



GILEAD
COMMUNITY SERVICES, INC
Improving Lives, Building Futures

SUMMER 2018

BALM OF GILEAD

ROAD TO RECOVERY

MEMORIAL DAY PARADE

GILEAD CELEBRATES 50 YEARS AT THE MIDDLETOWN MEMORIAL DAY PARADE!

Gilead Community Services marched in this year's Memorial Day parade to celebrate our 50th anniversary of serving Middletown area residents. Over 20 marchers, including administration, board members, staff, clients and community members, proudly wore the "Run for Every 1" t-shirts. We marched behind a beautiful banner, handmade by the Valor Home staff and clients. A staff member's truck was decorated with banners from the road race and balloons from the client banquet. During the parade, the crowd was waving and shouting, "Go, Gilead!" We received such a warm response from the parade spectators and hope to make this an annual tradition.

We really felt part of the community!

By Deborah Carpenter
Senior Case Manager, Valor Home



Team Gilead at the Middletown Memorial Day Parade



With the help of Facilities Manager, Matt Mule & Deb C., Matt's truck was transformed!

ROAD RACE GOALS

WE ALL KNOW HOW IMPORTANT PERSEVERANCE IS IN OUR LIVES!

Despite our differences as human beings, we experience similar events and feelings. We have days when giving up is a temptation, and our desire to continue is weak. It is not enough to just want to accomplish something; we must figure out what we want to do, muster the fortitude to survive hardships and believe we can be who we want to be. Many put in tireless effort and hard work towards reaching goals. That is such a great accomplishment when the commitment and effort pays off and a goal is achieved.

We witnessed many accomplishments during the Run for Every 1 Road Race but one in particular should be highlighted. P.K. reminded us about the importance of motivating ourselves to "keep going" and the ability we have to overcome obstacles in spite of any disabilities. He completed half of the race in 2017, but decided he could do better this year. He was the last person who completed the race and you know what that means? He did not give up!



P.K. with Dan Osborne at the Run for Every 1 road race

We are proud to recognize the great example of perseverance P.K. provided to all of us. May we all be inspired by your accomplishment!

By Maria Adriana Coler
Program Director, Gateway Community Treatment

GOOD NEIGHBORS

CONGRATULATIONS!

2018 IS TURNING OUT TO BE A GREAT YEAR FOR OUR BOARD MEMBER, GARY WALLACE!

This spring, Gary was recognized by the Connecticut Bar Association for his exceptional work as a Middletown Police Officer. He was presented with the **Liberty Bell Award** for his outstanding representation of the Connecticut law and justice system. This award is given to an individual in a legal profession, who is not a lawyer, and is committed to bolstering relationships between the community and other law and justice officials.

Gary also recently received the **Chief Michael L. Green Award** in another display of his outstanding commitment to Middlesex County. The award is presented annually to a member of the police or fire rescue community for his or her outstanding service to the community and to the Middlesex County Chamber of Commerce. At the annual awards dinner, Middletown Mayor Dan Drew proclaimed June 10th Gary Wallace Day.

A 23-year member of the Middletown Police Force, Gary oversees the Investigative Services Division. He is also involved with a number of other local organizations and initiatives.



Gary has been on Gilead's Board of Directors since 2012, and recently became chairperson. We are thrilled to see Gary's dedication and service to this community publicly recognized.

MAX CARES

GILEAD WAS GRATEFUL TO RECEIVE A GENEROUS DONATION OF \$2,500 FROM THE MAX CARES FOUNDATION TO OUR 50TH ANNIVERSARY MATCHING

CAMPAIGN. The mission of the Max Cares Foundation is to provide financial support to improve the lives of citizens and families within the greater Hartford and greater Springfield communities. The Foundation (and its predecessor outreach program of the Max Restaurant Group) have donated hundreds of thousands of dollars over their years to numerous charities and programs whose focus is on educating, feeding, clothing and empowering people in need. The Foundation also offers scholarships to students pursuing a secondary degree in the culinary and/or hospitality fields.

THIS YEAR'S MATCHING CAMPAIGN HAS RAISED CLOSE TO \$50,000 DOLLARS. These funds will help to renovate and rehabilitate the original Gilead House, now known as our Gilead One (GI) Program. Fifty years ago, with the support of the University, two Wesleyan students secured a house near the campus. There they lived with individuals who were recently released from Connecticut Valley Hospital and helped them adjust to life in the community. Thank you for your continued support of Gilead. You make a difference in the lives of individuals who need it most!

Max Cares Foundation

a recipe for successful giving



THE GIFT OF MUSIC

Ken's brother had recently moved back to Connecticut and was in need of mental health services. Ken helped connect him to Gilead and was impressed with the services and offered to volunteer if we ever needed him.

Soon after, emails announcing the upcoming Run For Every 1 started to go out. Ken quickly responded that he was a member of the Hartford Hot Several Brass Band, a funky marching band that brings brass, ruckus and joy to its listeners. "Would Gilead like the band to play at the race?" he asked. "Absolutely" we responded!

Ken attended a Road Race Committee



meeting and the rest is history. The band played at the race and was a HUGE hit. Everyone commented on how awesome they were!

For Gilead's Run For Every 1 Team, the Hartford Hot Several Brass Band not only played fun and spirited music, they came to support Gilead and the individuals out there that day who are fighting to get quality mental health services for all of those in need in our community. They also made Team Gilead feel special and we are very grateful for that.

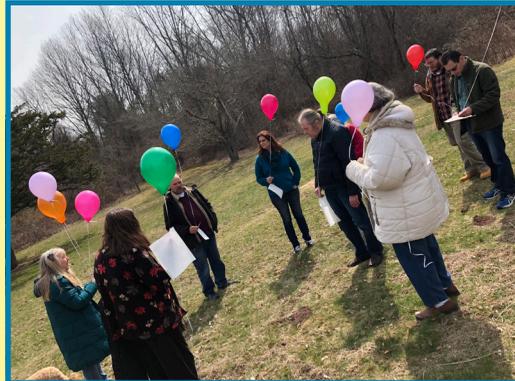
By Lucy McMillan
Chief Development Officer

PROGRAM HIGHLIGHTS

HEALING ACTIVITIES

BOTH MIDDLETOWN AND CHESTER OUTPATIENT CLINICS HAVE BEEN PARTICIPATING IN VARIOUS HEALING ACTIVITIES TO HELP COPE WITH THE GRIEF OF LOSING THEIR FAMILY MEMBERS AND FRIENDS.

Chester Outpatient Clinic had a balloon release ceremony, where each client wrote a special note to the person they are grieving and sent the balloons up into the air. They then passed a stone around and said something about the person they were grieving.



*Ballon Releasing Ceremony,
Chester Outpatient Clinic*

Middletown Outpatient Clinic's grief group also participated in a balloon releasing ceremony and each client planted a flower in the Healing Garden for a loved one who has passed. The garden was planted in the front and sides of the outpatient clinic building in Middletown. Group members shared stories of their

relationship with the deceased, talked about their feelings of grief, wrote letters to their loved ones, and learned ways to cope with grief. They all supported one another.

Both groups were courageous in sharing their experiences and feelings with one another.

By Cynthia Lee
Psychotherapist, Outpatient Clinic



*Healing Garden,
Middletown Outpatient Clinic*



ANNUAL CLIENT BANQUET CELEBRATION!

IN HONOR OF OUR 50TH ANNIVERSARY, THE EVENING'S THEME WAS THE DECADE OF THE 1950'S. It was a night full of good food and great music. Most importantly, it was an evening to celebrate Gilead's special clients, staff and community members!

Guests were welcomed with a gold balloon archway entrance and special decorations transformed the room into a fabulous 50's party! Thank you to our creative geniuses, Deb C. and Joyce

S. from Valor and Liberty Homes! A life-sized newsletter stood by our very own Time Capsule. Clients and staff were encouraged to place notes with their memories of Gilead or hope for our collective future. Every Program decorated paper guitars with a theme of their choice. We were treated to music by DJ Tileen, who set the mood with great tunes. I.W. from SCAP performed a beautiful rendition of "Fools Rush In" by Elvis Presley before a delicious dinner of veggie lasagna

and meatloaf was served.

The highlight of the evening was the awards! Clients from each program received an award for a variety of accomplishments, such as making a positive change in his/her life or learning a new hobby. And we were even treated to a very special guest appearance by Elvis himself!

Thank you to the banquet committee for the months of planning and coordinating. It was a great night!

PROGRAM HIGHLIGHTS

WISH LIST

- Bikes
- New Softballs & Softball Gloves
- Comfortable Folding Chairs (12)
- Skills Teaching DVD's
- Kitchen Aid Mixer
- Patio Furniture
- Landscaping Stones/Gravel
- Movie DVD's
- Puzzles & Word Finds
- Bed, Couch & Coffee Table for a client from ACT
- Small book shelf or Dresser with shelves

**Please contact Denise Gable at 860-343-5303, ext. 3447 if you wish to donate or contribute towards items from the wish list.*

FIELD TRIP

ON A SUNNY SPRING DAY, GI RECENTLY WENT ON A FIELD TRIP TO HUBBARD PARK IN MERIDEN, CT. One of the clients was afraid to climb up to the top of Castle Craig Tower, but with a peer's support and mine, he did it! He was proud of himself and very happy to see the beautiful view from the top. Although not everyone in the group made it to the top, they all got as far as they could. The day was a success!

By Anne Wright
Clinical Case Manager,
Gilead I



D.M. and J.P. enjoying the view from the top of the tower!

SATISFIED CLIENTS

WE'VE GOT SOME EXCITING SURVEY RESULTS TO SHARE!

Gilead Client's Overall Average Satisfaction this year was 86% agency-wide – the highest level of satisfaction in five years! This is the fourth year in a row total overall satisfaction has increased.

The highest levels of satisfaction, agency-wide, was in the areas of: Access; Participation in Treatment; Quality & Appropriateness; Satisfaction with Services; and Respecting Wishes with Family Involvement – all with an 89% to 91% satisfaction level.



GILEAD HELD THE FIRST ANNUAL LIP SYNC BATTLE AT THE SOCIAL CLUB'S 4TH OF JULY PICNIC. Deb C. and Joyce S. from Valor and Liberty Homes provided props, instruments, music and decorations. The heat wave didn't stop clients and staff from performing songs such as *Girls Just Want to Have Fun* and *Respect!* Liberty Home staff, Peggy and Darcy, sang *My Guy* to Jerry T., who retired on June 29th after 19 years of service to Gilead.

After the contest, a delicious picnic lunch of hot dogs, hamburgers, chicken and summer salads were served. Trophies and gift cards were awarded to the top three lip syncers. It may have been 90+ degrees out, but everyone had a blast and is looking forward to this becoming an annual event!



Happy Retirement Jerry!

A.T., Patty Burke, & M.B. "hamming" it up!

96% of clients reported that "staff here believes that I can grow, change and recover." 90% of clients deal more effectively with their daily problems and 85% feel that the quality of their lives is better this year than it was last year.

Thank you to all our staff for the great work they do every day and to all the clients that work hard day in and day out to improve their lives!

By Rob Snyder
Director of Quality Control

LEAVE A LEGACY

MAJOR DONOR EVENT

ON SATURDAY, MAY 20TH, GILEAD CELEBRATED ITS 50TH ANNIVERSARY BY THANKING OUR MAJOR DONORS FOR THEIR SUPPORT. Surrounded by the floral beauty of Gastler Farm's Kalmia Gardens, we shared a timeline presentation of Gilead's growth since 1968. We were honored to have joining us two of Gilead's founders, Matthew Lamstein and Dr. Richard Wiseman. After hearing them speak, Gilead welcomed our two newest members of the Legacy Society, Laura Patey & Leigh Powers. The rain showers passed right around us, allowing our guests to enjoy garden tours and a delicious dinner. It was the highest attended Major Donor Event we've had, and it was a truly beautiful celebration of all Gilead has accomplished! To everyone who came and those who were with us in spirit – thank you!

By Napali Bridgelall



LEGISLATIVE ADVOCACY WITH GILEAD

I am happy to report that I was able to participate in a very productive "Hill Day" advocacy event in Washington D.C. in April with about 12 of my colleagues from the CT Nonprofit Alliance. The National Council for Behavioral Health coordinates an annual Hill Day which is a wonderful opportunity for leaders from the state level to meet with our Federal Delegation to communicate our legislative priorities. This year, I was fortunate to meet with Connecticut's Federal Delegation including multiple staff members as well as legislators (including Representative Joe Courtney, pictured below).

While political advocacy can often feel like a daunting task, it is rewarding to see the change that all of us can make when we take steps to advocate for what we believe in. This year, we learned that several of Connecticut's leaders in Washington have co-sponsored bills that we urged them to get involved in last year when we attended Hill Day 2017! Based on support from the Connecticut delegation, these bills now have the chance to move forward and generate additional funding and favorable legislation that will help us significantly.

Here are a few of examples of legislation that we have advocated

for over the past couple of years that are starting to gain some significant support:

Mental Health Access Improvement Act of 2017 would remove Medicare's exclusion of LMFT's and LPC's with regard to billing requirements and dramatically expand access to care for older adults.

Improving Access to Behavioral Health Information Technology Act would support comprehensive care coordination for mental health and addiction treatment providers.



Excellence in Mental Health and Addiction Treatment Act would expand the existing 8-state initiative to expand Americans' access to community-based addiction and mental healthcare through Certified Community Behavioral Health Clinics (CCBHC's). This would represent additional federal funds to support addiction and mental healthcare treatment in Connecticut.

Thank you to the CT Nonprofit Alliance who organized our meetings with all of the legislators and supports our advocacy priorities throughout the year!!!

By Dan Osborne, CEO

Gilead Community Services is funded in part by



All of Gilead Community Service programs are CARF-accredited





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UPCOMING EVENTS

**Camp Harkness Weekend
Camping Trip**
September

**12th Annual
Quizine For A Cause**
November 4th

SHINING STARS

GILEAD IS PROUD TO RECOGNIZE DEANNA WELSCH, ADAM CAMILLERI, JOYCE SAULNIER, PAUL BLAHA, JACLYN MURANO, SCOTT ENRIGHT, DENISE GABLE, AND LORENA BARHAM AS THE SHINING STAR AWARD WINNERS FOR THE 1ST AND 2ND QUARTERS OF 2018.

The award is a way for Gilead staff to nominate their peers for going **Above and Beyond** in service to our clients and to Gilead as an agency.

Each quarter the agency receives nominations from staff members with descriptive narratives of how their nominee made a contribution that was above and beyond; what impact (enhancement) their contribution made to the program and/or the services we provide as an agency to our clients and/or our mission; and why they think their nominee should receive this recognition. The winning nominations are read aloud at the Quarterly All Agency Presentation and the winners receive a framed award, along with a boxed key chain from the agency in recognition of their accomplishments.

On behalf of the entire agency, Gilead would like to say **Congratulations and Thank You** to this group for their passion, commitment and dedication! **Keep up the great work!**



ADAM CAMILLERI &
DEANNA WELSCH

CONGRATULATIONS TO COURTNEY TAMBLING, THE RECIPIENT OF THE GILEAD STAFF EXCELLENCE AWARD!

Courtney is the Senior Clinical Case Manager at Gilead I. She demonstrates excellence through her hard work and dedication to Gilead, as well as the many clients she serves. Courtney takes great pride in her work and has full knowledge of everything that happens within the program. If anyone were to ask Courtney a question regarding the overall program or clients, Courtney has the answer!

Courtney was instrumental in GI and GII's recent Dept. of Public Health Inspections. GI had one of the best exit interviews ever and when GII had their inspector show up unexpectedly, Courtney helped them quickly gather information and prepare the program.

Courtney volunteers as the GI union representative and has worked diligently to increase her knowledge of Gilead's Policies and Procedures. By doing so, Courtney has been able to assist her peers not only in her own program, but also in other programs and to explain and implement new and old policies.



COURTNEY TAMBLING & BETSY GERICH,
CLINICAL DIR. OF RESIDENTIAL PROGRAMS

By Joseph Crispino
Program Manager, GI & GII