



EverGreen Meadow
ORGANIZATIONS

BASED IN SULLIVAN
COUNTY

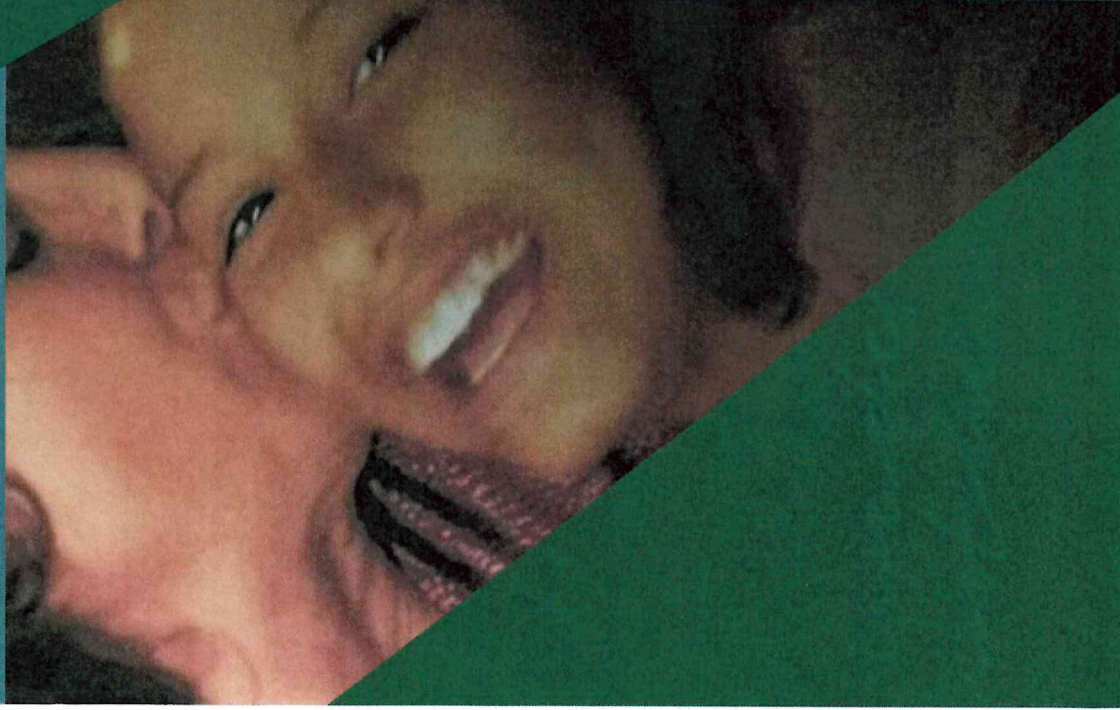
EVERGREEN MEADOW SERVICES

for middle school-aged girls & their
families

OUR WHY

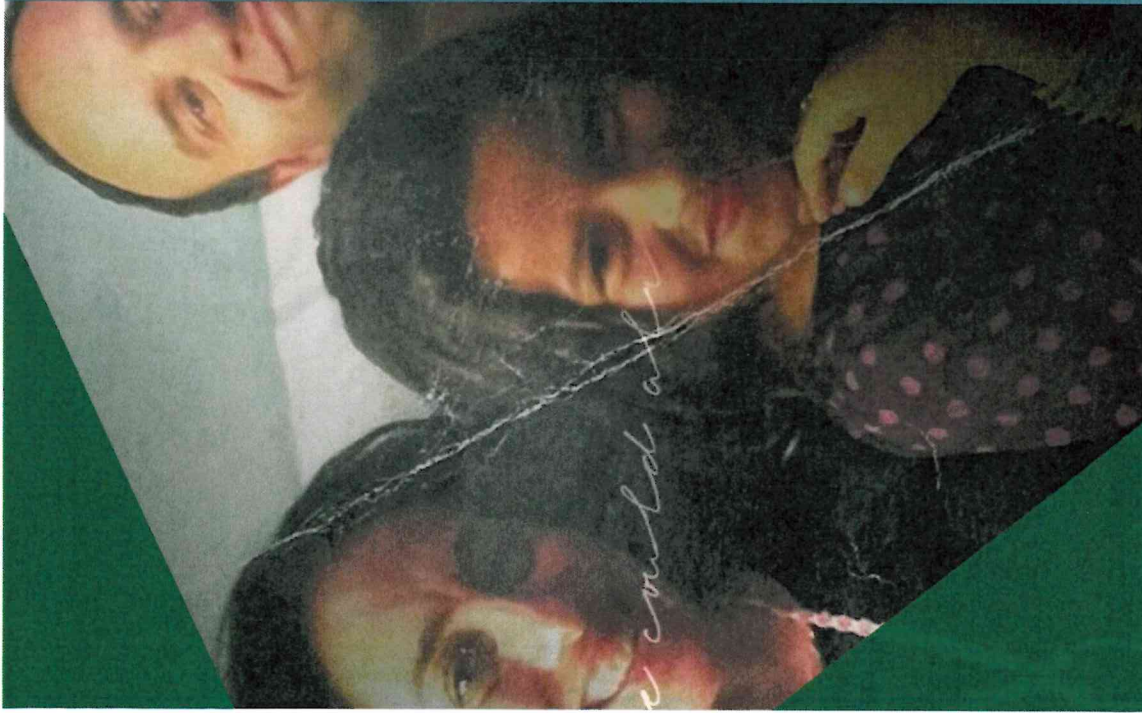
Meet our founder Stacey Millman and her lovely daughter.

6 years ago, Stacey's family realized that they could not support their daughter in New York State in the meaningful ways they needed. Their daughter had depression and anxiety due to trauma experienced earlier in her life and there were no safe spaces for healing and continuing education nearby. Their family was forced to place their daughter in a program in the



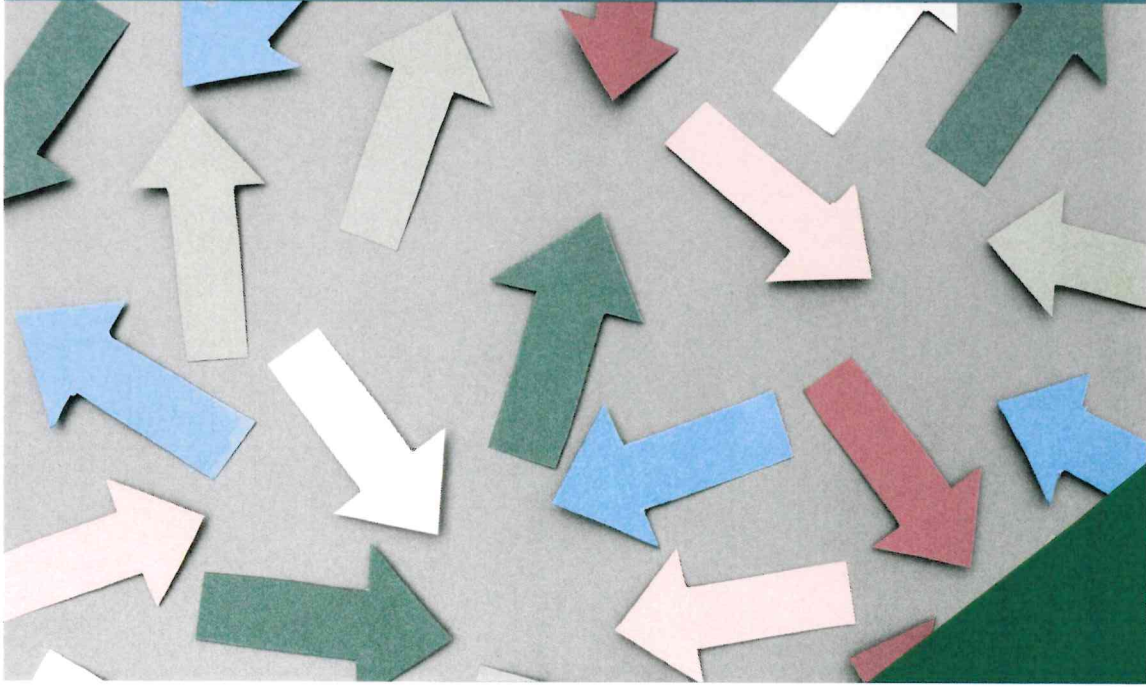
ACCESS TO SERVICES

They were lucky and had means with which to make this decision, but we know this is not the story of all Sullivan County residents, nor so many throughout our state.



WHERE DO WE GO?

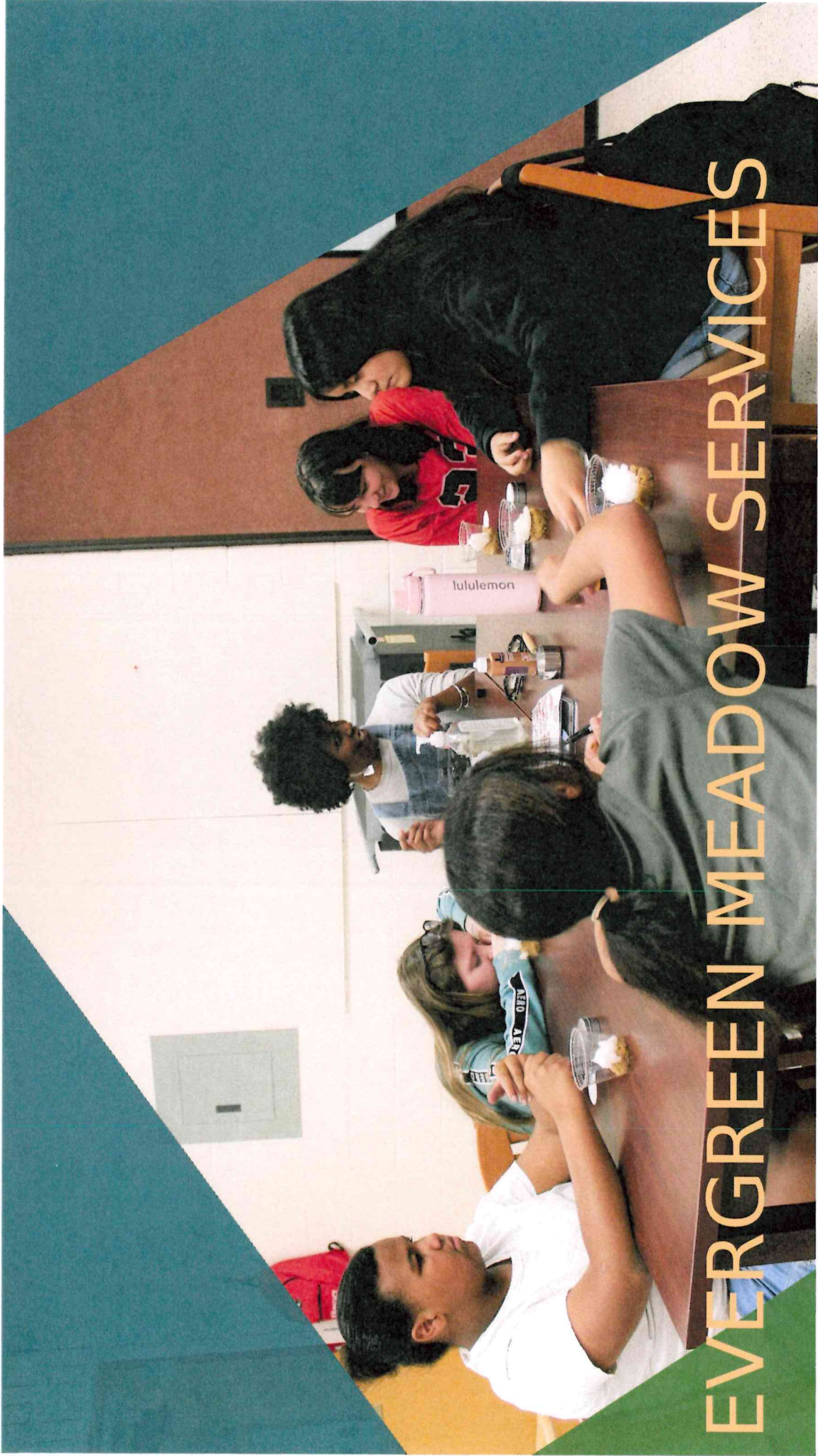
Like many other counties, Sullivan has a deficit of mental health care providers, coupled with great need; data show there are 493 residents seeking mental health services for every mental health care provider. Healthcare providers have limited space available in their practice, while some with space do not accept Medicaid, a common provider in the area.



OUR MISSION

EGMS provides intervention and prevention to middle school-aged girls who are experiencing anxiety or depression and may be at risk of self-harm or suicide due to trauma. We create an environment in which girls feel supported and understood and our staff reflects the diversity of the girls in our care.





EVERGREEN MEADOW SERVICES

GIRLS EMPOWERMENT PROGRAM

The first step to success is through empowerment. We offer a two day per week in-school prevention program. The program focuses on providing participants an increased understanding of their maturation and the experiences they may be facing physically, emotionally and socially, which enables them to better navigate situations as they arise. We use movement, music, mindfulness, dramatic recreations and other art forms to creatively reinforce concepts taught. The program develops community and trust amongst the girls who may not have initially interacted. This provides them



SPEAK



We provide individualized therapeutic support for girls who need further intervention services. Our clinical staff provide PEARLS, a culturally responsive adverse childhood experiences assessment, for the girls to determine whether our program is a good fit. SPEAK teaches girls about how their brains and bodies function. Clinicians use evidenced-based modalities such as DBT and TFCBT. We also work with parents & caregivers to support the entire family. The 10-week program ends with next steps, including referrals or ongoing therapeutic support.

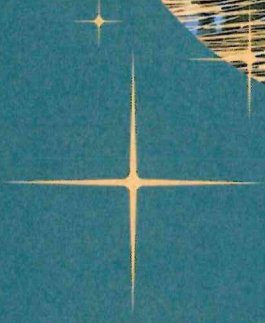
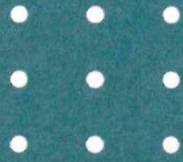
FAMILY NAVIGATION

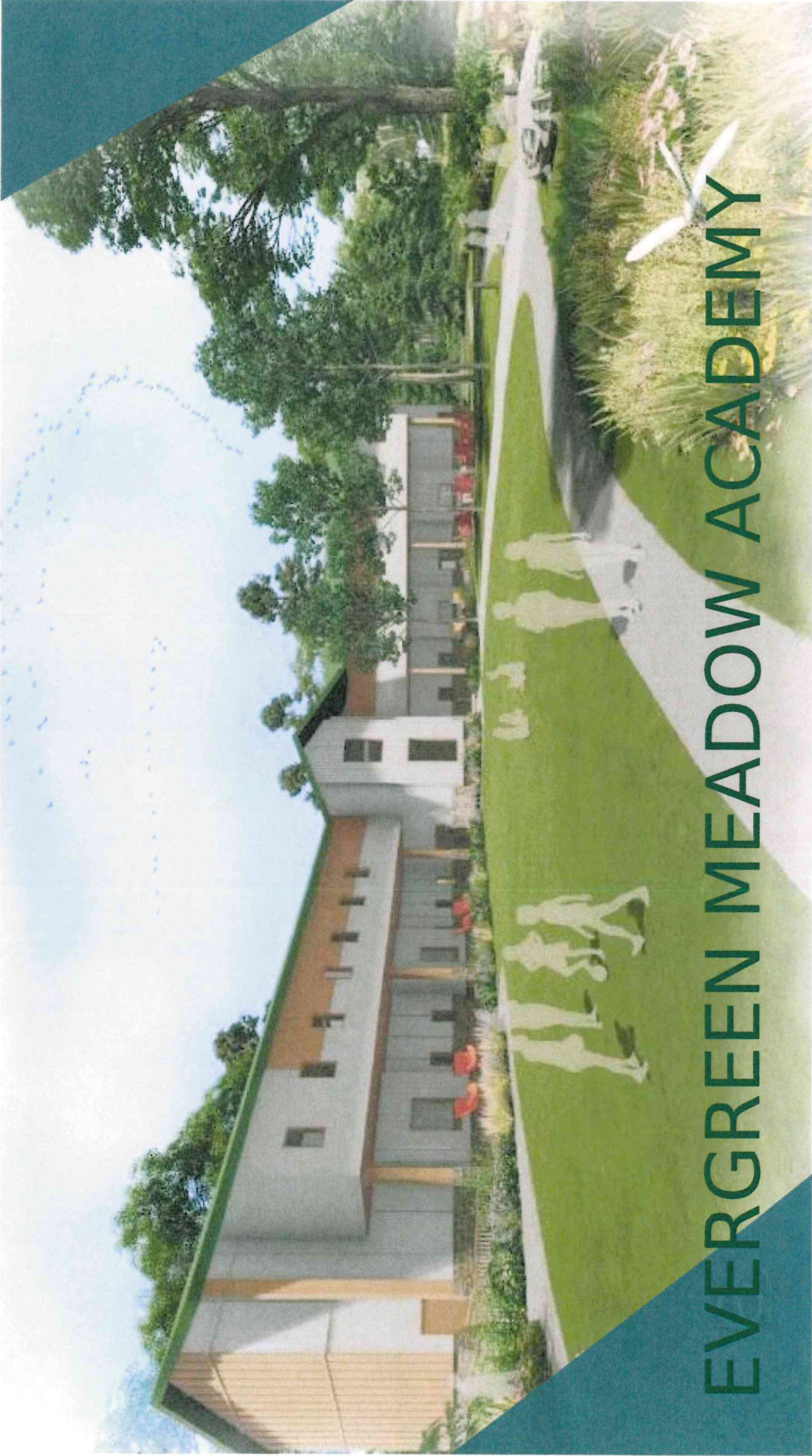
This program works to connect girls and their families/ caregivers with further therapeutic support where needed.

Recommendations may include in-house support groups or therapy, out-of-program support groups, therapy and treatment facilities etc.



CARMEN
MARTINEZ
SOCIAL WORKER





EVERGREEN MEADOW ACADEMY

EVERGREEN MEADOW ACADEMY



Our future NYS-accredited Academy and residential treatment center will offer a higher level of care, providing healing to girls of every identity and income, with services working English and Spanish on 34-acres of land that was the original site of The Center for Discovery's first residential program in Sullivan County.

SOME OF OUR SUPPORTERS

1

Elected Officials:
US Majority Leader
Schumer

US Senator Gillibrand

Governor Kathy Hochul

Assemblymember
State Senator Oberacker
Aileen Gunther
Community Partners:

2

The Center for Discovery

Garnet Health Medical
Center

Astor Services

Liberty Central School
District

3

Funders:
Community Foundation of
Orange and Sullivan
Rowley Family Foundation
for

Women and Girls

Bonacic Family Foundation

Jacob Kotin Teens in Crisis

NYS Office of Legislative Health Item
(Aileen Gunther)

HobsonLucas Foundation

Samuel Freeman Foundation

The Boston Foundation

Richmond Savings Bank
Foundation



CONTACT US!

WE'RE HERE TO HELP YOU!

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