



Family Residences and Essential Enterprises, Inc. (FREE)
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******PRESS RELEASE******

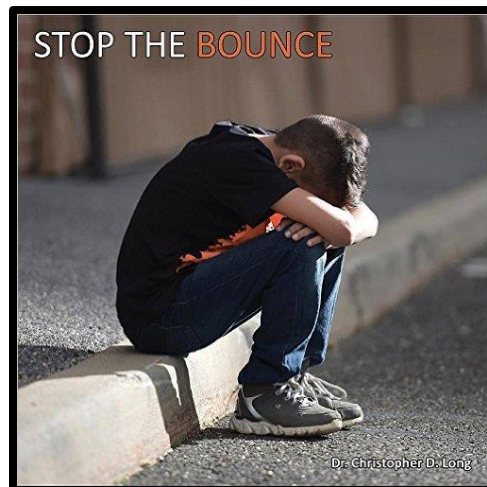
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FREE ANNOUNCES LAUNCH OF CHILDREN'S BOOK - STOP THE BOUNCE: A CHILD'S JOURNEY THROUGH FOSTER CARE

BOOK SHEDS LIGHT ON STRUGGLE OF CHILDREN IN FOSTER CARE



Old Bethpage, NY – Family Residences and Essential Enterprises, Inc. (FREE) is proud to announce the release of *Stop the Bounce: A Child's Journey Through Foster Care*, a children's book authored by the President of FREE, Dr. Christopher D. Long. As a father, Chris was motivated to write this book after his experience of adopting five boys from the New York City foster care system. *Stop the Bounce: A Child's*

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Journey Through Foster Care is the initial step in a bold new initiative to support those in foster care in need of a loving home by inspiring all to open their hearts. *Stop the Bounce: A Child's Journey Through Foster Care* is available for sale in hardcover, paperback, and eBook at: www.amazon.com/Stop-Bounce-Childs-Journey-Through/dp/0997727217/ref=sr_1_6?s=books&ie=UTF8&qid=1469484714&sr=1-6&keywords=stop+the+bounce. Proceeds from the sale of the book will go towards funding the **Stop the Bounce** initiative.

Stop the Bounce refers to the “bounce” that many foster care children experience as they go from foster home to foster home without finding permanency. FREE has implemented work-readiness and life-skills programs for foster care youth ages 16-21 who are aging out of the system. Although they have been able to positively impact youth by providing them with the meaningful work-readiness experiences to give them employment preparedness and a sense of purpose, they recognize that a major void remains in their life: the lack of a permanent, loving, adoptive family.

Their vision is that **Stop the Bounce** will facilitate a reduction in the amount of time children spend in foster care and increase the number of long-term stable adoptions. **Stop the Bounce** supports existing foster care agencies by providing information to the public and potential adoptive parents to demystify the adoption process, and offering post-adoption parent support training. In addition, **Stop the Bounce** will provide a forum for those affected by the foster care system to share their stories, experiences and ideas through blogs, interviews, podcasts and more.

FREE seeks to create change on a broad level by assisting established foster care agencies in their adoption process and, most importantly, the foster children in them to connect with their adoptive families as soon as possible.

About Stop the Bounce

Our mission is to raise awareness, promote adoption, and connect potential families to long-term foster care youth seeking permanent homes. We hope to do this through education, engagement, and inspiring communities to open their hearts to create permanent, stable, adoptive families.

For more information on the **Stop the Bounce** initiative please contact Dr. Christopher D. Long, President of FREE, 516.870.1648, CLong01@familyres.org or Regina Savarese, Director of Youth & Education, 516.870.1600 x 1863, RSavarese01@familyres.org, or visit www.stopthebounce.org.

About Family Residences and Essential Enterprises, Inc.

Family Residences and Essential Enterprises, Inc. (FREE), founded in 1977, benefits and proudly supports more than 4,000 individuals with intellectual/developmental disabilities, mental illness and traumatic brain injury. It is the mission of FREE to assist individuals of all abilities realize their full potential. FREE provides a diverse array of supports and services including: housing; recovery services; transition to work; employment; day, community and family services; respite; crisis services; education and after school support; specialty health services; and advocacy.

FREE also collaborates with a variety of diverse 501(c)(3) nonprofit partners on educational, vocational, rehabilitative and a myriad of other creative initiatives to enhance the local communities and the lives of more than 25,000 people that reside within them. Each of the valued partners of the Family of FREE Network has a unique mission, vision and strategic goals that are aligned in purpose, and embody the spirit of the meaningful work we do every day. For more information, please call 516-870-7000 or visit www.familyres.org.

About the Author

Christopher D. Long, Ed.D, is the President of Family Residences and Essential Enterprises, Inc. (FREE), a not-for-profit agency that supports individuals of all abilities with community living opportunities, employment, day services, clinical, education and after-school support, and other assistance. Dr. Long joined FREE in January of 2010. He has been recognized as a professional whose exceptional skills and dedication profoundly affect the lives of people with disabilities. Throughout his career, he has held various administrative positions in residential/housing services, day services, schools, supported employment and professional development.

Prior to joining FREE, for 10 years Dr. Long held multiple executive management positions at several not-for-profit health-related and human service organizations. Additionally, Dr. Long has a considerable amount of higher education teaching experience. In 2009, he joined the adjunct faculty at St. Joseph's College in Patchogue and teaches graduate courses for the Child Study Department. Dr. Long is also an adjunct faculty member at Pace University in New York City, Iona College in Westchester and Stony Brook University in Long Island, NY.

Dr. Long has a doctorate degree in special education, a Master of Arts in special education, a master's degree in educational leadership and Bachelor of Arts in psychology. He holds a New York State Special Education permanent teaching certification and a New York State School Building Leader certification.

Dr. Long was the 2005 winner of the prestigious Zella Bronfman Butler Award for outstanding contributions in the field of special education/human services. He is also the author of the inspiring book, "Swimming in a Pool of Peanut Butter," written from the perspective of children with ADHD. Dr. Long's second book, "Stop the Bounce," portrays the experiences of foster children who are hoping to one day find their forever family.

Dr. Long's diversified professional experience and passion for the human services and special education industries has provided him the skills necessary to be an effective leader, a confident visionary and an innovator.

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