



GILEAD
COMMUNITY SERVICES, INC
Improving Lives, Building Futures

SUMMER 2020

BALM OF GILEAD

THE HEART OF GILEAD

On March 13th, I first wrote to staff, board members and volunteers to share information about Gilead's plans related to Coronavirus (COVID-19). At that point, we did not have any known or suspected cases at Gilead. Over the course of the past four months, we have implemented a variety of strategies that have been intended to mitigate the risk of the virus and to ensure that all members of the Gilead family stay as safe and healthy as possible. Some of the steps have included: Closing the Middletown and Chester Social Clubs to onsite activity; transitioning the ACT Team to mobile outreach and limited in-person contact; modifying the Outpatient Clinical Services to telehealth services; implementing a strict no visitor policy; requiring all non-essential staff to work remotely from home; enhancing cleaning protocols at all locations; implementing staff and client screenings; and requiring all staff to wear masks at all times. Even with all of the precautions put in place, Gilead was impacted by COVID-19. To date, a total of 13 staff and 7 clients have tested positive over the past four months. This represents about 4% of our staff and less than .5% of our clients.

But, this is not where the story ends. As always, Gilead's staff and clients have been resilient in the face of adversity. Their creativity has been on display through our weekly videos that celebrate the wonderful things happening in each of the programs. To help alleviate the stress and emotional toll of the pandemic, we provided additional funds to each program for special purchases of food and activities. In addition, our amazing community of supporters and local organizations came through for us with donations of PPE's, hand sanitizer and handmade masks! And, our wonderful and committed Board donated and delivered dinners to many of our programs, along with the hundreds of meals prepared by Gateway, Social Club and Farrell staff. In addition to all of this, I was thrilled to be able to provide a \$2.00 per hour "Incentive Payment" to all direct care employees from March 1st through June 30, 2020.

Throughout this difficult time, through the good news and bad, I am constantly reminded of the heart of Gilead. Because of the commitment of staff, board members and our dedicated supporters and donors, Gilead has become a place where clients and staff alike can find the love and support of each other through the various challenges in life that we experience together.

By Dan Osborne, Chief Executive Officer

MOVING ALONE BUT STILL CONNECTED

We began planning the annual Road Race in January with the goals of raising \$50,000 and having a team of 500 people, gathering in Middletown wearing our bright orange shirts and spreading awareness for the 1 in 5 adults living with mental illness. But then March arrived and the pandemic changed everything. There would be no posing for pictures at the start line, high fiving each other at the finish line or sharing a meal together at First Church.

Many of us felt isolated, scared, and zoomed-out. So we switched gears and came up with the week-long *Move for Every 1* event. And wow, did Team Gilead rise to the occasion! Our generous sponsors stuck with us and we sold out of t-shirts a week before the event. These funds allowed us to purchase movement equipment for all the programs. They received volleyball nets, corn hole games, basketballs, hula hoops and wiffle ball sets.

The intent was to stay connected with photos and videos of team members moving in their orange shirts. Every day we featured videos with music by local artists, showcasing how Team Gilead was moving – from yoga to hiking, swimming, kayaking, dancing and so much more!

We met our goals of having a Team of 500 strong and raised over \$52,000. But we accomplished something even better this year - the feeling of being connected even when we're alone.

By Denise Gable, Development Coordinator



JORDAN'S TEAM

This was the second year that Jordan Agricola, a Senior at Wesleyan University, has participated and raised money for Gilead's Road Race event. In 2019, Jordan's team, which included members from the Wesleyan Student Veterans Organization, raised over \$600 dollars.

"I decided to participate in this event for multiple reasons. One being that I had the privilege of working with the Gilead Board last year and I was able to really get to know the organization and people that are so passionate about supporting Gilead and making sure it continues to succeed. During that time I also learned about the long lasting history that Gilead has had with Wesleyan and creating this team was my way of attempting to continue this relationship, as well as having a way to financially support an organization I believed in. Personally, I have decided to participate in this event because I have had multiple people throughout my life that have dealt with their mental health and I wished there were programs/services like what Gilead offers available to them when they needed it."

Thank you Jordan for your commitment and support to mental health and Gilead!

Wesleyan Walks for Mental Health



A NEW RESOURCE

Oak Hill and Gilead Community Services, in partnership with the Department of Developmental Services (DDS), have developed a skilled Clinical Response Team (CRT).

The CRT is a new resource that may provide extra support to individuals and their teams who are at risk of losing their housing because of challenges they are experiencing or may be high utilizers of emergency services. The Clinicians on the CRT play a variety of roles depending on the individual's situation. They may be providing training support to staff members and families working with the person, behavior assessments, behavior support plan development and clinical consultation, as well as provide recommendations for further stabilization and ongoing success. The goals of the CRT are to provide participants with increased community involvement and improved quality of life. All referrals are funneled through the DDS Clinical Directors of each region.

FOLLOW ME HOME CARE PACKAGES

I co-founded Follow Me Home, an addiction and mental health and wellness recovery home and fellowship program, in 2017. We create partnerships with local mental health care providers, recovery treatment facilities, and other community-based organizations to provide Follow Me Home Fellows with the infrastructure to build their social networks and recovery capital. Gilead Community Services is one such program that has been essential to our mission.

Gilead currently provides expedited access to mental health services for Follow Me Home Fellows who work as community leaders, case managers and certified recovery coaches. Throughout our relationship with Gilead, they have gone above and beyond the call of duty to show their support for the mental health and wellness of our program. When the COVID-19 outbreak hit, Gilead consistently adapted to the circumstances to provide the community with mental healthcare excellence when it is most needed.

March was a surreal time for most of us. During a time when clarity is scarce and suffering abundant,



Lance's running challenge (he ran 4 miles, every 4 hours, for 48 hours on June 19) & raised an additional \$1,400. "It was my way of dovetailing my fundraising efforts into the "Who Will You Move For?" campaign



Gilead staff delivering the care packages to programs

action is needed. A Follow Me Home Fellow currently working as a case manager at Gilead informed me of a care package delivery service his team was putting together. They made baked goods and gathered whatever arts and crafts they could find to put the first packages together. More than a simple act of compassion, these care packages have allowed Gilead's clinicians and case management teams to safely engage with community members and clients to provide more in-depth services after the outpatient offices were forced to close.

Thanks to the efforts of the Follow Me Home's first GoFundMe campaign (which raised over \$1,100), what began as a trickle of care packages delivered on a weekly basis has grown into a weekly delivery of more than 60 care packages to congregate care settings. Follow Me Home is continuing our fundraising efforts to keep the expansion of care package deliveries throughout Connecticut as the economy considers the re-opening.

By Lance Williams
Gilead Board Resident & Wesleyan Class of 2020

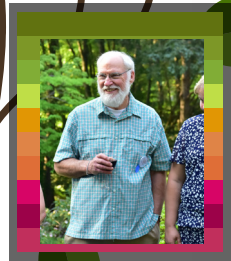
IN MEMORIAM

On February 29, 2020, Gilead lost a dear member of our family, James Probolus. Jim was a member of the Gilead Board since 2005. His unwavering dedication and support has meant so much to this organization! We were lucky to have him on our side for so many years.

Your MxCC family and I miss you greatly. We look forward to next year's blueberry harvest from your dedicated bushes on campus. Keep those squirrels away! - Kim Hogan, Gilead Board



Jim led by example. His smile lit up the room, his ideas generated hope and vision and his generosity inspired others. More importantly Jim knew how to bring out the best in the Gilead Family. - Lucy McMillan, Gilead Chief Dev. Officer

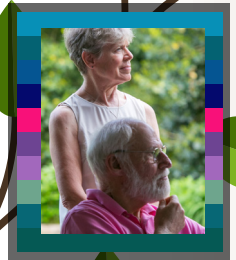


Mergers and acquisitions not only bring together organizations and services, but also good people. Jim is one of the great assets that came with the Portland Visiting Nurses Association! I will always remember how supportive and positive he was in dealing with any situation, good or bad. - Barry Simon, President & CEO, Oak Hill



Jim was a personal mentor to me, and a tireless champion for the rights and dignity of those suffering with mental illness. His infectious love of Gilead was an inspiration to all of us on the Gilead board. - Fran Ludwig, Gilead Board

Jim showed me what it means to advocate from your heart. His persistent gentleness and love for others has shaped my perspective on leadership and friendship. I am forever grateful. - Dan Osborne, Gilead CEO



Jim was one of those folks who was frequently present, always caring, looking for ways to support what we do, and gently challenging with thoughts and commitment about how to move forward. He was a true advocate for Gilead and for those we serve. - Justin Salvio, Gilead COO



I had the pleasure of first meeting Jim when Gilead merged with Portland Visiting Nurses Association in 2005. From day one, Jim was always thoughtful, caring and extremely dependable. Jim was a lot of fun to work with and I miss his smiling face at the Finance Committee meetings. - Christine Leiby, CFO & Treasurer, Oak Hill

Jim always struck me as dedicated to Gilead in both his actions and opinions. I personally viewed his opinions as part of our Gilead growth foundation! Jim and I had a personal connection as he was a Parts Delivery Driver for NAPA Portland, as I was for Jackson & Key Chevrolet. Oh we laughed and teased one another! RIP Jim as you deliver your special laugh to the Angels in heaven! - Phil Pessina, Gilead Board

PROGRAM HIGHLIGHTS

GRADUATION CELEBRATION

ANCHORAGE HOME CELEBRATED A MOVING GRADUATION CEREMONY!



One staff member helped the graduate get into his black satin cap and gown, while others decorated with streamers, a tablecloth with graduation mementos, and balloons! The online Zoom connection to the commencement ceremony of The Shoreline School graduating class featured speeches by the salutatorian and the principal, recognizing all the hard work of these students. Honored guests included our graduate's former therapist, whom he credited (with very sincere gratitude) for the time and conversation she devoted to him over the years. It was a unique experience and just as formal and meaningful as any "pomp and circumstance"



procession I have ever witnessed (and at my age there have been hundreds, I assure you).

We have seen this graduate grow up - from a boy to a man. His hopes to attend college in the future sparked a discussion among his housemates of their future graduations. (In some cases, they'll be the first in their family to earn a diploma.) This is truly inspiring, is it not?

By Nathan Wise
Residential Support Worker, Anchorage Home



CELEBRATING JUNETEENTH

THE LONG HISTORY OF DISCRIMINATION, INJUSTICE AND RACISM IN OUR COUNTRY IS NOT IN LINE WITH GILEAD'S MISSION. Issues of equality, human rights, respect and dignity are paramount to everything that Gilead is trying to accomplish as an organization.

Gilead was proud to honor and celebrate Juneteenth as the commemoration of the ending of slavery in the United States. Many of Gilead's programs honored this special day with picnics, craft projects, and taking part in the process of intentionally learning and listening.

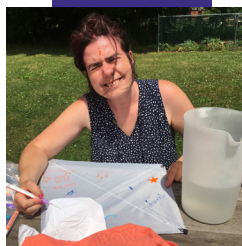
Anchorage home, led by staff Touri Searson, celebrated in a creative way. Clients and staff went on a hike and were given an envelope to take along. On the outside of the envelope was the definition and brief history of Juneteenth. Inside the envelope were famous African American inventors. Everyone read their envelopes along the hike. Clients and staff all learned, reflected and enjoyed the day!

CREATIVITY IN THE MIDST OF CHAOS

"MEN ARE DISTURBED NOT BY THINGS, BUT BY THE VIEW WHICH THEY TAKE OF THEM." – EPICTETUS

The outstanding residents at Gilead II (GII) have been subjected to the unfamiliar restrictions of the state and the agency due to COVID-19. Although this pandemic has caused induced anxiety, our team has formed a strong source of strength during these tiresome times to ensure that GII clients have the ability to distract themselves by enjoying activities within the parameters of our group home.

During these past months the group has thoroughly enjoyed playing cards together outside - it even gets a little competitive! Our vibrant clients have made awesome tie dye bandannas to use as face masks. We even had a parent take part in this project safely (outdoors, 6 feet+ apart with masks on.) They created



bright kites that they designed from an empty canvas and made into marvelous drawings. One client in particular spent a couple days flying that kite in the yard, in her pajamas and slippers. Clients have actively utilized the local track to participate in walking groups that they asked for to ensure they were getting exercise, fresh air and vitamin D. Some have participated in local picnics and beach trips. Others have planted tomato plants and have been making organic juice drinks for others in the house. In addition we received a badminton net, rackets and birdies from proceeds from the Move for Every 1 event. The games have been a joy to watch and participate in. One time, our program director hit a birdie so hard it landed in the neighbor's yard to be unseen for a week. Boredom indeed creates creativity.

By Sarah Bourne
Clinical Case Manager, Gilead II

LEAVE A LEGACY

MAJOR DONOR EVENT

Traditionally, Gilead hosts an annual thank you dinner at the end of May for individuals who give generously to Gilead throughout the year. This includes board members, donors, volunteers and more. Unfortunately, due to COVID19, this event was not possible.

Since we couldn't bring everyone together, we thought we would bring the Thank You's to everyone at home! We created a video featuring staff and clients showing their appreciation to our "Major Donors." A drone captured chalk messages, handmade signs and words of appreciation for our amazing supporters, who are so generous with their time, expertise, creativity, presence, emotional support, money, leadership and most of all their hearts! These hearts did not skip a beat during this time of crisis. They helped with decision making, letter writing, donations, food deliveries, mask making, thank you messages, emotional support, and so much more. All of these giving acts are acts of love. It is felt by the staff, the clients and consequently the greater community.

Together we make up the Gilead Family and together we will continue to provide excellent care with compassion, innovation and integrity.



Chalk messages of gratitude at Gateway



Drone shots at Women's Home



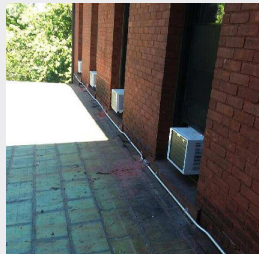
Administration staff showing our heartfelt thanks

THANK YOU!

GILEAD COMMUNITY SERVICES IS INCREDIBLY THANKFUL FOR THE GENEROSITY OF GRANT FUNDERS, WHOSE SUPPORT HELPS US PURSUE OUR MISSION!

Thank you to...

The Community Foundation of Middlesex County for funds for our new resource center and emergency funding for COVID19 PPE; **New Britain CDBG** for funds to renovate the residential bathrooms at Farrell Treatment Center; **Community Foundation of Greater New Britain** for funds to update the electrical paneling to support the installation of window air conditioning units at Farrell Treatment Center and for emergency COVID19 funds to support telehealth and the creation of an isolation site; **The Grace Long Foundation** for funds to support our Middletown Outpatient Clinic in providing



care for our under- and uninsured clients; **United Way of Middlesex County** for funds to support our Middletown Outpatient Clinic; **Town of Essex** and **Town of Westbrook** to support our Shoreline Outpatient Clinic; **Essex Community Fund** to support the Middletown Outpatient Clinic; **CT Workers Compensation Trust** for funds to train Gilead staff to be trainers in therapeutic crisis intervention; **CVS Foundation Easter Seals** for funds to continue providing support and services to veterans in the community; and the **Cigna Health Foundation** for funds to support our Mental Health Resource Center.

Gilead is grateful for all of our grant funders' support and generosity— thank you!

By Jennifer Bishop
Grants and Resources Development Specialist

Gilead Community Services is funded in part by



Most of Gilead Community Service programs are CARF-accredited





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UPCOMING EVENTS

14th Annual
Quizine For A Cause

*Stay tuned for exciting changes to this
year's event!*

GILEAD AT A GLANCE...

258

**staff & clients registered for
the Move for Every 1 event**

6,000⁺

**meals prepared, donated &
delivered by Gilead Board,
Gateway staff & Social Club staff**

99%

**of clients maintained stable &
permanent housing (no days of
homelessness)**

30⁺

**laptops & tablets, provided by
Gilead's IT Dept, to clinicians for
providing telehealth services**

500⁺

**handmade masks donated to
Gilead**

WISH LIST

Dishes, mugs, glasses, silverware
Tupperware
Bars of Soap
Shampoo/Conditioner
Toothpaste & Toothbrushes
Towels

**Please contact Denise Gable at
860-343-5303, ext. 3447 or dgable@gileadcs.org if
you wish to donate or contribute an item from the
wish list.*