



**GILEAD**  
COMMUNITY SERVICES, INC  
Improving Lives, Building Futures

WINTER 2023

# BALM OF GILEAD

## ROAD TO RECOVERY

### WHO WILL YOU WALK, RUN OR MOVE FOR?

Join Team Gilead for the 8th annual Run for Every 1 on Sunday, April 2, 2023.

The countless stories that come out of this event each year inspire and move us. From the *Who Will You Walk/Run/Move For?* dedications to the personal goals accomplished to the perseverance of our participants.

Mike Black, Psychotherapist at Gilead's Outpatient Clinic, considers himself lucky to be part of one such success story. Although Mike had participated as a fundraiser in the past, 2022 was the first time he attended. He accompanied and walked alongside L.M. for as far as she was able. The plan was never to finish the race (or so he thought). L.M. has some physical challenges that cause her to be a fall risk and unstable while walking. Mike and L.M. were going to take their time, turn around when she was ready and just enjoy the day!

"She just kept going," Mike laughs. "We walked slow and at times she struggled, so we rested and took a



Mike Black & L.M. working their way to the finish line!

break, but she had her mind set to get to the finish line." Mike asked her many times if she wanted to turn around but L.M. was motivated to keep going. "The further we walked, the more people joined to walk or cheer for us! No one pushed her to keep going, we just walked alongside. L.M. was totally self-motivated."

After the event, L.M. suffered from muscle soreness and sores on her feet for weeks. But that did not hamper her enthusiasm. She continued to talk about the day and finishing the race for months! L.M. has even inspired a friend to not only attend, but to cross that finish line with her in 2023.

Mike will be there walking with L.M. again. "This was very special for her. She's been empowered by crossing that finish line – not only that day but for the entire year!" Thanks L.M. for motivating and inspiring us! We will meet you at the finish line!

-Denise Gable  
Director of Development

Learn more about the event, register for the race, or sponsor a client at [www.gileadcs.org](http://www.gileadcs.org)



# GOOD NEIGHBORS

## CELEBRATING A LEGACY: QUENTIN WILLIAMS

We are mourning the loss of beloved friend, supporter, and advocate, Quentin "Q" Williams. Q attended many of Gilead's events and leaves behind a strong, but so sadly unfinished, legacy of powerful and energetic community advocacy. For everyone who knew Q or knew about his impact on our community, this is a devastating loss. Q's energy, infectious smile, and passion for Middletown will be missed greatly. We send our thoughts, love, and support to Carrissa Williams, Q's wife and Gilead Board Member, along with the rest of Q's family.



*"Q was a friend of mine and a friend to Gilead! Q's friendship, support and determined advocacy had an impact on our organization and on the entire community that will not be forgotten. I am so grateful to Q for his consistent energy, compassion, love and encouragement that he shared with the Gilead family. He will be greatly missed."* - Dan Osborne, Chief Executive Officer

*"When Q walked into a room he brought the most amazing energy. The energy was so strong that it was hard not to feel it if you were in the same room. I think that energy was fueled by love, love of family, community and life. Gilead was so fortunate to be part of that loving energy."* - Lucy McMillan, Chief Development Officer



*"Q was an inspiration and a hero to us. I admired his social and political advocacy, consistent inclusive message, and dedicated participation on our human services roundtables. He had a very impactful life and will be missed by all who knew him."* - Nathan Wise, Residential Support Worker



# PROGRAM HIGHLIGHTS

## GRANT SPOTLIGHT: AMERICAN SAVINGS FOUNDATION

**Gilead received a \$4,800 grant from the American Savings Foundation in support of Critical Incident Stress Management and Certified Clinical Trauma Professional training.**

These trainings will aid our Mental Health Resource Center staff in addressing critical incidents in the community and with individual clients. Critical Incident Stress Management training is designed to address a recently experienced traumatic event, reducing the development of PTSD in the long term. Certified Clinical Trauma Professional training enables our clinicians to treat a person who is experiencing PTSD symptoms, using person-centered care techniques.

These trainings are also designed to provide staff with methods for their own self-care.

**We thank the American Savings Foundation, for supporting our staff's professional development and positively impacting the communities we serve.**

-Emma Russell

Manager of Grants & Community Engagement



*Mental Health Resource Center staff and ambassadors connect with Quizine 2022 guests about new services available at the resource center.*



*Call (860) 530-4357 or email [mhrc@gileadcs.org](mailto:mhrc@gileadcs.org) to connect with a service navigator.*

## CARF ACCREDITATION RENEWS!

**Gilead is extremely excited and pleased to have received notice from CARF that, based on our accreditation visit in December 2022, our programs have been awarded a full 3-year accreditation.**

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services. In the words of CARF from our award letter, "This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served." CARF went on to state that our services "clearly indicate an established pattern of conformance to [CARF] standards."

Gilead takes pride in achieving this high level of accreditation and couldn't have done it without the leadership from Rob Snyder, Director of Quality Assurance, and the tremendous amount of work, dedication and commitment from all our staff that went into this great achievement!



*Thank you, Rob, for all you do!*

# PROGRAM HIGHLIGHTS

## A BIRTHDAY REUNION

The Opening Doors program helps fund life-changing items, experiences, and resources that facilitate growth and celebrate success.

L.B., a client in Gilead's WISE program, has not seen her family since pre-COVID times. While distance makes the heart grow fonder, the distance between Connecticut and Florida—L.B.'s distance from her family—grew too far. Like anyone, L.B. wanted to spend quality time with her family.

Opening Doors helped connect L.B. to her son and her granddaughter just in time for her granddaughter's sixth birthday! L.B. has a strong bond with her granddaughter, and through Opening Doors she was able to visit. "She would not have been able to go without Gilead's help," said Sylvia, L.B.'s case manager

Ready for takeoff, L.B. boarded her flight and reunited with her family for a birthday celebration. This was one milestone that she was not going to miss!



Ready for take-off!

## THANK YOU, HALLAM-ICS

Gilead is honored to receive the 2022 Community Service Award from Hallam-ICS!

Each year Hallam-ICS, an engineering firm with an office in Middletown, selects one charitable organization from each of their operating regions for the Community Service Award. Gilead was honored to receive this award, which includes a commemorative plaque and \$5,000 award to support the continuation of our programs.

"We present this Award for Community Service to recognize, support, and encourage their ongoing commitment to improving the lives of others in our communities. These organizations, through their direct actions, provide a positive influence within our communities and exemplify the virtues of social responsibility." says Matt Reid, Commissioning Lead at Hallam-ICS.

Supporting and contributing to their local communities is a founding principal of Hallam-ICS. Each year, staff volunteer at non-profit organizations for a day of service. Two of Gilead programs have benefitted from their professional skills. They not only provide the volunteers, but also purchase all the supplies needed. Gilead program homes have received porch renovations, interior painting, deep cleaning and organization, and minor electrical upgrades.

Thank you Hallam-ICS!



# ROAD TO RECOVERY

## PHOTOGRAPHING THE FARRELL FAMILY

In preparation for the launch of the Farrell Treatment Center's new website, Gilead hired a professional photographer to bring the true essence of this wonderful place to life.

The Farrell Treatment Center is truly like one big family, and like all families, there are imperfections and difficulties amidst all the love. People go to Farrell for treatment, not glamorous photoshoots. What was going to happen? Needless to say, I was nervous!

However, my nerves were calmed on the day of the photoshoot. I arrived with Emma, Manager of Grants and Community Engagement, and we got to work cleaning windows and clearing spaces. Sally Martinez, the Client Care Coordinator, spoke to clients all week leading up to the shoot, preparing them for the day. As we chatted about the project, more people offered to help prepare the space and even be photographed! Clients were moving chairs, vacuuming offices, and picking out new outfits for each location. Diana and Willie prepared pizza to stage cooking shots, Kirby spent the day at work despite having a day off, and Pam helped rearrange furniture to ensure the space was as cozy and inviting as possible. By the time the photographer showed up, the Farrell Treatment Center was buzzing with positive energy! Like a family, we all supported one another.

I am so thankful for the cooperation of the Farrell Treatment Center staff, and I am moved by the clients. In a world that wants to ignore and stigmatize the realities of mental health and substance abuse, these men boldly decided that they will be the faces of recovery. I cannot wait to share these beautiful photos with the public, and most importantly, with all the "models" who spent that afternoon with me.

**Stay tuned for an official launch of the Farrell Treatment Center's new website.**

-Marcella Micillo  
Development Coordinator

*Photo credit: Defining Studios Photography*





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## UPCOMING EVENTS

**Gilead's Annual Move for  
Every 1  
Road Race  
Sunday, April 2<sup>nd</sup>, 2023**

**Major Donor Picnic  
Saturday, May 20<sup>th</sup>, 2023**

## WISH LIST

Toothbrushes & Toothpaste  
New socks  
Soap  
Flat Screen TV  
Silverware  
Hot plate  
Craft table  
Sensory items (bean bags, fidget toys, sound machines, balance ball, etc.)  
Kettle bells  
Medicine balls

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*\*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.*

Gilead Community Services is funded in part by



Most of Gilead Community  
Service programs are  
CARF-accredited

