

Sullivan 180 offers a range of workshops and trainings that can be brought to your organization, community, school or workplace. These FREE programs are led by professionals from the Sullivan 180 team, Community Health Champions or partners trained in specific topic areas.

The Basics movement aims to help every child reach their full potential through five science based parenting and caregiving tenets that support social, emotional and cognitive development of children from birth to age 3.

CATCH My Breath is a vaping prevention program designed to educate students, school staff and parents about E-cigarettes. The program supports youth in resisting social pressures around vaping.

Naloxone (Narcan) Training teaches participants how to recognize the signs of an opioid overdose and administer the overdose reversal drug Naloxone. Anyone can be trained in this program.

QPR Suicide Prevention Question, Persuade and Refer are the 3 simple steps to help save a life from suicide. Anyone 14 and over can be trained in QPR.

“Resilience: The Biology of Stress & the Science of Hope” is a guided film screening and discussion which explores Adverse Childhood Experiences (ACEs) and how they impact long-term health.

Youth Mental Health First Aid teaches how to help an adolescent who is in a mental health crisis or experiencing a substance use disorder. School staff, parents and other caring citizens are invited to take this training.

Seminars Sullivan 180 hosts virtual and in-person programs on a variety of topics in the areas of beautification, community development, community health and planning.

Trainings may be eligible for CTLE (Continuing Teacher & Leader Education) or planning/zoning board credits, as appropriate.

Who We Are

Sullivan 180 is a non-profit organization dedicated to building a healthy community through people, places and policy; with an intentional focus on prevention and empowering a healthier generation.

Sullivan 180 offers grants, technical assistance; and a variety of programs and resources to support our mission and the efforts of our community to enhance health outcomes.

Through our initiatives, and in collaboration with our community partners and volunteers, Sullivan 180 is committed to making Sullivan County a healthier place to live, learn, work, play and raise a family.

How to Participate

Everyone has a role to play. Sullivan 180 invites individuals, communities, schools, organizations and businesses to engage in opportunities relevant to their interests, skills and talents to help build a healthier community. In our ongoing journey to build a healthier Sullivan County, every action, no matter its size, contributes to our collective goal.

INDIVIDUALS can volunteer to work with a Sullivan 180 project in their community, become a Community Health Champion or a Sullivan 180 Volunteer.

YOUTH can apply for a paid internship; or volunteer as a way to meet community service requirements and/or scholarship eligibility. Sullivan 180 has two scholarship programs that are available for volunteers that make a significant contribution to a Sullivan 180 project.

NON-PROFITS, SCHOOLS & MUNICIPALITIES can apply for grants to undertake projects to beautify school grounds, care for public spaces, revitalize communities, and engage all residents.

BUSINESSES can support community efforts by joining the Merchant Discount Program to offer discounts to Sullivan 180-funded projects.

Building a healthy community, one degree at a time.



Programs & Grants

Volunteer Opportunities

Scholarships

Internships

Trainings & Workshops

and more!

 845.295.2680

 www.Sullivan180.org

 Info@Sullivan180.org

Download the FREE Community Resource Guide at www.Sullivan180.org.

Connect with us    

OUR PROGRAMS

Beautification

Beautification enhances the aesthetics of the environment for public use and enjoyment. The acts of gardening, planting trees, flowers, shrubs and combatting litter, all improve the quality of life and help foster connections among neighbors.

This program offers funding for the creation, enhancement or care of gardens, outdoor gathering spaces, school grounds and entrances.

Grants offered: Beautification Grant; School Beautification Grant.

Catskill Edible Garden Project

The Catskill Edible Garden Project (CEGP) works with schools to design edible gardens as living, outdoor educational and gathering spaces. These projects offer access to healthy food, “hands on” experience and exposure to food and agriculture as important aspects of our community and culture. Sullivan 180 partners with Catskill Mountainkeeper and Cornell Cooperative Extension to provide funding, technical assistance, education and programming.

Schools participating in CEGP may also apply for funds to purchase cooking kits, indoor grow stations or to host a “Chef in the Classroom” program.

Grants offered: Catskill Edible Garden Grant; Grow Station Grant.

Community Development

The Community Development Program challenges Sullivan County municipalities, schools and other organizations to weave community health, civic engagement, youth participation and thoughtful design into their projects and initiatives.

The program supports and prioritizes creating active parks, caring for public spaces, trail development and maintenance, environmental stewardship and building healthy communities.

Grants offered: Community Impact Grant; Municipal Partnership Grant; Community Development Grant.

Empowering a Healthier Generation

The Empowering a Healthier Generation (EHG) program engages Sullivan County School Districts in promoting health and wellness among students, staff, parents, and their communities. The goal of EHG is to create a grassroots movement that will change policy and environments; while demonstrating that individuals and families have an important role to play in building a culture of health for themselves and the next generation. Efforts focus on access to healthy food and physical activity as well as social and emotional wellness.

Grants offered: Healthier Generation School Grant; Healthier Generation Competition Grant; Healthier Generation District Impact Grant.

Farm to School

Sullivan 180 is partnering with CCE Sullivan County, CCE Ulster County, Harvest New York, the Catskills Food Hub, and our school districts on a farm to school movement with the goal of 2 healthy meals, every day, for every student in Sullivan County schools.

Grants offered: Farm to School Initiative Grant (funded with support from USDA).

Healthiest Fire Department Challenge

The Healthiest Fire Department Challenge (HFDC) focuses on the health and well-being of our county’s firefighters.

Participating fire departments engage in activities to enhance their physical and mental health, such as walking a local trail, holding a “drink water” campaign, hosting a Mental Health First Aid training, or incorporating healthy meals at drill nights. Completing activities and accruing “Turtle Points” makes departments eligible for grants.

Grants offered: 1st and 2nd Place Competition Grants. Additional grants will be awarded based on a tiered system.

Prevention

The Prevention Program offers evidence-based strategies and interventions to promote healthy lifestyles and decrease unhealthy or risky behaviors associated with poor health outcomes. These efforts support the Sullivan Community Health Improvement Plan and are developed through a lens of health equity. They are led by volunteers and certified Community Health Champion Trainers.

Deadlines, grant amounts and eligibility vary. For full grant criteria please visit [Sullivan 180.org](http://Sullivan180.org).

OUR TEAM

Staff

Nicole Blais, Nicole@Sullivan180.org
Prevention Coordinator

Shannon Cilento, Shannon@Sullivan180.org
Community Development & Communications Manager

Denise Frangipane, Denise@Sullivan180.org
Chief Executive Officer

Carmela Hugel, Carmela@Sullivan180.org
Beautification Program Manager

Kassondra Johnstone, Kassondra@Sullivan180.org
Grants Manager

Amanda Langseder, Amanda@Sullivan180.org
Senior Director of Prevention Programming

Meaghan Mullally-Gorr, Meaghan@Sullivan180.org
Director of Health & Wellness

Anne-Louise Scandariato, Anne-Louise@Sullivan180.org
Director of Community Engagement

Christy TerBush, Christy@Sullivan180.org
Healthier Generation Program Manager

Kellee Thelman, Kellee@Sullivan180.org
Marketing & Events Manager

Barbara Weinstein, Barbara@Sullivan180.org
Healthier Generation Communications Coordinator

Lindsay Wheat, Lindsay@Sullivan180.org
Outreach Program Manager

Elise Yamen, Elise@Sullivan180.org
Office Coordinator

Board of Directors

Sandra Gerry, Founding Chair

Jay Quaintance, The Fedcap Group

Keith Suehnholz, Granite Associates

Patrick H. Dollard, The Center for Discovery

Ronald Greenberg, Dentons US LLP

Dr. Robert Dufour, Ed.D., Sullivan BOCES

Jonathan Schiller, Garnet Health

Partners

In addition to our team and Board of Directors, Sullivan 180 works with several community partners and organizations on specific initiatives.