



BayCove News

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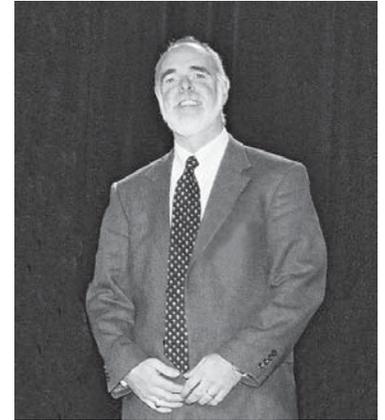


Dr. David Adler
Professional Consultant
for the Bay Cove MH Division

Celebrating 25 Years of Professional Service

A Message from the President

One of the hallmarks of our organization has been the quality of the psychiatric care that we provide across all of our programs. In our early years this expertise was provided through a close affiliation with New England Medical Center's Department of Psychiatry. In the early 1970's, Dr. Peter Randolph and Dr. George Segal provided much of this consultation and guidance. In 1979, Dr. David Adler a young psychiatrist from the Medical Center began providing clinical training to our front line staff and consultation to our program managers and directors. Over the past 25 years Dr. Adler has trained thousands of staff in the understanding and treatment of individuals who live with mental illness. We have a long and proud history of providing effective and compassionate services to some of our most needy citizens. Dr. Adler and our other consulting specialists have been an important part of this history, and we are very grateful for their critical contributions to our success.



*Stan Connors, Bay Cove
President*

Stan Connors

Dr. David Adler – 25 years at Bay Cove Human Services



*Dr. David Adler celebrates 25 years
of working with and giving expert
advice to Bay Cove Human
Services.*

During Dr. Adler's twenty-five plus year tenure, he has played a significant role in the development and operation of the Bay Cove MH Residential programs. As a psychiatric consultant, Dr. Adler reviews the treatment and rehabilitation plans for clients, provides clinical training, facilitates clinical conferences and participates in the Risk Committee. Over the years, he has taught MH staff how to effectively work with people with psychiatric illnesses in a manner that promotes

their overall stability and health. He has provided clinical supervision to senior staff in the division and has been an invaluable mentor for many staff members.

In addition to his excellent teaching and clinical skills, Dr. Adler is well known for his wry sense of humor, his capacity to quickly assess a challenge and help people arrive at a reasonable solution, his compassionate regard for the clients being served, and his kindness. Nancy Mahan, MH Division Director, describes him as "a gem. He is a smart and generous man, a great teacher, and wonderful friend and leader within Bay Cove. We hope to benefit from his help for another 25 years!"

Dr. David Adler is Professor of Psychiatry and Medicine at the Tufts University School of Medicine, is a Senior Psychiatrist at Tufts New England Medical Center and a Senior Scientist at The Health Institute located there. He holds numerous senior psychiatric positions in and

around Boston Hospitals and Health Institutes.

Dr. Adler has 30 years of experience as a master clinician, teacher, supervisor and consultant at numerous institutions including those previously mentioned, Simmons School of Social Work, The Levinson Institute and many community health agencies. His extensive writings and numerous lectures have spanned the areas of psychopathology (particularly schizophrenia and personality disorders), health policy, psychotherapy, mental health services and outcomes assessment.

During the past ten years, through The Health Institute, Dr. Adler has been an integral member of the development of outcomes management systems. His Mental Health Services Research Group has been involved in consultative research design and implementation projects across a broad array of mental health outcomes assessment.

Celebrating Many Years of Professional Excellence

In 1987 the Andrew House detoxification program expanded its mission and began providing services to individuals dealing with the co-occurring issues of substance abuse and mental illness. In order to provide the medical and psychiatric support necessary for this program, two extraordinary medical professionals were recruited and joined the Andrew House team. Dr. Jim O'Connell was hired as the medical Director and Dr. Timothy Wilens was hired to provide psychiatric support and consultation. These two men have remained as a constant support to Bay Cove throughout the years and their roles have grown as the Division has expanded its programming.

Soon after Andrew House was established, the Bay Cove Treatment Center (methadone clinic) began dealing with the AIDS epidemic and the devastating loss of clients who were becoming infected at an alarming rate. Dr. Wilens was brought in to help the clinicians deal with this new and overwhelming facet of their work. In addition, Dr. O'Connell began providing medical clinics at the Center.

When Bridge to Recovery was opened in the year 2000, it was only natural that these two individuals would again be called on to expand their roles of support and work with the staff at this new detox unit. The Substance Abuse Division has been blessed to have the support and consistency that these men have given to Bay Cove's programming over the years.



Dr. Timothy E. Wilens

Timothy E. Wilens, MD, is Associate Professor of Psychiatry at Harvard Medical School in Boston. In addition, he is Director of Substance Abuse Services in the Pediatric Psychopharmacology Clinic at Massachusetts General Hospital. He has served as a master clinician, teacher and advisor in the Bay Cove Substance Abuse Division for over eleven years.

Dr. Wilens' research interests include the relationship of Attention Deficit Hyperactivity Disorder (ADHD), bipolar disorder and substance abuse, and the pharmacotherapy of ADHD across one's lifespan and juvenile bipolar disorder. He has authored/coauthored more than 140 articles that are published in prestigious journals such as the *American Journal of*

Psychiatry, Archives of General Psychiatry and Pediatrics.

Dr. Wilens is a Distinguished Fellow of the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry, is a scientific reviewer for 22 journals, as well as being active in a number of other local and national professional societies.

He is named consistently among the Best of Boston-Child/Adult Psychiatry and the Top/Best Doctors in America.

James J. O'Connell, MD, has been associated with Bay Cove for 18 years. He has served as the Medical Director of Andrew House Dual Diagnosis Detoxification Unit since 1986 and the Bay Cove Treatment Center (methadone clinic) since 1990.

In 1985, Dr. O'Connell began full time clinical work with homeless individuals as the founding physician of the Boston Health Care for the Homeless Program (BHCHP), part of a national initiative of the Robert Wood Johnson Foundation and the Pew Charitable Trust. In 1988 he became Executive Director of the program.



Dr. James J. O'Connell

Working with the Laboratory of Computer Science, Dr. O'Connell designed and implemented the nation's first computerized medical record for a homeless program in 1995, allowing clinicians now to have full access to over 30,000 medical records via phone lines at each clinical site.

Dr. O'Connell is a widely recognized authority in the management of patients with substance abuse and lectures to medical students, house staff and at local hospitals. He is the author of dozens of papers and articles on the health issues of homeless persons, and is the editor of *The Health Care of Homeless Persons: A Manual of Communicable Diseases and Common Problems in Shelters and on the Streets.*

Gill Rehab moves to new Location



The entrance to the lobby of the new Gill Rehab headquarters are clean, bright and cheerful.

On May 26, 2004, the Michael J. Gill Rehabilitation Program (Gill), a Center House Division program, held an Open House celebrating its new and exciting relocation to the Jamaica Plain community. Earlier, on March 15, the Gill program moved into its new home on Amory Street in Jamaica Plain. Staff and clients alike were very excited about this move and were especially grateful to the Bay Cove Property Department, which physically built out the space, and the IT/IS Department which set up the telephone and computer systems.

Gill is a comprehensive rehabilitation center that assists individuals living with mental illness to live and work independently in the community. Since it was first established in 1976 as Bay Day, Gill Rehab has grown from a small activities program in a single room at the former Boston State Hospital in Mattapan to a comprehensive rehabilitation center. In 1977, the program moved to a community setting on Albany Street in the South End, and was renamed the

Community Adjustment Program (CAP). Then in 1992 the Department of Mental Health (DMH) moved the program to the Shattuck Hospital and renamed it the Michael J. Gill Rehabilitation Center. Here the program gained many members from the surrounding community and from the Jamaica Plain neighborhood in particular. However, last spring DMH decided that it needed the space for hospital use and asked Gill to leave. At first there was no appropriate space to be found; so Gill temporarily operated out of the Center House Employment Supports space on Drydock Avenue in South Boston. Many of the old clients could no longer get to Gill easily and dropped out.

After months of operation from this temporary location, a new site was finally found within the historic Brewery Complex on Amory Street in Jamaica Plain. Preceding the actual move, staff and clients all contributed to the process of creating the new space: from the layout of the rooms, to the furniture and carpeting, to the color

of the walls. The Property Department did the physical work of creating the space, i.e. putting up walls, installing light fixtures, putting in a kitchen, laying the carpet and floor tiles, painting – you name it, they did it! And the Bay Cove IT/IS Department set up the telephones and the computers which were connected to the Bay Cove network and internet.

Since the actual move on March 15th, many of the old members have returned to Gill and to Mass Bay Employment Services (a part of Gill). Just a few boxes still need to be unpacked but now Gill has found a permanent home that they can call their own.

The Michael J. Gill Rehabilitation Center consists of two programs, the psychiatric rehabilitation service (referred to as Gill Rehab) and Mass Bay Employment Service which is a Supported Employment and Education service. These two programs work collaboratively to provide an array of vocational and recovery based services to individuals who are living with a serious mental illness.

Gill is within easy walking distance of the Stoney Brook stop on the Orange Line of the T.

The program is funded by the Massachusetts Department of Mental Health.

Please make note of Gill's new address, telephone and fax numbers.

Michael J. Gill Rehabilitation Center,
284 Amory Street,
Jamaica Plain, MA 02130

Gill Rehab: 617-522-0871

Mass Bay Employment Service:
617-522-0070

Fax: 617-522-0873



At Mass Bay Employment Service, Ben Ghazali assists member Gemal B. Abdella in going through classified ads in the newspaper.



Sylvester Lee Downing, Rainer Felber, David Joseph and Bob Schueler talk together at the May 26th Open House.



Donald Francis stands in the reception area at Gill.



Sylvester Lee Downing makes a phone call from the "members' room."



At the Open House, Stan Connors stands with Terry Harrison, Center Director of the Bay Cove Mental Health Center (a DMH program).



Staff member Ahmed Mohammed consults with Stephen Cheng who is using the internet.



Mass Bay Employment Service staff members shown are Erica Snow, Adam Garber (Program Coordinator), Ann Diggs and Ben Ghazali. Missing are Andrea Cooper and Robin Johnson. There are probably about 100 participants in the program at this time.



Karen Moore, Gill Program Director, discusses some ideas with Talia Bendel-Rozow.

TPP Open House at Court House

The Boston Tenancy Preservation Project (commonly referred to as TPP), a program of Bay Cove, held a Reception/Open House in collaboration with The Art Connection on March 26th at the Edward W. Brooke Court House. The Court House has kindly designated one of its new rooms as a headquarters space for TPP, which means that the staff of this project is within easy reach of people in need of tenancy solutions. TPP assists adults and families with disabilities, such as mental illness, addiction disorders or mental retardation, who are facing eviction from their homes.

Services are offered by TPP 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 disabled individuals and families to the experienced clinicians on the TPP team who work with these participants, Court staff, and housing management staff to address the specific lease violations and to develop an individualized plan that addresses the underlying causes in each case.

The Art Connection, an arts organization that works with non-profit groups, has supplied the artwork for the TPP headquarters. This results in a two-way benefit for both parties: for the non-profit, a more cheerful atmosphere in which to conduct business, and for the artists, a public place in which to display their artwork.



Jim McDonald (right) of the Art Connection discusses with Stan Connors some of the artwork on the walls at TPP headquarters.



The reception was held in this room which is adorned by bright colorful artwork supplied by the Art Connection.



Artist Karin Sanborn stands by her monoprint entitled "Someday."



Maria Muti of Bay Cove stands with Rute Ferreira (and 3-week-old son Simon) and Matt Lyman of the TPP Program.



Enjoying the celebration are (from left to right) Jay Knox of the Art Connection, Ruth Harel, TPP Director, Tony Winsor of the Advisory Board of TPP, and Nancy Mahan, MH Residential Division Director.



From left to right: Maria Muti (Bay Cove), Andrew Forman (Boston Center for Independent Living), Matt Lyman (TPP), and from the Aids Action Committee, Danielle Greaves, Ed Marquis, and Brenda Rose

Bay Cove joins in the NAMI Walk!!!

Despite cool temperatures and on-and-off light rain, staff and clients from Bay Cove joined NAMI Massachusetts (The National Alliance for the Mentally Ill of Massachusetts) in the first statewide "NAMI Walks for the Mind of America" on Saturday, May 22, 2004.

The walk helped to raise money for NAMI and awareness of mental illness. Free t-shirts were available for all people participating in the NAMI walk.

The walk started at Artesani Park in Brighton (on Soldier's Field Road, along the Charles River) at 11:00 in the morning and continued for 3 miles (or 5 kilometers). Many tired people soaked their feet after a very fulfilling day of walking for the good of others.



In preparation for the walk, Brenda Eckels Burrows and Talia Bendel-Rozow(Gill) blow up and tie off balloons for people to carry.



Bob Schueler stands with members and staff from Casa Primavera.



Gene Dimatteo of Canterbury House, with Julie LeFleur, sports his Bay Cove hat.



NAMI Walks 2004

Following on the success of twelve pilot 2003 NAMI Walks, this year NAMI has expanded the program to over 35 sites across the United States. Tens of thousands of concerned citizens will walk together to raise money and awareness about the need for a world-class treatment and recovery system for people with mental illness. Proceeds from the Walk will be used to provide support, advocacy and education to help eliminate the pervasive stigma surrounding mental illness.

NAMI, the National Alliance for the Mentally Ill, was established in 1979 by a group of family members of those with mental illness. Its mission is threefold: to support, educate and advocate for those with mental illness and their families, friends and the public.

Today, NAMI is a powerful non-profit, self-help and advocacy organization. With a membership of more than 220,000, it is the nation's largest grass roots organization dedicated to improving the lives of all people with severe mental illness.



Olga Boruchovich and Mark Abelman, both in the MH Division, display their new Bay Cove t-shirts.

[for more photos, see next page]

More Photos from the NAMI Walk

[continued from previous page]



Nancy Mahan shares an ice cream sandwich with daughter Dorothy.



Jennifer Sullivan, Program Director of Juliette House, shares a special moment with one of the "Juliette ladies."



Bob Schueler, Bill Sprague, Karen Sprague and Sherry McCann participated in the walk.



Jerome has successfully completed courses in medical assistant training.

Jerome has been with Bay Cove since 1999, and from the time of his initial admission, has been active in striving toward his own independence and self-betterment. Part of his goal of improving himself included getting himself reacquainted with the academic world so that he would eventually be able to attain decent employment as well as independent housing, thus reintroducing himself as a productive member of society.

Jerome began his quest for higher education in 2002. Unfortunately, in several of his initial attempts to attend college, he became too sick to continue. Finally in the spring of 2003, he landed in the hospital. When he came home, however, he fought once again to attain his goal. Jerome took it upon himself to get out in the community to find a school that would cater to his desires and facilitate his quest. He was able to enroll in The Salter School in Malden for medical assistant training. Jerome has attended every class since his first day, earning him a certificate of recognition for his "attitude, enthusiasm, and professional work habits" presented and signed by the director of the school. Jerome proudly reported that he was the only one in his class to receive such recognition. Jerome has just finished his third semester, and thus far has maintained a "B" average.

Jerome is well on his way to graduating as well as being set up with an internship as a health care specialist. He has also been able to maintain his psychiatric stability and is currently working on becoming more independent with his money management as well as medication administration. Also, he is excited about his future prospects of employment and independent living. Jerome is a true inspiration for adults struggling with mental illness.

Two New MR Residences Opening



New Revere MR Residence

The MR Residential Division will soon be opening two new programs in the Boston area. The first residence is located in Revere in a ranch style home and is tentatively scheduled to open in

July. Several women from the local area will be living there.



New Winthrop MR Residence

The other residence is a three-floor Victorian located in Winthrop within walking distance of the ocean. The six residents entering this home are all women from Winthrop and nearby towns. Two of the

women who use wheelchairs will

be living on the first floor which is handicap accessible. This program is scheduled to open in the fall.

Swinging at the Compound



Helen Desantis, Diane Woelfel, Donna Crespo, and Arthur Vadala at the Kennedy Family Compound with Anthony Shriver, founder of Best Buddies.

Sometimes doing good things brings good things. On Saturday, May 22nd, Helen Desantis and three Bay Cove clients were volunteering at the Best Buddies Bikathon fundraising event. They were handing out water to the volunteer cyclists who were raising money by biking 90 miles from the Kennedy Library in South Boston to the Kennedy Family Compound in Hyannis Port on the Cape.

Best Buddies is a program with which Bay Cove has just recently become affiliated. Just like the successful "Big Brother" and "Big Sister" programs, a Best Buddy (in this instance, students from Wheelock College) is assigned to spend time with one person with mental retardation each month. Over

the past year, several Bay Cove clients have become part of the Best Buddies network.

Helen Desantis, Senior Program Director, planned to spend much of Saturday volunteering for the fundraising Bikathon event. She, along with Arthur Vadala, Donna Crespo and Diane Woelfel, were all handing out cups of water in Sandwich

when up drove a chauffeured car and out stepped Eunice Shriver. She went up to Helen and engaged her group of four in conversation. Then as Eunice was leaving, she invited Helen and her three friends to attend a party at the



David Caruso of CSI Miami shared the same table as Donna, Diane and Arthur at the lobster clambake.



Patriots player Christian Fauria stands much much taller than Donna, Diane and Arthur.

Kennedy Compound, which was to follow the day's events and was by invitation only. After many telephone calls, it was all arranged.

Later that day, Helen, Arthur, Donna and Diane attended the celebrity-packed party and sat at a table with David Caruso (of *CSI Miami*, a popular TV show), and two players from the New England Patriots (David Givens and Christian Fauria). There was a lobster clambake, dancing, and music by Ten Thousand Maniacs. There were several hundred people at the reception.

Introducing: Maureen Feeney, Board Member



Maureen with fellow Board Member Peter Pease before the golf tournament

On May 7th, the Maureen Feeney Golf Classic was held at the William Devine Golf Course in Dorchester to raise money for her re-election campaign. Besides her very active political life, Maureen is a member of the Board of Directors at Bay Cove.

Prior to her term in elective office, Maureen E. Feeney spent several years raising her family after a successful business in the insurance industry. During this time, she was a tireless worker for many good causes and had a great impact on the lives of Dorchester residents. Whether it was establishing a meals program at the Long Island Shelter, organizing annual blood drives, or developing coalitions to build new parks in her neighborhood, Maureen used her energy for a myriad of projects affecting the public good.

In 1993, Dorchester voters elected Maureen to the Boston City Council and have returned her to office in each ensuing election by overwhelming majorities. She presently chairs the committees on Government Operations and Boston 2004, and vice-chairs the committees on Education and Environment and Historic Preservation. In the past, she has served as Vice President of the City Council, chaired the committees on Housing and Census and Redistricting 2002 Committee, and served as the Vice-Chair for the committee on Ways & Means.

Maureen is an experienced leader with a proven track record. She was an early leader in the effort to merge University and Boston City hospitals, thus helping to enable legislation that created Boston Medical Center while ensuring that medical care for the needy remained a substantial part of its core mission. She is an acknowledged expert in the delivery of health care services and has taken a strong stand in protecting the many non-profit care facilities which serve her constituents, especially the neighborhood health centers. She has also devoted her

efforts to improving education and has been in the forefront of advocating appropriate economic development in Dorchester and throughout Boston.

In 2002, voters elected Maureen to the Democratic State Committee where she serves on the Executive Committee and is the State Committee Woman from the First Suffolk District.



At the Maureen Feeney Golf Classic, from left to right, are Bob Rutherford, Dan Boynton, Peter Pease, Kevin Kerr, Jim Mungovan, Tom Aites, Stan Connors, and Bill Sprague.

In 2000, the charity *Friends for Children* selected Maureen as Woman of the Year. This followed her selection as a Woman of Distinction by the Notre Dame Academy Alumnae Association.



Bay Cove "Trainers" honored at Luncheon

Did you ever stop to think about how many people at Bay Cove do "training" as an unspecified part of their every day jobs? It's more people than you think. From Dan Boynton to Paul McCann to Joan Galvin, these people do on-the-job training in order to successfully carry out their jobs.

On May 14th, Bay Cove Human Services hosted a luncheon for all 70+ of its trainers. A fun time was had by all.

Capital Campaign Goal Achieved!!!

The Small Wonders Capital Campaign is now complete! Nearly \$3 million has been raised to create the new Daniel C. Boynton Child Development Center and to restore the site of the former Dorchester Pottery Works which is in the same building. Located on Victory Road in Dorchester, the facility houses the Bay Cove Early Intervention Program, as well as the Small Wonders Nursery School, and serves approximately 400 toddlers and families.

With the help of 106 corporations, 21 foundations, 7 other organizations, 480 individual donors and countless volunteers, Bay Cove has successfully reached this challenging goal after a four-year intensive fund raising effort. Since opening in April 2002, this incredible child-friendly, multi-sensory learning center has provided center-based toddler groups and safe, supervised indoor and outdoor play space where the children can run, play, learn and grow. It is a true source of pride for both the agency and the neighborhood: this project enabled the Bay Cove Early Intervention Program to relocate from a dilapidated, overcrowded building on Dorchester Avenue, and to simultaneously improve a neighborhood by transforming a deteriorating historic site into an attractive, usable space.

It may seem implausible now, but prior to the merger of Bay Cove Human

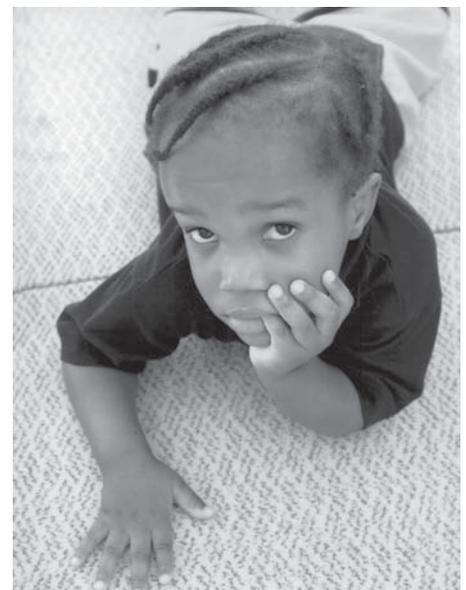
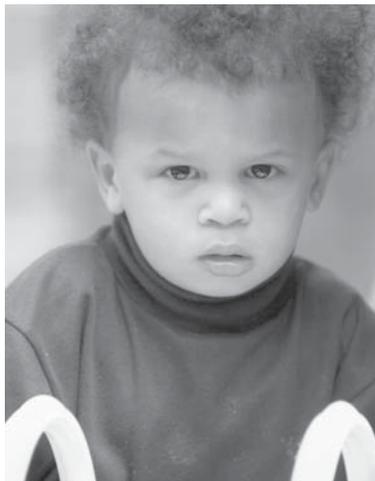
Services and Center House in 1996, Bay Cove had done very little fundraising. Public funding was readily available, and Bay Cove used only public dollars to support program efforts. Bay Cove was also uneasy about seeking publicity due to concerns about client confidentiality and privacy. In contrast, Center House had a very active program under Rose Mary Kirwin and the Center House Board of Directors. The Center House philosophy strongly supported the participation of its members in their own advocacy. After the merger, Bay Cove soon realized that confidentiality could be respected at the same time that fundraising activities were being carried out. And the extra monies raised through such activities could enable the agency to support projects that would be impossible to fund with money contracted through the State. Also, Bay Cove has found that many clients are delighted to participate and see their participation as a source of pride.

The volunteer chairman of the Capital Campaign was Marion Nierintz, who currently serves as Director of Development, Marketing and Public Relations here at Bay Cove. As the long-time President of the Board of Directors of Center House, Marion worked with Rose Mary Kirwin for several years to help create a strong

Development Office within Center House, which became the platform for Bay Cove's more recent fund raising efforts. Center House projects helped both to broaden the base of donors and to raise the agency's visibility within the community. The Small Wonders Capital Campaign was the first fund raising initiative of this magnitude ever undertaken by Bay Cove Human Services.

Rose Mary Kirwin put her heart and soul into the planning of the Small Wonders Capital Campaign but sadly, passed away just a few months prior to its official kick-off in April 2000. However, as the successful completion of the Campaign is being celebrated, one must remember all of the dedicated and caring Bay Cove staff members – like Rose Mary, Candace Chang and her staff, and many others – without whose commitment and hard work this would not have been possible.

Now, four years later, the mere dream of a new child development center has become a reality. The center is thriving and is providing toddlers and their families with exceptional services in a warm and welcoming environment.



CARF Accreditation for Bay Cove Programs

Congratulations to Andrew House, Bridge to Recovery and the Bay Cove Treatment Center for achieving three year certifications in the recent CARF Survey!

In March 2004, Stan Connors, Bay Cove's president, received notice that the agency's three opiate programs had received the highest possible rating from the Commission on Accreditation of Rehabilitation Facilities (CARF), an independent national accrediting organization. To qualify for CARF certification, an agency or program has to meet very rigorous standards and must achieve quality outcomes in working with its clients. The CARF survey process is intensive, entailing a review of client service histories over a six month period (including meetings with clients and client families),

interviews with direct care staff and agency supervisors, a thorough examination of agency records and an analysis of the agency's financial solvency.

Andrew House, Bridge to Recovery, and the Bay Cove Treatment Center were each awarded the coveted Three-Year Accreditation status. CARF identified four areas where all three programs had particular strengths, notably the committed and enthusiastic staff members, the clean and well-maintained facilities, the agency's training department, and the agency's sound fiscal base and practices, especially in light of recent statewide budget cuts.

Moreover, the three programs were awarded an **exemplary** rating in many

areas as well. The exemplary rating is truly an honor since it is only given in cases where an organization sets a new standard for excellence that equals or exceeds the best achievement reviewers have seen at other agencies throughout the country.

CARF stated that "the outcomes management system (for all three programs) is impressive. Data has been collected and analyzed for many years, and . . . is useful for making decisions."

CARF also noted that "the organization's intranet, BayNet, is a valuable communication tool for staff members and others. . . . BayNet and the Client Information System (BayCis) are excellent examples of using technology to improve services."



Bay Cove
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