | Services provided:  
  - HIV, STI, Hep C testing & counseling  
  - Safer sex workshops  
  - Safer sex & injection supplies  
  - Referrals  
  - Information on PrEP | Services provided:  
  - Community outreach  
  - Multi-session group workshops  
  - Individual workshops  
  - Safer sex supplies  
  - Referrals  
  - Information on PrEP |

<table>
<thead>
<tr>
<th>CJI PRISON PROGRAM</th>
<th>HEALTH SERVICES COORDINATION</th>
<th>SYRINGE EXCHANGE PROGRAM (SEP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Works with at-risk incarcerated persons</td>
<td>Works with individuals who are uninsured</td>
<td>Works with clients who are injection drug users in Dutchess, Orange, Sullivan or Ulster counties</td>
</tr>
</tbody>
</table>
| Services provided:  
  - Risk reduction education  
  - HIV testing  
  - Peer training  
  - VOICES intervention  
  - Safe in the City intervention  
  - Transitional planning for HIV+ clients being released | Services provided:  
  - Enrollment assistance with Medicaid  
  - Referral to Health Homes | Services provided:  
  - New syringes and bleach kits  
  - Narcan trainings  
  - Safer sex & injection supplies  
  - Information on PrEP  
  - Information on drug & alcohol treatment  
  - HIV and Hep C testing |

### Area of Need: HIV

When the general public mistakenly feels that “AIDS is already over,” HIV prevention programs like HVCS’ are in danger of being destabilized by shifting government funding priorities. More people are living with HIV than ever before, thanks to many advances in HIV care. HIV infection rates have started to drop in the Hudson Valley—except among specific high-risk communities where infection rates are rising. We now have the tools to greatly reduce HIV infections in our region. **We still need to care for those living with the virus, and now is not the time to quit the fight against HIV/AIDS.**
# Programs at a Glance

## Support Services

### Housing

**Works with HIV+ clients**

Services provided:
- Short term rental assistance/subsidy
- Long term rental assistance/subsidy
- Emergency assistance: rent, utilities, moving, broker’s fee, security deposit
- Housing retention
- Peer delivered services

### Transportation

**Works with HIV+ clients without Medicaid**

Services provided:
- Medical transportation
- Ryan White fundable services transportation

### Thrives: Nutrition Education

**Works with HIV+ clients**

Services provided:
- Food bags & vouchers
- Nutrition workshops
- Promote healthy eating
- In Lower Hudson: Nutrition assessment and counseling with a registered dietician

## Nutritional Outreach & Education Program (NOEP)

**Works with clients in Orange, Sullivan or Ulster County**

Services provided:
- Enrollment in SNAP (food stamps)
- Connect client to nutrition needs & assistance programs

## Emergency Food Closets

**Works with any HVCS client**

Services provided:
- Emergency bags of food, toiletries or household cleaning products

## Support Groups

**Works with clients living with HIV/AIDS in Putnam or Westchester County**

Services provided:
- Weekly group sessions
- Safe & supportive environment

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### Area of Need: Eliminating Hunger

HVCS believes that if people living with chronic illnesses consistently get the right nutrition, they have a much better chance of improving their health, preventing other conditions, and reaching their full potential. That’s why we connect anyone who needs temporary help getting enough food to food pantries, assistance programs, and nutrition education. Our emergency food closets hand out over 10,000 food bags each year and feed nearly 1,100 people. **But our food and nutrition programs are currently operating at a significant deficit because government grants aren’t able to meet the actual demand for food assistance in our area.**
# How You Can Help: GET INVOLVED

You can help us meet the areas of need highlighted in this report and build a healthier Hudson Valley. We wouldn’t have passed our thirtieth anniversary without the support of caring, committed people like you who share in our vision.

- **DONATE**
  Visit www.hudsonvalleycs.org to make a secure online donation, or return the enclosed envelope.

- **VOLUNTEER**
  Share your expertise at one of our special events, get hands-on at one of our offices, or table for us at community events.

- **HOST AN EVENT**
  Throw a small fundraiser in your neighborhood, organize a food drive. Visit www.hudsonvalleycs.org for details.

## PROGRAMS AT A GLANCE

### Care Management

<table>
<thead>
<tr>
<th>ENGAGEMENT &amp; SUPPORTIVE SERVICES CASE MANAGEMENT</th>
<th>MEDICAL CASE MANAGEMENT</th>
<th>HEALTH HOMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Works with clients living with HIV/AIDS in Dutchess, Orange, Sullivan or Ulster County</td>
<td>Works with clients living with HIV/AIDS in Putnam, Rockland or Westchester County</td>
<td>Works with clients with Medicaid, two chronic conditions, or one standalone mental health diagnosis or HIV/AIDS</td>
</tr>
</tbody>
</table>

**Services provided:**
- Improve medical outcomes
- Viral suppression & self-management education
- Health education to individuals or groups
- Peer delivered services

**Services provided:**
- Medical coordination
- Referrals for housing, entitlements, mental health, substance abuse, legal services, transportation, food programs, support groups

**Services provided:**
- Coordination of medical and/or behavioral health care
- Referrals and follow-up on other social and community needs

### PROJECT LEAP: BEHAVIORAL HEALTH EDUCATION

**Works with HIV+ clients resistant to behavioral health care**

**Services provided:**
- Education & linkages for clients to behavioral health care, mental health and/or substance use treatment
- Peer delivered services

### THE HEALTH CARE PROJECT (AIDS DRUG ASSISTANCE PROGRAM)

**Works with HIV+ individuals who are uninsured or underinsured**

**Services provided:**
- Enrollment in ADAP, APIC, Medicaid, Medicare & Marketplace insurance plans

### OUTREACH

**Works with clients with Medicaid, two chronic conditions, one standalone mental health diagnosis or HIV/AIDS**

**Services provided:**
- Community outreach to local, eligible individuals
- Enrollment into HVCS' Health Home program
Contributors

November 1, 2015 - October 31, 2016

$50 - $99

A Twist Of Fate
Sadiya Abbas
Abe’s/A-1 Taxi Service
Anthony Accomando
Matthew Acosta
Adam’s Fairacre Farms
Salvatore Altizio
Nechsma Alvarez
Jordan Bailey
Diana Bertuzzi
Kate Blake
Aaron Boivert
Paul Boschi
Jennifer Brathwaite
Dorothy A. Bruley
Tracey Buzzancho
Steven Byers
Paul Cangelosi
Rebecca Carroll
Joseph Caserto
Christian Cavalluzzi
Vicki Cavalluzzi
Celebrity Hair Studio
Nancy Clarke
Nancy Clarke
Clove Branch Muffler & Brake
Nelson Conde
Crossroads Gift Shop
John Cullen
Donald D’Angelo
Rebecca Dean
Nando DeCarvalho
Patrick Decker
Naomi Dempsey
Lynn Dipierro
Bruce Dixson
Kevin R. Douchkoff
Kristen Douchkoff
Donald Eckert
Karin Eckman
Robert Ehring
Elders Drum Project Inc.
Lori Faeth

Kerri Fodor
Jeff Fogarty
Taylor Gass
Janine Geneste
Justina L. Grabowicz
Cheryl Graff
Robert Grasing
Greenburgh Taxi
Nicholas Gustin
David Hairston II
Timothy Hall
Randy Hans
Chris Hayes
Danielle Hemsley
Victoria Hemsley
Patricia Iannucci
Inner Beauty Salon & Spa
James J.R.
Anne Janiak
Timothy Johnson
Frey Johnsson
Linda Karpell
Sandra Katz
Guy Kempe
Rebekah Kindel
John Kloepfer
David E. Klotz
Eugene Knapp
Nancy Kulpa
Liz Lacy
Randi LaGoy
Camille Lall
Benjamin Lambert
Tim Lawton
Joe Lecaroz
Leeann Littlejohn
Stephen Long
Corey Lowney
Stacey Lutz
Scott Manley
Michelle Marcus
Christopher Martel
Fred Mayo
Kimberly McCarthy

Regina McCorkle
Alexander McKernan
Mark McIewen
The Merck Foundation
Marcel Mench
Curtis Moore
Gregg Moore
Nicholas & Allison Morris
Carinne Mossa
Caitlin Nichols
Cynthia O’Connor
Jodi Paroff
Frank Pelliccia
Jason Pessel
Jacquelyn Peterson
Louis Peterson
Donna Phoenix
Laura Pietropaolo
Nicholas Pisano
Michael J. Piscitelli
Joseph Plummer
Michael Polasek
Toni Ann Poli
Kristin Rodriguez
Rosalie Ruiz
Bill Rumble
Christine Santiago
Jennifer Santiago
Mary Sawyer
Lisa Scavetta
Michelle Schaap
Michael Schleifer
Michelle Shain
Alan Shapiro
Amir Shaviv
Karen Shaviv
Sylvia Shore-Katz
Deborah Siegel
Barbara Sikorsky
Phillis J. Simone
Joseph Simoni
Cecile Skyers
Tanya Smallwood
Warren Smith
Kenneth Snodgrass
William Stevens
Elizabeth Steward
Martha Straus
John Sureda
Michael Sureda
Tim Sweeney
Barbara Tartell
Aretha Thomson
Ewan Thomson
Dean Tomanelli
Yvette Torres
Michael Turner
Ulster Savings Bank
Chris Valenti
Victorinox
VOCAL-NY (Voices Of Community Activists & Leaders)
Jeremy Waterman
Pamela Weis

$100 - $249

Act Now Limousine Service
Jeffrey Baltes
Miles Barger
Andrew Bell
Frank Bellacicco
Barbara Bennet
Lori Biasotti
Neil Bicknell
Ross Bielefeld
Mary Brewster
Bob Brink
Danielle Briscoe-Craig
Jamie Brogan
Lisa Brooks
Christopher Brown
Mary Lynn Butler
Andrew Cadieux
Gary Caldwell
Paul G. Callagy
Capri Cosmetology Learning Center
Matthew Carroll
Peggy Carroll
Gregg Cartagine
Zelesther Cay
Donna Lynne Champlin
Edward Cheetham
Mary Ann Chiasson
Matthew Chmielecki
Mary-Ann Colandrea
William Collura
Rob Conlon
Dazzles Salon
Margot De Sevo
Amy & Steve Dittmar
Denise Douchkoff
Judie Eisenberg
Jessica Faust
Anna Fenimore
Marcia Frahman
Frank Galli
Elisa Gambino
Ed Gardella
Christina Gardella-Cavalluzzi
Maxine Goldberg
Goldwell Of NY
Marion Gray
Marc Gray
David Gregg
Hair Designs Salon
Marten J. Halma & Scott Halma-Way
Michelle Heitmann
Adrienne Hemsley
Ron Hendon
Ronald Hicks
Barbara Hill
Bridget Howley
Brian Iacoviello
Institute For Family Health
Interfaith Caring Community
Joy Transportation
Howard Kaplowitz
Christian Kindel
Kinky Rootz Salon
Laura Anne Kwiatkowski
Deborah LaBoy
Marlene Weber Day Spa
Melissa Mason
Jayden Mc Mahon
Gloria M. Melagrano
Charlene Milgrim
Norman Miller
Millman’s T-Shirt Factory
Corey Moran
Amy Nadasdi
Sue Neale
New Horizons Asset Management Group LLC
New York Life
Denise Nichols
Keith Nieto
Russell Palacio
Dwight Panozzo
Paul Parzuchowski
John Paul
PEPSICO Silicon Valley Community Foundation
Danielle Pitts
Marianne Proctor
Putnam Family & Community Services
Queens & Kings Of New Paltz
Audrey C. Rabinowitz
Suzanne Regan
Patrick Richards
Stephanie Richardson
Stephanie Salvate
Michele Santucci
Ariel Schlein
Charlotte O. Scholl
SEFA Sullivan Ulster
Robert Silverman
Marty Singleton
Margaret Smith
Joseph Straus
Kelvin Tomlinson
United Way Of Dutchess-Orange Region
Alexis Ventre
Hartmut Vetter
Loren Waite
Demi Williams
Jason Winocour
Caroline Wishengrad
Christopher Wyble
Mike Young
Your Presence Salon
Fred Yutklowitz
## Contributors

November 1, 2015 - October 31, 2016

### $250 - $499

- Hyman Abady
- Saqib Altaf
- Nellie Briggs
- Central Hudson Gas & Electric Corporation
- Chill Wine Bar
- David Davenport
- Dr. Peter J. De Lisi
- J. Dewey
- Andrew Evans
- Marilyn R. Glasser
- Nancy Gotthelf
- Sam Horowitz
- Brian Kelly
- Jeffrey Kraus
- Christopher Labbate
- Locks That Rock Hair Design
- Luxe Salon & Spa
- M. Furman Printing
- James Marks
- Network Synergy Corp.
- Orange Sullivan RSS
- David Pilossof
- Brian P. Price
- Elissa Lin Rathe
- Annia Reyes
- Glen Scuderi
- SEFA Orange County
- Jim Svetz
- The Great Studio
- Toya Utsey
- Thomas Van Horn
- Alfred Wassler

### $500 - $999

- The Angell Foundation
- Amy Ansheh
- Apple
- Eclectic Studio Inc.
- Jeffrey Lalonde
- Stephen Miller
- Presbyterian Church Of Mt. Kisco
- Rhinebeck Bank
- Ginny & Quinn Schneider
- Sedore & Company
- Adie & William Shore
- TD Bank/TD Charitable Foundation
- Walmart
- Susan Witte
- Martin Yablonski

### $2,500 - $4,999

- BJ's/Fidelity Charitable Gift Fund
- Health Quest Systems
- Hudson Valley Federal Credit Union
- IBM Employee Services Center
- The Kent Richard Hofmann Foundation
- Rondout Valley High School Stop & Shop

### $5,000 - $9,999

- Broadway Cares/Equity Fights AIDS
- Freedom Luxury Suites

### $10,000 and up

- The Dyson Foundation
- Nordstrom
- The Ralph E. Ogden Foundation

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**Learn more and contribute directly by visiting www.hudsonvalleycs.org**