

Michael J. Gill Rehabilitation Center

A comprehensive rehabilitation center that assists individuals living with mental illness to live and work independently in the community

Summary

Since it was first established in 1976 as Bay Day, the Michael J. Gill Rehabilitation Center has grown from a small activities program in a room at the former Boston State Hospital in Mattapan to a comprehensive rehabilitation center (Gill Rehab plus Mass Bay Employment Service) located in a newly renovated building on Amory Street in Jamaica Plain. The mission of the Gill Rehabilitation Center is to assist individuals living with mental illness to live and work independently in the community.

Principles underlying the Gill Rehabilitation Program:

- **Recovery Focus:** Services follow the principles of rehabilitation and recovery, including the following:
 - Belief in the capability and growth potential of participants



Virtually all my rehabilitation needs are met at Gill which makes it possible for me to continue becoming the person I always hoped to be.



Gill is a good place to rebalance your system and to get the training you need for the outside world.

- Individualized planning, controlled by the participant
- **Transitional Focus:** While there is no time limit for participation, the focus is on graduation and transition into integrated settings in the community, such as a job or school.
- **Community integration and connection:** The program is outwardly focused, helping participants to make connections leading to inclusion in community activities.
- **Active linkage with other service system elements, including health care:** The program helps participants to access services and monitor health, housing and income benefits to insure that they receive the services they need. Access to consumer services and support are integral to this linkage.

Service Elements

• **Personal Accomplishment** Training and advocacy are provided to improve the work skills of participants and to arrange supports necessary for them to develop and thrive as participating members of the community. Activities vary depending upon the needs of participants at any given time, but include these areas:

- Literacy
- Creativity and personal expression
- Personal health care/wellness
 - healthy lifestyle, e.g. exercise, smoking cessation, substance abuse recovery, mental health recovery, healthy diet

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Sylvester says that Mass Bay has helped him to find employment opportunities.

- health care access and interface, support with specific conditions e.g. diabetes, obesity, COPD, hypertension
- Independent living skills
- Developing and maintaining a network of supportive relationships

Vocational/Career Accomplishment

- Supported Work is paid employment with program supervision/support, and is available for a few hours per week. Supported work may include any of the following:
 - Canteen: operating the program's snack bar, including cashiering
 - Housekeeping and building maintenance
 - Clerical work, including telephone reception
- Job Training includes housekeeping, clerical tasks, and retail
- Supported Education/Basic Literacy
- Direct linkage to Mass Bay Employment Service

Community Accomplishment This includes activities that are focused on connections with the community for participants and that combine going out into the community with active linkage to people in the community who "reach in" to the program. Examples of such activities are:

- Religious observance through the church or other groups

- Recreational Activities
- Civic Activities
- Neighborhood tours including participants showing others around their own neighborhoods
- Visits to community services including neighborhood health centers, parks, housing services, consumer-run groups

Client Eligibility

Gill Rehab is available to adults who have been determined to be DMH eligible and are approved for referral by one of the Metro Boston DMH Service Centers – the Bay Cove Center (hosts program), the Erich Lindemann Center, the Doctor Solomon Carter Fuller Center, and the Cambridge/Somerville Center.

Participation in Gill Rehab is completely voluntary, so referred individuals should express some interest and motivation to engage in goal-directed activities. Attending orientation is strongly encouraged to help interested individuals determine if the program would be helpful to them.

Admission to Gill Rehab

The staff of Gill Rehab is always available and eager to talk about the rehabilitation services provided. Referrals may be made by sending a completed Metro Boston Referral Form to the Director of the Gill Rehab Center. Referrals are reviewed promptly; there is no waiting list.

Orientation

An orientation to the rehabilitation services is scheduled every week (currently Tuesday at 1:30pm). In addition to hearing about Gill Rehab, participants are given a tour of the center and will have their questions answered.

Assessment and Planning

Each client works in partnership with a rehabilitation specialist to identify strengths and interests and then to build upon or enhance the skills necessary to achieve vocational and related goals. A rehabilitation assessment considers social, vocational, psychological and physical circumstances so that a personal and

client-centered rehabilitation plan can be developed by and with the client. Personal choice and self-determination help to build real life skills to enhance each person's quality of life.

Flexibility and Collaboration

Staff members work closely with other service providers and with family members to ensure that goals set by the client are understood, supported and encouraged. Gill Rehab also works in close partnership with the multidisciplinary staffs of the Bay Cove Mental Health Center, Goldfarb Outpatient Clinic and the Lemuel Shattuck Hospital. Collaborative efforts support a shared commitment to a holistic approach to wellness that includes mental health services, medical care, healthy lifestyles and safety.

Employment – The Heart of Independence

Gill Rehab uses employment and vocational rehabilitation as an essential part of the client's community integration and self-sufficiency. Returning to work is a milestone on the road to recovery and plays a central role in the rehabilitation of people living with a mental illness.

Supported Work Program

Vocational training is provided through job skills training, cleaning crews, a food service business and clerical support training. All training is transitional and progressive, helping



Job coaches support, teach and assess how individual workers are meeting their vocational goals.



The Mass Bay Employment Service office at 23 Drydock Avenue is the place where career plans are made.

the client to build upon a job history. As clients gain more self-confidence and competence, they get closer to rejoining the community workforce. Job coaches support, teach and assess how individual workers are meeting their vocational goals. Situational assessments and referrals to groups, which reduce barriers to getting a job of choice, allow for an accurate evaluation of vocational skills and potential.

Independent Living Program

Education and training assist individuals with relearning and acquiring skills to achieve control of the things that are most important in day-to-day life, things such as work, housing, recreation and relationships. The practice and learning of life skills ensures self-confidence and a positive self-image. Groups and workshops invite discussions and planning around the following topics:

- employment preparation and vocational skills training,
- understanding mental health issues and symptom management,
- setting individual goals and working toward self-empowerment,
- communication and social skills,
- personal hygiene and grooming,
- money management and benefits counseling,
- maintaining a household,
- leisure skills and exploring the community,
- creative and artistic expression,
- addiction awareness and recovery, and
- health, wellness and fitness.

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Recovery and Rehabilitation Groups at Gill Rehab meet frequently.

Mass Bay Employment Services

Mass Bay Employment Service is a part of Gill Rehab. Employment specialists at Mass Bay meet with individuals who want to work in the community or continue their education (GED, college, training programs). The mission of Mass Bay is to help individuals *choose, get, and keep* their jobs of choice. Job coaches are available to assist with interviewing for the job, meeting with a potential employer, helping to learn the job, learning how to keep the job and supporting the worker for as long as needed.

Mass Bay also provides ongoing career development, benefits counseling, help with writing resumes and searching for a job, and pointers to assist in identifying supports to maximize successful employment. In order to maximize referrals to education and job training, Mass Bay has developed working relationships with Career Advancement Resources (CAR), Employment Connections (DMH/MRC), the Computer Learning Center at Bay Cove Human Services in downtown Boston, and other public and private providers of vocational and educational services.

Hours

Gill Rehab provides rehabilitation services between 8:30am - 4:30pm, Monday through Friday. Mass Bay Employment Service has office hours between 8:30am-4:30pm, Monday through Friday. Moreover, job coaches are

available whenever needed, including evenings and weekends.

Building and Location

Gill Rehab is located in a newly renovated space in the “Brewery Complex,” an office park in a group of historic converted factory buildings in Jamaica Plain. The building is completely accessible to people with disabilities, and is in an attractive residential and commercial neighborhood, convenient to public transportation and parks.

Directions

Gill Rehab is located at 284 Amory Street in Jamaica Plain. Take the Orange Line to Stony Brook station. Turn left coming out of the station, go ½ block to the light, and turn right onto Amory Street. Turn left at the next street, Porter Street, and go in the entrance to the parking lot (second block on right). The Gill Rehab Center entrance is to the right. MBES is in the same building, but has a separate entrance.



Gill Rehab is a place to come each and every morning to learn about rehabilitation.

For more information about the Michael J. Gill Rehabilitation Center, please contact Karen Moore, Director of Rehabilitation, at (617) 522-0871 or FAX at (617) 522-0873, c/o Karen Moore



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