



2020-2021

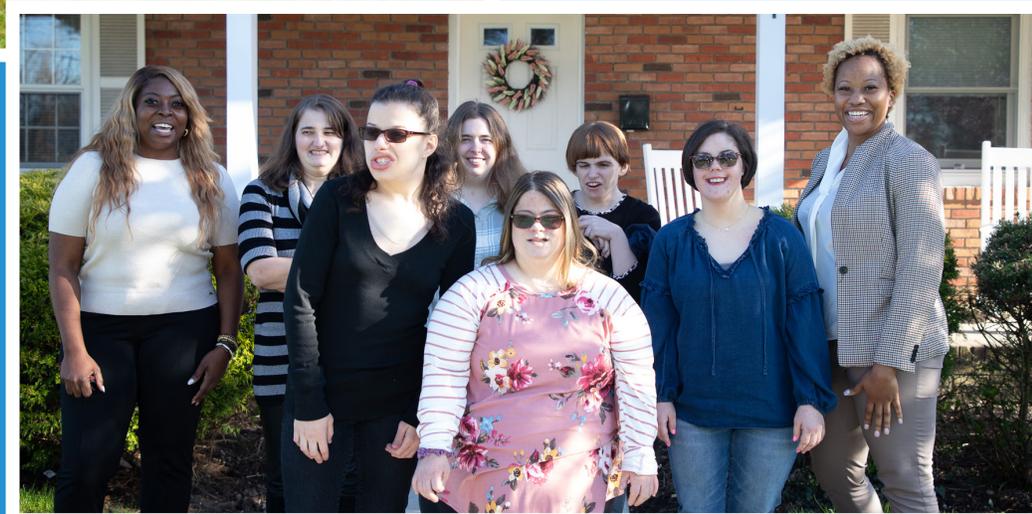
# ANNUAL REPORT



COMMUNITYMAINSTREAMING.ORG



*The Early Days at our Kings Point Residence*



*A recent photo from our newest residence in North Merrick*

## ABOUT CMA

Community Mainstreaming is a Long Island non-profit organization committed to helping people with intellectual and developmental disabilities lead more meaningful and productive lives within their communities by:

- Providing personalized services to help those with intellectual and developmental disabilities maximize their potential at home
- Offering customized vocational training and support to assist individuals in pursuit of employment; and
- Creating opportunities to enjoy recreational activities and socializing opportunities with their peers.



# Letter from leadership

Dear CMA friends,

2020 proved to be a year of unheralded challenges, but also many accomplishments. With the emergence of COVID-19 in early 2020, the year proved unique in many ways. Through innovation, creativity, dedication and perseverance, CMA staff worked tirelessly to implement new protocols to keep our community healthy and safe. CMA staff did an incredible job in implementing new protocols to prevent the spread of the disease within the CMA homes, but people still suffered.

Overall growth was reflected in a 47.2% increase in capacity for individuals served in 2020 over the prior year. We expanded our presence on the South Shore of Nassau County with the addition of two new residential homes in Malverne (opened in Fall 2020) and North Merrick (opened in March 2021), and we increased the number of people supported in our non-residential programs.

Our Day Habilitation and Community Habilitation programs had to significantly pivot to meet the new challenges. Initially, with the Day Hab programs shut down, staff was redeployed to the residences to run programs there and via Zoom for those members living with their families.

Community Habilitation and Self-Direction saw an increase in need during the Pandemic. Com Hab capacity increased 40% over the prior year; Self-Direction, 311% in the 2nd year of the program. Efforts and new practices were put into place to ensure increased communication with families, and to provide support for the families virtually. Com Hab was able to shift to telehealth during the lockdown for continuity of support.

The costs incurred have been extreme with over \$100K spent on personal protection equipment, increased staffing hours, and the cuts to New York state funding negatively impacting our operating budget. CMA's long-term donors were amazing in their support, including the "Feed A Home" program where a donor "adopted" a house and provided restaurant meals each week, to give both the residents variety and something to look forward to, and the staff a break from preparing a meal.

While 2020 proved challenging in so many ways, we are proud of the commitment our families, donors, and staff made to work together, be creative, and work together as community in every sense of the word. New ideas and new programs emerged that we will keep as we continue to strengthen and grow CMA.

Sincerely,



A handwritten signature in black ink that reads "Eileen Egan".

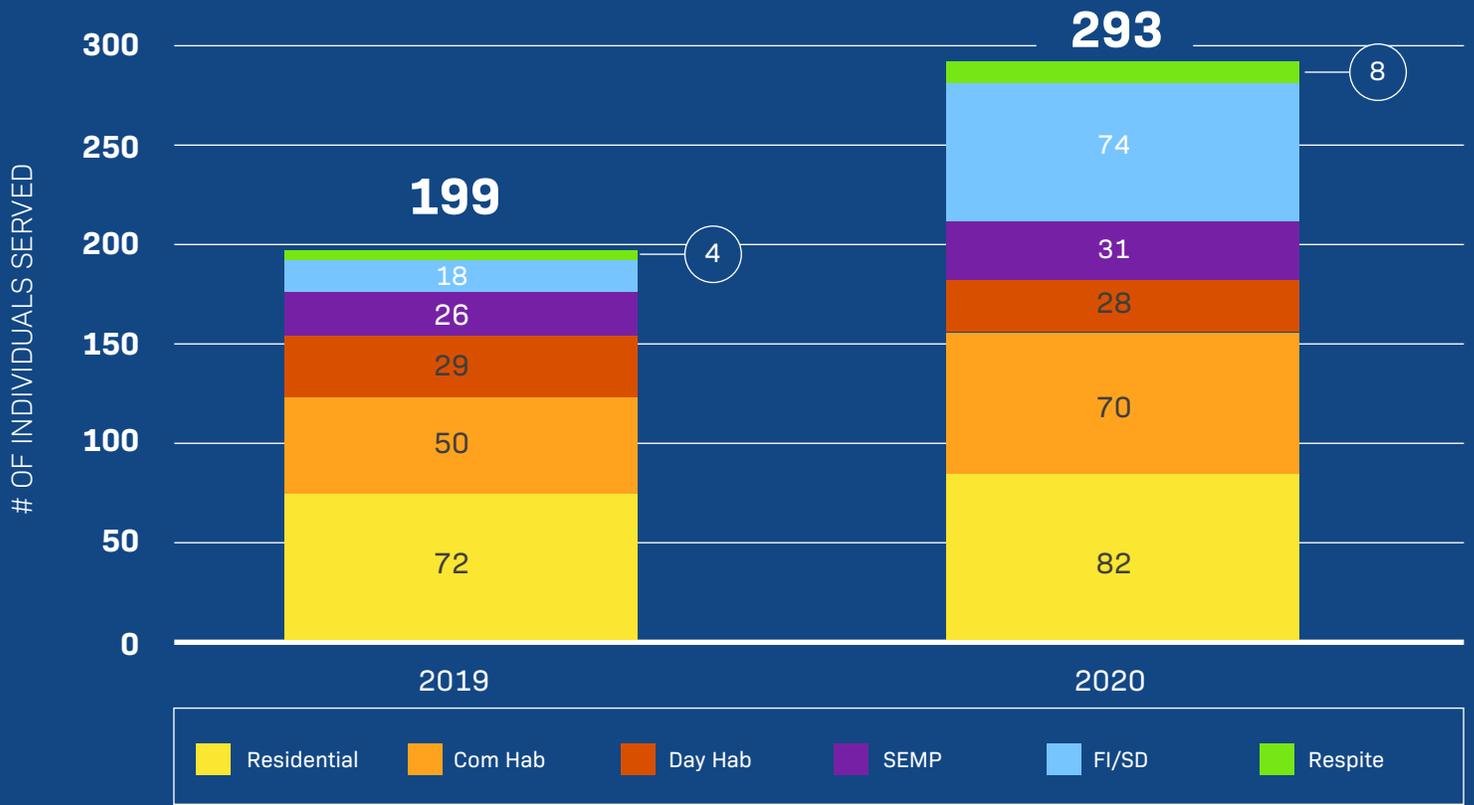
Eileen Egan, MA, MPH  
Executive Director



A handwritten signature in black ink that reads "Johnathan Lerner".

Johnathan Lerner  
Board President

## Quantity of Individuals by Program\*



**47%**  
**INCREASE**  
in people served,  
2020 v. 2019

**Key Drivers  
of Growth:**

**40%**  
**GROWTH**  
in Com Hab

**311%**  
**GROWTH**  
in FI/SD

\*Individuals in multiple programs counted in all applicable programs

# Residential Programs

Community Mainstreaming offers a range of residential opportunities for people with intellectual/developmental disabilities. What distinguishes CMA from other organizations is the flexibility to create individualized solutions so families can select a level of support that is tailored to their needs and is personalized to create opportunities for fulfillment and personal exploration.

Most importantly, CMA fosters growth in a supportive and safe environment through a variety of Individual Residential Alternatives (IRAs), operating 14 certified residences for adults who are covered under the auspices of the Office for People with Developmental Disabilities (OPWDD). Residential options include 24-hour Supervised homes including a specialized Alzheimer's/ Dementia home for individuals who are aging and have more complex medical needs or are experiencing dementia; and Supportive homes for those looking for more independent residential opportunities.

CMA has actively worked in the past few years to increase the number of residential beds under their auspice and ended 2020 with 82 beds, which represents a 44% growth since 2017.

## The CMA staff work to create environments for residents that allow for individualized support for:

- *Increased independence*
- *Community integration*
- *Establishment of meaningful social relationships*
- *Healthy living practices and exercise*
- *Appropriate behavior skills*
- *Empowerment of individuals to make informed choices*
- *Social inclusion*
- *Variety and frequency of activities*



"Feed A Home" dinner delivery during COVID-19, King's Point, April 2020

After delays due to the COVID-19 pandemic, the Malverne house was opened for 6 young women in 2020. The residents, families and staff all worked together to make the move in day special, even if it wasn't the usual celebration. The 6 women have enjoyed exploring their new neighborhood, apple and pumpkin picking and decorating for Halloween. They are developing their cooking skills and baked cookies to share with their new neighbors.

While 2020 proved to be a demanding year in many ways, we are very proud of the many ways large and small the CMA staff met daily challenges with creativity, hard work, ingenuity, and commitment to keeping the residents safe as they all learned new protocols for preventing the spread of illness.

**CMA HAS ACTIVELY WORKED IN THE PAST FEW YEARS TO INCREASE THE NUMBER OF RESIDENTIAL BEDS UNDER THEIR AUSPICE AND ENDED 2020 WITH 82 BEDS, WHICH REPRESENTS A 44% GROWTH SINCE 2017.**

# Residential Data

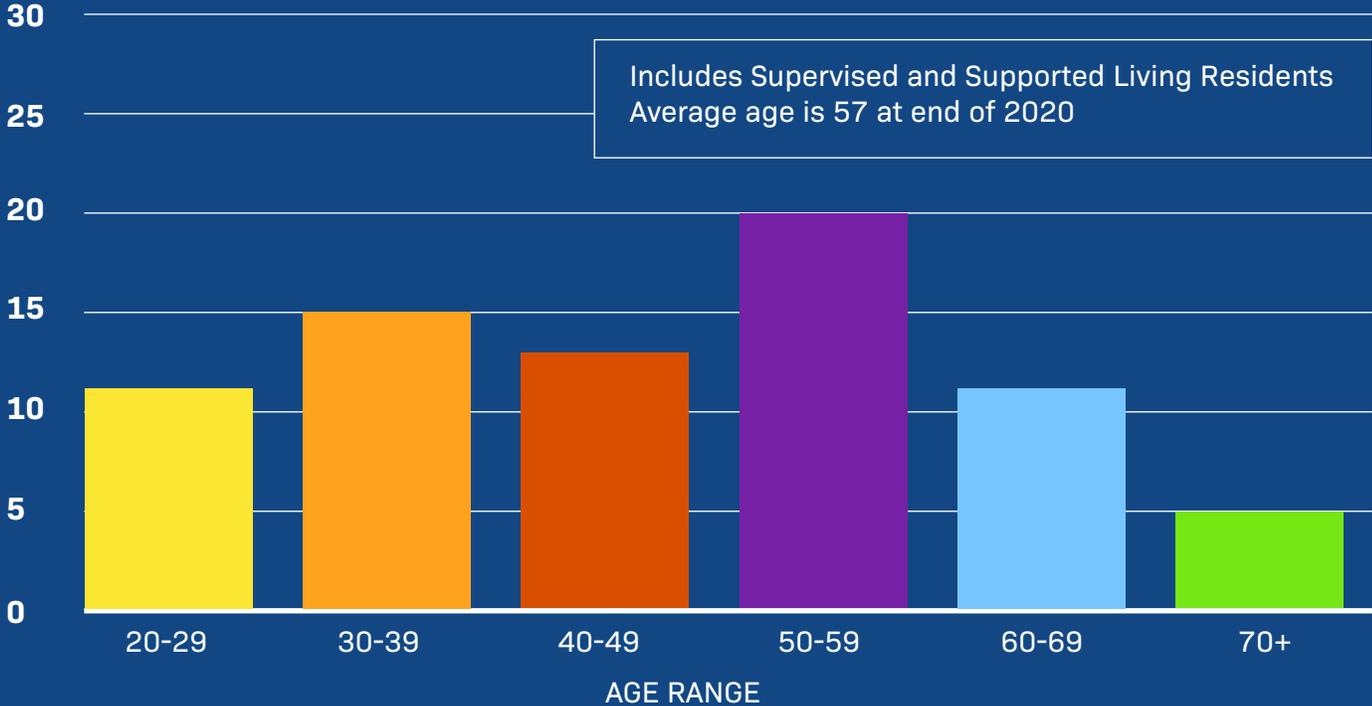


# Residential Demographics

2020

Includes Supervised and Supported Living Residents  
Average age is 57 at end of 2020

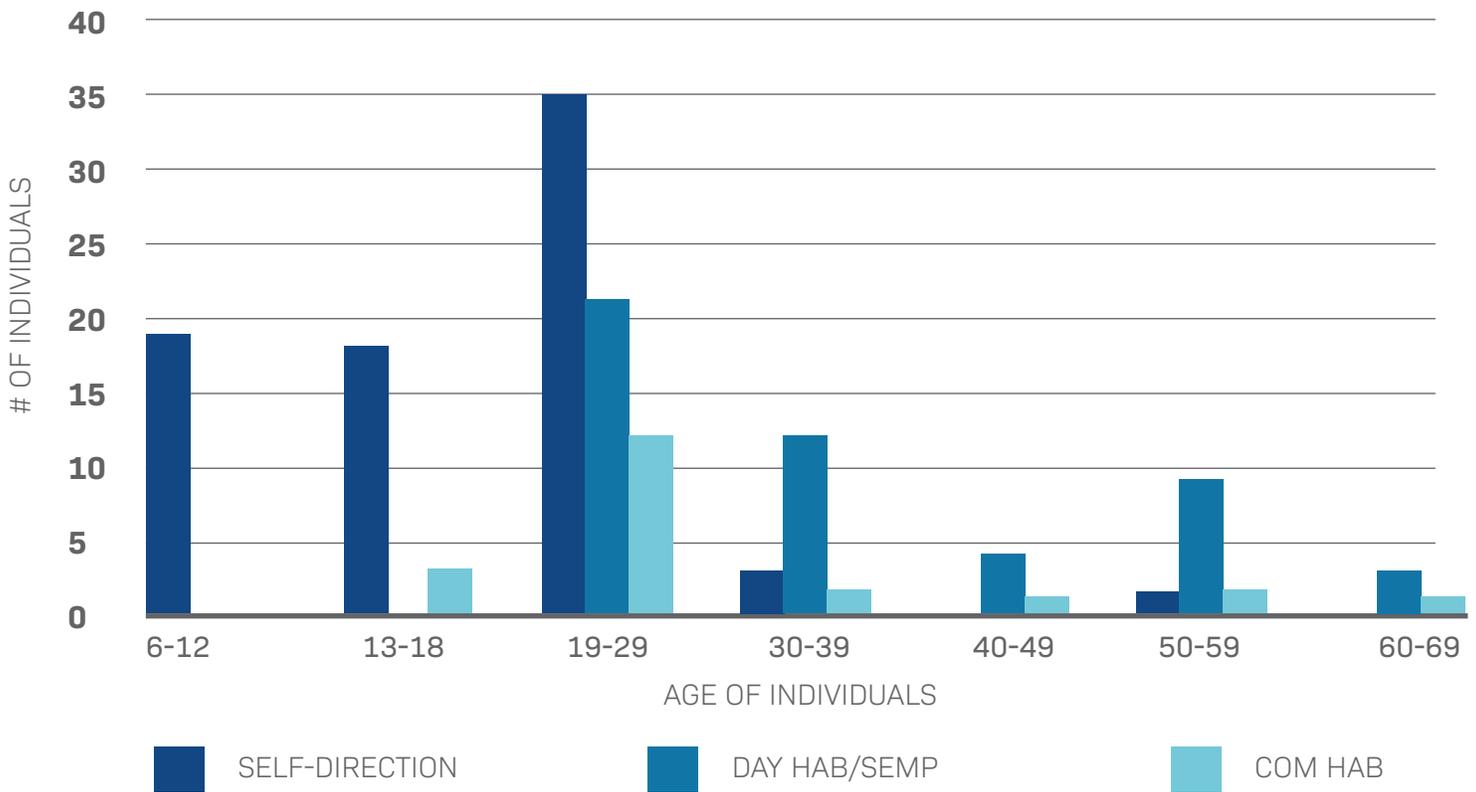
# OF RESIDENTS



# Non-Residential programs

CMA is expanding Non-Residential services which is expanding the age range of the community served, diversifying revenue streams, and increasing the array of services offered. Non-Residential services include Community Habilitation, Day Habilitation, Supported Employment and Self-Direction, which was launched in 2019.

## Non-Residential Demographics



**27%**  
OF  
NON-RESIDENTIAL  
INDIVIDUALS  
ARE UNDER  
18 YEARS OLD

**48%**  
OF  
SELF-DIRECTION  
INDIVIDUALS ARE  
6-18 YEARS OLD

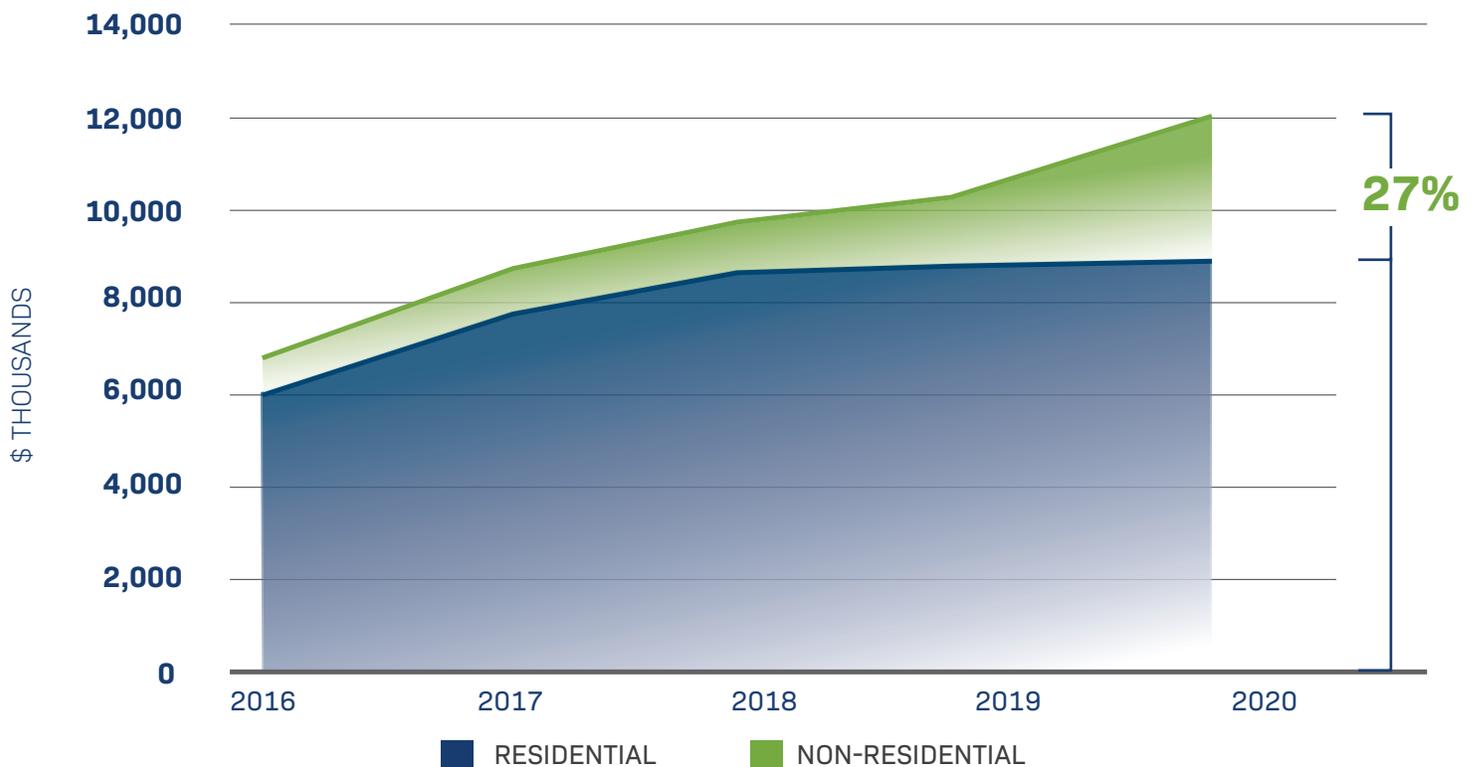
# Community Habilitation

*In 2020, capacity for Com Hab increased 40% to 70 individuals ranging in ages from 7 to 71.*

CMA increased the number of staff, which allows families to expedite service provisions and assignments, and increased the number of individual enrollments in Suffolk County, broadening geographic reach on Long Island.

2020 saw an increased need for individualized and creative programming to support families and their family member through the many challenges presented by the pandemic. In many instances, the CMA staff member was the only outside support a family had. In one instance, a child in the program was struggling with remote school and two working parents, so his Com Hab staff stepped in to lend assistance, academically teaching the child mnemonics and new learning styles. With this support, the child achieved a 94 average for the last semester. A testament to the child, family, and CMA staff collaborating and being creative to be successful.

### Residential/Non-Residential Revenue



**IT HAS BEEN A STRATEGIC GOAL TO INCREASE NON-RESIDENTIAL SERVICES TO DIVERSIFY FUNDING STREAMS AND INCREASE OUR ARRAY OF SERVICES FOR FAMILIES/INDIVIDUALS FROM WHICH TO CHOOSE.**

# Self-Direction

*CMA launched the Self-Direction program in 2019.*

In the midst of the COVID-19 pandemic, Self-Direction saw an increased need as many families felt particularly isolated, and many families opted for Self-Direction. In order to Self-Direct, one must have a Fiscal Intermediary and a Support Broker, both services which CMA provides.

**At the end of 2020, CMA supported 74 people in Self-Direction, with approximately 20 people pending who are working through the state approval process. The goal is to have 175 in the program by the end of 2021.**

2020 was challenging, but the Self-Direction team built a dynamic program to meet the requirements of flexibility and innovation in adjusting the day-to-day practices during the lockdown. Staff increased focus on communication with the families, shifting to new methods of support such as helping with remote learning or support during school hours, food shopping, and maintaining 1x1 support, following the CDC guidelines.



## Supported Employment

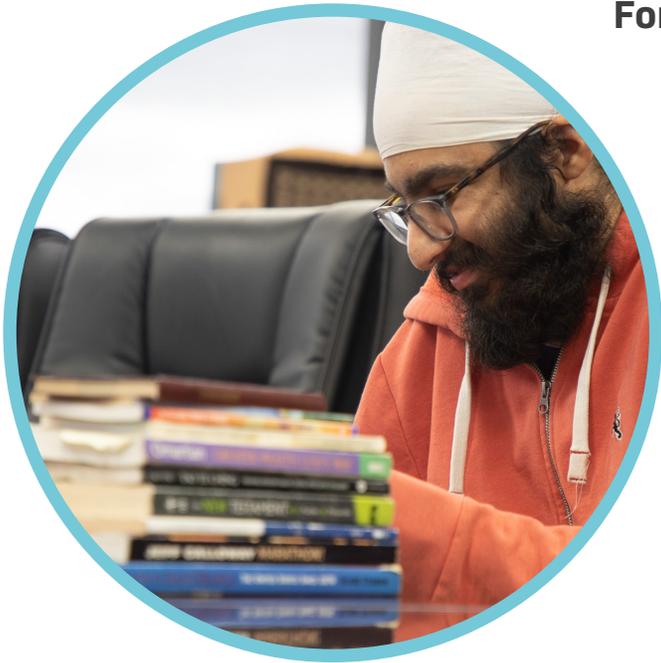
*At the beginning of 2020, there were 27 individuals enrolled in the Supported Employment program.*

During the Spring, 16 were furloughed as businesses were closed due to the pandemic, and at present 12 have returned to work. Daily workshops were re-worked virtually, and the staff was able to maintain the 5-day a week schedule virtually throughout the year. People were hired by TJ Maxx, Bellmore-Merrick School District, Cold Spring Harbor Laboratory, and Burlington Coat Factory in 2020. Other partner companies include, Five Below, Community Mainstreaming, Merchant Marine Academy and Stew Leonard's.

# Day Habilitation

**For the first half of 2020, CMA had to shift the Day Habilitation program activities to the group homes and/or via Zoom.**

In August, we were able to resume picking up people at 50% capacity and using our offices to gather with social distancing protocol. Out-of-home services continued to be provided to people living at home with their family, so they did not feel isolated. Approximately 50% of the Day Hab participants live with their families.



## *2020 highlights, include:*

- **The Bellmore-Merrick school district** partnership launched in December to transition students between the ages of 18-21 to prepare for adult services. We have access to a classroom on-site, as well as access to the school gym for recreational activities and an all-purpose room for music therapy. Initially there were 5 students enrolled. We are looking to build out this program with other school districts in 2021.
- **CMA eAcademy** is a new e-commerce/educational training program that will assist individuals to learn skills pertinent to obtaining employment in the e-commerce industry. Participants develop work skills in online product listing and ordering, inventory management, customer service and logistics. CMA eAcademy retail is a charity boutique on E-Bay. With an eAcademy certificate of completion, CMA will assist the graduates in obtaining paid work utilizing these skills.



*eAcademy*

**community**  
MAINSTREAMING



# Financials

Revenue and Support	2020	2019	2018
OPWDD Program Revenue	10,305,695	9,105,970	8,854,476
Client Fees *	1,022,021	994,212	894,339
Investment (loss) income, net	448,102	722,629	-308,285
Special Events, net	173,044	223,213	273,856
Government Grants	223,381		
Contributions, Grants and Other Support	154,647	108,975	132,844
<b>Total Revenue and Support</b>	<b>12,326,890</b>	<b>11,154,999</b>	<b>9,847,230</b>
<b>Expenses</b>			
Program Services	10,662,848	9,065,805	8,668,532
Management and General	1,293,471	1,180,385	1,184,124
Fundraising	125,743	248,802	163,640
<b>Total expenses</b>	<b>12,082,062</b>	<b>10,494,992</b>	<b>10,016,296</b>
<b>Change in net assets</b>	<b>244,828</b>	<b>660,007</b>	<b>-169,066</b>
<b>Net assets, beginning of year</b>	<b>8,055,316</b>	<b>7,395,309</b>	<b>7,564,365</b>
<b>Net assets, end of year</b>	<b>8,300,144</b>	<b>8,055,316</b>	<b>7,395,299</b>

\* Client Fees come from social security

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SUCCESS THROUGH CONNECTING