A RUN FOR EVERY 1

After months of training, planning, and team recruiting TEAM GILEAD 2016 came together on Sunday, April 24th for our first annual Gilead road race.

OUR SEA OF BLUE T-SHIRTS FILLED THE 4-MILE RACE ROUTE AROUND MIDDLETOWN, spreading awareness of mental illness with each person that we passed along the sidelines.

TEAM GILEAD TRULY SHOWED CAMARADERIE AND SUPPORT FOR EACH OTHER through this process and with that, we were able to reach the four goals we set for ourselves:

1. Gather a team of 200 members.
2. Create a regular client/staff wellness routine.
3. Raise $10,000 for the clients.
4. Educate the public about mental illness.

TOGETHER, THE AGENCY SPREAD THE WORD about the upcoming race – reaching out to clients, staff, family members, friends, and other community members. Before we knew it, we had surpassed our goal of 200 team members. Once we gathered our team, several Gilead programs began regularly visiting (and many still do) the Wesleyan track and Westbrook YMCA to get in shape or stay in shape for the race. All while getting in shape and getting excited for this race, folks were reaching out to raise money for this cause and for our clients.

WE NEARLY DOUBLED OUR GOAL OF $10,000 WITH OVER $19,000 RAISED FROM THIS RACE. On race day, every member of TEAM GILEAD, whether they were walking, running, cheering, or volunteering, wore a royal blue Gilead t-shirt with the statistic “1 in 5 adults living in America experience a mental illness.”

It was a challenging journey and a learning experience, but the race day turned out to be an incredible success. We cannot wait for next year. GO TEAM GILEAD!

By Stephanie Lippmann
Good Neighbors

Portland Active Service Club

Thank you to the Exchange Club of Portland for the $1,000 donation presented to Gilead at its 28th annual charity golf tournament on May 13.

In its 71st year, the Exchange Club continues to be the most active service club within the Portland community, donating proceeds from fundraisers, such as the Golf Tournament, to various local area programs and charities.

By Denise Gable

Trauma

How Trauma Touches All Of Us Was The Topic At The June 6th Compassion Counts: A Community Conversation Forum.

A group of approximately 100 people gathered at Middlesex Community College to listen and learn from each other and work together to support mental wellness with meaningful action.

Thank you to our moderators, Nancy Hubbard, Institute of Living and Dan Osborne, Gilead Community Services; keynote speaker, Rob Gent, Calo Programs; and panelists, Kelly Huffman and Samantha Crowley.

By Denise Gable

Keynote speaker Rob Gent with panelists Kelly Huffman & Samantha Crowley.

Website for Gilead

We are happy to announce the launch of our new website! Made possible by the generous support of the Community Foundation of Middlesex County and the IBM Foundation, it contains features we’ve never had before.

Visitors can now send advocacy communications right from our site, search for career opportunities, and submit volunteer applications and online donations.

We will be constantly updating our content with current news and events, client success stories, newsletters, agency announcements and more!

Having a website that Gilead is able to update and maintain will have a huge impact on both the individuals we serve and a wide range of stakeholders in the agency.

We hope you enjoy our new site.

By Denise Gable

A Farm Outing

Gilead Apartment Program (GAP) regularly takes clients on outings in the community during the week and weekends.

The GAP team and clients visited The Hay House – a farm located in Old Saybrook, CT and run by local artist and organic farmer David Brown.

They also made a stop at Ashlawn Farm in Lyme, CT. Clients and staff really enjoyed this outing even though they were put to work pulling weeds in exchange for fresh fruit from the farm.

By Simone Ketchum

DG, JD and JG with GAP staff Emalie Fazekas and Tod Olczak & Suzanne Gaskell.

Gilead Apartment Program (GAP) regularly takes clients on outings in the community during the week and weekends.
IN MEMORIAM

ON A BEAUTIFUL SUNDAY AFTERNOON IN MAY, friends and family met under the pergola on the side of the Shoreline Community Apartment Program (SCAP) house to remember and celebrate the life of John A. Ceccarelli, Jr, who passed away last summer.

JOHN WAS A LONG-TIME RESIDENT OF SCAP, loved by all for his generosity and good spirits. John’s sisters, Laura and Linda, organized the dedication — including time for all to share their memories of John, followed by a delicious meal catered by a local Italian restaurant.

APPROXIMATELY 30 PEOPLE ATTENDED THE DEDICATION. John and his family and friends will forever remain a part of the SCAP community.

By Betsy Gerich
Shoreline Community Apartment Program

The 6th Annual Wellness Picnic

The Annual Wellness Picnic offers the opportunity for clients and staff to have a great time while being active and eating well.

Instead of just hanging out, people enjoyed activities like bocce ball, yoga, horseshoes, face painting and dancing to tracks selected by our talented DJs.

On May 13th, Gilead’s Wellness & Cultural Diversity Committee celebrated the 6th Annual Wellness Picnic. Roughly 130 staff and clients from our programs came to enjoy the day together at the beautiful Gateway Community Treatment program in Chester.

Instead of high fat, high sugar, processed food, everyone enjoyed healthy homemade dishes (generously made by the programs) — each with their own wellness twist that represented a variety of different cultures and nutritional benefits.

Clients had access to health screenings from Gilead’s nurses and everyone was able to breathe easy, thanks to the dedicated smoking area that was separated from the main picnic.

In a world where it is so easy (and sometimes delicious!) to get caught up in less than healthy habits, it was a refreshing opportunity to rejuvenate our minds and bodies with some tasty food, fun times and great company.

We can’t wait to do it again next year!

By Mary Winalski
It was a chilly April day when the Gilead Gladiators matched up against the Gilead Staff Sluggers for our 16th annual clients vs. staff softball game. We stuck through 6 innings and had a great game.

THE GAME STARTED OFF TIED AT 1-1 AFTER TWO INNINGS. The Staff Sluggers stepped up their game for the third, bringing in 5 more runs. They continued for the next two innings with 7 runs in the fourth, 4 runs in the fifth, and 6 runs for the final inning - bringing their total to 23 runs. This was a record high for the Staff Sluggers, but still not enough to surpass the Gladiators running record of 33 runs in a game.

THE GLADIATORS GAVE THE SLUGGERS A RUN FOR THEIR MONEY during the first half of the game, bringing in 6 runs overall. In the end the staff were able to defeat the Gladiators for the first time in 5 years!

We look forward to our next Gilead Gladiators vs. Staff Sluggers softball game in the fall!

By Stephanie Lippmann

I MET JF IN 2013 WHEN I STARTED WORKING AT THE ANCHORAGE HOME. I noticed he was always listening to music and that we enjoyed some of the same music. We began to talk about different genres, the latest songs on the radio, and his album collection.

JF told me about his dream to be an R&B singer and how he spent a lot of time writing his own lyrics. I got in touch with Writer’s Block in New London and booked vocal lessons for JF. Writer’s Block paired JF up with a Connecticut College music student who immediately had him writing lyrics about how his feelings.

JF STARTED WRITING A SONG, IGNORANT SKIES. He would practice this song with the music almost every session, receiving feedback and coaching from his instructor.

AT FIRST, HE DIDN’T FEEL COMFORTABLE SINGING IN FRONT OF PEOPLE and wanted strictly private lessons. But after I reminded him of his dream to be a singer, he agreed to start practicing in front of three to four staff members. I asked JF if he would like to perform his song at a banquet in front of about 200 people. At first he was unsure but then agreed after being reminded that this event would be perfect to sing at, experience a crowd, and build his confidence.

THE DAY OF THE EVENT FINALLY ARRIVED. JF showed signs of self-consciousness and nervousness. But after talking through his emotions with me, he became extremely excited. By the time he performed, there wasn’t a single sign of fear. He walked right up to the podium and did an awesome job singing his song, throwing in a couple dance moves.

I CAN HONESTLY SAY THAT IT WAS SUCH A PROUD MOMENT FOR ME WATCHING HIM, and thinking about his progress from just sitting quietly on a couch with headphones to performing in front of an entire crowd.

By Kareem Grant

TRAINING IN COGNITIVE PROCESSING THERAPY

Marsi Callaghan, LMFT and Cindy Lee, LPC attended a two-day conference in Boston back in January to receive intensive training with trauma related disorders in military personnel.

THE GOAL OF COGNITIVE PROCESSING THERAPY IS TO RELEASE THE NATURAL HEALING POWERS OF THE BRAIN which become hindered when post-traumatic stress (PTS) thoughts and feelings are avoided.

The therapy is a 12-15 session structured approach that assists the clients to identify their “Stuck Points” and uses Socratic questioning and various worksheets to challenge them and develop alternate beliefs.

Weekly practice assignments are given, the most powerful of which is writing a full account of the primary trauma event, including thoughts and feelings, and reading it aloud at home and in sessions. Cognitive Processing Therapy (CPT) is also applicable to non-military personnel.

BOTH MARI AND CINDY HAVE WORKED FOR SEVERAL YEARS AS EMBEDDED CLINICIANS IN THE MILITARY SUPPORT PROGRAM. They provide services to individuals or family members impacted by military service that are referred to the Middletown Outpatient Clinic. They are already using this therapeutic approach with clients who have a history of nonmilitary-related trauma.

By Ted Johanson
Middletown Outpatient Clinic

AWESOME JOB SINGING HIS SONG

BM aiming for the strike zone.
MAJOR DONOR EVENT

Each summer Gilead’s generous donors join together for an evening to get to know Gilead better, listen to stories, and share in their passion in supporting Gilead and the good work we do.

On Saturday, May 28th we gathered at the lovely home of our Board President Fran Ludwig to celebrate and thank our supporters and newest Legacy Society members, Kim Hogan, Stacey Owens, Russ and Leslie Hassmann, and Suzanne Gaskell. We are grateful for their support of Gilead’s goals to build lives and improve the futures of the people we serve.

By Denise Gable

INTERNATIONAL LOVE

International love is what this world is made of
Let’s all pray for peace on earth
We are life from heavenly birth
Heaven shine on every soul
A place made of immaculate gold
Love is who we are
Hate cannot destroy international love
We are children from above
You are a shining star no matter who you are
Love is a lift from the heart with each warm beat apart
Love can be so very sweet, when two loving hearts meet
International love...
Kiss these tears away; your sun will shine today
Magic fills the air love is everywhere...
International love...
I love you very much sweetheart...
International love

LEGISLATIVE ADVOCACY WITH GILEAD

Legislative Advocacy by Gilead folks for the 2015/2016 session had the most number of advocacy sessions at the Capitol and the Clubhouse of any year!

GILEAD STAFF AND CLIENTS DROVE UP TO THE LEGISLATIVE OFFICE BUILDING EIGHT TIMES THIS SESSION – advocating for specific bills, talking to legislators, giving testimony at 10:00 p.m., appearing on the news (twice!), backing up our fellow Clubhouses, the Keep The Promise Coalition (KTP), and NAMI (National Alliance for the Mentally Ill). We even had an end of session lunch for 18 participants at a lovely restaurant in Cromwell. Everyone made speeches and we talked a lot about how good it feels to advocate and be heard. After all, legislators are voted in by us, and they are tasked with representing our interests!

WE HAD A REMARKABLE LEGISLATIVE BREAKFAST at the Gilead Clubhouse in the spring. We tried a new format, less intimdating for legislators, where two groups sat informally around tables and took turns talking about their concerns, especially about the looming budget deficits and what that meant for services to the poor and disabled people in CT.

We were joined by Rep. Matt Lesser, and Rep. Prasad Srinivasan. Both listened carefully to us and talked about their views as well.

Also in attendance were Kathy Flaherty, JD, the Director of the Connecticut Legal Rights Projects, and Daniela Giordano, MSW, the Public Policy expert for NAMI and KTP. They joined together with many client members and Gilead staff who came in to discuss their concerns about their access to treatment, and the effect the state budget will have.

I KNOW WE MADE AN IMPACT, even though the State of Connecticut is not in good shape financially. Let’s hope we’re continuing to build a strong foundation of support for our thoughts and ideas!

By Patricia Burke
Social Rehabilitation Center
Stephanie Lippmann has been the Administrative Coordinator at Gilead for less than a year and in that time she has not only been a tremendous asset to the agency but does it with a positive attitude and genuine desire to help. Stephanie brings numerous skills to her position. She is an excellent writer, a competent project manager, organized administrator, and she loves connecting with clients and staff.

STEPHANIE PLAYS A KEY ROLE IN SO MANY ASPECTS OF OUR AGENCY. She attends and coordinates monthly board meetings, completes vital Quality Assurance tasks, is instrumental in the development efforts and somehow manages to keep the 222 building running smoothly.

STEPHANIE WAS INSTRUMENTAL IN COORDINATING GILEAD’S FIRST ROAD RACE IN APRIL. Every Tuesday and Thursday morning for 4 months, Stephanie met a group of clients at Wesleyan’s track to provide motivation, support and the highly anticipated trail mix. Stephanie organized many of the event details and was there to set up, manage, run and clean up after the event. She even did one of her fastest 4 mile times!

THANK YOU, STEPHANIE, FOR “STEP N UP” FOR GILEAD’S CLIENTS AND FOR HELPING TO RAISE $20,000 TO IMPROVE THE LIVES OF THE INDIVIDUALS WE SERVE.

By Lucy McMillan

**UPCOMING EVENTS**

- **Gilead Gladiators Softball**
  - Every Thursday at 1:00pm until September

- **Camp Harkness Weekend**
  - Camping Trip
  - September 12th – 15th

- **11th Annual Quizine For A Cause** - November

**Step N Up**

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**Stephanie Lippmann**

A Positive Attitude &
A Genuine Desire to Help

*Please contact Stephanie Lippmann at 860-343-5300, ext. 3441 if you wish to donate or contribute towards items from the wish list.*