

# (com) PASSION

**YOUR CARING + YOUR IMPACT**

**2017 ANNUAL REPORT**



**the brookline center**  
*for* COMMUNITY MENTAL HEALTH

# PASSION & PURPOSE

At The Brookline Center, we're driven by a passion for healing and a commitment to our community.

Like you, we believe that every person can lead a whole and healthy life, and that all people deserve access to outstanding care in times of need.

Together, we make both possible.

This year, 1,537 supporters made gifts of \$1,655,300 to The Brookline Center, fueling 42,000 hours of care.

**Your compassion changes lives—  
and our community. Thank you!**

## Dear Friends,

Your ongoing support of The Brookline Center ensures stability, nurtures growth, and changes the lives of countless individuals and families. We are so grateful for your commitment to the cause of mental wellbeing.

From its founding, the Center has combined an intense, purposeful drive (for better access, for better outcomes, and for a better understanding of mental health) with a deep empathy for individuals and families.

This year, as we bid farewell to a leader whose passion guided us for decades and welcome a new executive director with a deep commitment to advancing mental health, we're thinking a lot about the people who are at the heart of our work: our clinical and program staff.

We've built an extraordinary team. Our clinicians demonstrate top-tier skills, education, and experience in their fields. They choose to work at The Brookline Center because of their own passions for community mental health and the opportunities it presents for improving our world one person at a time.

In this annual report we spotlight several of the Center's incredible staff to give you a sense of the passion and purpose that drives their work and makes the Center so effective in addressing the evolving mental health and social service needs of our community.

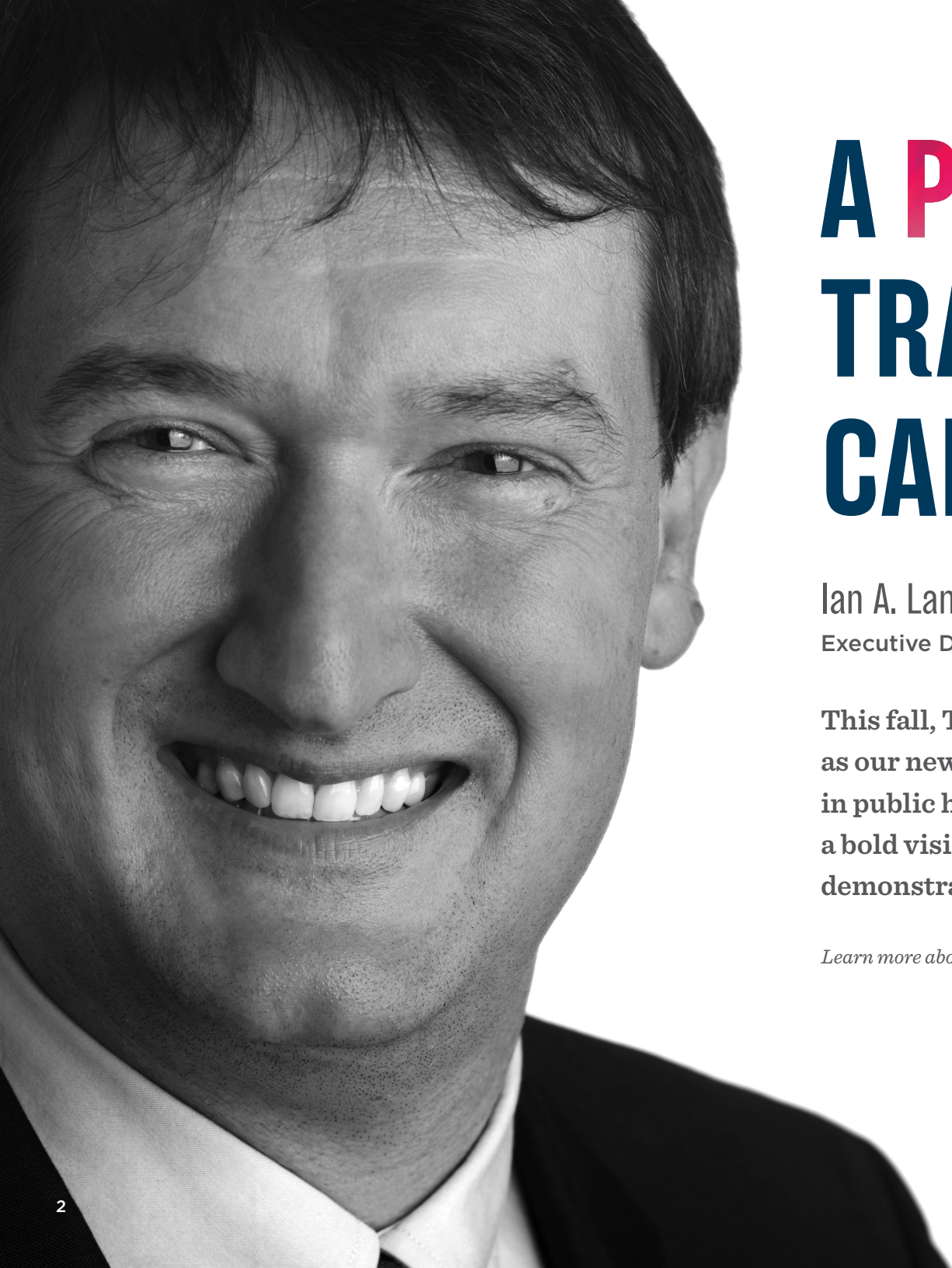
Thank you for your continued commitment, thank you for your partnership, and, most especially, **thank you for your compassion.**



**Karin B. Miller**

*President*





# A PASSION FOR TRANSFORMING CARE

Ian A. Lang

Executive Director

This fall, The Brookline Center welcomed Ian Lang as our new executive director. Ian has spent his career in public health leadership, and brings to the Center a bold vision for mental health care and a passion for demonstrating what's possible.

*Learn more about Ian Lang at [www.brooklinecenter.org](http://www.brooklinecenter.org)*

## Q&A with Ian Lang

### What inspires you as a leader in mental health?

We're at a fascinating time for mental health. It's becoming evident to the larger healthcare community that the work we do can have huge impacts on overall quality of care, cost, and health outcomes. There's an opportunity to take the work we do in local communities and apply that philosophy to the entire medical system. The potential to transform care is hugely motivating to me.

### What drew you to The Brookline Center?

I was impressed by the Center's commitment to excellence and its willingness to stretch to best serve the community. Folks in healthcare have a tendency to stay in their own lanes. They'll look at a problem and say: Well, these people aren't getting the housing they need or the therapy they need, but what can we do? The Brookline Center looks at a problem and comes up with new ways to solve it. The staff recognize that care is provided not only within our four walls; it's provided out in the community, with an understanding of all of the complex factors that impact mental health. The Center's will to address challenges in new ways, while always keeping at its focus the people we serve, puts us at the cutting edge of care.

### What are you looking forward to most?

I'm truly excited to be a part of the Brookline Center team. There's something exhilarating about coming to work every day with people who are absolutely passionate about what they're doing. We have such a phenomenal board and donor community; I'm really looking forward to getting to know our supporters and partners—finding out what drives their passion for mental health and what we can make happen together.



## Cindy Price: Four Decades of Passionate Leadership

After 38 years championing mental health in our community, Dr. Cynthia Price retired as the Brookline Center's executive director this fall. In tribute, the Board of Directors has launched The Cindy Fund to advance professional learning for staff and nurture programs and services innovation at the Center.

*For more information on The Cindy Fund and how to contribute, please call the Development Office at 617.277.8107 or visit us online at [www.brooklinecenter.org/thecindylfund](http://www.brooklinecenter.org/thecindylfund)*



Mariko Sakurai, PhD  
Coordinator, Project GROW

## MY PASSION

# Empowering Girls and Young Women

Adolescence is a time of extraordinary growth and opportunity for girls, our groups play to their strengths. We explore the ups-and-downs of peer relationships—what makes a healthy friendship, how to understand and handle conflict. We talk a lot about identity. And we teach about self-care too: anxiety management, mindfulness, and body image.

You feel privileged to sit with kids when they are being so honest and authentic, to hear them speak in their own voice. They have such fascinating discussions. Oftentimes the girls will tell us that they don't have another place to speak this way, to let their guard down, and talk about things that matter to them. And they have each other; the girls find comfort in each other.

( 650+ girls have developed healthier relationships with peers (and reduced bullying in Brookline Public Schools) through Project GROW. )

Phillip Laidlaw, PsyD

Family Team Leader and Diversity Initiative Coordinator

## MY PASSION

# Transforming Families, for Generations

I grew up in upstate New York, where I was one of very few people of color in my community. The narrative that was imposed on me as a kid (that I was inferior, not smart, even dangerous) didn't fit. I knew the same kind of narrative was imposed on a lot of families, and I thought: that can't be the story.

At the Center we're focused on helping people get to a different place in terms of their health, wellbeing, and sense of self. When we come into an individual or family's life, it's often at a point where things can go a lot of different ways. Early on, I worked with a young man in a very difficult situation. He's now a father of four and promoting a lot of what he learned with his children. I see the work we do as a web that goes out there into the future, making an impact for generations to come.



( 45% of the Center's clients are children from across Brookline's neighborhoods, from Coolidge Corner to Chestnut Hill. )



Megan Smith, LICSW

Service Coordinator and Outpatient Therapist

## MY PASSION

# Creating a More Responsive, Just Community

I work as a therapist, social worker, and service coordinator for Brookline families living in public housing. Most of my day is spent building relationships with people, working with them to figure out and connect them with the resources they need. I participate in town-wide coalitions too, identifying gaps in services and where we can better serve our community.

It's exciting having the ability to move across these levels; it fits with my commitment to make a more just world at the same time that it helps individuals. We're able to put big programs in place, and we're also able to help individuals get through really difficult times. I don't think one piece is greater than the other. We need people doing all of the work. There's a lot of work!

( Brookline Center partnerships with 54+ local agencies bring mental health care into the community whenever and wherever it's needed. )



Paul Hyry-Dermith, EdD

BRYT Director

## MY PASSION

# Making Schools Work for All Kids

We're fortunate to live in a state that's producing really strong academic outcomes for children, but one group that isn't doing as well is students with mental health challenges. For a long time, these kids were labeled in a way that contributed to a lack of success, but we're beginning to see that with integrated treatment and academic support, a serious mental health challenge in adolescence becomes something that you recover from, rather than something that sends you into a tailspin.

When we go to talk with folks at a new school, we see heads start to nod. It's incredible to see school after school making the commitment and it's amazing to see the results they're producing for a set of students who had fallen through the cracks in the past. You see it helping the whole school improve.

( 74 communities statewide have started BRYT model programs; the growing BRYT Network now serves 82,000 middle and high school students. )



Kathleen Turner, LICSW, MPH  
Clinical and Community Social Worker

## MY PASSION

# Forging New Paths Forward

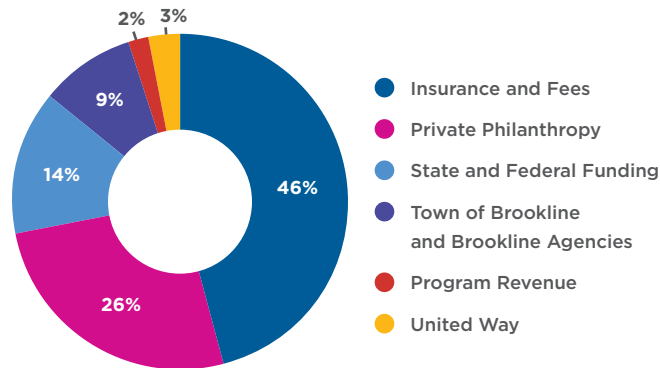
In my first job as a social worker, it felt like my work was often a Band-Aid. There was a bigger system of challenges happening for people and I wanted to be able to step in at an earlier point. My role at the Center grew out of a more preventive, community focus. Being able to collaborate with other agencies, having longstanding relationships where if someone is having a tough time, you're able to step in and get some support going quickly – that feels really impactful. I've seen so many instances where we've been able to help someone get their feet back under them.

I think of my work with each individual as standing together and looking at the problem to see what path we can take together. My goal is to help people find their resilience and help them act on it. To help them get to where they want to be. And in working together, it impacts the overall health of the community.

( Philanthropy creates care; specifically, more than \$1 million in free and reduced-fee services provided to Brookline residents in 2017. )

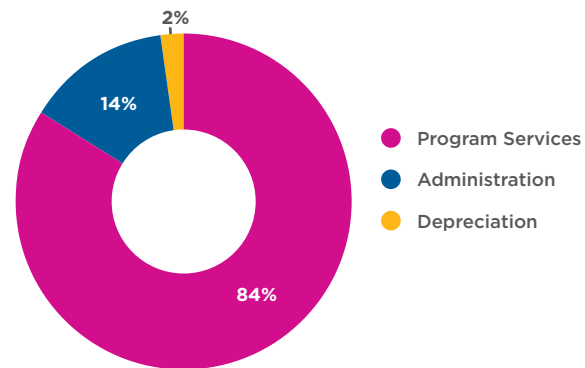
# PHILANTHROPY WITH PURPOSE

Few communities can rely on a comprehensive, community-focused mental health provider like The Brookline Center. Even fewer can count on care marked by a passionate commitment. We're able to do what we do because of supporters who share our conviction: that all people, no matter their condition or financial situation, deserve accessible, outstanding care. Donors close the gap between what individuals can afford and the full cost of services, ensuring that every person who walks through our door can receive the support they need.



## Revenue

Philanthropy accounted for 26% of the Brookline Center's income this year. In total, 1,537 generous individuals, companies, and foundations made gifts of \$1.66 million, sustaining core services and fueling innovative solutions to community needs.



## Expenses

We carefully manage our \$6.4 million budget to ensure every donation has the intended impact. This year, 84% of every dollar contributed funded mental health programs, services, and clinic operations.

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For additional financial information, please contact Johanna Chilingirian, Director of Finance, at 617. 277.8107.

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Your generosity moves us closer to a day when every adult and child in our community can access mental health care in times of need.

We are profoundly grateful for your ongoing support.

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Katie Bayerl

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