



## Welcome to our inaugural issue of Exponentials

We created this newsletter to stay in touch with our friends and supporters and keep you informed of the important work we're doing in our community. We want you to know that

after more than twenty-five years, Exponents continues to make a difference in the lives of New York City's most vulnerable individuals. By vulnerable, I mean problematic drug users with chronic health conditions like HIV/AIDS and Hepatitis C, sex workers and formerly incarcerated individuals.

Exponents makes a difference through its education and training support programs that teach participants how to manage the many health and mental health conditions they are confront-

ing. We provide them with the tools they need to self-manage these conditions while also teaching them how to reduce stress, manage anxiety and make choices that will keep them out of trouble while building self-esteem.

Our method is to employ staff with similar lived experiences as the people who come to our programs. We also maintain our grassroots connections to their communities through our advocacy efforts addressing issues relevant to the people we serve. Some of our success can be measured by the voluntary participation by more than 90% of the people in our programs and the many referrals to Exponents' programs made by our graduates.

Exponents began its first program in a church basement at the height of the AIDS epidemic more than 25 years ago. Seven recently released parolees known to be injecting drug

users showed up for class one of our 8 week, 24-class program we called ARRIVE. Today, the ARRIVE program is a proven success with more than 10,500 graduates, all of whom have attended voluntarily and some who have gone on to become leaders in their own right.

No doubt working with marginalized populations has many challenges. We take on these challenges by providing program participants with useful, pragmatic, self-management skills, in a respectful and non-judgmental classroom setting. The difference Exponents makes in the lives of these vulnerable individuals translates to safer streets and the overall wellness of all New Yorkers and we'd like to "Thank You" for your continued support for the work we do.

**Howard Josepher, LCSW**  
President & CEO

## Here's what Exponents has to offer!



*ARRIVE (Training Program)*

*Health Education & Wellness Services*

*Health Care Coordination*

*Outpatient Drug Treatment*

*Peer Training & Mentoring*

*Former Prisoner Transitional Services*

*Rapid HIV & HCV Testing Mobile Unit*

*Linkage to Primary Care Services*

*The Recovery Center*

*Professional Development  
(CASAC & Peer Recovery Coach Training)*

# Reaching Underserved Populations

*During our 28-year history of providing strength-based services to New York's most challenged residents, Exponents has historically attracted individuals from a diverse array of backgrounds and circumstances.*



*When asked where would she like to see herself in two years, Cleo responded that she "intends to be enrolled in college on her way to becoming a nurse". She is truly a strong example of what determination to succeed and bring others along in that journey looks like. We, at Exponents, admire you tremendously and thank you for all your efforts on our behalf.*

Over the years we have developed and implemented programs for cis-gendered men and women with substance abuse issues, incarceration histories, and chronic health conditions. Over the past six years, Exponents has focused efforts on attracting a historically underserved population of individuals; members of the lesbian, gay, bisexual and transgender (LGBT) community.

I sat down and met with a shining example of how our efforts are continuing to manifest results both for Exponents and the community members that find their way to our doors.

Cleo Morgan came to Exponents in early 2016. She was engaged by our LGBT Recruitment Specialist, Nicole S. Bowles, while conducting weekly outreach in the West Village. Ms. Bowles provided her with information on Exponents' portfolio of programs and the idea of becoming a state-certified peer in order to help other young, trans women like herself was appealing. Cleo registered for Cycle 139 of our ARRIVE program. At the time, Cleo was not attending school having had some challenges navigating the public educational system.

While somewhat apprehensive in the early stages of her engagement with us, Cleo remarked on how supportive and patient all the staff were with her as a young lady navigating her way through an agency that wasn't young-adult specific. When talking about the staff, she utilized the words 'resourceful' and 'listening'. She graduated the cycle and is now preparing to re-enroll in school. She is a member (and an extremely vocal one) of our recently constituted Youth Advisory Board (YAB) and is interested in ensuring that Exponents creates mentoring and job opportunities for trans women. Being a member of both the mainstream and Kiki scene of the NYC House/Ball community, Cleo is also a regular participant of our weekly Kiki Lounge where she socializes and engages other young ladies about her experiences here at Exponents. She prides herself on being able to 'find her voice' and be an advocate for the expansion of services for LGBT youth, and young trans women specifically.

**Donald Powell, Mhs**  
*Sr. Director of Policy & Development*

## Exponents Around Town!



Drug Treatment Counselors Mary Ayamamani and Noel Ayala at Lower Eastside doing screening and HIV Testing.



7th Annual Community Street Fair  
166 Eldridge St., NYC



Juan Jordan, Director of Recovery & Support Services, and Marsha Baker, SAMHSA Project Officer at PTP Conference in Washington.



# ASPIRE

## Affirming Self through Pride, Information, and Recovery Education



*Exponents leadership and staff have always sought to create and foster an inclusive environment for all New Yorkers in need of our services.*

Many of our programs have begun without benefit of formal funding; when Exponents' participants express a need, we work diligently to address it.

While Exponents has always attracted members of the lesbian, gay, bisexual and transgender (LGBT) community, we have witnessed significant increases in the last five to seven years. This is due in no small part to the efforts of our diverse staff and peer base, who reflect various sexual orientations and gender identities. From 2012 to 2015 Exponents senior staff created and adopted a number of initiatives to serve our growing LGBT community: 'Living Well', our first initiative specifically for gay and bisexual HIV+ men, a motivational, group level intervention which assists participants in identifying a health-related challenge and creating/implementing an action plan to address it; we also adopted Healthy Relationships and Seeking Safety two evidence based interventions to target the needs of transgender women and gay men.

This has resulted in the agency receiving a highly competitive award in 2015 from the Substance Abuse & Mental Health Services Administration (SAMHSA). Project A.S.P.I.R.E. (Affirming Self through Pride, Information, and Recovery Education) to engage young men who have sex with men (YMSM) and transgender women of color in services and activities that support their exploration of the connection between their substance using behaviors and the risk of HIV infection or transmission. Funded in October 2015, the three-year initiative will engage 360 individuals from the

population of focus in comprehensive assessments, recovery coaching sessions, referrals to our highly successful ARRIVE program and medically supervised, chemical dependency outpatient program and socialization activities (e.g. movie/discussion nights, Pride celebrations, and Kiki Lounge) that increase engagement and retention.

The program is overseen by our Sr. Director of Policy & Development, Donald Powell, who possesses more than 20 years experience working with the populations of focus with assistance from our Director of Recovery Support Services, Juan Jordan. Guidance is provided by members of Exponents newly constituted Youth Advisory Board (YAB) which meets quarterly to review data and provide recommendations related to optimal outreach venues, culturally responsive language, and potential enhancements. YAB meets on a quarterly basis to review potential program enhancements, evaluation reports, and marketing materials.

Exponents is currently engaged in a campaign to raise additional funds to provide nutritional snacks for members of Project ASPIRE (currently unallowable under federal funding) as well as other activities recommended by YAB members (e.g. retreats to get our young folks out of the city, mini-balls {voguing competitions} and workforce/mentoring opportunities.

Recently our SAMHSA Project Officer had the opportunity firsthand, to witness the Kiki Lounge. She later called our Vice-President/COO, Samantha Lopez-Fernandez to say what a wonderful, educational opportunity it was to witness the passion and creativity of these young men and women and looks forward to Exponents being able to present at a future conference. Of course we welcome this opportunity and would love to bring some young adults to share in the presentation. Their program.....their voice!

## Funders & Supporters

US Health Resources Services Administration, HIV Care Services

US Center for Disease Control (CDC)

NYS Office of Alcoholism and Substance Abuse Services (OASAS)

New York State Office of Mental Health

US Department of Health & Human Services (SAMHSA)

US Department of Justice, Office of Justice Programs

NYS Department of Health, AIDS Institute

The Council of the City of New York

Judith L. Chiara Charitable Fund

Various Individual Donors

## Exponents' President Honored by His Peers



*Howard Josepher, Exponents' President, was honored with a Grassroots Award at the OASAS sponsored NYS Alcohol and Substance Abuse Programs (ASAP) 17th Annual Conference for his work with individuals living with HIV/AIDS and Harm Reduction advocacy. Presenting the award are ASAP board members Roy Kearse (also a member of Exponents' board), Samaritan Daytop Village, Alexis Gadsen, Outreach Development Corp. and Karen Carlini, Dynamic Youth Community.*

**To Our Generous Supporters**

**Thank you for helping us bring hope to those in need. Because of you our work will continue.**

# Making Impactful Connections

## Securing a Career



### The Center's Second Annual Career Fair

Exponents Center for Personal and Professional Development (our for-profit affiliate) hosted their 2nd Annual Career Fair on July 25, 2016.

The event was well attended, servicing over 50 guests including alumni and current CASAC students.

The room was filled to capacity with a host of opportunities in treatment providers, collegiate institutions, and community based organizations. Over 20 agencies including but not limited to: Praxis, Samaritan Village, Odyssey House, Monroe and Metropolitan Colleges, Legal Action Center, and New York Certification Board, were in attendance. The breakout session featured an informative pre-

sentation from the Legal Action Center. Helpful tips and invaluable feedback were given to former incarcerated individuals to encourage confidence while ensuring placement within the field.

Impactful connections paved the way for 7 CASAC students to receive position offers on the spot!

Hat's off to The Center's team.

Thank you for making the 2nd Annual Career Fair a spectacular event!



**Kyla Williams,**  
Program Coordinator, ECPPD

## Learning Exponentially!



### ARRIVE Class

Howard Josepher presenting "The Beast Within; The Addictive Personality" to ARRIVE Cycle 142



### GED Class

Gary Coleman preparing his students to take their High School Equivalency exam.



### Computer Lab

Participants practicing their computer skills and looking for employment.

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in touch

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