



well-being



BROOKLINE COMMUNITY MENTAL HEALTH CENTER

NOVEMBER 2012

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Reaching families in crisis at home and in the community

Families in crisis represent a growing need in our community. Through two new Center initiatives, we are working to improve the lives of families struggling with issues of trauma, abuse or neglect. In particular, we are expanding our work with lower and moderate income families to strengthen the well-being of their most vulnerable members: children.

Our **In-Home Therapy Program**, helps families with children who are experiencing multiple and significant behavioral, emotional and mental health issues. The program provides intensive services in the family's home, at school and in other community settings up to three times a week over six to nine months. Staffed by highly experienced clinicians with the knowledge and qualifications to provide a broad range of services, the In-Home Therapy helps improve family functioning, identify untapped community resources, and decrease school-based incidents involving kids in the program. In 2012 we served 90 families in the program, an increase of 20 percent from the previous year.

Young children are at the highest risk for experiencing maltreatment, including abuse and neglect, due to their size, need for constant care, and developmental stage.

In response to the great need for interventions focused on the very young, the Center has established a **new Early Childhood Community Program**. Young children are at the highest risk for experiencing maltreatment, including abuse and neglect, due to their size, need for

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Keeping those at risk for wandering HomeSafe

Thanks to funding from the Hamilton Charitable Trust, Brookline Police and Brookline Community Mental Health Center have teamed up to protect



members of our community who are at risk for wandering or getting lost.

The HomeSafe program helps families and public safety agencies find

and rescue adults with cognitive disorders (such as Alzheimer's) or children with developmental issues such as autism should they become lost.

The HomeSafe program is open to anyone who lives, works or attends school in Brookline and financial subsidies are available for those in need.

To learn more, contact Lolita Gonsalves-Alston at (617) 277-8107 or lolitagonsalves@brooklinecenter.org.

Thank you!

Your support has made it possible for the Center to make great strides this year. Remarkably, you have allowed us to improve the well-being of more clients than ever before – 10 percent more than last year – many of them lower income children and families.

People sometimes ask me, "Why in a state with mandated health insurance is there a need for community mental health services?" One answer is that universal *insurance* – whether on a state or federal level – does not translate to universal *access* to mental health care.

Over the past decade, many private mental health care practitioners have stopped accepting insurance because reimbursement rates have fallen too low (and associated administrative costs have become too great). For lower and middle income families, paying out of pocket for treatment is just not possible. The Brookline Center is their central access point to affordable care.

On average, insurance covers just 58 percent of the Center's true cost to deliver care. By bridging the gap between actual costs and reimbursement, philanthropy allows us to continue to accept insurance for those who rely on it and provide mental health care to all Brookline residents who need it.

With your help, Brookline stands strong as a community with *universal access* to mental health care. We are truly grateful for your continued commitment to Brookline and investment in the Center.

Cynthia D. Price
Executive Director

FAST FACTS

4,000

The Center serves 4,000 adults, children, and elders each year, in Brookline and neighboring communities, regardless of income, insurance, or severity of illness.

insurance gap

Insurance typically pays only \$70 of the \$120 cost to deliver one hour of outpatient mental health care.

In the past three years we have helped more than 295 Brookline families avoid homelessness.

295

public schools

There is one or more Center clinician working in every Brookline public school.

Reaching families in crisis

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constant care, and developmental stage. Children with behavioral and emotional difficulties, including anxiety, aggression and attention deficits, and those with disabilities, are particularly vulnerable because of the challenges they pose to caregivers.

Working in consultation with Brookline Early Education Program, Brookline Public Schools, Brookline Housing and other agencies, our new Early Childhood Community Program identifies and treats children under five and their families, restoring safety in the family home, reducing domestic violence and abuse/neglect, and working towards longer-term solutions that promote psychological and medical health.

Foundation grants increase access to services

Providing expanded access to services and support for the development of innovative treatment models, several community and family foundations have awarded new grants or renewed their funding to Brookline Community Mental Health Center in recent months. Thank you to our foundation partners for their support of the following programs:

- **Bennett Family Foundation**
Building Resilient Youth in Transition (BRYT) evaluation project
- **Brookline Community Foundation**
Community Assistance Network; Brothers and Sisters Toward Success; and Surviving and Thriving – Building Resilience in Lower Income Women
- **Esther Khan Foundation**
Social skills groups for children with autism spectrum disorders
- **Robert Wood Johnson Foundation**
Expansion of The Healthy Lives Program to “a super-utilizer” population in collaboration with Beth Israel-Deaconess Medical Center and MA Health Quality Partners
- **Weil Foundation**
Crisis intervention to high-risk, lower income families with preschool age children



**Team Brookline
wants YOU
to run the
Boston Marathon!**

**Join Team Brookline
today – we'll help you
train for the challenge
of a lifetime so that
you can keep Brookline
running strong!**

Brookline's official Boston Marathon team is now accepting runners interested in running from Hopkinton to Boston to support four great local charities – Brookline Community Mental Health, Brookline Education Foundation, Brookline Library Foundation and Brookline Teen Center.

Runners get an official Boston Marathon number, weekly training runs on the race course, personalized coaching, fundraising support and more!
All levels welcome.

**To join, visit
www.teambrookline.org**

New Edna Stein Society recognizes leadership giving

Starting this fall, donors who make a gift of \$1,000 or more to Brookline Community Mental Health Center will be welcomed as members of our new Edna Stein Society.

"In establishing the Society we are acknowledging the vital role leadership level donors play in strengthening our community," says Board Member and Development Committee Chair Georgia Johnson. "These individuals sustain and grow core programs and services that stand at the very heart of the Center's mission."

Society members will receive distinguished recognition and event invitations, along with special updates on the Center's work and impact.

A gifted and tireless innovator, organizer and advocate for people living with serious mental illness, Edna Stein was the founder and first president of Brookline Community Mental Health.

To become a member of the Edna Stein Society or to learn more, please contact Vice President for Development Nancy Vineberg at (617) 277-8107.

In Honor Of and Memorial Gifts

Give the gift of well-being! Did you know that you can celebrate a special occasion, remember a loved one, or commemorate a milestone with a tribute donation to the Brookline Center? Upon receipt of your gift we will quickly acknowledge your donation to the recipient (and provide you with tax appropriate information).

To make a tribute gift visit www.brooklinecenter.org/ donate or contact Anjali Randev at (617) 277-8107.

Women at the Center launches **January 15, 2013**



Save the date and plan to join us for a very special evening with Dr. Ali Domar, one of the country's top mind-body women's health experts.

What better way to recuperate from weeks of "holiday cheer"?

Women at the Center offers women dynamic social opportunities to strengthen Brookline's well-being – and their own – by learning about, sharing and supporting the work of Brookline Community Mental Health Center.

To learn more about Women at the Center, contact Heather Leet at heatherleet@brooklinecenter.org or (617)277-8107



**BROOKLINE COMMUNITY
MENTAL HEALTH CENTER**

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