



Above, Diana De Leon and her son Erick participate in Henry Street's School-Based Mental Health Clinic.



**HENRY STREET
SETTLEMENT**

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GREETINGS *from the* CEO

No matter how long I've been out of school, fall is always an exciting time of anticipation and reflection. For Henry Street, it's a busy season of welcoming new and returning participants into our programs; starting new initiatives; organizing our largest annual fundraiser, The Art Show; and coming together as a community ahead of the holidays. But whether creating new opportunities or renewing our commitment to existing programs, we never lose sight of one central fact: behind all of our programs—more than 50 strong—are the profound human connections that are changing lives every day.

We see these connections powerfully threaded throughout our work, in our classrooms, offices, residences, and community events. We see them in our ESOL classes, where an English class leads to a job, which leads to an art class for our student's child. We saw it this summer at Buck's Rock camp, where a connection with a Lower East Side neighbor led to

18 Henry Street
youth attending
a legendary
sleepaway

arts camp at no cost. We saw it in our Summer Saturday events, which just keep getting bigger and better!

This summer, these connections have been especially meaningful for migrant newcomers receiving services at Henry Street—many of whom have overcome almost unimaginable hurdles making their way to the United States. You'll read here about Amanda Perez's family, for whom a stay in Henry Street's Urban Family Center led not only to English classes for Amanda and her 18-year-old daughter, but to a first chance at targeted educational services for a younger daughter who is on the autism spectrum. These connections are at the heart of the stories we share with you here and follow the blueprint of "neighbor helping neighbor" laid out by our founder, Lillian Wald, 130 years ago.

This interconnectivity was also on display in two recent *New York Times* articles that featured Henry Street. The first was published on the 100th birthday of Henry Street's beloved sewing teacher, Ruth Taube. In passing the baton to a new teacher, Andres Biel, Ruth has ensured that the impact she had on hundreds of sewing students over multiple generations will be carried through in a new fashion design program for local youth. The second article—a "Sunday Routine" feature—focused on Toddrick Brockington, an inspirational leader and our "credible messenger" who leads an important supportive and educational group for young men called M.A.N. (Mentoring & Nurturing).

Ruth, Andres, and Toddrick are not merely teaching concrete skills but providing emotional support and having an impact on entire families. Our work is through our people, and these are just three of the incredible people who don't just work for Henry Street; they *are* Henry Street. Multiply that by more than 600 team members and you can get a picture of the lives changed at the Settlement.

Our mantra is "listen, reflect, act." Through listening to you, our community, we can craft the right services and build new programs. Our organizational humanity stems from a constant give and take, a breathing in and out, that is possible because of the rich relationships we have with one another and with our community. Your support is the oxygen that keeps us energized for all that lies ahead, and we are deeply grateful to you!

Peace. Health. Hope. Gratitude.
David Garza

David Garza with Debbie Cox, vice president of Integration & Community Engagement, at Henry Street's August 19 roller skating celebration of the 50th anniversary of hip-hop.



A FAMILY EMBRACES ENGLISH AND ART

Emilia Melo came to understand quite a bit of English while working nannying and cleaning jobs, but her difficulties speaking the language limited her work options. She struggled over the years to make ends meet for herself and her seven-year-old son, Matias, while still helping her younger siblings go to college back home.

"I didn't know where I could go," Emilia says. "I was so sad because of no work."

In September 2022, after dropping off Matias at his elementary school on the Lower East Side, Emilia was standing outside his school, searching for free English classes on her phone, when Henry Street team members Nertila Koni and Carol Ng approached her with a flyer about the English for Speakers of Other Languages (ESOL) program. "Good morning, would you like to take an English class?" they asked.

"It was like a miracle," Emilia says.

She began taking ESOL Job Readiness classes at Henry Street in December 2022. "It's great," she says, "because at the same time as you learn English, they help you find a job." After the course, Emilia, like many ESOL students, wanted to keep strengthening her English skills, so she enrolled in Henry Street's ESOL civics class, which teaches students to more fully participate in their communities. Armed with the knowledge she had acquired in just four months, Emilia successfully landed a full-time job in the cafeteria of her son's school.

As a parent in the ESOL program, Emilia was also enrolled in the 2-Generation Program, an initiative that connects parents and their children to a range of academic and social-emotional enrichment programs.

When Matias told Melinda Ho, the program's resource coordinator, that he wanted to take Saturday classes like other kids do, Melinda helped enroll him in music, art, and dance classes through Henry Street's Abrons Arts Center. The mother-son pair also joined salsa class and choir together at Abrons. Enrollment was available through the Settlement's NYCHA Arts Initiative, which enables residents of public housing to take Abrons group classes for only a \$25 registration fee.

"Before, I was so scared to make an appointment. Now, everywhere I go, I don't have a problem," Emilia says, adding, "In this [ESOL] office I feel very warm, like a family. I feel trusted, confident, and secure, like I'm not alone."



Matias, age 7, created this painting of trees in class at Abrons Arts Center—just one of the classes he and his mother, Emilia, have taken through the NYCHA Arts Initiative.

“ANOTHER ERICK” COMES ALIVE AFTER SUPPORT OF SCHOOL-BASED THERAPY

Erick Lopez gets excited talking about the things he's made with “Miss Sofia” while at P.S. 188 on the Lower East Side. As the nine-year-old describes making DIY stress balls and gooey slime, Sofia prompts him, “Do you remember what we talked about while we made those? It starts with the word, ‘mind’...”

“Mindfulness!” he remembers. Miss Sofia is not a teacher; she's a therapist. And these hands-on activities double as therapeutic interventions.

Sofia Schachner is a bilingual therapist with Henry Street Settlement's School-Based Mental Health Clinic. The school-based team—serving 233 youth and their families in 2023—removes barriers to mental health care by providing it onsite in nine local schools. The team addresses all types of trauma that affect students, including homelessness, grief, divorce, and bullying.

Support outside the classroom is critical to students like Erick, especially after the uncertainty of the pandemic. “The kids rely on us—mental health providers and other adults—to ground them when they don't know what to do,” says Sofia, one of 10 social workers in the program.

“Last year, they used to call me every day: ‘Erick got into a fight,’” remembers

Diana De Leon, Erick's mother. “But with Miss Sofia, he opens up, and she calms him down. Being consistent with Miss Sofia, he's another boy, he's another Erick.”

Sofia has leaned into Erick's creativity and kindness, making up games in their therapy sessions. School-Based Mental Health Program Director Kelly Lennon-Martucci says that establishing trust with a child is crucial to the process. “Kids are often referred to therapy not on their own terms. To reach them developmentally requires using their language, like art, movement, playfulness, and metaphors.”

Kelly has seen more signs of anxiety and depression in elementary-aged children over the past two years. In turn, she says, there is also more awareness in schools that behavioral changes may be signs of something deeper.

A mother of four, Diana says that Sofia has given her many tips to support the emotional wellbeing of all her children. “When they're fighting. I take them outside, and we talk about it. Sofia told me they each need their own space, because they need to know, ‘You're *my* mom.’”

Ambassadors for Mental Health Care

Seven years ago, another Lower East Side mom, Jennie White, sought the school-based team during a challenging time for her family. The children received therapy in their elementary schools from 2016 to 2021, and the results are still paying off for their family and the community.

Today, Ariana and Anthony are thriving in high school and using the therapeutic tools they learned in adolescence. The program has had such an impact that Ariana is an ambassador for mental health at her high school and has been working with NYU teaching fellows at the school on a mental health study. “To see them as reassured

“The kids rely on us to ground them when they don't know what to do.”



Jennie White's family—former School-Based Mental Health participants—are now promoting mental health in the community.

teenagers...that is just amazing. They see a future for themselves,” Jennie says.

For Jennie, who grew up in foster care and experienced the trauma of poverty and abuse, the experience has also had a lasting effect. She now works as a coach and classroom facilitator for parents with neurodivergent children. Jennie recently graduated from college and is beginning a master's program in public administration with the goal to help create more organizations like Henry Street in neighborhoods and schools.

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YOUNG PEOPLE WHO RECEIVED COUNSELING THROUGH SCHOOL-BASED MENTAL HEALTH, COMMUNITY SCHOOLS, AND THE YOUTH OPPORTUNITY HUB IN FY 2023



Erick Lopez gets a hug from Sofia Schachner, one of 10 Henry Street School-Based Mental Health Clinic social workers.



The Art Show to benefit Henry Street Settlement organized by the Art Dealers Association of America (ADAA) is back for its 35th year. We hope you can join Henry Street to celebrate at the Benefit Preview on Wednesday, November 1, 2023, or during the art fair from November 2 to 5 at the historic Park Avenue Armory. The Art Show is New York's premier art fair and Henry Street's greatest source of unrestricted funding, providing vital support to the Settlement's critical social service, arts, and health care programs. Every ticket and every contribution go to the Settlement, a total of more than \$36 million over the course of the past three decades.

The Art Show brings together 78 of the country's top galleries to showcase insightfully curated exhibitions of both historical and contemporary works. The highly anticipated and glamorous Benefit Preview with tiered, ticketed entry times, convenes the worlds of art and philanthropy, offering viewers an exclusive first look before the fair opens to the public.

Join us and experience an unparalleled art experience that supports vital services for more than 50,000 New Yorkers each year.

Please visit theartshow.org to learn more and purchase tickets.



Photos: Top, BFA, 2020; second row, Scott Rudd, 2019; BFA, 2020; Scott Rudd, 2022; bottom, Scott Rudd, 2022.

IN MIGRATION TO THE UNITED STATES, TRAUMA AND RESILIENCE UNITE NEW ARRIVALS

Amanda Perez, 45, and her daughters Carol, 18, and Brighth, 15, arrived in the United States on October 16, 2022. They had fled Colombia after violence in Bogotá reached their doorstep: Two of Amanda's uncles had been killed amid ongoing political warfare; it was too dangerous even to ask why.

After a short-lived stay with relatives, Amanda was given the address of New York City's clearinghouse for homeless families in the Bronx. They were assigned to Henry Street's Urban Family Center and are among six migrant families now living there. From the shelter, Amanda and Carol were referred to English classes, and Brighth, who is on the autism spectrum, was enrolled in a school with special services where she is learning to be more independent.

"I want a different future for my daughters," Amanda says, adding that opportunities for Brighth were limited in Colombia.

Across its programs, Henry Street has seen an increase in migrants from Bangladesh, Colombia, Venezuela, Peru, Ecuador, El Salvador, Guinea, Ukraine, and Russia—most fleeing violence or persecution. Though arrival may be a tremendous relief, it is often the beginning of a new set of challenges.

Helping Newcomers Build New Lives

Whether new immigrants are seeking mental health services, shelter, English classes, parenting support, or school-based programs, Henry Street makes connections to our more than 50 programs to help them stabilize and build new lives. In this way, Henry Street is carrying out its 130-year commitment to serving the multifaceted needs of newcomers to the United States.

Lainey Perez, of Henry Street's **CONNECT** mental health initiative, says that in the spring and summer of 2023, the program began receiving four or five new families per day. That's when staff started reaching out proactively to nearby hotels where newcomers were being housed to see how the Settlement could provide assistance more effectively.

"We have been able to provide support groups, art therapy, and case management," says Lainey, "as well as referrals

to programs such as English classes and our Parent Center." **CONNECT** has also given out food, hygiene supplies, basic clothing, and information on finding housing and emergency support. On

July 19, Henry Street hosted a Know Your Rights clinic for 30 migrants with the New York Immigration Coalition.

The main priority for most migrant families is work. But getting the necessary papers can take months, which creates new problems: some families with small children are outside all day hustling for work, because they are not allowed to work legally.

Two **Community Schools** that Henry Street co-runs with the Department of Education—P.S. 188 and University Neighborhood Middle School—have seen an increase in migrant students. To meet urgent needs, Henry Street provided children with winter coats and MetroCards; then, working with the PTA at P.S. 188, helped facilitate a meeting where families could tell the stories of their journey. For many, the support of the school community has been instrumental.

At Henry Street's **Urban Family Center**, a liaison from the Department of Education helps to enroll children in school, while an employment coordinator helps people make resumes—though most will work in restaurants or other informal settings.

"The stories are heartbreaking," says Felipe Ferreira, director of social services for shelter

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ASYLUM SEEKERS IN
HENRY STREET'S ESOL CIVICS
CLASSES DURING 2023



HOW TO HELP



Children in Henry Street's Early Childhood Center put on a performance for older adults.

Thank you!

Why we need your support

As Henry Street strives to meet the most pressing needs of our community, including urgent mental health support, job training and employment for young adults, and a sense of safety and belonging for all, the Settlement needs you. Your support directly translates into sustaining our life-affirming continuum of human services and arts programs while helping Henry Street stay agile and creative to meet the evolving needs of our neighbors.



DONATE Financial gifts of any amount directly support life-changing services for our community. Donate online at henrystreet.org/donate.



VOLUNTEER Henry Street offers a variety of volunteer initiatives for corporations and individuals. Read about current opportunities at henrystreet.org/volunteer.



SPREAD THE WORD Let your friends and family know about Henry Street Settlement's work. Follow us on Facebook, Instagram, X, and LinkedIn, and share our platforms with your networks.

residents. "They have been through violence, persecution, and kidnappings. One family had to pay a ransom for abducted relatives before they escaped. Others were stranded at the border, not knowing if they would get across alive." At Henry Street, he says, "They're doing the best they can for their children and engaging in all the services they can. It's a story of resilience."

Henry Street's **English for Speakers of Other Languages (ESOL)** classes include asylum seekers

who speak Spanish, Ukrainian, Russian, Bengali, French, and Chinese. Of 126 students in Henry Street's civics classes for English learners, 49 were asylum seekers by a recent count.

In the **ESOL 2-Generation Program**, Melinda Ho connects parents to childcare so they can safely work, helps children enroll in school and get tutoring with City Tutors—an important resource for young people catching up in English, and provides access to social-emotional resources. Several older youth have even joined the Expanded Horizons college access program.

Says Ned Gardner, ESOL program director, "We're fortunate to have a very experienced team and the larger Henry Street network so we can make connections smoothly and help ease a very difficult transition to a new home."

Amanda Perez (center) and daughters Brighth (left) and Carol have found safety in Henry Street's Urban Family Center transitional housing residence and a warm embrace in the ESOL program.



NO LONGER JUST A DREAM: A HEALTH CARE CAREER BECOMES REALITY

Bianca Pimentel was determined to get the education she needed to pursue a meaningful career. But at 26, she felt stuck. “I just didn’t know how to start that journey,” she says.

Bianca was living paycheck-to-paycheck, doing factory work for Fresh Direct for 10 hours a day in a warehouse refrigerator. The earnings were not nearly enough to save for the nursing programs that enticed her online.

As the eldest in her family, Bianca felt a deep sense of responsibility to succeed. In childhood, she had seen her parents—immigrants from Mexico and the Dominican Republic—struggle financially. They had come to the United States for a better life for their children, and her mother did not want her daughter to repeat the struggles she’d faced.

Bianca’s interest in the health care field came from a fascination with how the body works and from being a caretaker for her father, now 80. But between scheduling, finances, and a lack of confidence, the barriers to a career seemed endless. The inability to find the way forward led to anxiety and depression. The turning point came when Bianca’s younger sister, an alum of Henry Street’s former Intern and Earn program, encouraged her to explore the opportunities at the Settlement. “She said that she would always remember Henry Street for giving her that chance.”

Working Hard Toward Her Goal

Bianca was assigned to Jay Koo, an employment coordinator in the Job Essentials Training (JET) program. The JET team works with participants to identify their goals and then asks: *What’s the first step?* “When he found out I was interested in the medical field, we started working hard for it,” Bianca says.

In 2021, Henry Street worked with LaGuardia Community College to help jobseekers enroll in its five-month Certified Clinical Medical Assistant Program. Accepted on her second try, Bianca quit her job and, with Henry Street’s help, found a new

position in a wine store. Here, the hours were more flexible, and she was able to dedicate herself to graduating.

When the toll of classes and working, along with a punishing commute, became overwhelming, Jay connected Bianca with a Henry Street social worker, who provided counseling—just one of the ways JET helps its participants surmount significant barriers to reaching their career goals.

“Jay was amazing, he never quit,” Bianca says. “Even after I started an internship, he said, ‘I know you have a job now, but we need to get you to a better place.’”

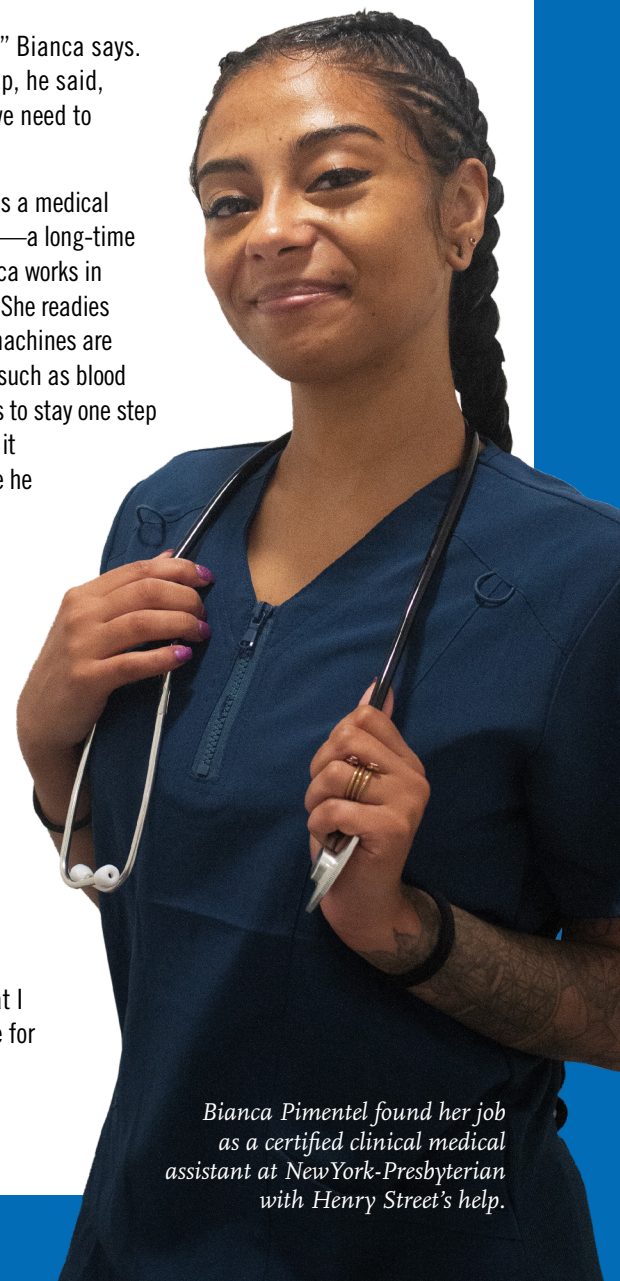
That place is a full-time position as a medical assistant at NewYork-Presbyterian—a long-time Henry Street partner—where Bianca works in a busy internal medicine practice. She readies supplies for the day, makes sure machines are working properly, and takes vitals such as blood pressure. Most important, she tries to stay one step ahead of the doctor, “and he loves it when I have all the tools out before he gets to me,” she says.

“It’s everything I wanted to do,” Bianca says. “I didn’t know that anything like this was even possible.”

Bianca’s paycheck has allowed her to find her own apartment and relieve her parents of their concerns. She credits the personal attention she received from Jay. “There’s not a time where he wasn’t offering me a new opportunity, a new resource, or something that I can do, and I’ll take that with me for the rest of my life.”

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ADULT PARTICIPANTS
PLACED IN JOBS IN FY 2023



Bianca Pimentel found her job as a certified clinical medical assistant at NewYork-Presbyterian with Henry Street’s help.