

Westbrook Youth and Family Services

Building Stronger Families and a Healthier Community

Annual Report For Year End June 30, 2021

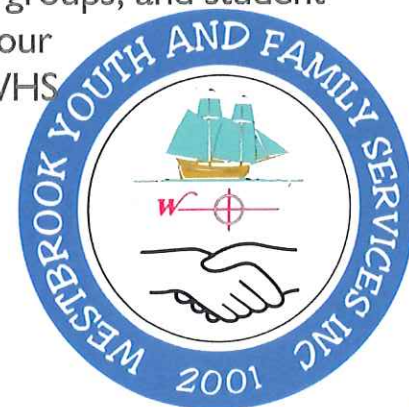
Our mission is to support and strengthen youth, families and individuals through coordinating and providing a comprehensive delivery system of prevention, intervention, treatment and follow up services.

Resilience

This year was a time of adaptation and resilience for our communities, families and WYFS. Telehealth services became our new way to interact with our clients and community. Direct programming ended abruptly but alternate virtual programs took its place, directly addressing the challenges of this current environment.

Like many of you, we found our silver linings. Sara Zaiantz, LCSW, became our new Executive Director and is using this opportunity to focus on aligning WYFS strengths with community needs. Telehealth will be a permanent option, allowing for more flexibility and reach. Programming is more creative and accessible, with opportunities for online content, including parent education and creative family fun ideas, online support groups, and student outreach. We welcomed the Westbrook Early Childhood Council into our team this year, and we filled our temporarily vacant space with some WHS friends.

In the coming months, we are excited about exploring new initiatives with you, and finding the balance between virtual and in person. Bust most of all, we cannot wait to see all of you in person again!



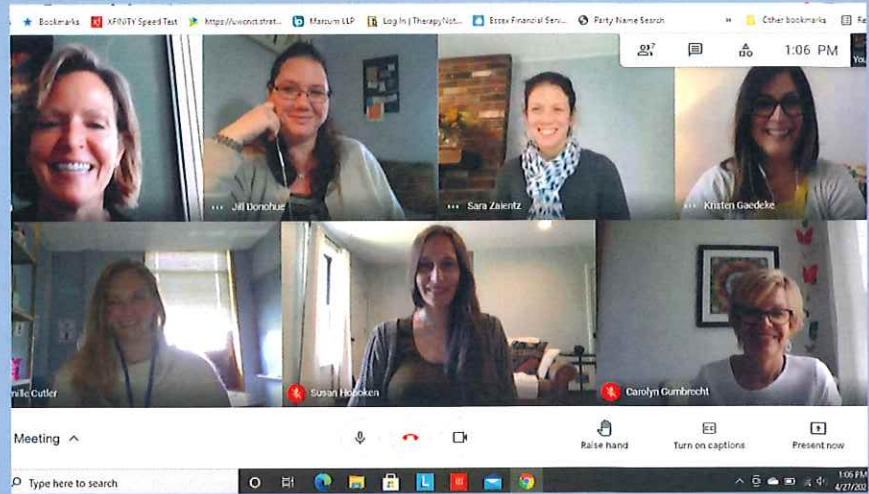
WYFS.org

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Our Staff

Sara Zientz, MS, LCSW, Executive Director
Carolyn Gumbrecht, LMFT, MA LS, BS Ed, Lead Clinician
Kristen Gaedeke, LMFTA, Programming Coordinator
Kristin Foschi, LMFT
Scott Tordoff, LMFT, LADC
Jill Donohue, LMFTA
Susan Hoboken and Shane Putney, 2021 MFT Candidates
Camille Cutler, 2022 MFT Candidate
Alyssa Lindquist, Westbrook Early Childhood
Jacqueline Ward, Administrator



WYFS 2020-21 Facts and Figures

164 Clients and 2600 Clinical Sessions

Despite the bumps of this past year, WYFS clinical staff steadily maintained an active counseling load of approximately 100 clients. As a non profit, we offer access to quality, mental health services regardless of one's ability to pay or residence. 55% of our counseling clients live or work in Westbrook and our end of year calculations routinely reflect a cost savings to Westbrook residents of over \$70,000 annually on counseling services alone. From one Westbrook counseling client: "The person I am today is so much better than the person I was when I started coming here".

WYFSers Online Again

200 Program Hours/ Engaged with over 1000 participants

After shelving an entirely different roster of programming, we adapted to the virtual world with the goal of addressing new challenges in the community. We offered parenting support and encouragement with over 100 weekly emails from WECC, and online parent groups. We released 52 videos and newsletters for students and families with coping tips and mindfulness strategies. We offered Distance Learners groups as a hang out for students who could only be online. We were also able to continue some of our more traditional programming at Daisy with Sandcastles, Lunch Bunch and Pre-k Movement.

While making virtual content is time consuming, we found we extended our reach to new audiences. We calculate more than 1000 people engaged in some part of our programming. We hope to maintain that audience while also returning to more active, in-person programming.

Community Supports and Collaborating Partners

Our community did not let us down. You showed incredible support of our Holiday Giving program, Coat and School Backpack giveaways. We relied on community members for the Juvenile Review Board and the Westbrook Early Childhood Forum.

Thank you!

2020-21 WYFS Board of Directors: Kimberly Bratz, Board Chair, Joan Angelini, Kayla Bartolomeo, Katherine Bishop, Allison Davine, Corey Ehrlich, Harry Evangelist, Diane Lewis, Ben Liberatore, Jodie Oshana, Gary Nolf, Monica Selmont

Major Donors, with our gratitude: The Town of Westbrook, Department of Children and Families, Westbrook Toyota and David Anderson, Lorensen Enterprises, Toyota Motor Corporation, The Westbrook Foundation, DMHAS and BHCare and many other individual and local organizations.

THANK YOU!