



**Bay Cove
News**

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Special Children's Services Issue



The focus of the Bay Cove Small Wonders Program is to work with parents of children with disabilities in order to provide a rich variety of therapeutic experiences that encourage the child's positive growth.

Bay Cove employs staff who is of the same culture and who speak the same language as the families being served. The program involves parents extensively in the planning and delivery of services.

Raising Children with Disabilities

To one extent or another, we are all knowledgeable regarding child development. We have all been children. We have all gone to some kind of school. Most of us have been parents, or have been big brothers or sisters to smaller children. We all know something about what worked for us and what works for others.

But raising a child becomes much more complicated when a child is born with a disability, such as some type of developmental delay or genetic disorder. In these circumstances, the child and the whole family need some very expert support. And that's what the Bay Cove Small Wonders Program is all about.

When a child is developmentally delayed, the goal is to get help for the child as soon as possible. According to research studies, 90% of brain growth occurs by age three. If a child has difficulty walking or talking, then the time to address this issue is when the child is still a toddler.

The way children learn is through a wide variety of positive experiences.

The way that a child's potential is damaged is by introducing a high degree of stress.

Positive experiences stimulate brain development. A positive environment nourishes a child's natural intelligence. Conversely, an impoverished environment diminishes the brain's development. Without the opportunity to be used, neurons within the brain can die.

Developmentally delayed children can be extremely behaviorally challenging, and as parents react with frustration and anger, this can have serious consequences. Stressful experiences build networks that create negative patterns of thinking and feeling. These patterns can influence a child's entire life.

The particular strength of the Bay Cove Small Wonders program is in the combination of a state-of-the-art facility and tremendously skilled and dedicated staff.



The cover and interior images by photographer Paul Foley are provided courtesy of The Art Connection, a nonprofit organization that facilitates the donation of original works of art to other qualified nonprofit organizations in greater Boston.

Annette's Story

Annette is now 23 years old. When she was just 18, she began dating Frank, whose first wife had died of drug-related causes.

Frank had been left with custody of a six year old daughter, Kathy, and he also had custody of two year old Frankie, the son of another woman, also an addict, who had abandoned him.

Annette, who is very nurturing and responsible despite her young age, became a mother for both of Frank's children. She participated actively with Frankie's Early Intervention services, and developed a strong relationship with his Service Coordinator, Heather Quinn.

Soon, Annette found that she was pregnant and that she had contracted HIV from Frank. When Jeff was born two months prematurely, he too was eligible for Early Intervention services.

Then just 20 years old, Annette continued to provide loving care for all three children despite the many stressful situations in their family. She and Frank made good use of therapeutic services for the children, and of parent education and support for themselves. Remarkably, the children made good progress, although Jeff continued to need special education services for speech delay when he turned three.



Six months after Jeff turned three, and Early Intervention services for him were terminated, Heather received a frantic phone call from Annette. Frank was in jail, Annette was pregnant again, and Frankie's mother, whom he had not seen for three years, had filed in court to regain custody of the child. With Heather's help, Annette obtained legal guardianship of Frankie and Kathy.

Due to Annette's HIV status and the stressful situation she is currently coping with, she will likely have a premature birth. Her unborn child is at high risk and will clearly meet Early Intervention eligibility criteria when born. Bay Cove has applied for a waiver from the Massachusetts Department of Public Health to provide supportive service to the family from now until the baby's birth.

Annette's four children will need much support from Bay Cove as Annette deals with complications caused by her HIV infection, the incarceration of the children's father, and the impoverished status of the family.

Bay Cove Children's Programs

After 25 years of struggling with inadequate space, in April 2002 Bay Cove's **Early Intervention Program** moved into the Daniel C. Boynton Child Development Center, a state-of-the-art facility in the Clam Point section of Dorchester. This transition was made possible by a successful capital campaign which raised over 2 ½ million dollars in cash and in-kind contributions.

Bay Cove Early Intervention serves more than 400 children under three years of age who are developmentally delayed, have a known disabling physical or mental condition, or who are at risk of developmental delays due to biological or environmental

factors. Services provided include multidisciplinary developmental assessments, in-home developmental play stimulation, toddler developmental play groups, parent education and support groups, individual or family therapy, speech therapy, occupational therapy, physical therapy, and service coordination and advocacy.

The Daniel C. Boynton Child Development Center also houses the **Small Wonders Nursery School**. Parents have the option of enrolling their children who are 16 to 36 months old in either morning or afternoon sessions of a twice-weekly half-day program. Children under the age of 16

months will be able to attend weekly playgroups lasting two hours, accompanied by a parent or grandparent. Great care is taken at Small Wonders to recognize and celebrate the racial and cultural diversity of the children served. This diversity is one of the particular wealths of the Dorchester, Roxbury and South Boston communities, which contributes to the richness of the learning experience for both children and interns at the program. The Small Wonders Nursery School is fully inclusive, accommodating both children with and without disabilities.



Update on the *Small Wonders* Capital Campaign



Before we had reached our Small Wonders Capital Campaign goal of \$3.2 million, the Bay Cove Board of Directors made the bold decision to complete construction of the new Daniel C. Boynton Child Development Center with the hope that sufficient additional

funds would be raised to pay off the construction loan. We have made substantial progress and are about two-thirds of the way towards meeting our funding goal.

However, the difficulty we now face is the need to raise the final balance at a point when the program is fully operational.

It might look to visitors as if we are all set; but we are actually burdened with a debt that the

program cannot possibly fund. Program finances barely operate at a break-even point, with no allowance for mortgage payments.

So, ironically, our need to raise money now is even greater than before. With the building finished and a loan to repay, we need to make one last effort to successfully complete this campaign. A self-addressed envelope is enclosed with this newsletter and contributions of any amount would be greatly appreciated.



Let's Rock the Boat Cruise

On August 14, 2002, as the heat rose to 96 degrees in Boston, the Friends of Bay Cove volunteers set sail from Rowes Wharf to enjoy a cool breeze during the *Let's Rock the Boat* harbor cruise. This was a memorable night and a great way to introduce new folks to Bay Cove and the *Small Wonders Campaign*. Guests had a good time, enjoying the music and dancing, the wine tasting, and the chance to re-connect with old friends.



We particularly want to thank Chris McColgan and Kelly Faye from *Tillingers Concierge* who arranged for *Best Cellars* to donate the entire wine tasting event and *Gourmet Caterers* to provide a dinner for 10. Donna Perrine of State Street Bank brought a large group of friends and arranged a donation of the *Small Wonders* keychains and lighted ice cubes, that were enthusiastically sold by Brenda Soussan.

Marilyn Schell brought a delegation from the South Shore via the boat from Hingham and, as

always, rolled up her sleeves and helped with the clean-up. Nancy Collins from Citizens Bank was a great ticket seller and introduced several new people to *Small Wonders*.



Denise Ruddy Cugini masterminded the overall event and strategically scheduled our cruise to take place three days before her wedding. Thus, we were joined by her very fun relatives and friends from Ireland, Scotland, Australia, as well as the locals. Denise's family all pitched in by helping to set up, clean up, and keep the dancing and laughing going.

when the Development office received a call from someone who wanted to know "if there would be eligible men on the cruise," we were able to tell her that Joe had met his wife at a previous event a few years ago!

Overall, the cruise was a great success and we are grateful for the additional income this event will bring to the *Small Wonders Campaign* this year.

Long time *Friend*, Joe Miletich, served as an inspiration for new members and guests. Wednesday



You Can Make a Huge Donation to the Small Wonders Capital Campaign Without Spending a Dime of Your Own Money

How would you like to make a substantial donation to the Bay Cove Small Wonders Capital Campaign without spending a dime of your own money? It's possible if you are an investor who buys securities, commodities or futures on your own behalf.

CIBC World Markets USA, an investment and merchant banking operation, has created an opportunity each year to raise money for a variety of charitable organizations that help children in communities around the world. During the ten day period, November 26 through December 6, 2002, CIBC World Markets USA institutional account executives, sales and trading staff join their colleagues around the world in donating fees and commissions to children's charities like *Bay Cove Small Wonders*.

By joining in this campaign, you can help raise the quality of life for Bay Cove children, preparing them for future success in school. Last year Bay Cove participated in the CIBC program for the first time and Small Wonders received almost \$34,000 in funding. Our goal this year is to increase that amount but *we need your help!*

Here's all you need to do: As individual investors, you, your family and friends can contact CIBC and request that up to 100% of the fees and commissions on your security trades made from November 26 through December 6, 2002, be earmarked for Bay Cove Small Wonders.

This benefit applies to several types of security transactions, so to learn more about the CIBC program, please call Marion Nierintz, Director of Development, Marketing and Public Relations, at 617-371-3167 or email mnierintz@BayCove.org.

A Day at the Zoo

During this year, when state funding is being cut, many Bay Cove programs must ask their employees to work additional nights and weekends, or to cover double shifts in order to accommodate staff vacancies. This causes stress not only to our employees, but also to their families and friends.

So, it was particularly gratifying to be able to provide over 600 of our staff, their families and their friends with a free pass to the Franklin Park Zoo, a delicious luncheon served by Hilltop Steakhouse and a dance competition courtesy of radio station KISS 108. This was the best turnout of any Bay Cove event this year, and it certainly seemed like everyone had a really good time.



Tenancy Preservation Project

New Service Prevents Tenant Evictions

Bay Cove Human Services has launched a new program this month which assists adults and families with disabilities such as mental illness, addiction disorders or mental retardation who are at risk for possible eviction. The Boston Tenancy Preservation Program (TPP) prevents homelessness by helping these people stay in their current apartments or by accessing more appropriate housing that better meets their needs.

TPP services are offered to those Boston residents who come to the attention of the Boston Housing Court due to serious lease violations that jeopardize their tenancy. The court refers individuals and families that have a disability to the TPP team operated by Bay Cove Human Services. This diverse team of experienced clinicians work with

participants, court staff, and housing management staff to address the specific lease violations and to develop a plan that resolves the underlying causes of the violations. Services through TPP are individualized and pragmatic, addressing participants' immediate needs and facilitating their engagement in treatment and other supports that foster their successful tenancy over the long term. Built into the design and delivery of TPP services are protocols for data collection and measurement that serve to assess and improve program outcomes.

TPP services can mitigate the tragic consequences of eviction and ensuing homelessness for people with disabilities. The TPP program costs approximately \$250,000 on an annual basis, a relatively small investment of

money which saves the state and the city of Boston the significant costs of sheltering these individuals and families in an already overloaded homeless service network. More importantly, TPP salvages the homes and basic dignity of many of the city's most vulnerable persons and families.

TPP services are funded through varied sources including the Mass Housing Finance Agency, The City of Boston Jobs and Community Services Division, and The Executive Office of Health and Human Services Emergency Shelter Grant Funds. The Housing Court at the Brook Courthouse provides the TPP team's office space as an in-kind contribution to this initiative.

TPP is a component of Bay Cove's Residential Services Division.

Children's Winter Clothing Drive

We are working with many single parent families who must spend all of their monthly allotments for rent and food, with no money left for other essentials. These families are badly in need of clothing for boys and girls from infant to young adult.

Winter coats
Hats
Long-sleeve shirts
Scarves
Toddler Car Seats
Socks
Gloves
Sweaters
Pants
Boots

If you are able to offer any of these items, please contact Ruth Harel, TPP Director at 617-371-3000.



New Hope Adds Thirty-five Beds and a Women's Unit

New Hope, Bay Cove's Transitional Support Service for substance abusers in Weymouth, is expanding this month from 25 to 60 beds as the program takes on new clients and a new challenge.

Transitional Support Service (TSS) is a relatively new concept in substance abuse treatment. In past years, persons in a state of

acute intoxication would receive only three to five days of inpatient detoxification and then be discharged. For a lucky few, transfer could then be made to an alcoholic half-way house. However, patients frequently did not meet admissions qualifications at the half-way houses or could not get in because all of the beds were full. In such cases, the

patients would be discharged to the street. Their only option would be to go to a homeless shelter, where they often returned to a life of drinking and drugging.

For 20 years, our agency advocated

for the funding of transitional programs where patients waiting for placement could live in a drug and alcohol free environment. Last year, the Department of Public Health finally authorized payment for such programming, and Bay Cove opened New Hope, the state's first Transitional Support Service, in the former officers' quarters at the Weymouth Naval Air Station. This substantial building provides a full bath for each two-person bedroom suite, allowing clients to maintain personal hygiene in a private setting.

The TSS program model is designed to bridge the significant service gap that exists for clients between detoxification and long-term residential or outpatient



care. Case aides and case management staff ensure that a series of “next steps” treatment options are considered, including residential rehabilitation services, ambulatory services, narcotic treatment and other transitional care, while they are developing a plan for each client’s new life in recovery. This is accomplished through individualized client service planning, referral and support.



Mental health issues pose additional barriers to sustaining recovery from substance abuse and are increasingly a challenge to homeless men and women. These co-existing conditions are often masked during intake at a medical



detoxification facility due to the client’s state of intoxication. At New Hope, a brief mental status test is performed upon each admission. Changes in mental status and other concerns are noted by nursing and case management staff and discussed at daily rounds and treatment staff meetings. When necessary,

clients are referred for psychiatric assessment and mental health counseling.

Program Activities

New Hope clients participate in four staff-led and peer-led psychoeducational groups each day, as well as nightly community-led 12-step (AA) meetings on-site. Transportation services are provided to medical appointments,

aftercare interviews, job placements and resource visits. Education and support is provided regarding family issues and resources are available for addressing those needs. It is Bay Cove’s philosophical approach that “family” is

defined by the individual, and is not restricted to biological or birth family. The goal in working with families is to include anyone who can potentially contribute to a positive treatment result. At New Hope, family visitation is encouraged at two designated times a week.

This fall, in addition to overall program expansion, a separate Women’s Unit will be built on the top floor of our TSS building. This will allow the program to conduct separate support groups which are focused on issues unique to women.



Bay Cove's Complete Care Network of Community-Based Services



Bay Cove's mission is to provide high-quality services to children and adults who face the life-long challenges of

mental illness, drug and alcohol dependency, abuse and neglect, and developmental disabilities. Our strength stems directly from the depth and breadth of our complete care network of 75 community-based programs. We provide support to over 7,000 clients through a wide range of programming, including outpatient, day treatment, educational and residential services.

Many of the children in Bay Cove programs come from families burdened with poverty, mental illness, and drug and alcohol addiction. Some of these children have also been physically or sexually abused. Most Bay Cove adult clients also present with severe mental illness or mental retardation or



chronic drug or alcohol addiction. As might be expected, many of these adult clients have childhood abuse histories as well.

Our services for children include an Early Intervention program (described on page 4) and Family Support which offers assistance to families who are responsible for the day-to-day care of persons with mental illness or developmental disabilities. At Bay Cove Academy, adolescents from 12 to 21 years of age with low self-esteem, poor impulse control, severe behavioral difficulties and a history of rejection and failure are taught academic, career and social skills.

Bay Cove's Substance Abuse Division provides Inpatient Detoxification, Transitional Support and Outpatient Services to persons with drug or alcohol addictions. The Center House Division offers Psychosocial



Rehabilitation services, Mental Health Day Treatment, and Clubhouse Services. Bay Cove also provides a full range of Residential Services to persons who are mentally ill or mentally retarded.



With such a wide array of services, Bay Cove has the ability to serve people

with the most severe (and often multiple) disabilities. These are individuals who require intensive support and compassionate care as they strive to overcome their handicaps in order to reach their fullest potential.



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