



GILEAD
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

BALM OF GILEAD

Summer 2014

ROAD TO RECOVERY



SIMPLY SHARING MADE HER DREAMS A REALITY

Carmen began receiving services at the Shoreline Community Apartment Program in June of 2013. From Day One she wanted to live independently in her own apartment. She lacked the funds and furniture, but with the help of Alison Brinkmann from Simply Sharing, this dream became a reality.

Alison Brinkmann is the founder and the heart and soul of this program that provides donated goods to people in need. She helped Carmen obtain many high quality items for her apartment including furniture, dining ware, and bedroom furnishings.



IN CONTROL OF HER OWN LIFE

The experience was immensely positive for Carmen and she took an active role in the interior design process. Carmen said she felt that she was finally in control of her life and displayed an immense sense of pride.

Carmen has been very successful since moving into her apartment and a large part of this is due to the help from Alison in transforming Carmen's apartment into a home that she can proudly call her own.

ROAD TO RECOVERY



JULIA IS SOARING THROUGH HER DREAMS AND GOALS

Julia always has a smile on her face, loves to talk and socialize. With those personal qualities that come easy to her, she will be a fabulous greeter at her new job at Bath and Body Works at the Westbrook

Outlets. With all her strengths, talents and abilities, Bath and Body Works will be lucky to have Julia as their employee.

Julia is so excited to begin working part time in the middle of August with her Kuhn Employment Specialist, Laura, as her Job Coach. With the support of her Primary Case Manager, Julia has learned to budget her own finances in order to purchase appropriate work clothes and shoes.

ACTIVELY ENGAGED

In addition, Julia has been actively engaged in the High Hopes Therapeutic Riding Camp summer program with other Gilead Shoreline Community Apartment Program (SCAP) clients. This program meets at Harkness Memorial Park.

Julia is actively participating in her recovery by attending every group SCAP offers, cooking with her peers and socializing at Gateway. Julia's largest goal is to move out of Gilead SCAP by July of 2015, and into her own apartment!



VOLUNTEER



"Judy is helpful with the lessons she teaches and I look forward to learning more from her."

JUDY D'ANDREA, VOLUNTEER TUTOR

In November, Judy D'Andrea became a community support for a client at the Liberty program. Judy had contacted Gilead to volunteer to tutor Gilead clients interested in obtaining their GED. Judy has helped our client with his reading, English, grammar and math for one hour twice a week. Judy is a patient and caring individual who will take the time necessary to review the material in detail. Our Liberty program client looks forward to the meetings he has with Judy.

PARTNER

Over the last several months, Middlesex Community College generously donated their computer lab equipment and space for several week-long trainings.



This critical resource enabled Gilead Community Services' staff members to be trained in our new Electronic Health Record!

All of Middlesex Community College staff, including the staff assisting in scheduling and reserving the space and the entire Information Technology department, were exceedingly helpful and supportive throughout the entire process and made all of us feel welcome!

We could not have done this without their assistance and generosity. All of Gilead's staff are now well trained in this new and advanced technology!

-Rob Snyder, Director of Quality Assurance

DONORS

The City of Middletown's Division of Planning, Conservation and Development has awarded Gilead with a City Development Block Grant (CDBG) to fund the Gilead Social Rehabilitation Center's exterior window and door replacement. This funding allowed for the center to now have Energy Star rated double pane insulated glass windows and doors to better manage energy costs by 35%.



PARTNER

Simply Sharing: Helping individuals transitioning to sustainable housing

Simply Sharing was founded in April 2012 in response to concerns about the continuing issue of homelessness in Connecticut.

After discussions with leaders from local organizations and agencies, it was evident that there was a great need to secure furnishings and household items for those transitioning from shelters to sustainable and supportive housing.

When someone first moves out of a shelter, the money they're earning usually doesn't go very far, and many can't afford furnishings. These basic household goods are things that many of us take for granted. Yet for individuals and families who have been homeless, these basic necessities are, indeed, luxuries. Through our "simply sharing" network, we have helped more than 50 families get a fresh start in a new home.

Our mission is to provide basic furniture, household goods and occasional "interior design" input to those individuals and families. We are able to provide these items through financial and material donations from individuals and companies and work solely through other qualified organizations to identify clients in need.

Simply Sharing is an all-volunteer organization with The Community Foundation of Middlesex County (CFMC), a private, non-profit 501 (c) (3) organization, as our fiscal sponsor. All financial donations are made through CFMC and are tax-deductible according to federal guidelines.

-Alison Brinkmann, Simply Sharing



Gilead Community Services would like to recognize the following for their donations to the Outpatient Clinic to provide subsidized healthcare to uninsured and underinsured clients, receiving critical services:

- **Tri-Town Foods** for donating \$1000 to Gilead through their annual golf tournament.
- **The Peach Pit Foundation** for donating \$5000 to Gilead for subsidized services through Gilead's Outpatient clinic.
- **The towns of Clinton, Essex and Westbrook** each for grant funding for the Gilead Outpatient Clinic in the amounts of \$3500, \$2500 and \$3500 respectively.

PROGRAM HIGHLIGHTS

Celebrating Earth Day with Perennials

The Gilead Social Rehabilitation Center (Clubhouse) plans events throughout the year to engage clients in various ways, fostering positive recovery. On April 22nd, Earth Day, Mike who is a regular member of the Clubhouse, worked very hard planting some beautiful perennial flowers throughout the property. He is always eager to help out with activities and enjoys being a part of the Clubhouse. Here he is with his next flower to plant.



Enjoying Every Minute

Shoreline Community Apartment Program (SCAP) clients have been going to High Hopes on a weekly basis to experience therapeutic horseback riding and education about the process of properly grooming horses.

They have been learning to groom the horses including how to properly brush them as well as to lead the horses and ponies. Additionally, SCAP clients take part in helping to clean the stables and fill the water and food troughs. SCAP clients spend an hour and a half of time at High Hopes and thoroughly enjoy every minute.

Healing Through the Arts

The annual client award banquet was held in June and was a wonderful evening. The theme of the event was "Healing Through the Arts" which welcomed all forms of art. An array of artwork from Gilead clients was displayed throughout the room. The Free at Last Players and Gilead clients performed.

Staff Excellence Award

It was a joyous evening in celebration of the successes of many clients as well as one outstanding staff member, **Carolyn Cappiello**, who received the staff excellence award for her intimate knowledge of Gilead's mission, her consistent willingness to help clients and staff alike, and for putting forth years of dedication to Gilead's clients.



Advocacy Unlimited has developed an initiative called Toivo. They offer statewide classes/workshops and a mind-body focused wellness center where people can engage in expert facilitated yoga, meditation, fitness and strength training, creative writing, expressive art, walk/run groups, nutrition workshops, drum circles and much more.

Toivo represents a celebration of human experience in all of its forms and a belief that no one should be denied the benefits of yoga, meditation or any of other offerings based on socioeconomic standing, psychiatric history and/or experiences with addiction.

Hilary and Kelvin from Toivo visited the Social Rehabilitation Center in late July, and offered Gilead clients and staff a session of Chair Yoga, a practice of traditional yoga postures and techniques, while seated in a chair or using a chair for support.

Participants said they *"feel more alive and awake after the session. It feels good to move and stretch in ways that we don't always move."*

HVN offers Hope

In May, the Gilead Gateway Program staff and club members attended an informational presentation put on by the Hearing Voices Network (HVN).

The Hearing Voices Network has developed training to develop peer facilitators to lead these groups as well as guidelines for running them. As a result, availability of peer support groups for those experiencing voices or other unusual beliefs or perceptual experiences is expanding across the state.

The HVN groups are designed to provide a safe place for those who experience voices to go to discuss their experiences and share what has worked to help them feel better. By listening to other voice hearers, sharing experiences, and sharing what has or has not helped them cope, the groups are intended to reduce isolation, offer hope and empower those with these experiences, to find creative ways to manage them.

Weekly Peer Support Group Wednesdays in Deep River

A few weeks after the introduction to the HVN, Gateway sent several staff and clients who were interested in learning how to become group facilitators following the HVN model.

As a result, with the support of Gateway and the First Congregational Church of Deep River, HVN has begun a weekly peer support group at the church each Wednesday from 1-2:30 pm.

Everyone involved is excited about the HVN movement which is gaining momentum within Connecticut. A weekly group is scheduled to begin in Middletown in the upcoming weeks.

For more information on groups that may be starting in your community, visit www.hearingvoicesusa.org.

PROGRAM HIGHLIGHTS

Anchorage Goes Fresh Water Fishing



The Anchorage Program would like to share our most recent therapeutic hobby. Approximately three nights out of the week the residents are going to different lakes in the Old Saybrook area to fresh water fish.

On some occasions they have even been able to talk the clinician into changing the location of group so that they could fish while they meet.

Forming a Cohesive Group

Our young men are really demonstrating relationship skills taught to them in their daily milieu activities. This is evident in them sharing the fishing poles with one another and working together as a cohesive group. They make sure everyone has a chance to catch a fish and that those who do not catch anything still have the opportunity to eat a fish.

Not only are the boys learning from the local fishermen but they are also teaching the fishermen and each other special skills they possess in regard to fishing.

Who knew you could fish with gummy worms or chicken?

I sure didn't. Then again they may be pulling the wool over my eyes to get boxes of gummy worms. I am very proud of these young men.

-Leila Linntoya Washington
Anchorage Program Director



Gilead Building Dedicated to Dr. Robert Baldwin

Gilead Community Services is very pleased to announce that our 230 Main Street Extension Building, home of the ACT Team, Middletown Outpatient Clinic and Administrative Offices is now officially named "The Baldwin Center."

This building is being named after the late Dr. Baldwin and his family for their longtime support of Gilead. We have been blessed in so many ways by Dr. Baldwin and his family and are extremely excited to have the opportunity recognize them in this way.

The dedication of this building was celebrated with the Baldwin Family on Monday, June 23rd at a naming ceremony held at The Baldwin Center location.

Honest & Informative Community Conversation

Gilead's Community Conversation on May 15th at Wesleyan University was very successful! There were approximately 120 people that participated in the event with a wide range of great questions from the audience. Lucy Nalpathanchil did an amazing job moderating the panel discussion and the panelists' open and honest reflections allowed this conversation to be real, sincere, and meaningful!

Another fantastic conversation will be held on the shoreline sometime in the next several months. We will keep you informed of the date and location.

Mental Health First Aid — Good for the Community

Daniel Osborne, CEO of Gilead Community Services was recently certified as a Mental Health First Aid Instructor.

Mental Health First Aid (MHFA) is an 8-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual, the certification program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

Thorough evaluations in randomized controlled trials and a quantitative study have proved the CPR-like program effective in improving trainees' knowledge of mental disorders, reducing stigma and increasing the amount of help provided to others.

MHFA provides a wonderful opportunity to equip participants with the tools to help a person who may be developing a mental health issue, or who may be experiencing a mental health crisis.

For a crisis situation, MHFA provides skills to manage the crisis until appropriate professional treatment can be accessed.

Gilead plans to have one additional trainer certified this fall (2014) and will be offering additional trainings for community members in the near future!



LEAVE A LEGACY

THERE IS NO END TO THE GOOD YOU CAN DO.

Members of Gilead's Legacy Society commit to remember Gilead Community Services through their estate planning which can include annuities, transferring of life insurance policies, outright bequests, and retirement benefits payable upon the death of the member.

Join the 24 Legacy Society members and discover the endless impact you can have on the lives of Gilead's clients.

Each year, 72 percent of Americans give to charities but only 5.7 percent leave a charitable bequest in their wills, keeping their charitable gifts alive once they've passed away. The number one reason people gave for failing to leave a charitable bequest is that they were never asked.

Please consider including Gilead Community Services when preparing your will.

For more information, please call Lucy McMillan, Director of Development and Public Education at (860) 343-5300 ext. 3423.



SAVE THE DATE

Quizine for a Cause

November 2, 2014

Great food

Extraordinary desserts & a Lively Auction!

Interested in: being an event host, volunteering, sponsorships or providing an item for auction, please contact

Lucy McMillan by email: lmcmillan@gileadcs.org or
phone: 860-301-6634.

This annual event raises critical funds for hundreds of individuals with mental health conditions, served by Gilead Community Services.

Seven Things You Can Do Today

1. Prepare your will.
2. Set aside a gift in your will for your favorite charity or religious organization that has made a difference in your life.
3. Name your favorite charity as the beneficiary of an existing life insurance policy, or purchase a new policy and name the charity as the beneficiary.
4. Remember your loved ones with a charitable bequest-in their honor.
5. Name a charity as the beneficiary of your pension plan or IRA.
6. Discuss with your advisors or your favorite charities the tax advantages you can enjoy now by leaving a gift to a charity.
7. Spread the word. Let family, friends and advisors know that you've taken responsibility for your legacy and for the well being of a cause you care about.

Gilead Community Services is funded in part by



All of Gilead Community Service programs are CARF accredited



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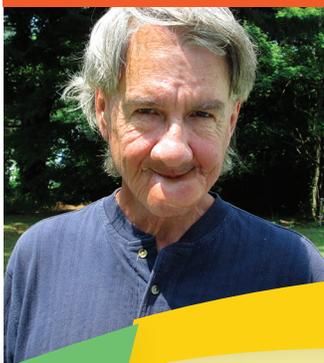
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Step N Up

Julie has been an amazing addition to the ACT team.

Julie Whitman is the Assertive Community Treatment (ACT), Recovery Specialist. She constantly strives to meet client needs, is recovery oriented and wants nothing more than to help our clients live happy, healthy and independent lives.

While taking on tasks from the assignment board, meeting with our clients, running groups, coming up with new group ideas, Julie still manages to get her documentation in on time and always meets her documentation goal.



She is a natural leader on the ACT team and a person that the team turns to for guidance, knowledge and even some friendly competition within the office.

The ACT team is excited to have Julie on the team and we know the clients feel the same!

Wish List

- Chair and Ottoman for Women’s Lounge
- Vacuum Cleaner
- Soup and Salad Ceramic Bowls
- New Stainless Steel Pots and Pans Set
- 2 Medium size George Forman Grills
- Quesadilla Maker
- Flat Panel TV to be wall mounted
- 2 Large Planters for the front steps
- Soccer Balls
- Handheld weights
- Grocery Store Gift Cards

Please contact Ryan Galligan at Gilead’s Administrative Offices by phone, 860-343-5300, if you wish to donate or contribute towards the items from the wish list.