



Access to Recovery

2003 Annual Report

Mission Statement

Our mission is to provide meaningful opportunities for men and women who are recovering from a mental illness and/or a diagnosed substance dependency to develop a greater sense of self-value while actively participating in their own rehabilitation. We support family and community involvement, education on behavioral health issues, and public policy that enhance our ability to offer our consumers the highest quality services that promote and sustain recovery and self-reliance.

Our Programs

Founded in 1987, the Center for Health and Development, Inc. (CHD), currently manages 13 program facilities has over 100 employees, and operates service delivery systems that annually benefit over 1800 consumers from over 70 communities.

Our residential sites are conveniently located near downtown Fitchburg, Framingham, Leominster, Wakefield, Weymouth, and Winchendon. Our vocational-oriented clubhouses are located in Quincy and Wakefield, and our day rehabilitation center is located along Blue Hill Avenue in Boston's Dorchester neighborhood.

Through our Forensic Mental Health Service offices located in Fitchburg and Worcester, we provide forensic evaluations, support services and related assistance to the 13 District and Superior Courts, sheriff's office, probation departments and to various other law enforcement agencies throughout the central Massachusetts region. CHD also provides mental health services to custodial parents and elders through our Quincy program. In addition, CHD provides services in Framingham to people who are deaf or hearing-impaired.

Our Goal: Long-term Rehabilitation and Recovery

On behalf of the Board of Directors and staff, we are pleased to share with you the Center for Health and Development's 2003 Annual Report. For 16 years improving the quality of life for individuals who have been diagnosed with a severe and persistent mental illness has been our primary focus. We are committed to enhancing our efforts to better serve our consumers by providing them with meaningful day and residential psychosocial, forensic, and vocational-oriented mental and behavioral health services that significantly aid in enhancing the quality of life for those we serve.

It is estimated that one in five Americans live with a mental disorder in any given year and that half of those with serious mental illnesses received no treatment. Fear of disclosure and rejection by family and friends and discrimination or stigmatization are among the primary reasons why people with mental illness tend to stay silent. The Massachusetts Department of Mental Health (DMH) and Boston Public Health Commission believes there are approximately 160,000 people in Massachusetts with serious and persistent mental illness and severe dysfunction likely to need publicly funded mental health services. Which is why CHD, in partnership with DMH and a statewide network of other mental and human service organizations, provide essential clinical, rehabilitative and supportive services for adults and adolescents with severe mental illness or behavioral disorder.

Our services include residential treatment facilities, outpatient services, day treatment, case management, skills training, and support employment.

While this past year brought many changes and challenges to our work in and with our community partners, fulfilling our commitment to improving the quality of our service delivery systems and the well being of our consumers continues to be one of our highest priorities.

CHD is deeply committed to educating the public about mental illness and behavioral health issues while helping to ensure the greater participation of the people who reside within our service area which includes portions of Central and Northeast Massachusetts, Metro Boston, and Metro Suburban. Our programs truly offer an Access to Recovery.

We offer special thanks to staff, volunteers, sponsors and most importantly to our consumers for their tireless efforts in support of our mission and collective endeavor to improve the quality of life in the communities in throughout the Commonwealth of Massachusetts.

Clubhouse Programs

Atlantic House (Quincy)

Throughout the year, Atlantic House maintained an active membership of over 250 individuals. Services provided included employment, affordable housing, educational assistance, advocacy, and related activities and opportunities to support its members in their efforts to achieve rehabilitation and recovery. Clubhouse members were involved in many challenging rehabilitation and work activities that promoted individual growth and development while simultaneously emphasizing the importance of each member improving his or her interpersonal skills, esteem, and independence. Clubhouse members also operated CHD's Warm Line project. The project enabled members to monitor the well being of their peers on a daily basis by telephone. Atlantic House is open 365 days a year, including evenings and weekends.

Horizon House (Wakefield)

This year, Horizon House provided a welcoming environment that encourages over 130 active members to focus on improving their strengths and abilities for greater independent living. Services included advocacy, budget counseling, affordable housing assistance, communications and personal care, computer learning, cooking and nutrition classes, dual recovery support services, employment and vocational skills training, and daily social / recreational events and activities. Twenty-seven members participated in the temporary and support employment opportunities made available by local employers. Through a grant from the Massachusetts Rehabilitation Commission, CHD provided vocational rehabilitation and supplemental services to psychiatrically disabled individuals who reside in the Commonwealth's Northeast region. The clubhouse is generally accessible from 8:30 a.m. until 7:00 p.m. Monday through Friday, from 11:00 a.m. to 7:00 p.m. on Saturdays, and on holidays from 10:00 a.m. until 3:00 p.m.

Day Rehabilitation Services

Alpha Day Rehabilitation Center (Boston)

The Alpha Day Rehabilitation Center provided a comprehensive range of personalized as well as group preventative and intervention therapy, counseling, and other activities designed to strengthen each consumer's knowledge, skills, and recovery efforts as they strive to assume greater responsibility for their lives and for independent living. During fiscal year 2003, the center provided on-going recovery education and coping strategies that were focused on impulse management, relapse prevention, life style adjustment and in daily living skills on self-care. In addition, emphasis was also placed on money, time, and benefits management health and wellness counseling on the importance of primary health care, personal hygiene, symptoms identification, stress management, medication management, environmental concerns, and personal safety; strategies for coping with self-esteem and confidence building; created a education and career resource center, and promoted continuum of care through coordination and linkages for 56 consumers. The center is open from 8:30 A.M. until 5:00 P.M., Monday through Friday, except on major holidays.

Dual Recovery Services

Atlantic House (Quincy)

Atlantic Residence (Weymouth)

Horizon House (Wakefield)

Substance abuse is the fourth leading cause of hospitalization for Boston adults. Alcoholism and other substance dependencies affect over 406,000 Massachusetts residents according to the Massachusetts Department of Public Health and the Center for Disease Control and Prevention. This situation is further compounded when the abuser also has a diagnosed persistent mental illness. CHD's Atlantic House and Horizon House conducted weekly meetings and offered clinical supports to day treatment and residential consumers who have a diagnosed problem of substance dependency. In addition, Atlantic Residence, performed diagnostic services and activities to assist residents maintain sobriety and improve their opportunity for success in independent living.

Family Project (Quincy)

The Family Project, provided an array of services and assistance to 5 clubhouse members who are custodial parents including parenting supports, legal referral services, housing search and housing subsidies, and on other services that reunite or enable families to remain together. The Family Project is an award recipient of the Eli Lilly & Company Annual Lilly Schizophrenia Reintegration Award in the housing category. Eli Lilly and Company is an Indiana based research and a pharmaceutical corporation dedicated to creating innovative solution to global health problems. The project has provided housing to 6 adults and 12 children who were formerly homeless.

Forensic Mental Health Services

The Forensic Mental Health Services team performed over 800 competency-to-stand-trial evaluations to assist the 13 District and Superior Courts located in central Massachusetts. Our psychiatrists, psychologists, and social worker assessed numerous issues for the courts such as criminal responsibility, likelihood of serious harm by reason of mental illness or substance abuse, and the formulation of treatment planning in community settings. We provided clinical information, recommendations, and expert opinions for the court's consideration in rendering informed decisions pertaining to mental illness, serious behavioral or emotional disorders, and substance abuse issues that were critical in determining sentencing matters, as well as for rehabilitative direction. Our offices are located in Fitchburg and Worcester.

Public Health

The Department of Public Health (DPH) estimated that there are over 20,000 people living with HIV / AIDS in Massachusetts. Of these, approximately 7,000 people are unaware that they are living with the HIV infection. Massachusetts ranked 8th among the states in AIDS cases. As an active participant in the statewide effort to combat this problem, CHD conducted monitoring and evaluation of state-funded programs, carried out community-driven educational and preventative services and provided needle exchange services sponsored by the department. Assisting in the campaign to prevent disease and death through education and awareness is an important component of promoting good health in our communities. CHD was instrumental in helping state and local service provider organizations focus on answering questions such as: What is the difference between HIV and AIDS?; What does HIV do to the body?; What are the symptoms of HIV infection?; How is HIV infection spread?; and How can HIV infection be prevented?

Because serving the health needs of our community involves more than physical care for medical needs, we also engaged in school partnership initiatives that encouraged early awareness of fostering good health and help young people deal with outside factors that often interfere with good health and high self-esteem.

Residential Services

It is estimated that there are approximately 10,000 families and 25,000 unaccompanied individuals in Massachusetts who are considered homeless due to poverty, substance abuse, mental illness, and other factors. CHD, in helping to provide a safe and nurturing environment for mentally ill and/or substance abuse individuals, managed and operated seven transitional residential programs in Framingham, Fitchburg, Leominster, Weymouth, and Winchendon. These programs helped residents gain and practice the skills and confidence needed to move to a more independent community-based setting. Services included clinical assessments, individualized treatment planning, rehabilitation interventions, housing supports, such as food preparation and assistance with household chores. Job search assistance, counseling and employment referrals, and other supportive services were provided for consumers who are coping with mental illness as well as substance abuse.

Fitchburg

The Highland Avenue residence supported 8 residents who participated in all aspects of the treatment planning and rehabilitation intervention process. Active attendance and participation in day programming and other community involvement was highly emphasized.

Framingham

Twenty-four individuals resided in on-site individual studio apartments or in Section 8-based apartments throughout the town. Specialized support was also provided for deaf and hard of hearing or blind residents. In addition, services to mentally ill deaf or hearing-impaired consumers were provided through CHD's Basics Residence where all staff members are proficient in the use of American Sign Language.

Leominster

This residence supported 9 residents who practiced independent living skills and actively participated in their treatment and recovery planning process.

Wakefield

This program offered housing and residential apartment-based services for 12 consumers. Three additional consumers resided in off-site housing within the town.

Weymouth

Twenty-four hour residential service was provided to 26 consumers. Twenty-two consumers resided at our Commercial Street facility and four former Westfield State Hospital inpatients resided at our Washington Street location.

Winchendon

The Ready Drive facility supported 8 residents who required a mixed level of services and assistance. Four residents work on independent living skills with intense staff involvement, while the remaining 4 practiced real life skills in an apartment-living setting with a reduced level of intervention and support by staff. Our goal is to assist residents to eventually transition to an independent setting within the community setting within the community.

Senior Services

Mecurio Center (Quincy)

The U.S. 2002 Census estimated that there are over 860,000 people 65 or older living in Massachusetts. Of this number, it is further estimated that 157,000 seniors across the state who are considered to be high risk due to very limited income and other socio-economic factors. In order to assist in promoting the independence and dignity of this population, the Mecurio Center helped a daily average of 15 seniors to remain active in their daily life and covered such areas as personal care, transportation, and counseling on a variety of relevant topics.

Services to the Deaf and Hearing-Impaired

Services to mentally ill deaf or hearing-impaired individuals are provided through CHD's Basics Residential facility in Framingham. All program staff is proficient in American Sign Language.

Vocational Rehabilitation Services

Funded through a grant from the Massachusetts Rehabilitation Commission, CHD's Horizon House provides vocational employment and rehabilitation services to consumers who reside in the North East region of the state.

Warm Line

The Warm Line is operated Atlantic House members who monitor and talk with other clubhouse members on a daily basis about non-emergency needs and situations.

Board of Directors

Officers

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Chief Financial Officer

Our Thanks to the Following Donors

Channel 4 Television
City of Boston - Department of Program Planning and Development
Commonwealth of Massachusetts Department of Mental Health
Commonwealth of Massachusetts Department of Public Health
Commonwealth of Massachusetts Rehabilitation Commission
Community Friends of Human Services, Inc.
Easter Seals
Father Bill's House
Good Morning America
Harvard Community Health Plan
Hoffman-La Roche, Ltd.
Lena Park Development Corporation, Inc.
Parents Advisory League
Solomon Lewenberg Middle School
Toshiba Corporation
National Alliance for the Mentally Ill
Quincy Housing Authority / ShelterPlus Care HUD Grant
Quincy Elder Services
Unitarian Church
United States Department of Health and Human Services
Wakefield Rotary
Wainwright Bank and Trust Company
Weymouth Department of Community Development Block Grant
Our Many Private Individual Donors

Distribution of Fiscal Year 2003 Expenditures

Use of Funds

Program Area

Clubhouse Programs	\$1,168,401
Forensic Mental Health	432,212
HIV Prevention	115,000
Public Health	42,278
Rehabilitation Services	313,885
Residential Services	<u>2,424,186</u>
Total	\$4,495,962

Independent Auditor's Report

An official audit of CHD's financial state is currently being conducted by Daniel Dennis & Company, LLP Certified Public Accountants - 116 Huntington Avenue, Boston, Massachusetts 02116. The audit is being conducted in accordance with generally accepted auditing standards, and will be available upon request.

Directory

Central Office

Center for Health and Development, Inc.
100 Boylston Street - Suite 735
Boston, Massachusetts 02116
(617) 357-0224 (617) 357-8161 (fax)
www.centerforhealth.org

Clubhouses

Atlantic House
338 Washington Street - Quincy, MA (617) 770-9660 (617) 770-9665 (fax)

Horizon House
78 Water Street - Wakefield, MA (781) 245-5661 (781) 245-1369 (fax)

Day Rehabilitation

Alpha Day Rehabilitation Center
995 Blue Hill Avenue - Boston, MA (617) 287-8803 (617) 287-8836 (fax)

Deaf & Hard of Hearing Services
154 Union Avenue - Framingham, MA (508) 626-2892 - TTY

Dual Recovery Services

Atlantic Residence
1604 Commercial Street - Weymouth, MA (781) 331-8458 (781) 340-5990 (fax)

Horizon House
78 Water Street - Wakefield, MA (781) 245-5661 (781) 245-1369 (fax)

Family Project
338 Washington Street - Quincy, MA (617) 770-9660 (617) 770-9665 (fax)

Forensic Services

Main Office

332 Main Street - Suite 512
Worcester, MA (508) 754-5221 (508) 799-9646 (fax)

Fitchburg District Court, Fitchburg, MA (978) 345-2111 *224 (978) 342-2461 (fax)

Residential Services

Atlantic Residence

1604 Commercial Street - Weymouth, MA (781) 331-8458 (781) 340-5990 (fax)

Basic Apartments

54 Union Avenue - Framingham, MA (508) 626-2023 (508) 626-7621 (fax)

Washington Street Residence

889 Washington Street - Weymouth, MA (781) 331-8458 (781) 340-5990 (fax)

Highland Avenue Residence

43 Highland Avenue - Fitchburg, MA (978) 343-0022 (978) 345-5848 (fax)

Horizon Housing

5 Chestnut Street - Wakefield, MA (781) 246-5661 (781) 246-5816 (fax)

Ready Drive Residence

14 Ready Drive - Winchendon, MA (978) 297-9960 ((978) 297-9828 (fax)

West Street Residence

42 West Street - Leominster, MA (978) 534-3982 (978) 534-4260 (fax)

Senior Services

Mercurio Center

342 Washington Street - Quincy, MA (617) 770-1313 (617) 770-9665 (fax)

Vocational Rehabilitation Services

78 Water Street - Wakefield, MA (781) 245-7311 (781) 245-1369 (fax)

Warm Line Services

338 Washington Street - Quincy, MA (617) 770-9660 (617) 770-9665 (fax)

Gifts

Your tax-deductible contributions to the Center for Health and Development, Inc. play an important role in enabling us to have a positive impact on the lives of the people we serve. With your continued support, energy, and commitment, we are confident that we will grow even stronger as a powerful force and advocate for the mentally ill and their families. For more information on how you can help or about giving to the Center, please call, write, or visit us on-line at:

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