



THE EDINBURG CENTER
opportunity, dignity, dedication, collaboration

30 *years*
of transforming lives

A large, stylized leaf graphic in shades of brown and tan, positioned on the left side of the page, partially overlapping the Table of Contents.

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Mission and Philosophy

The Edinburg Center's mission is distinguished by our longstanding belief that all persons have the potential to learn, the capacity for change, the ability to grow and actively contribute to the community.

Our mission is to provide an array of innovative services that promote and enhance the quality of life of persons with psychiatric disabilities, substance use disorders 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.

The core values and guiding principles that govern The Center's service delivery are:

- All persons must be treated with dignity, their human, civil and legal rights protected and their diversity respected.
- Individuals receiving services must be provided with the opportunity to actively participate in their goal development and service plan.
- Services must be individualized and based on a person's unique history, experiences, strengths, needs and choices.
- Services and support must be provided in an environment which fosters independence and maximizes an individual's potential.
- Services must be provided within an integrated, coordinated and accountable system of care.
- Service provision must be goal-oriented, based on current research and use outcome data.
- Systematic review, evaluation and changes in service delivery must occur to ensure that the highest quality clinical services are provided in the most efficient and cost-effective manner.

Dear Friends,

The Edinburg Center celebrated two special occasions this past year - our 30th Anniversary and First Annual Dinner and Premier Auction.

Both of these events provided us with the opportunity to see many familiar and new faces as we commemorated the organization's provision of exceptional service delivery for over thirty years. This year's Annual Report is dedicated to three decades of transforming lives. The photograph on the cover of this Annual Report depicts a number of individuals who use agency services on their way to our 30th Anniversary Celebration. Inside the cover, you will find a running history of The Edinburg Center, which spans three decades, complete with significant mile-stones and other photographs.

Our agency began operations during the era of deinstitutionalization, a period of time when public hospitals serving persons with mental illness and state schools serving persons with mental retardation were being down-sized or closed. During the time of President Kennedy's Community Mental Health Center Construction Act, our agency was established by a group of concerned citizens who identified the need for people leaving the institution to receive supports in the community. Legend has it that we began operations with a budget of \$500,000, overseen by our first Executive Director, Mary McFarland, in the basement of Metropolitan State Hospital. In 2002, the agency was renamed The Edinburg Center in honor of one of its founders, Golda Edinburg. Golda provided the strategic vision that guided the Center from its infancy into a thriving community-based service agency which operates 25 different programs in 19 communities west of Boston to over 2300 people each year.

Despite the varied models of service delivery, different treatment approaches and policy changes that we have seen come and go over the past 30 years, there are three key components of the agency that have not changed. The first is the agency's mission. Our mission continues to be distinguished by our fundamental belief that all persons have the capacity to change, the ability to grow and actively contribute to the community. The second component is the resolve of the persons we serve, to grow and to transform their lives. And finally, the third component is the unwavering dedication of our staff and their commitment to collaboration. Our staff have worked in partnership with the people who use our services, their family members, state agency staff, legislators, our vendors, other community-based agencies and hospital systems of care for the past three decades. It is these partnerships that are responsible for how our agency has evolved and who The Edinburg Center has become today.

We look forward to working with you as we face the challenges of the future. We truly appreciate your dedication and support as we all work together every day, to *transform lives*.

Sincerely,



Russell T. Kopp, Board President



Ellen Attaliades, Chief Executive Officer



Russell T. Kopp,
Board President



Ellen Attaliades,
Chief Executive Officer

The Edinburg Center 2008 Annual Highlights

- In September of 2008, the Watertown and Waltham Jail Diversion programs went full-time leading the way for The Edinburg Center to be the first agency in Massachusetts to operate two full-time Jail Diversion Programs.
- In October of 2008, The Edinburg Center celebrated its 30th Anniversary.
- The agency purchased and remodeled a large ranch home on Bypass Road in Lincoln for 4 individuals with developmental disabilities.
- The Edinburg Center expanded its relationship with Bentley University's Service Learning Center, while our Options Day Treatment internship program continues to be one of the most sought-after placements at Boston College, Lesley University and Salem State College.
- The Elm Street site was redesigned to expand the program space of our Supported Housing Program, move part of our Outpatient Services to newly renovated second floor professional space and consolidate the office space of the Community Rehabilitative Services Program resulting in the capacity to function as an integrated team model.
- As a result of the public recognition provided by the Department of Mental Health as its most effective program, the Director of the agency's Intensive Community Support Program provided consultation to other area organizations regarding the creation of similar programs.
- The agency re-established its relationship with McLean Hospital for individuals using agency services who are interested in participating in McLean research studies. As such, The Edinburg Center was identified as a service delivery partner in McLean's proposal to NIMH for its RAISE ("Recovery After an Initial Schizophrenic Episode") study.
- The Director of Potter Place co-authored a Supported Employment Standard Revision, approved by the International Clubhouse community and published by the International Center for Clubhouse Development, with Genesis Club in Worcester. The club also published the PAID Transitional Employment Development System Workbook which is now an internationally recognized best practice for Clubhouse programs.
- Sponsored by the Board of Directors, The Edinburg Center held its First Annual Dinner and Premier Auction in May of 2008.



1977 Initially known as the Metropolitan Beaverbrook Mental Health and Retardation Center, The Edinburg Center was established as a private non-profit corporation. Programs included 24-hour emergency services, outpatient counseling and medication services, day treatment, and consultation and education provided in the communities of Waltham, Watertown and Belmont.

Working Towards His Goal

Gus experienced his first episode of depression after the tragic loss of three close family members in a very short period of time. Prior to his depression, he worked as a business executive in a number of high-pressured positions. He was unable to continue working and his relationship with his family became strained resulting in financial, relationship and housing problems.

After a long hospitalization, Gus began working with The Edinburg Center through its Intensive Community Support (ICS) program. His goal was to become re-engaged in the community and to keep from needing another long-term hospitalization. At that point, Gus had not been connected with any psychiatric community-based services for an extended period of time. Gus found that the ICS program was a “gateway” to a wide range of services offered by The Edinburg Center. “I began to feel refreshed and focused more on my strengths.”

From there, Gus went on to work with the agency’s Community Rehabilitative Support Services Program. His Edinburg case coordinator provided him with counseling and support concerning his financial and interpersonal issues. He also began to see a private psychiatrist. Unfortunately, Gus discontinued his psychiatric medication due to feeling overwhelmed by the medication’s side effects. Gus experienced a relapse that resulted in another long hospitalization at a community hospital.

“The Edinburg Center helped me focus on my strengths.
I am now more optimistic about my future.”

After this hospitalization, Gus and his wife separated temporarily. Gus was referred back to the ICS program, found temporary housing and was seen by the ICS psychiatrist. Three months later, he was referred to the agency’s PACT Program (Program for Assertive Community Treatment) for more intensive outreach services and assistance with financial, family and employment goals. Gus subsequently moved back with his wife and also started working with the agency’s employment program provided by its clubhouse,

Potter Place. Gus presently works in a variety of administrative roles that include office work, grant

research and database activities at The Edinburg Center’s main office in Lexington. Gus enjoys being back in a professional setting and has quickly become highly valued.

Today Gus’s relationship with his wife and son has greatly improved. He points out “I am now more optimistic about my future and I plan to continue working at The Edinburg Center while I look for long-term employment, one of my biggest goals”.

Throughout the **1980’s** The Center expanded to provide residential services to persons with mental illness and to persons with mental retardation and expanded its geographic service area to provide services in the Mystic Valley and Concord communities.



1982 Options Day Treatment Program, a group-oriented program that specializes in helping individuals consider and initiate changes in their lives, moved to a new program site in Watertown.

Transitions Adult Day Treatment Program: *Summer of Fitness and Nutrition*

Located at The Edinburg Center's main site at 1040 Waltham Street in Lexington, the Transitions Day Treatment Program is a unique prevocational and social skills group program which serves over 35 adults on a daily basis. Using the Social Competency Development Model, Transitions reaches out to the person who is striving to overcome serious and persistent mental illness. The program's goal is to engage persons in focused activities designed by staff to promote positive interactions with others. Transitions offers a safe, supportive learning environment in which an individual may develop new social behaviors and skills. Through a program of structured activities, individuals learn to achieve successful experiences and to progressively build on these successes in their daily life.

Many factors influenced Transitions to design a plan for people attending the program to adopt healthy behaviors:

- 63% of people attending Transitions were obese.
- Less than 10% of the program's clients participated in physical activity at least one time per week.
- Individuals attending the program were aging and displayed health issues that included diabetes, difficulty breathing and lethargy.
- Transitions had two premature deaths in which weight and diet issues were contributing factors.

General research conducted in this area indicated that:

- The life expectancy of persons with mental illness is 10-25 years less on average, than those without mental illness. Three out of five persons with psychiatric disabilities die from preventable diseases.

- Atypical psychotic medications can cause rapid weight gain promoting diabetes and heart disease.
- Weight control programs have been shown to be effective in persons taking atypical psychotic medications.
- Exercise and a nutritious diet can cause a 60% reduction in the risk of diabetes and a 60% reduction in the risk of heart disease, both a significant problem among people with mental health conditions.
- There is evidence that exercise and a nutritional diet also have positive mental health benefits.

As a result of these findings, Transitions had begun to make gradual nutritional changes at the program for about a year and one-half prior to implementing the *Summer of Fitness and Nutrition*. For instance, the program's training restaurant, Café Celeste, had been serving easy to cook, high fat / high calorie foods. Choices included hot dogs, chicken fingers, french fries and hamburgers. High fat foods were



1985 The Center moved its primary Waltham clinical site from South Street to Prospect Street and changed its name to The Center for Mental Health and Retardation Services.



1985 The Center's first residential program for persons with mental retardation opened on Walnut Street in Lexington.



replaced with healthier foods that included turkey burgers, chicken, whole wheat bread, steamed vegetables and healthy snacks. Transitions took trips to the bookstore to purchase various cookbooks with healthy recipes. The program also subscribed to three healthy cooking magazines that encouraged healthy menu planning, healthy choices and the enjoyment of healthy food.

Which leads us to *The Summer of Fitness and Nutrition...*

The Summer of Fitness and Nutrition started with a planning meeting that included the people attending the program and staff discussing the possibility of implementing a summer theme of fitness and nutrition. Just prior to this planning meeting, a Transitions' client had passed away. Unfortunately, his death was exacerbated by his weight and unhealthy lifestyle.

The meeting began with a staff member presenting the health risks and life expectancy of overweight and sedentary persons. Transitions staff asked the clients if they would like to devote the summer to doing something about it - they were all for it.

A number of committees were formed to address the different aspects of fitness and nutrition. The *Education Committee* included educational programs that focused on the food pyramid, serving sizes and healthy grocery shopping. The *Program Activity Committee* integrated exercise into the program. The committee started with scheduled walks facilitated by one of the agency's Associate Directors, including "guest walkers". Clients looked forward to seeing who the guest walker was every week. Walks were encouraged at breaks as an alternative to smoking or eating. In addition, Transitions obtained donated exercise equipment for the program and replaced the Friday afternoon movie with exercise videos.



1990

The Center moved its clubhouse, Charles Webster Potter Place, to Vernon Street in Waltham. The clubhouse is based on the psychosocial rehabilitation model of the Fountain House Clubhouse in New York City. Clubhouse services provide employment training and socialization to individuals with psychiatric disabilities.



Transitions Adult Day Treatment Program: *Summer of Fitness and Nutrition* (continued)

Transitions recognized that motivation would be a large factor in the success of the *Summer of Fitness and Nutrition*. Hence, the *Motivation Committee* was created. The first thing the Motivation Committee did was create a weight and exercise board. 61% of the clients volunteered to post their exercise progress and weight changes on the board on a weekly basis. This board was reviewed once a week in the morning meeting and all positive results were announced. The committee created a participation board of information and pictures about their peers participating in healthy activities. The Motivation Committee also devised several contests that included *Weekly Weight Loss*, *Exercise Master*, *The Largest Weight Loss*, *The Largest Percentage Weight Loss*, a *Healthy Recipe Contest* and a *Fitness and Nutrition "End of Summer" Raffle*. Raffle prizes were donated by New Balance, the Greater Waltham YMCA, Bed Bath & Beyond, Know Fat Restaurant and Tricon Sports in Lexington.

The *Summer of Fitness and Nutrition* could not have been possible without involvement from all Edinburg Center programs. Many administrators became "guest walkers" and staff donated exercise equipment towards the program. Transitions also set up a meeting with the directors of the residential programs who agreed to encourage clients to exercise by walking with them in the evenings and on weekends, and encouraging healthy shopping and cooking at home.

The *Summer of Fitness and Nutrition* resulted in a number of positive behaviors:

- Over 50% of the clients who participated lost weight (30% lost 1-2 pounds, 15% lost 3-4 pounds and 5% of the participants lost more than 4 pounds).
- 70% of Transitions clients attempted to exercise.
- Exercise participation varied, but it always stayed above our original 10% baseline.
- Throughout the summer, clients were overheard talking to their peers about what is healthy and what is not. They continue to make healthier food choices.
- Clients have been very supportive of each other's exercise efforts evidenced by the many high fives and verbal praise occurring at the program.

Residential programs report that fast food and pizza is avoided and staff are asked to support more healthy alternatives. At least in one instance a client convinced a staff member not to eat at a local fast food restaurant citing poor nutrition.

In keeping with the main goals of the Transitions Day Treatment Program, *The Summer of Fitness and Nutrition*, was a great start to incorporate healthy lifestyles into the lives of our clients. Transitions continues to focus on healthy creative foods in all of the program's units, providing more staff and guest-sponsored walks and encouraging the use of exercise equipment on site.



1991 With the closing of Metropolitan State Hospital, **The Center was awarded a number of residential contracts to develop several group homes and a Supported Housing Program.** The Supported Housing service delivery model provides varying levels of staff support to persons who live in their own apartments in the community.

1994 The Edinburg Center moved from its main administrative site in Watertown to 1040 Waltham Street in Lexington.

The EDINBURG CENTER

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The Edinburg Center's Programs and Services

The Center provides a continuum of care to persons with psychiatric disabilities, substance use disorders and/or developmental disabilities. These programs and services include:

Psychiatric emergency services which operate around the clock to intervene in mental health and substance abuse emergencies to people of all ages living in an 18-town service area designated by the Massachusetts Behavioral Health Partnership.

Residential supports that are provided to 175 persons who reside in individual apartment settings, staffed apartments and group homes.

Short term **respite care** which provides brief residential support for adults with psychiatric and/or developmental disabilities.

Structured **day treatment programs** that serve adults with psychiatric disabilities. Programs include the Options Day Treatment Program and the Transitions Day Treatment Program. The goal of these programs is to maximize community living skills and to prevent the need for acute inpatient care.

Charles Webster Potter Place which is an innovative clubhouse program based on the internationally acclaimed Fountain House Clubhouse model in New York City. Clubhouse services provide employment training and socialization to individuals with psychiatric disabilities.

Community Outreach and Support Services that provide life skills training and support for persons with psychiatric disabilities and/or developmental disabilities living independently in the community.

Twenty-four hour **PACT (Program for Assertive Community Treatment)** services which provide comprehensive mental health treatment and life skills training to adults with serious mental illness, substance abuse problems, and a history of difficulty connecting with treatment services.

Outpatient counseling and medication services that are provided by multi-disciplinary teams consisting of psychiatrists, nurses, social workers and licensed mental health counselors. This program provides diagnostic evaluation, treatment planning, counseling, psychiatric evaluation and medications.

1995 The Warm Line, a consumer-operated help line that provides consumers with a place to call, was established.



1996 The Intensive Community Support (ICS) Program opened on Calvary Street in Waltham. The primary goal of ICS is to help individuals connect with sustainable services and supports in their communities.



Service Management Staff

As of June 30, 2008

Ellen Attaliades,
Chief Executive Officer

Donna Mills,
Chief Operating Officer

Thomas Taylor,
Chief Financial Officer

Holly Baab, *Associate Director*

Kathleen Doherty,
Associate Director

Miriam Goodman, M.D.,
Medical Director

Lynn Bishop, *Director of Mental Retardation Residential Services*

Randy Brown, *Facilities Manager*

Katherine Colby,
Personnel/Contracts Manager

Martha Conant,
Program Director of MR Clinical and Crisis Team Services

John Costanzo, *Transitions Day Treatment Program Director*

Elaine Farash, *Director of Mental Health Residential Services*

Vicki Fredrickson,
Director of Intensive Community Support and Community Rehabilitative Support Services

Jennifer Hansen,
Executive Assistant

Don Harvey, *Director of Quality Improvement and Compliance*

Pat Howe,
Director of Outpatient Services

Mark Koenig,
Program for Assertive Community Treatment Program Director

Mark Maragnano,
Director of Potter Place Clubhouse

Michael McGrath, *Options Day Treatment Program Director*

Bill Riley,
Information Technology Director

Gail Rogers,
Director of Development

Jane Rossi, *Billing Manager*

Joe Mageary,
Director of Emergency Services and Crisis Stabilization Unit

Jail Diversion Program – a Collaboration Built on Trust

During Fiscal Year 2008, the award of two new Department of Mental Health grants helped to expand the agency's Jail Diversion services. Initially established in November of 2004, the Waltham and Watertown Police Departments partnered with The Edinburg Center to form a unique collaboration between law enforcement officers and mental health professionals known as the Jail Diversion Program. This partnership grew out of a previously existing relationship with the agency's Emergency Services Program and recognition of an unmet community need. Waltham and Watertown police officers continually found that they were the first line of contact for people with untreated mental illness and other behavioral health needs. Although at times officers would utilize the emergency services program, frequently the situation could not wait the typical one-hour response time for a clinician to arrive at the incident location. Without access to an immediate intervention, police officers were forced to either turn to Emergency Medical Services for transport to a local emergency department or take the person into custody for a minor criminal offense. In other instances, officers knew an individual could benefit from services but did not feel the situation rose to a psychiatric emergency. Having neither sufficient clinical training to identify and manage these situations, nor sufficient resources to adequately address these complex problems, police officers noticed a pattern of repeated police contacts at times resulting in arrest.

Program Model

Researching national models and seeking guidance from community stakeholders, in partnership with The Edinburg

Center, both the Watertown and Waltham police departments adopted the police-based mental health response or *co-response model*. In this model, a jail diversion clinician is based at the police department and viewed as an integral part of the police organization. The clinician accompanies patrol officers in the community providing a joint response to calls for service.

This co-response model has proven to be the key component in changing the way police interact with individuals whose behaviors are sparked by untreated mental illness. While working together as part of a joint response team, cross training naturally occurs and has proven to have a much more powerful effect than training that occurs in the classroom. Police officers gain a better understanding of diagnostic categories of mental illness and how symptoms can be displayed in the community. Officers are able to witness the impact on the individual when they receive treatment as opposed to arrest. Likewise, clinicians gain a better understanding of the role of police officers. Clinicians learn about police policy, options and response. Successful diversions are the result of officers and clinicians understanding their roles and collaborations built on trust.

Community Collaboration

Building upon existing relationships, the Jail Diversion Program became a natural extension of the community partnerships that were already in place. Community stakeholders have played an instrumental role in planning and supporting the Jail Diversion Program, most notably through longstanding partnerships with the Watertown Health

1997 Two agency respite programs were developed to provide brief residential supports for adults with psychiatric and/or developmental disabilities.



1997 The Center's Waltham Clinic, which provides outpatient counseling and medication services, moved from Prospect Street to Elm Street in Waltham.

Task Force and the Waltham Homeless Assistance Coalition. These community stakeholders form a continuum of community-based care, providing the essential services that allow for successful diversion. Jail Diversion clinicians rely on the relationships they have built within the community to provide the supportive services to individuals served through the program. Through ongoing outreach and inclusion of community stakeholders, the Jail Diversion Program has not only become an integral part of the police organization, but also an integral part of the community.

Outcomes

From July 1, 2007 until June 30, 2008, there were 278 total Jail Diversion Program contacts in Waltham and Watertown. A majority of individuals served were familiar to the Jail Diversion Program from prior contact with the emergency service program (63%). Following Jail Diversion Program intervention, only 23% persons required repeat contact, with 8% requiring multiple follow-up, indicating that in the vast majority of cases, the intervention provided by the Jail Diversion Program adequately addressed the issue that originally caused the person to come into contact with these services. In total, 4% of people seen with the Jail Diversion Program were referred back to police custody. This means that 96% of Jail Diversion Program contacts during this period did not result in continued police custody.

Expansion

From the experience and knowledge of police procedures gained by working with the Waltham and Watertown Police Departments, clinicians have learned to work more effectively with police departments in the other 16 commu-

nities serviced by The Edinburg Center. A number of these communities have expressed serious interest in having a Jail Diversion Program within their own police department. With experience developing and operating jail diversion programs in two communities, The Edinburg Center has learned the importance of tailoring each program to the of the varying needs of community. Our experience has shown that Jail Diversion is not a “one size fits all” model. Police department culture, community demographics, stakeholder relationships and local politics all impact the development and ultimate success of the program. The Edinburg Center hopes to take this unique expertise and expand jail diversion to surrounding communities.

Thank you to the Clipper Ship Foundation, the Gardner Howland Shaw Foundation, Janssen, Middlesex Savings Charitable Foundation and an Anonymous Donor for supporting the Jail Diversion Program in Waltham and Watertown.

“Although the responsibility to handle psychological incidents has traditionally fallen on officers, police often have limited options to fully resolve these matters. Watertown officers greatly benefit from the cooperative efforts of The Edinburg Center to fully resolve these cases, reduce recidivism, and provide quality service to people in crisis.”

- Sergeant David Sampson,
Watertown Police Department

2000 The Center held its first “A Night of Shining Stars”, an annual event that formally recognizes the exceptional accomplishments of agency consumers, staff and community friends.



2002 The Center changed its name from The Center for Mental Health and Retardation Services to The Edinburg Center in honor of one of our founders, Golda Edinburg.





One of the very special people that our agency has to thank for our very existence is Golda Edinburg.

During a career that spanned five decades, Golda established herself as a leader in the mental health field as a social worker, educator, administrator and community activist. As President of the Department of Mental Health Area Board, Golda had a vision of providing public mental health services in the community. She worked tirelessly with the local Area Director, Danna Mauch, members of the Area Board, with McLean Hospital and Waltham Hospital - to secure the federal funding to establish our agency. At that point in time, our name was – the Metropolitan Beaverbrook Mental Health and Retardation Center, which was later changed to The Center for Mental Health and Retardation Services and finally, in 2002, we became - The Edinburg Center.



There is a very important story to tell about this portrait . . . About a year ago, one of our staff contacted me about the possibility of having a portrait of Golda done. When she learned that we were presenting Golda with a portrait for the agency's 30th Anniversary celebration, she sent me an email saying how pleased she was, and wrote, . . . "My family and I benefited from the social work department that Golda established at McLean Hospital. They provided family therapy to us for the 3 years that I was an inpatient at McLean Hospital. Twenty years later, I would never have imagined that I would be working for an agency that bears Golda's name." This is truly a real-life testament to Golda's vision of community-based care, to recovery and to life transformation.

- Ellen Attaliades, CEO, The Edinburg Center

Finances

Assets @ June 30, 2008

Current Assets

| | |
|-----------------------------|---------------------|
| Cash and Cash Equivalents | \$ 1,727,785 |
| Accounts Receivable | \$ 717,380 |
| Prepaid Expenses | \$ 34,543 |
| Short-Term Investments | \$ 241,612 |
| Total Current Assets | \$ 2,721,320 |

Fixed Assets

| | |
|--------------------------------|---------------------|
| Property, Plant and Equipment | \$ 6,432,062 |
| Less: Accumulated Depreciation | \$ (2,132,207) |
| Total Fixed Assets | \$ 4,299,855 |

| | |
|---------------------------|------------------|
| Other Assets | \$ 57,978 |
| Total Other Assets | \$ 57,978 |

Total Assets \$ 7,079,153

Liabilities @ June 30, 2008

Current Liabilities

| | |
|----------------------------------|---------------------|
| Accounts Payable | \$ 249,499 |
| Accrued Expenses | \$ 1,215,127 |
| Long Term Debt, Current Portion | \$ 47,304 |
| Deferred Revenues | \$ - |
| Total Current Liabilities | \$ 1,511,930 |

Other Liabilities

| | |
|--------------------------------------|---------------------|
| Long Term Notes and Mortgage Payable | \$ 2,284,609 |
| Total Other Liabilities | \$ 2,284,609 |
| Total Liabilities | \$ 3,796,539 |

Net Assets @ June 30, 2008

| | |
|-------------------------|---------------------|
| Unrestricted | \$ 3,263,424 |
| Temporarily Restricted | \$ 19,190 |
| Total Net Assets | \$ 3,282,614 |

Total Liabilities and Net Assets \$ 7,079,153



2003 The agency was awarded a contract to provide PACT services (Program for Assertive Community Treatment) - a comprehensive range of mental health treatment and life skills training.

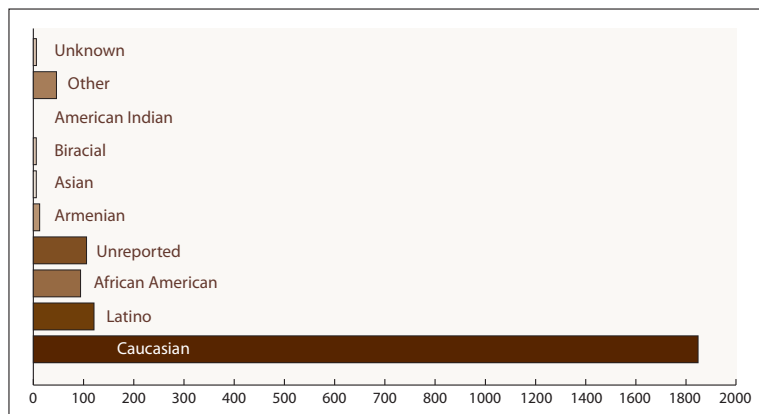
Demographics/Populations Served

Over the last 30 years, The Center has provided services to persons whose complex and challenging needs have typically been barriers to successful community living. With major sites in Waltham and Lexington, The Edinburg Center serves 19 communities west of Boston and provides services to over 2,200 persons each year.

Clients served: 2,233 (total unduplicated)

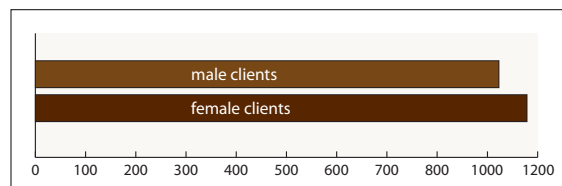
Ethnicity

| | |
|------------------|------|
| Caucasian | 1823 |
| Latino | 120 |
| African American | 96 |
| Unreported | 107 |
| Armenian | 9 |
| Asian | 4 |
| Biracial | 4 |
| American Indian | 0 |
| Other | 66 |
| Unknown | 4 |



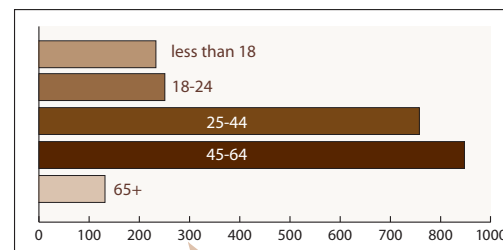
Gender

| | |
|----------------------|------|
| Total Female Clients | 1183 |
| Total Male Clients | 1050 |



Age

| | |
|--------------|-----|
| Less than 18 | 232 |
| 18-24 | 252 |
| 25-44 | 765 |
| 45-64 | 853 |
| 65 + | 131 |



2004 The agency's Emergency Services Program created a unique partnership with the Watertown and Waltham Police Departments to develop a Jail Diversion Program. The primary goal of this program was to divert individuals with mental illness, substance dependence and/or developmental disabilities from arrest and into treatment.



2005 The Jessie Road residence opened in Chelmsford, our first program in the Lowell area.

Sources of Support

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

\$10,000 - \$25,000

Gardiner Howland
Shaw Foundation

\$5,000 - \$9,999

Russell T. Kopp
Clipper Ship
Foundation
Anonymous Donor

\$1,000 - \$4,999

Maureen Arkle
and Neil Fitzpatrick
Bank of America
Matching Gifts
Manuel and
Stephanie Chrobak
Paul Cote
Jennifer and Kevin
Cunningham,
Maxton Technologies
Delta Dental
Delta T Group
Driscoll Agency, Inc.
East Cambridge
Savings Bank
Eastern Bank
Charitable
Foundation
Golda Edinburg
Elizabeth Floor

Saundra Gourley
Nancy Kilty
Kit Lilly
MacDonald &
Vaccaro Insurance
Agency, Inc.
Kevin P. Martin
and Associates, P. C.
Network Health
Rasky Baerlein
Strategic Communi-
cations, Inc.
Ropes & Gray LLP
Michael and
Jennifer Simson
Diane Stone
Grace Tavorkian
Tufts Health Plan

\$500 - \$999

Arbor Associates, Inc.
Bank of America
Belmont Savings
Bank
Ruth and Harris
Berman, MD
Citizens Bank
Continental
Human Services
Tim O'Brien,
CSI Leasing

Enterprise Fleet
Management
Fletcher, Tilton
& Whipple, PC
Neville Frankel,
Financial Strategy
Associates
Lillian Grella
Pat Howe
Marianne Leahy
and Bruce Logan
Reverend William T.
Leonard
Charles Moskovitz
Peter Richardson,
Jones Lang LaSalle
Chad Robinson
Sabin and Beverly
Streeter
John and Anna
Sommers

\$250 - \$499

AcuTy Business
Integration
Kenneth and Janice
Cunningham
Jack Evjy
Fallon Community
Health Plan
Gifford Family
Foundation

Jennifer Hansen
Pat Harney
Joseph Imbimbo
Karen Kilty
Danna Mauch
Betsy Purcell
Relief Resources
Trinity Health
Services

\$100 - \$249

Arons and Dunsmore
Insurance Agency
Bruce Arons &
Company Insurance
Agency
Hayat and Jack Assaf
Holly Baab
Andrea Balsamo
Kathy Borofsky
Michael Canning
Ruth Cleveland
Charles Cooney
and Peggy Reiser
Elizabeth Cope
Miles Coverdale, Jr.
Paul Cunningham, Jr.
Kenneth Davis
and Diane Croft
Alexandra Day

Sharon Eads
Mal Elfman of
Waltham
Betsey Eltonhead
Rena Freedman
Laurel Friedman
George Hamilton III
Jerilyn Hernold
Richard Hill and
Debbie Benjamin
Eve Horwitz,
Archstone Law Group
Geetha Jayachandran
Edith Joyce
Marla Kahn
Deborah and
Diane Kane
Stuart and
Ellen Kazin
Rachel and
Steven Kelley
Louise Kittredge
Peter Kreisky and
Denise Grenier
Kusko Charitable
Family Trust
Alexander Kusko
and Charlotte Eskin
Gail Leichtman
Linkwell
Communications



2006

The Transitions Day Treatment
Program celebrated its
Ten Year Anniversary.



2007

Over 300 people attended The Center's
30th Anniversary Celebration. This event included a
visual program display of the past 30 years, a portrait and special
tribute to Golda Edinburg, three speeches from persons receiving
agency services and a video depicting all agency services.

Brian and
Barbara Logan
Sharron Lovins
Richard and
Susan Lynch
Massachusetts
Clubhouse Coalition
George McCray
Mark McKeon
Gretchen Medeiros
Mary Miller
Mary and
George Moran
Grace and
Russ Moran
Melinda and
Michael Mullen
Eileen Mulloy
Jeff Nascimento
Grace O'Brien
James O'Brien
Arnold and
Ellen Offner
Christopher Penning-
ton and Jeffrey Kazin
David Pinkowitz
Richard and
Joann Pinkowitz
David and
Florence Rossi
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Insurance Agency
Patricia Trebino
Giselle Tremblay
Elizabeth
Davis-Walker
Robin Walker

Up to \$99

John and
Kathleen Carroll
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Stephen and
Sharon Engler
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Mary Evans
Margaret Flaherty
Sandra Goodenough
Frances Gordon
Sean Griffin
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Safety Group
Okik and Mary
Kouyoumjian
Marty Laurent
Christopher
and Lynne Parr
Samuel and
Lois Pulliam

Phyllis Randall
Alexandra
Schweitzer
Karen Sothern
Kevin Ward
Marguerite Westcott
John and Selma
White

In-Kind Donations

Maureen Arkle
and Neil Fitzpatrick
Ellen Attaliades
Peter and Robbie
Baltzer
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Beyond, Boston
Cameron Bishop
Nick Breitstein,
Insurers World
Gene Burton,
Doubletree Guest
Suites, Waltham
Lisa Cerqueria,
Arbonne
International
Elaine Coolbrith
Harvey Crosby,
Crosby Benefit
Systems, Inc
Jennifer and Kevin
Cunningham
Frank and Barbara
DeMattia
Victoria Florea
Fran's Fruit
and Flowers

Crowell Freeman
and Kathy Stevens
Justin Gaskill,
Oom Yung Doe
Grignaffini Muscular
Massage
Autumn Hathaway
Hands on Health
Christopher J.
Hawes Color and
Design Group
Brian T. Hines,
DTZ FHO Partners
Cameron Jones,
TechSoup Stock
Eileen Kelly
Janine Kilty
Artworks
Russell T. Kopp
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Tony Betancourt
Millis High School
TV 8 Access Studio
National
Grid/Keyspan
Longfellow
Health Center
Fred and Kathy
Monbouquette
Moodz Day Spa
New Balance
Panera Bread
Radius Restaurant
Salon 4
Representative
Thomas Stanley

Diane Stone
Tom Taylor
Tricon Sports
The Village
Barber Shop
Beatrice Herfords
Volks Theatre
Waltham Family
YMCA
Watch City Brewing
Company
Ann Whitham

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This list represents donations received by The Edinburg Center from July 1, 2007 through June 30, 2008. Every effort has been made to ensure the accuracy of this list. We greatly apologize for any errors and ask that you call Gail Rogers at (781) 761-5137 with any corrections.

2008 The Center's Board of Directors sponsored the agency's First Annual Dinner and Premier Auction.

The event included a live and silent auction and a video entitled
"The Legacy of the Shining Star" which focused on two people receiving
agency services.





1040 Waltham Street, Lexington, MA 02421
phone (781) 862-3600

Waltham Clinic: 169 Elm Street, Waltham, MA 02453 (781) 894-8440

Potter Place Clubhouse: 15 Vernon Street, Waltham, MA 02453 (781) 894-5302

Arlington Site: 742 Mass. Avenue, Arlington, MA 02474 (781) 646-7301