

ARISE

Annual Report 2009

Snapshots and Portraits



Our mission is to work with people of all abilities to create a fair and just community in which everyone can fully participate.

Brief History

One of New York State's eight original Independent Living Centers, ARISE was founded in 1979 by advocates dedicated to the idea – which was revolutionary at the time – that people with disabilities should have equal rights. ARISE quickly grew to meet the demand for services, opening satellite offices in Onondaga, Oswego, and Madison Counties to support people with disabilities living in Central New York.

In 1999, ARISE merged with Child and Family Service of Onondaga County – an agency that had provided social services to the community for more than 100 years – to become one of the leading agencies in Central New York that addresses the interests of people with all types of disabilities.

Today ARISE has over 400 staff members who advocate for the interests of people with disabilities, and who work to deliver over 40 different programs and services.



Message from the Board President & Executive Director

As the economy dominated the news in 2009, many of the stories were filled with numbers: thousands of foreclosures, millions of jobs, trillions of dollars. While numbers inform, they also can create a barrier between the news story and its audience. People represented by the figures may be forgotten amidst the statistics.

Here is a number that is easier to grasp: ARISE works with more than 3,000 individuals with disabilities and their families every year. We at ARISE work with fellow advocates and public organizations to reduce or remove the barriers people with disabilities face in their lives. We work towards our goals because, fundamentally, ARISE is about people. We are about achievements, large and small, that increase the independence of people with disabilities.



In this Annual Report, we are going behind the numbers to share the personal stories of a few of the individuals who work with ARISE. You will meet Nick, who is attaining a college degree, Christine and Caleb, who are using recreation activities to build strength and coordination, and Stephanie and Alejandra, who are students in a local elementary school class who researched different disabilities to educate their school. You will meet Kalif, who found a job he loves, Miles, who is looking for one, and Alice, who rediscovered her creativity.

The stories of the people featured in this publication are snapshots. Add those stories together and the result is ARISE, an organization where thousands of people of all ages and abilities, work together to promote independence.

Tom McKeown
Executive Director

Tania S. Anderson
Board President

Programs & Services

ARISE promotes the social, economic, educational, and individual interests of people with disabilities. We are guided by the philosophy that individuals with disabilities have a right to dignity, personal responsibility, and self-determination.

Our current programs and services include:

ADVOCACY

Individual Advocacy (helping individuals develop self-advocacy skills)

- Benefits
- Education
- Health Care
- Housing

Systems Advocacy (helping to change policies & remove barriers)

Breast Health Awareness for Individuals with Disabilities

Project Emerge – Working to End Violence Against People with Disabilities

Advocacy & Support Groups

EMPLOYMENT

Benefits Advisement

Supported Employment

635 Staffing – Services for Business

High School Transition Program

RECREATION

ARISE at the Farm (accessible recreation facility for people of all abilities)

ARISE & Ski

MENTAL HEALTH SERVICES

Child Abuse Prevention Services

Counseling for Persons Who Are HIV+

Crisis Pregnancy Counseling

Domestic Violence Counseling

Individual, family & group therapy

School-Based Mental Health Program



INDEPENDENT LIVING SERVICES

Accessibility Resource Center

Consumer-Directed Personal Assistance Program

Day Habilitation – Group & Individual

Housing Search Assistance

Independent Living Skills Training

Information and Referral

Medical Equipment Loan Closet

Peer Counseling

Ramp Construction Assistance

Regional Resource Development Centers for

- Persons with Brain Injury
- Nursing Home Transition

Residential Habilitation

Respite Programs

Service Coordination

Youth Services

Systems Advocacy Highlights

Onondaga County Homebound Program: This door-through-door transportation program was originally cut from the Onondaga County budget. ARISE, Disabled in Action, and people of all abilities reached out to County Legislators and the public. The Post Standard championed the program, which is essential to the quality of life of many area citizens. Advocates met with County Executive Joanne Mahoney and County Legislators, and worked together to create guidelines that restored the program while fitting it into the County's budget.



City of Syracuse Ramp Variances: ARISE collaborated with Disabled in Action to bring attention to the complicated application and application process for permits to add a ramp to a home in the City of Syracuse. There was up to a four-month wait to receive a permit before construction could even begin. Advocates met with Mayor Matt Driscoll and Common Councilor Van Robinson to successfully simplify the application and process for a permit to build an accessibility ramp.

Americans with Disabilities Act 19th Anniversary Celebration: ARISE and several local services agencies collaborated to make the annual march the largest in years. People of all abilities walked, wheeled, and rode from ARISE to the Curtin Auditorium at the Onondaga County Library in downtown Syracuse where city and county officials proclaimed July as Disabilities Awareness Month. Political candidates for City and County offices attended to support the event. The event also featured an art show featuring artists with disabilities and a performance by a band with players of all abilities.



Madison County Courthouse Accessibility: ARISE, Southern Tier Independent Living Center, and several individuals from Madison County protested the building's inaccessibility at the 100th anniversary of the courthouse. Even though County officials currently make accommodations on an as-needed basis, the courthouse stairs present a barrier to equal access to services and employment. Advocates are in the process of working with County officials to come to an amicable conclusion.

Individual Advocacy

Stephanie Tifft and Alejandra Olivo of Lincoln Middle School in Syracuse work on a presentation for a school-wide fair to build awareness about disabilities.

Students in Christian Suarez' and Kelleen Abt's classes worked with ARISE to research various disabilities and create educational presentations for the May 2009 fair. The students also examined their school's accessibility and wrote advocacy letters to the superintendent.



ARISE's **advocates** work with people with disabilities to build self-advocacy skills, and work with the community at large to raise awareness. From **benefits** and **housing** to **education** and **health care**, people with disabilities use our advocates as a resource to live independently in the community. Advocates also provide **peer counseling** and **information and referral services**.

We offer **Advocacy Services** in **Onondaga** and **Oswego Counties**.

Advocacy by the numbers

# People using Individual Advocacy	766
# People utilizing Information & Referrals	2632
# People using Peer Counseling	42

Support Groups



The ARISE Oswego County Social Club met for its annual Summer Picnic at Breitbeck Park. It was one of the hottest days of the year, but club members still played bingo, made crafts and had a great time.

The Social Club meets monthly, creating friendships, built-in social supports, and a sense of community. Some members of the Social Club meet right before with the Self-Advocacy group, where they build advocacy skills for themselves and to benefit others.

ARISE's **advocacy and support groups** are open to any individual with a disability. Some come together to create positive change in the community, like the **Public Transportation Advisory Committee** or the **Vision Network**. Other groups meet to provide support and companionship among people with disabilities, such as the **Social Club** mentioned above, or for their families and loved ones.

We have **support and advocacy groups** in **Onondaga** and **Oswego Counties**.

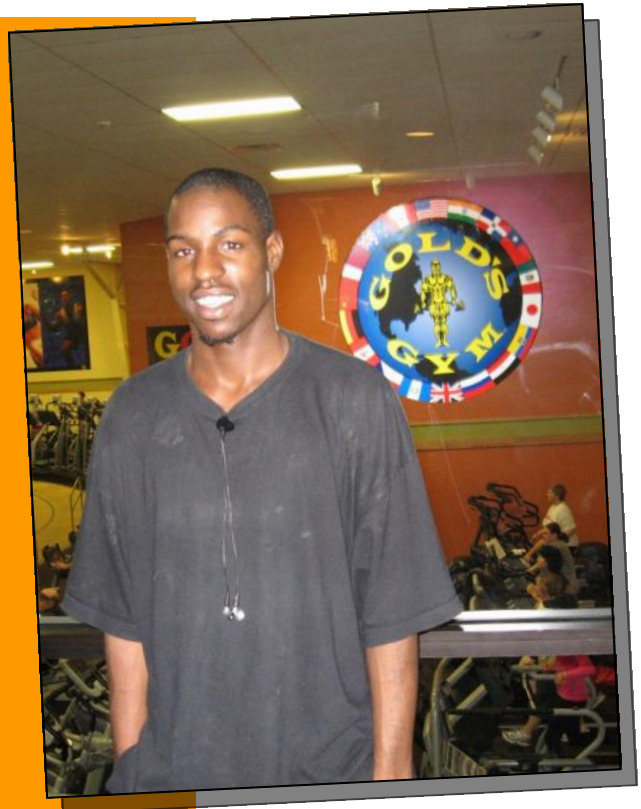
<i>Groups by the numbers</i>	
# Support Groups	7
# Advocacy Groups	5

Supported Employment

Khalif Blake started his new job at Gold's Gym in the fall of 2009. He worked with ARISE Supported Employment to find a job that he enjoyed.

After he started, Khalif and his ARISE Job Coach established a routine to accomplish all the tasks assigned Khalif—and more. He is one of the hardest working employees at the gym.

Khalif likes meeting the people at the gym, and has made friends with gym regulars. Khalif wants to stay working at the gym for now, but has a long-term goal of becoming a carpenter.



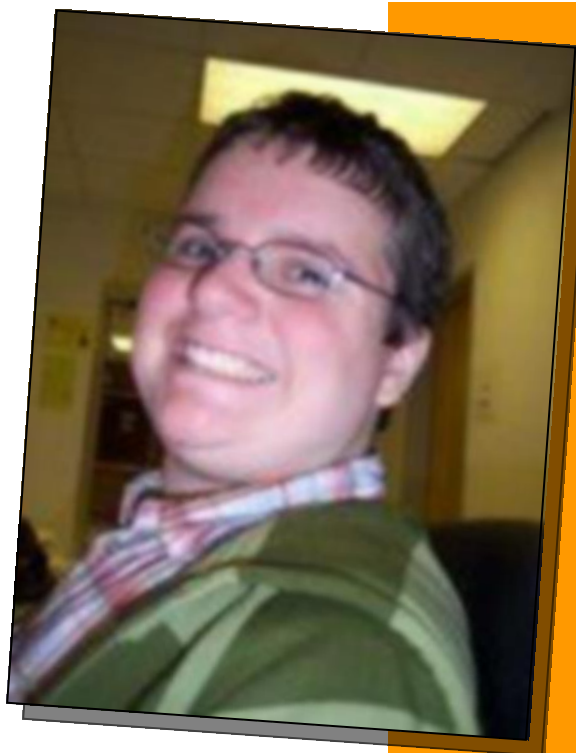
ARISE's **Supported Employment** department builds bridges between people with disabilities searching for work and employers in **Onondaga, Oswego, and Madison Counties**.

From mock interviews to job coaching, people with disabilities get a boost of confidence as they find jobs that match their skills and strengths. **Supported Employment** staff work with job seekers and potential employers to ensure a smooth transition to long-term employment.

Employment by the numbers

# People placed in Jobs	51
# VESID Orientation Sessions	104
# People completing VESID applications	178
# People seeking benefits counseling	58

High School Transition



Nick Shelanskey takes a self portrait. He graduated from Central Square High School and is now attending LeMoyne College. Independent-minded, he worked with ARISE to obtain and fill out VESID (Vocational and Educational Support for Individuals with Disabilities) forms for future employment.

Nick currently splits his time between home and an accessible dorm-room on campus, but he aims to live on campus in the future. He is still deciding his major, and expects to graduate in 2013.

Even with such a busy schedule, Nick still takes time to volunteer.

ARISE's **High School Transition program** helps people with disabilities navigate the sometimes confusing transition from public school to work or higher education.

In 2009, ARISE started a partnership with the **Oswego City School District**, adding to our partnerships with **Mexico Central School** and **Central Square School District** to offer **Transition** programs. **Transition Coordinators** are based in the high schools, allowing students convenient and direct access.

High School Transition by the numbers

# Students Assisted (2008-09 school year)	103
# Students completing VESID application	50

Therapeutic Riding

Caleb Leonard gets an unexpected nuzzle while grooming Bridgette at ARISE at the Farm's Summer Camp.

Caleb first came to the Farm to participate in the Therapeutic Riding Program. When he started, he used a pillow to help him sit up, and could only ride for 10 minutes. By the end of the season, Caleb could hold himself upright without using a pillow—or the handles on the saddle!

At Camp, Caleb took a hand-cycle around the nearly one-mile track at the Farm. Family and friends have all noticed Caleb's increased endurance and strength.



ARISE at the Farm provides recreation for people of all abilities throughout the year. It is located on an 76-acre working horse farm in Chittenango.

In addition to **Therapeutic** and **Adaptive Riding Programs**, the Farm also hosts **Barn Dances**, **Summer** and **Winter Camps**, **Horsemanship Camps**, and has a **petting zoo** full of people-friendly animals!

ARISE at the Farm by the numbers

# Adaptive/Therapeutic Riders	71
# Summer/Winter Campers	151
# Adaptive Cart Drivers	21
# Broadway Stars Participants	16

ARISE & Ski



Christina Kim uses a bi-ski with assistance from volunteer Chuck Roberts at ARISE & Ski.

After attending an ARISE at the Farm event, Christina was asked if she wanted to ski. She did not believe it was possible. Christina not only learned how to ski, but she went to the Empire State Games and placed in her division.

"It was so much fun," she said after skiing Olympic Mountain in Lake Placid.

Christina plans to ski again in 2010- both at ARISE & Ski and at the Empire State Games.

ARISE & Ski is an all-inclusive adaptive skiing program running 6 weeks in January and February. Participants work with certified ski instructors and trained volunteers to learn how to ski using adaptive equipment suited to their needs and skill levels.

In 2009, the program saw support from Alliance Bank and Wal-Mart, in addition to the continued partnership and support from Jim Hickey and the staff of Toggenburg Winter Sports Center in Fabius, NY.

ARISE & Ski by the numbers

# ARISE & Ski Participants	80
# ARISE & Ski Volunteers	120+

Sibshops

Sibshops “Sibs” Rebecca Scheinert, Becca Hall, Kira Harnett, Dedrah Crowson and Katherine Breezee decorate an Autism Awareness banner for the ARISE Oswego office lobby.

The girls and other Sibs also decorated another banner using their handprints to hold as they marched in the third annual Autism Walk at Oswego Central Schools’ Leighton Elementary in April.

The Sibs celebrated Autism Awareness Month because some of them have a brother or sister with Autism. All have a sibling with a disability.



Sibshops were developed by Don Meyer and Patricia Vadasy to connect children who have a sibling with a disability with other children with similar experiences.

Sibshops “Sibs” learn about disabilities in a recreational setting and share methods of dealing with the challenges of their siblings’ disabilities. **Sibshops** are open to youth who live in **Oswego County** and who have a brother or sister with a disability. The Sibs meet every other month at the ARISE office in **Oswego**.

Sibshops by the numbers

# Sibshops Sibs	17
# Meetings/Outings/Events	7

After-School Respite



Justin Teeter shows off one of his clay sculptures. He began attending ARISE's Madison County Respite Program in March 2009. Justin quickly made friends and his social skills increased significantly both in and out of the program. He plays with the other school-aged kids in Respite while his parents know that he is in a safe supervised environment while they finish the work day.

Justin is now also involved in ARISE recreation programs with other friends he made through Respite, and one of his original clay sculptures was selected for publication in UNIQUE Magazine.

After-School Respite provides safe, supervised, and fun activities for children with disabilities, and gives their parents and caregivers a break to finish work, run errands, or just relax.

In 2009, ARISE expanded the number of school-aged children able to be served in the existing **Madison County Respite** program. New **Onondaga** and **Oswego County** programs will start in 2010. **Onondaga County Respite** will provide one-on-one assistance to children with disabilities at select community-based after-school programs. **Oswego County Respite** will provide evening and weekend respite in each participant's home.

Respite by the numbers

# Respite Participants	18
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Residential Habilitation

Christine Slivinski stopped by the ARISE accessible kitchen for a visit after class. She started attending Onondaga Community College to improve her job skills and database work. She also takes swimming and yoga classes at the college and has improved her athletic abilities.

At home, Christine started baking, and makes goodies for her father and grandfather. She works with ARISE Residential Habilitation to build her independent living skills, and enjoys being able to help out around the house with regular chores.

Christine likes to keep busy making crafts or taking photographs.



Residential Habilitation works with people with disabilities to build independent living skills primarily based in and around the participant's home. Participants set goals and a plan to achieve them. **Day Habilitation** programs are similar and are community-based.

Residential and **Individual Day Habilitation** are offered in **Onondaga, Oswego, and Madison Counties**. ARISE also has a **Group Day Habilitation** program at our main office in Syracuse.

Habilitation by the numbers

# Residential Habilitation Participants	189
# Day Habilitation Participants	94

Service Coordination



Miles Roopnarine works on his homework in his room. Each semester, he attends classes at Onondaga Community College, and is a very good student. He also volunteers at the library.

Miles started working with ARISE Service Coordination, and then Residential Habilitation and C.O.R.E. (Community and Occupational Resources and Experiences) Day Habilitation Programs in 2008. He has come out of his shell over the past two years. Once very shy, he now actively makes plans with his friends, usually to listen to music or to go bowling.

Although he enjoys volunteering, Miles is now working towards finding employment.

Service Coordinators work with individuals with disabilities to maximize independent living. **Coordinators** work with individuals with disabilities to identify and match them to the programs that can best help the individual achieve the goals they set for themselves.

ARISE offers **Service Coordination** in **Onondaga, Oswego** and **Madison Counties**.

Service Coordination by the numbers

# Service Coordination Participants	462
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Home Access Program

Ricky Lybolt opened his home to his sister, who is undergoing rehabilitation. There was one major problem: his home needed a ramp. Ricky contacted the ARISE Oswego County Office to have his home modified.

As members and friends of the First United Methodist Church in Oswego finished the ramp construction, Ricky arranged for his sister's visit to her new home. Ricky is happy that his sister will have a place to come home to when she finishes her intensive rehabilitation, and that his family will be reunited.



ARISE's **Home Access Programs** operate in **Onondaga** and **Oswego Counties**, and provide guidance and assistance in making homes accessible for people with disabilities.

We also have an **equipment loan closet** for people to use adaptive tools and equipment on a temporary basis until they can obtain their own.

Home Access by the numbers

# Ramps completed/moved	18
# Ramps started/waiting list	21

UNIQUE Magazine



Alice Olcott submitted two pieces of art for UNIQUE 2009 Magazine at the urging of her ARISE Integration Specialist. She had not shown her artwork since moving to the area four years ago, and had not submitted art for UNIQUE before.

On October 14th, Alice discovered that her painting "Blue Moon" was on the cover of the magazine. Though she knew the work was accepted, the cover was kept secret until the Unveiling Celebration. Alice was so excited, she got out of her wheelchair and danced with her husband for the first time in years, despite the severe pain she experiences.

UNIQUE is an art and literary magazine published annually by ARISE and features the creative voices of individuals with disabilities. It is the only publication of its kind in Central New York.

Over 130 people packed the Delavan Art Gallery on October 14 to see the 2009 edition unveiled. Not only did the guests enjoy the one-night show featuring the published works, but they danced to jazz played by the local band "The Jitterbugs."

UNIQUE by the numbers

# Artistic pieces submitted	145
# Artistic pieces published	52

Community Partnerships

MENTAL HEALTH CLINIC

The **Mental Health Clinic** continued its history of community partnerships, with therapists located in eight community centers around **Onondaga County** as well as the main office in Syracuse. The clinic performed over 1,000 admissions in 2009, and worked with children and adults to create positive changes in mental health.

Our Partners Include:

- Bellevue Middle School Academy
- Dr. Weeks Elementary School
- Dr. King Elementary School
- Grimshaw Elementary School (Lafayette)
- Huntington K-8 School
- P.E.A.C.E (Tully)
- SUNY Upstate Medical University Designated AIDS Center
- SUNY Upstate Medical University Pediatric Clinic



The New York State Chapter of the National Association of Social Workers recognized the hard work of our social workers, therapists, and staff along with our mission and named ARISE the 2009 Agency of the Year.



PROJECT EMERGE

ARISE partners with **Vera House** to end violence against individuals with disabilities. **Project Emerge** raises awareness of and increases accessibility for people with disabilities who are surviving or survivors of domestic violence.

We are committed to providing an **open** and **safe environment** for people of all abilities.

Randi Bregman, Executive Director of Vera House marches in the 2009 ADA Anniversary Celebration .

BREAST HEALTH AWARENESS

Building on the foundation established in 2008, ARISE's **Breast Health Awareness Program** received a second grant from the **Central New York Affiliate Susan G. Komen For the Cure** to provide outreach

and information about breast health awareness to people with disabilities—particularly those who live in rural parts of Onondaga, Oswego, and Madison Counties.



Agnes McCray and Judy Gilson are among several people who represented ARISE at the 2009 Race for the Cure.



REGIONAL RESOURCE DEVELOPMENT CENTER (RRDC)

2009 brought tremendous gains to the **Regional Resource Development Center**. We now have **41 providing agencies** including across Onondaga, Madison, Herkimer, Oneida, Oswego, Lewis, Jefferson and St. Lawrence Counties. There are **more than 300 active participants** in the program.

Our Partners Include:

- Elder Choice
- Maxim Healthcare
- New Beginnings
- RCIL—Resource Center for Independent Living
- Self Direct
- Sibley Nursing Services
- And More...

The final months of 2009 set the stage for continued growth in 2010. ARISE was awarded a contract to continue to provide oversight and coordination for the Traumatic Brain Injury RRDC for the next five years, and also to expand to coordinate Nursing Home Transition and Diversion RRDC for the same timeframe.



Thank you to our donors & volunteers

ARISE thanks the many individuals, companies, charitable organizations and government agencies that provided financial and in-kind support in 2009. Your generosity helped us better advocate for the interests of individuals with disabilities who live in our community.

We also extend our gratitude to the hundreds of volunteers who offered their time and talent to ARISE programs in 2009. You helped make our community better for everyone whether advocating for disability rights, helping with recreation or working in our offices.

Thank you!

Business & Community Organizations

Adam's Apple Services, Inc.

Vince Akissi Photography

Alliance Bank

American Legion Riders Prior Stock Post
1552

American Legion Riders Prior Stock Post
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C-VAC

Delavan Art Gallery

East Side Barbers

Fajita Grill

Haylor, Freyer & Coon, Inc.

Lighthouse Lanes

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McDonald's Restaurant

New Process Gear Division of Magna
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Onondaga Hearing Services

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PUREENERGY, LLC

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Rolph Benefit Advisors

Scriba Meats

Starlight Driving Range

Syracuse University Training Institute For
Human Service Planning, Leadership
and Change Agency

The Wild Animal Experience

Toggenburg Winter Sports Center

Town of Manlius PBA

Upstate Paving

William's Farm Fence

Charitable Organizations & Government Agencies

The Bank Of New York Mellon
Community Partnership
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Komen for the Cure
Central Square Central School District
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DeFrancisco Partnership Projects for Arts
and Culture of the Cultural Resources
Council
LaFayette Central School District
Mexico Academy and Central School
District
New York State Department of Health
New York State Department of Education
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Services for Individuals With
Disabilities
New York State Developmental
Disabilities Planning Council
New York State Office of Children and
Family Services
New York State Office of Mental Health
New York State Office of Mental
Retardation and Developmental
Disabilities, Central New York
Developmental Services Office



Onondaga County Community
Development Department
Onondaga County Department of Long
Term Care
Onondaga County Department of Mental
Health
Onondaga County Department of Social
Services
Oswego City School District
Oswego County Department of Social
Services
SUNY Upstate Medical University
Designated AIDS Center
SUNY Upstate Medical University
Pediatric Clinic
Syracuse Community Health Center
United Way of Central New York
United Way of Greater Oswego County
United States Department of Education,
Office of Special Education and
Rehabilitative Services, Rehabilitation
Services Administration
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You can support ARISE by volunteering your time, donating cash or in-kind gifts, or supporting our many events and activities. Your contribution ensures that people with disabilities have their rights respected and can live as independently as possible.

Please make checks payable to:

ARISE
635 James Street
Syracuse, NY 13203

You are also welcome to make a secure online contribution from our website at www.ariseinc.org.

For information about volunteering, please call Human Resources at (315) 472-3171.

Thank you again for supporting **ARISE**.

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TTY: (315) 479-6363

Oswego County Office

9 Fourth Avenue
Oswego, NY 13126
Phone: (315) 342-4088
TTY: (315) 342-8696

Madison County Office

121 Oneida Street
Oneida, NY 13421
Phone: (315) 363-4672
TTY: (315) 363-2364

Pulaski Office

2 Broad Street
Pulaski, NY 13142
Phone (315) 298-5726

www.ariseinc.org

ARISE at the Farm

1972 New Boston Road
Chittenango, NY 13037
Phone: (315) 687-6727

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Financial Report

FISCAL YEAR 2009 (JULY 1, 2008 TO JUNE 30, 2009)¹

STATEMENT OF FINANCIAL POSITION

ASSETS	
Current Assets	2,297,000
Property & Equipment	2,237,000
Total Assets	4,534,000
LIABILITIES AND NET ASSETS	
Current Liabilities	1,322,000
Long-Term Debt	1,232,000
Net Assets	1,980,000
Total Liabilities and Net Assets	4,534,000

STATEMENT OF ACTIVITIES

SUPPORT AND REVENUE	
Grant Revenue	2,355,000
Program Revenue	8,245,000
United Way of Central New York	216,000
Donations	43,000
Other Income	25,000
Total Support and Revenue	10,884,000
EXPENSES	
Consumer Support & Outreach Services	4,079,000
Oswego Operations	2,477,000
Mental Health Services	1,716,000
Employment Services	583,000
Madison County Services	452,000
Integrated Recreation Services	222,000
Advocacy Services	80,000
Technology Services	49,000
General and Administrative Services	1,062,000
Total Expenses	10,720,000
Change in Net Assets	164,000



¹ Figures have been rounded to the nearest thousand.



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