



Collaboration



THE EDINBURG CENTER // Annual Report 2013/14





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Dear Friends

On behalf of The Edinburg Center, we would like to thank you for supporting our efforts to improve the quality of life for individuals with mental health conditions and developmental disabilities. Your generosity improves the quality of life for thousands of people and helps The Center provide the people we serve with the opportunity to live a life full of dignity, achievement and hope.

This year's Annual Report is dedicated to "*Collaboration*". Within these pages you will find inspirational stories about the people with whom we work in partnership, our staff, the individuals we serve, other community organizations, local businesses and educational institutions. This report also includes The Center's financials, demographics and a listing of our donors over the past two years.

The first article in this Annual Report describes our Garden Project, a collaborative effort that includes The Center's Opportunities Day Treatment Program and one of our residences serving individuals with developmental disabilities. As you will see, this project yielded much more than a bountiful harvest and also serves as a reminder that Spring is not too far away!

You will also find information about our Intensive Community Support Program, a unique program that incorporates a team approach and is founded on the belief that individuals can often prosper when they remain in the community during times of distress. Other articles include a focus on the beneficial outcomes of The Center's successful internship program, the importance of community involvement and participation within our residences serving individuals with developmental disabilities and our unique approach to helping people move forward in their recovery.

Once again, we thank you for your interest and support. Please know that you have helped The Center achieve its goal of assisting persons to be more successful and satisfied in the living, working and learning environments of their choice. We are grateful for your generosity, your trust and for your commitment to our mission.

Sincerely,



Russell T. Kopp,
Board President



Ellen Attaliades,
Chief Executive Officer



The Garden Project

Working together to produce a bountiful harvest and more!

As Melissa Wentworth was being interviewed for a position at the Opportunities Day Treatment Program in 2012, she was asked to describe a potential project that she could develop for the program. She said she would really like to coordinate a garden group. In the spring of 2013, Melissa found a perfect location at one of our homes providing services to individuals with developmental disabilities in Lexington. Along with other staff - Kathy Doherty, Heather Miller, Joanne McKenna, Lisa Mendes and Lynn Bishop, Melissa coordinated the logistics for the garden group. By the third week of May, Melissa and her "three women builders" from Opportunities completed the wheelchair accessible raised beds which included donations of soil, building materials, seedlings and garden tools from the Wagon Wheel Nursery & Farmstand of Lexington, Home Depot of Waltham and Whole Foods of Cambridge. By the end of the month all of the seedlings were planted and the garden was on its way!

Over the past two growing seasons, approximately eight to ten individuals from our Opportunities program watered, weeded and harvested tomatoes, zucchini, eggplant, basil, broccoli, peppers, watermelon, spinach and snap peas and more. Melissa said that "for many people this was the first time they ever gardened and it was amazing to watch them get excited about gardening!"

Individuals with developmental disabilities who live at our home in Lexington also tended the garden each evening with staff assistance. Program Coordinator Lisa Mendes stated that "you could see their eyes glow every time they went outside to water the garden or to look at the garden's progress. We used the tomatoes, basil and zucchini for fresh salads. Vegetables were also blended to make delicious and nutritious meals for individuals who require blended foods."

The Garden Project has been a rewarding experience for everyone involved. It introduced people to the joys of gardening and gave people the opportunity to work on something together and bring it to life. Needless to say, everyone is looking forward to this Spring!



This garden opened up a whole new world for me! I check my garden at home daily and have basil in my lunch every day.



I used to watch garden shows on TV and thought how boring. Now that I am gardening, I love it! I also started my own garden at home and grow squash, zucchini, tomatoes, basil, chives & thyme.





“I cannot say enough about the services we have received from The Edinburg Center. Joy, Justine, and Janet have armed me with knowledge and offered compassion and empathy when I needed it the most.”



A Team Effort

Connecting with Community Supports and Services

John was homeless and unemployed. He was in and out of shelters and sometimes slept outside on a park bench. John wasn't taking his medications. He didn't want to carry around bottles of medication and was afraid that someone would steal them while he was living at the shelter. Shortly after staying at the shelter, John was hospitalized. Upon discharge from the hospital, he began receiving on-site respite services from The Edinburg Center's Intensive Community Support (ICS) Program.

The Center's ICS Program provides short-term, flexible rehabilitative services to individuals to prevent unnecessary psychiatric hospitalization or provide temporary transitional support and stabilization upon leaving an inpatient unit. Services are delivered either through community outreach or through our site-based respite service in Lexington where individuals receive 24-hour staff supervision and support.

The primary goal of ICS is to address each person's unique needs and help them connect with sustainable services and supports in their communities. Interventions are founded in the belief that individuals often prosper when they can remain in the community during times of distress. ICS features a team of professionals that provides medication services, monitoring and education, a comprehensive clinical assessment and an individualized person-centered, recovery-oriented action plan.

Both John and the ICS Team were very motivated to help him move forward. They worked together to find appropriate housing for him. They also helped John learn how to manage his medications and apply for food stamps, health insurance and social security benefits. After two months of receiving services at the on-site Respite Program, John moved into his own apartment and started receiving ICS Outreach Services. Today, John lives successfully in the community, receives services from our Community Based Flexible Supports Program, manages his medications and handles his personal finances.

Over the past two years, ICS has helped over 50 individuals move forward in their personal recovery. *Last year 80% of the people referred to the ICS program did not have a further inpatient psychiatric admission during the service period.*



Community Involvement

The Edinburg Center's Developmental Disabilities Residential Services provides a wide range of services and supports to persons with developmental disabilities. The Center currently supports sixteen homes located north and west of Boston. A major focus of these homes is to enhance an individual's opportunity to become a contributing and participating member of his or her community through involvement in a variety of activities.

In keeping with this goal, The Center has developed a number of possibilities for people to socialize and participate in the community.

Throughout the year, Developmental Disabilities Residential Services coordinate seasonally themed parties and events. There is a lot of planning and expectations that go on behind the scenes one to two months before each event. Our staff work closely with the individuals we serve to plan for refreshments, decorations, entertainment and even individually designed name tags.

The programs also coordinate unique day and weekend trips as well as small monthly gatherings including BBQ's, game nights or birthday celebrations. Family members are always invited to these events. One of our annual highlights is an anniversary party for one of our residences. Over the past two years, this event included a Michael Jackson impersonator who encouraged everyone to dance the night away.

Efforts are also made to coordinate something special for each person. A gentleman in one of our programs recently turned 80 years old. In honor of his birthday, staff arranged for him to receive 80 birthday cards on his special day.

As always, vacations are a must throughout our programs. No matter how short or long, the primary focus is on what the individual wants to do. Over the past few years there have been many vacations to Maine, Connecticut and Cape Cod as well as a camping and fishing trip that for one of the individuals we serve was "a dream come true".



We also set expectations for staff - for example, they will assist an individual with picking out an outfit for the party or help them get a manicure or haircut. We also ask staff to introduce individuals from their program to at least two new people at the event to encourage socialization.

- Lynn Bishop, Director of Developmental Disabilities Residential and Respite Services





Valuable Learning Experiences

Professional Guidance and Genuine Care
in a Supportive Environment

Each year The Edinburg Center provides approximately 25 internship opportunities for students seeking their Master's, Bachelor's and Associate degrees from colleges and universities throughout Massachusetts. All student interns are supervised by licensed professionals throughout The Center.

Internships vary with each program and include many opportunities for students to apply their classroom knowledge, gain valuable experience and connect with professionals in their field of study. Some examples include:

- Meeting with clients to obtain and maintain benefits, assist with financial and medical management, and provide guidance and education on healthy living choices.
- Working with local municipalities to provide services to residents who are at risk for losing their housing due to hoarding behaviors.
- Developing various clinical skills through group work, behavioral interventions, individual therapy, treatment coordination and milieu work.
- Providing in-home therapy, therapeutic mentoring, training and support to children and their families.
- Working directly with Potter Place clubhouse members and helping with everyday tasks and responsibilities to ensure the successful running of the clubhouse program.



I think one of the most important things I have learned from members is how much of a difference it makes to have a community and friends that provide support. I've seen members supporting each other every day I've been here and it's a great experience to be a part of that community.

- Lillie Haxton, Tufts University Intern



**The supervision is superb and
The Edinburg Center is a warm
and inviting place to work.**

- Paul Johnson, Lesley University Intern

Cathy Hoog, Assistant Director of our Community Based Flexible Support program, stated that "The Center has been very fortunate to have had many wonderful interns over the past years. "We are very proud to say we have hired a number of interns into our program—they have all been valuable additions to our team!"

Listed below are a few quotes from staff that began working at The Center as student interns:

"Having been an intern here, almost five years ago, I never imagined I would have learned so much in just a year. My internship here helped me to grow both as a clinician and as a person and realize what I wanted to do in this field."

- Caitlin Van Slooten, LICSW

"The Center is supportive of a creative learning experience and provides interns with professional guidance and genuine care towards individualized academic and personal goals."

- Rachel L. Carter, LSW

"My internship was a very rewarding and comprehensive experience in an extremely supportive environment."

- Sara Scully, M.S.

As you can see from the variety of clinical experiences and quotes from above, The Edinburg Center's Internship Program benefits both the students, The Center and the people we serve.

Over the past few years, interns from the following colleges have played an integral role in operation of The Center's programs;

- Assumption College
- Bentley University
- Boston College
- Boston Graduate School of Psychoanalysis
- Boston University
- Brandeis University
- Bridgewater State University
- Cambridge College
- Lesley University
- North Shore Community College
- Regis College
- Salem State University
- Simmons College
- Smith College
- Suffolk University
- Tufts University
- University of Massachusetts, Boston
- Wheelock College



The structure of the program and diversity of the clients allows me to practice my clinical skills and gives me a very rich clinical experience.

- April Barton,
Simmons College Intern





Supporting a Recovery-Oriented Culture and Services

Moving Towards Wellness, Growth and Healing

SAMSHA, the Substance Abuse and Mental Health Services Administration, an agency overseen by the U.S. Department of Health and Human Services, is a leader in advancing behavioral health throughout the United States. SAMHSA defines recovery as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential through health, home, purpose and community”.

In 2009, The Edinburg Center created the Recovery Oriented Culture (ROC) Group based on this definition and the strong belief that all persons with a mental health condition are capable of experiencing recovery and that all of The Center’s mental health services should incorporate this belief.

The mission of the ROC Group is “To support the development of a recovery- oriented culture and recovery-oriented services at the Edinburg Center.” The Group meets monthly and includes the participation of management, staff and individuals that we serve in our mental health rehabilitation programs. Throughout the past few years, the ROC Group has offered a variety of educational and inspirational events that focus on the principles of recovery. Recent events have included an “In Our Own Voice” presentation, an “I Have a Dream” Commemoration, a MassPRA Regional Conversation on Peers in the Workplace, workshops on Stress Awareness, the Benefits of Exercise and Financial Peace, and a ceremony honoring the Graves at the Metfern Cemetery in Waltham.

Fairs and festivals are also offered to the Edinburg Community through the ROC Group. This past year featured a Whole Health Fair, a Holiday Fair, an Employment Fair and a Recovery and Art Festival. Each event included a range of activities that taught specific skills in interesting and enjoyable ways including making small gifts, doing yoga, completing job applications, exhibiting artwork and even participating in an employment fashion show!



The events of the past year were a representation of what the ROC Group can accomplish. These events energized people and allowed the agency as a whole to work together to assist people in moving forward in their recovery.

- Elaine Farash, Clinic Director



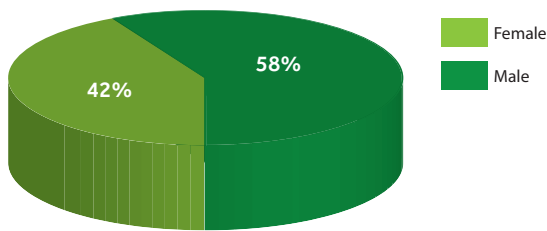
Demographics/ Population Served

Over the last 37 years, The Center has provided services to persons who complex and challenging needs have typically been barriers to successful community living.

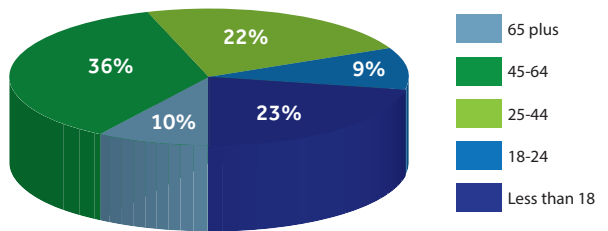
With major sites in Waltham and Lexington, during fiscal years 2013 & 2014. The Edinburg Center served 2322 persons each year in 21 communities west of Boston and statewide.

Clients served by The Edinburg Center's programs: 2322

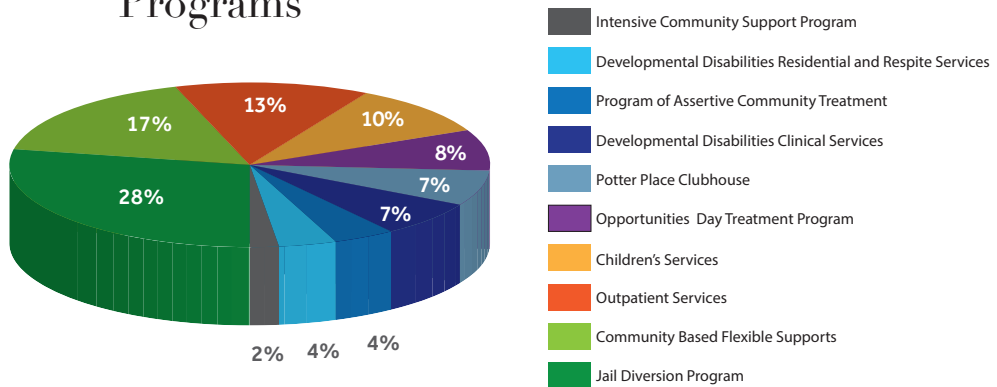
Gender



Age



Programs



Financials

	Assets June 30, 2014	Assets June 30, 2013
Assets		
Cash and Cash Equivalents	\$1,434,961	\$1,777,606
Accounts Receivable, Program Services	\$1,915,973	\$1,900,885
Allowance for Doubtful Accounts	\$(148,901)	\$(224,701)
Net Accounts Receivable, Program Services	\$1,767,072	\$1,676,184
Prepaid Expenses	\$57,631	\$34,683
Total Current Assets	\$3,259,664	\$3,488,473
Fixed Assets		
Land, Buildings, and Equipment	\$11,737,479	\$9,959,884
Accumulated Depreciation	\$(3,542,817)	\$(3,182,477)
Net Land, Buildings and Equipment	\$8,194,662	\$6,777,407
Other Assets		
Other Assets	\$32,717	\$28,731
TOTAL ASSETS	\$11,487,043	\$10,294,611
Liabilities June 30, 2014 Liabilities June 30, 2013		
Current Liabilities		
Accounts Payable	\$377,069	\$326,808
Accrued Expenses	\$1,563,289	\$1,592,146
Current Portion Long-Term Debt	\$112,450	\$95,407
Total Current Liabilities	\$2,052,808	\$2,014,361
Other Liabilities		
Long-Term Notes & Mortgage Payable	\$4,660,760	\$3,954,104
TOTAL LIABILITIES	\$6,713,568	5,968,465
Net Assets June 30, 2014 Net Assets June 30, 2013		
Net Assets		
Unrestricted	\$4,773,475	\$4,326,146
TOTAL NET ASSETS	\$4,773,475	\$4,326,146
TOTAL LIABILITIES AND NET ASSETS	\$11,487,043	\$10,294,611

Sources of Support 2013

The Edinburg Center would like to thank the following individuals, foundations and corporations for their generous support.

\$5,000 - \$9,999

Blue Cross Blue Shield of Massachusetts Foundation Catalyst Fund
Rockland Trust Charitable Foundation

\$1,000 - \$4,999

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This list represents donations received by The Edinburg Center from July 1st, 2012 through June 30th, 2013.

Every effort has been made to ensure the accuracy of these lists.

We greatly apologize for any errors and ask that you please call Gail Rogers at (781) 761-5137 with any corrections.



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Rockland Trust
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please call Gail Rogers at
(781) 761-5137 with any
corrections.*



Mission Statement

The mission of The Edinburg Center is distinguished by our longstanding belief that all persons have the potential to learn, the capacity for change and the right to live a meaningful life in the community of his or her choice. Our mission is to provide an array of innovative services which promote personal growth and independence, foster hope and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions and/or developmental disabilities. The Center maintains a specific commitment to providing services to persons whose complex and challenging needs have typically been barriers to successful community living.



opportunity ♦ dignity ♦ dedication ♦ collaboration



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