



# Expanding Opportunities

The Edinburg Center

Annual Report 2011/12

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# Dear Friends,

On behalf of The Edinburg Center, we would like to thank you for supporting our efforts to make a difference in the lives of persons with mental health conditions and developmental disabilities. Your generosity improves the quality of life for thousands of people and helps The Edinburg Center assist individuals to be more successful and satisfied in the living, working and learning environments of their choice.

Our Annual Report opens with a special tribute to Golda Edinburg, our namesake, who passed away in February of 2012. Golda was the driving force behind the establishment of The Edinburg Center in the late 1970's. Please take a few moments to read the enclosed article about Golda.

This year's Annual Report is dedicated to "Expanding Opportunities". Within these pages you will find inspirational stories about the people we serve, our staff and community partners. You will find a story about one of our most popular community events, our annual "Rock into Recovery" festival. Over the past few years hundreds of people have joined us on the Waltham Common to learn about the reality of recovery from mental health conditions and addiction while listening to the music of The "The Grateful Friends" and other musicians, as well as enjoying arts and crafts, delicious food and participating in many other activities for young and old alike.

In addition, we would like to tell you about our new *Residential Program in Tewksbury* that was designed specifically for young men turning twenty two who have a primary diagnosis of Autism. As you will see, this program strives to provide these young men

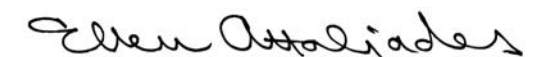
with a variety of opportunities and experiences that helps them flourish and live successfully in the community.

We would also like to share information with you that illustrates The Center's *In-Home Behavioral Services for Children and Families*. The Edinburg Center began providing this type of service in the early 1980's. With the advent of the Children's Behavioral Health Initiative, this service has rapidly grown over the past few years to provide in-home behavioral services to approximately 300 families who reside in 130 towns across the Commonwealth.

Last, but certainly not least, The Center's new day treatment program "*Opportunities*" opened in the spring of 2012. This program, true to its name, helps people acquire the skills needed to move forward in their lives. In the words of one of the program's participants: "*Every day I show up for life now. I give myself a pat on the back and show up every day.*"

With these compelling words, we would like to once again, thank you for helping The Edinburg Center provide the people we serve with the tools they need to live successfully in the community. We look forward to sharing more successful stories like these with you in the future.

Sincerely,



Ellen Attaliades, Chief Executive Officer



Russell T. Kopp, Board President



Ellen Attaliades,  
Chief Executive Officer  
and Russell T. Kopp,  
Board President







# In Memory of Golda Edinburg

## 1924 - 2012

Golda Edinburg distinguished herself as a leader in the field of mental health as a social worker, educator, administrator and community activist over the course of a professional career which spanned five decades. Guided by the goals of providing quality care and improving the quality of life for persons with mental health conditions and their families, Golda's leadership contributed significantly to the development of the mental health and social work fields.

Golda Edinburg was a young psychiatric social worker for underserved populations when she was recruited in 1956 to work at McLean Hospital in Belmont. She accepted the offer on the condition that she could run a social work department at the hospital. This was uncommon at the time, but McLean Hospital agreed to allow Golda to guide its creation.

Marylou Sudders, Associate Professor at the Boston College Graduate School of Social Work, stated that "Golda not only made sure that social workers were involved in discharge planning, but that they became part of the treatment. Services that Golda helped introduce to hospital care included counseling and education for families, which she knew played a critical role in the recovery of each patient".

From 1971 through 1986, Golda volunteered on the Department of Mental Health and Retardation Area Board of the Commonwealth of Massachusetts in Waltham, Massachusetts. Under her leadership as its President, federal funding was secured to establish the Metropolitan Beaverbrook Mental Health and Retardation Center as an independent community mental health center. Golda served as a member of The Center's Board as both President and Vice President until 1986. In these roles, Golda provided the vision and leadership that strategically guided The Center from its infancy to the thriving community-based service organization that it is today. The agency changed its name in the mid-1980's to The Center for Mental Health and Retardation Services in an effort to describe the services it provided. In 2002, the agency again changed its name to The Edinburg Center as a tribute to Golda Edinburg and her legendary career.

*Please visit our website at [www.edinburgcenter.org](http://www.edinburgcenter.org) to view the inspirational video, "Golda Edinburg – A Pioneer with a Purpose".*

*"We were just so glad as her family, that when The Edinburg Center was named, that it was during Golda's lifetime and she got to be part of it."*  
— Ellen Kazin



Photo Credit: Brian Smith

Golda was such a good sport when she had her portrait taken for the 30<sup>th</sup> Anniversary of The Edinburg Center's establishment at her home in Mashpee in 2007. Brian Smith, the photographer said that he really enjoyed working with her. Looking at this photograph, you can see how much she enjoyed this experience.

Golda was always one of the first and most generous sponsors to participate in The Center's special events including our 30<sup>th</sup> Anniversary event, our Annual Dinners, and "A Night of Shining Stars" award ceremony. She was a gracious hostess to everyone she invited and always made sure that they had a wonderful time. She was the ultimate "Gold" Sponsor in every sense of the word.

A few years ago we sent Golda our NAMIWalks "Team Shining Stars" t-shirt. She liked it so much that she asked for a few more for her friends. It was nice to think about Golda and her friends wearing these t-shirts in Florida!

"Golda"  
Memories...

# Recovery is Worth Celebrating!

Todd Lena was at a very low point in his life. An untreated mental health condition and addiction left him confused, isolated and feeling very hopeless. In Todd's words, "with all of the potential that I had, I still couldn't seem to get it right. I didn't know what to do."

*Generally held in September, stay tuned for future Rock Into Recovery events. We would love to have you join us to Celebrate Recovery!*

"I do see a future and it's worth celebrating."  
- Todd Lena



Todd initially met with an outreach clinician from The Edinburg Center who in Todd's words "made me finally feel like an individual". He started to believe that he might rebuild a meaningful positive life. "I had a feeling that this was my best last chance to really live and I said yes, I would like some help".

Todd initially received short-term rehabilitative and support services from The Edinburg Center where he focused on goal setting and creating a better life. During this time, he picked up his guitar after a 3 year hiatus. He wanted to give back to the community and help others through his music.

In 2010 Todd met with Edinburg Center Senior Management to discuss his dream for *Rock into Recovery*. He envisioned a day-long celebration for people in recovery from mental health conditions and substance abuse, along with their friends, family, professionals, and other supports. The first *Rock Into Recovery* was held at the Sons of Italy Hall in Arlington on October 15th, 2010. Over 175 people attended the concert that was opened by Ramblin' Dan Martin and headlined by Todd Lena's band, The Grateful Friends. The first Rock Into Recovery was so successful that plans were made to make it an annual event with a broader scope.

The *Second Annual Rock Into Recovery* was held in September of 2011 on the Waltham Common. Over 500 people came to learn more about recovery while listening to the The Grateful Friends, Ramblin' Dan Martin and RuthAnna Welch. This year the event expanded to include delicious food, a poetry reading and Flippo the Entertainer. Even the mayor of Waltham, Jeannette McCarthy, stopped by to wish us well!

Last year the *Third Annual Rock Into Recovery* was attended by over 700 people. In addition to musical performances by The Grateful Friends, Ramblin' Dan Martin and newcomer Jay B, there were arts and crafts on display, information and resources about health and wellness and a variety of activities for children and families, including a pumpkin patch. A great time was had by all!



# New Residential Program Opens in Tewksbury

*“Our son’s successful transition into adult services can be greatly attributed to this program’s thoughtful, devoted and trusting staff.”*  
- Doreen & Bob Majeau

In February 2012, The Edinburg Center opened a residence in Tewksbury designed for five men with autism who were graduating from residential schools after turning twenty two. This home was designed and opened specifically to help these men live in the least restrictive environment possible.



This expansive home sits on three acres of land. It has an open floor plan with two living rooms, a game room, kitchen, dining room, two and one-half baths, and an office. There are five bedrooms, for most of these men this was the first time they had their own bedrooms. Each man chose his own décor and the color of his room.

One major goal of this program is for the men to live the most age-appropriate lives possible. The men helped set up the basement and turned it into a game room. This area of the house has exercise equipment, a TV, pool table, foosball table and stereo equipment. They spend their free time in this part of the house hanging out playing games together.

The men have also become active members of their community participating in recreational trips and sporting events. They have continued to maintain their close relationships with their families. They take pride in their home and enjoy inviting their families over for dinner and parties often.

The five men who live in this residence have flourished. One of the men recently went to see some of his friends and staff from his previous program. His staff commented on how much he had grown and noted his new level of maturity. This could be said of all five of the men who live in this residence. In one short year, they have made tremendous progress from students, with complex behavior plans in restrictive settings, to young men managing their home with staff support.



*“These young men love being outdoors and focusing on physical activities.”*  
- Heather Miller



# Child and Family Services

The Edinburg Center provides a range of child (under 21) and family services through the Massachusetts' Children's Behavioral Health Initiative (CBHI). CBHI is an interagency initiative of the Commonwealth's Executive Office of Health and Human Services developed to meet the needs of children and youth in Massachusetts who have a serious emotional disturbance and their families. CBHI was developed as a result of a federal class-action lawsuit called the "Rosie D. Case" which ordered MassHealth to improve certain screening, diagnostic and treatment services for youth under the age of 21 who are enrolled in MassHealth as of 2006. Services are set up to ensure that families and their children obtain the services necessary for success in their home, school and community.

The Edinburg Center believes that families are in the best position to determine their own needs and the types of supports most helpful in addressing these needs. We also believe that having the ability to make these decisions increases a family's sense of control over their lives. However, families often require assistance to make educated decisions on behalf of their child and to effectively utilize the supports and resources that they identify as essential for their child's continued growth and development. With the advent of CBHI and since 2010, over 300 families in 130 towns throughout the Commonwealth have been supported to achieve their goals through our Child and Family Services. Over the last four years, we have rapidly expanded our supports to families. Currently, approximately 100 families each month receive services provided by approximately 40 full and part time staff.

*One grateful family had the following to say about our services:*

*"It is so wonderful knowing that help is out there and the support is more than we could ever have asked for. These two ladies stuck with us through it all. They are a blessing to any family and a pleasure to have in our home."*



## Child and Family Services offered include:

**In-Home Behavioral Services:** These services offer valuable support to children and youth with challenging behaviors that get in the way of everyday life. Services are provided by behavioral health professionals who are skilled in understanding and treating difficult behaviors in children and youth. These professionals work closely with the child and family to create a specific behavior plan to improve the child's functioning. In-home Behavioral Services are provided in the Metro Boston, Central and North East regions of the state.

**In-Home Therapy:** This service provides a structured, consistent, strength-based therapeutic relationship between a licensed clinician and the youth and family for the purpose of treating the youth's behavioral health needs and improving the family's ability to provide effective support for the youth. This service is provided in the Metro Boston region.

**Therapeutic Mentoring:** This service offers structured, one-to-one, strength-based support services to youth that are designed to address identified daily living, social, and communication needs. This service is provided in the Metro Boston region.



# Opportunities Day Treatment Program

## Moving Forward Towards Recovery . . .

In March of 2012, The Edinburg Center redesigned its existing psychiatric day treatment programs, Transitions and Options, merging them into one comprehensive program called *Opportunities*. This new program provides a wide range of supports and services that include the elements of both previous programs with exciting new components. Each person served takes a different path on their recovery journey by developing their own schedule based on their identified recovery goals.

### Opportunities is comprised of three components:

**Group Therapy** offers individuals a variety of groups that can help each person develop coping skills to manage the symptoms and/or barriers in their life. Examples of Group Therapy services include Cognitive Behavioral Therapy, Illness Management and Recovery, Narrative Therapy, Wellness and Recovery and Coping with Stress.

*"I enjoy talking with people, participating in social activities and working with others as part of a team."*

**Skills Training** gives people the chance to practice the skills they are learning while participating in working social environments such as a restaurant and/or business office.

*"I like to work as a cashier, a waiter, a cook and on the phone. It feels good helping the staff, clients and supervisors."*

**Education/Resource and Wellness Programs** include access to computers and software programs that help build memory, attention and cognition skills. Opportunities also offers programs that focus on self-care, healthy living, exercise and yoga.

*"Opportunities helps people unite and gives them a voice in the community."*

Opportunities works towards providing each person with the opportunity to identify their personal goals, to learn information that will help them move forward in their lives and provide them with opportunities to practice the skills that will help them reach their goals.

*As a young man Matt was diagnosed with schizophrenia. He never left his house due to debilitating anxiety and had very few connections with the community. Opportunities created an atmosphere that allowed Matt to have a daily work schedule, learn socialization skills, develop meaningful relationships with others and improve his personal hygiene. Today Matt leaves home five days a week knowing that he has a place to go where his work is appreciated and meaningful to him and his friends.*

*"I thank the staff for all of their support, for teaching me, for their time and for their help."*



# Financials

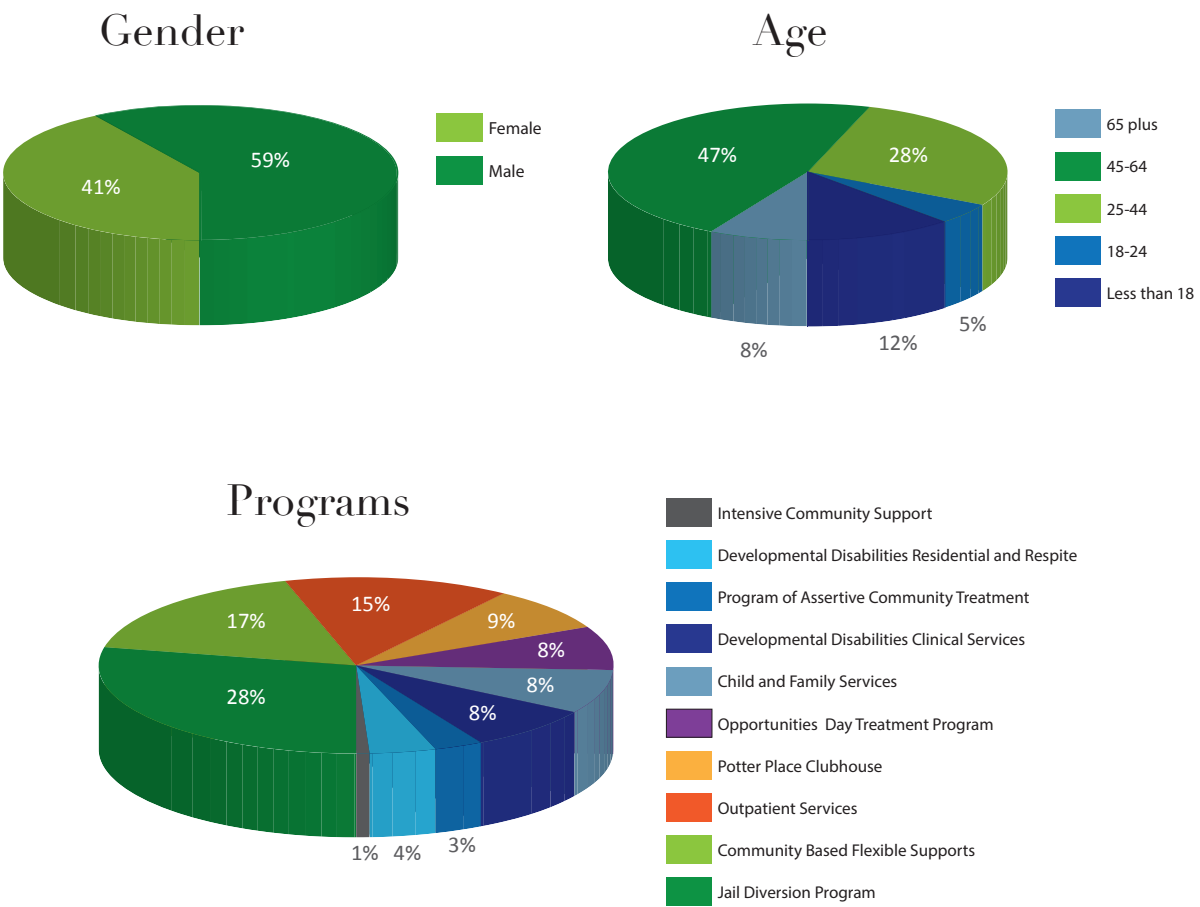
	Assets June 30, 2012	Assets June 30, 2011
<b>Current Assets</b>		
Cash and Cash Equivalents	\$1,221,827	\$1,479,263
Accounts Receivable, Program Services	\$2,009,085	\$1,597,839
Allowance for Doubtful Accounts	\$(258,450)	\$(112,262)
Net Accounts Receivable, Program Services	\$1,750,635	\$1,485,577
Prepaid Expenses	\$55,989	\$54,821
<b>Total Current Assets</b>	<b>\$3,028,451</b>	<b>\$3,019,661</b>
<b>Fixed Assets</b>		
Land, Buildings, and Equipment	\$9,673,584	\$8,201,293
Accumulated Depreciation	\$(3,004,977)	\$(2,683,108)
Net Land, Buildings and Equipment	\$6,668,607	\$5,518,185
<b>Total Fixed Assets</b>	<b>\$6,668,607</b>	<b>\$5,518,185</b>
<b>Other Assets</b>		
Other Assets	\$40,586	\$52,871
<b>Total Other Assets</b>	<b>\$40,586</b>	<b>\$52,871</b>
<b>TOTAL ASSETS</b>	<b>\$9,737,644</b>	<b>\$8,590,717</b>
	Liabilities June 30, 2012	Liabilities June 30, 2011
<b>Current Liabilities</b>		
Accounts Payable	\$214,046	\$231,518
Accrued Expenses	\$1,510,887	\$1,230,421
Current Portion Long-Term Debt	\$89,474	\$74,502
<b>Total Current Liabilities</b>	<b>\$1,814,407</b>	<b>\$1,536,441</b>
<b>Other Liabilities</b>		
Long-Term Notes & Mortgage Payable	\$3,905,254	\$3,437,878
<b>Total Other Liabilities</b>	<b>\$3,905,254</b>	<b>\$3,437,878</b>
<b>TOTAL LIABILITIES</b>	<b>\$5,719,661</b>	<b>\$4,974,319</b>
	Net Assets June 30, 2012	Net Assets June 30, 2011
<b>Net Assets</b>		
Unrestricted	\$4,017,983	\$3,616,398
<b>TOTAL NET ASSETS</b>	<b>\$4,017,983</b>	<b>\$3,616,398</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$9,737,644</b>	<b>\$8,590,717</b>

# Demographics/ Population Served

Over the last 35 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 2157 persons each year in 20 communities west of Boston and statewide.

Clients served: 2157





# Sources of Support 2011

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

## \$5,000 - \$9,999

Clipper Ship Foundation  
Janssen Pharmaceuticals

## \$1,000 - \$4,999

Maureen Arkle  
Peter Gens  
Marla Kahn  
Russell T. Kopp  
Kit Lilly  
NAMI, National Alliance on Mental Illness of Central MA  
NAMI, National Alliance on Mental Illness of Central Middlesex  
Watertown Savings Bank

## \$500 - \$999

Bank of America Matching Gifts  
Fran Grady  
Father William T. Leonard, Chapel of the Holy Innocents  
Danna Mauch  
Jennifer and Michael Simson, MD  
Diane L. Stone  
Grace Takvorian

## \$250 - \$499

Kathleen Doherty  
Kane & Beaudry-Losique Family Fund  
Margaret Moncy  
Robert Rosenfield

## \$100 - \$249

Joseph Arsenault  
Holly Baab and Chris O'Keefe  
Golda Edinburg  
Janet Edwards  
Karen Kilty  
Lyle Lawrence  
Pamela Madsen

## Up to \$99

Accenture  
Elena Casie  
Michael Goulde and Rena Freedman  
Mary Morin

## In Kind Donations

Don Lipsitt  
John and Laura Rotondo  
Ann Witham

*These lists represent donations received by The Edinburg Center from July 1, 2010 through June 30, 2011.*

*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.*

# Sources of Support 2012

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

## \$5,000 - \$9,999

Janssen Pharmaceuticals

## \$1,000 - \$4,999

Anonymous Donor  
Golda Edinburg  
Joann Edinburg  
Pinkowitz & Richard Pinkowitz  
Peter and Mary Gens  
Kit Lilly  
NAMI, National Alliance on Mental Illness of Central Middlesex  
Watertown Savings Bank

## \$500 - \$999

B&D Building and Remodeling  
Delta-T Group of Massachusetts  
East Cambridge Savings Bank  
Russell T. Kopp  
Father William T. Leonard, Chapel of the Holy Innocents  
MacDonald & Vaccaro Insurance Agency, Inc.  
Diane L. Stone  
Harry Wolfson

## \$250 - \$499

Belmont Savings Bank  
Fidelity Charitable Gift Fund  
Jennifer and Michael Simson, MD

## \$100 - \$249

Joseph and Doris Arsenault  
Joseph and Genevieve Sansoucy Coyle  
Jack & Sheila Evjy  
Michael and Melissa Fox  
Laurel Friedman  
Denise Grenier  
Suki Hanfling  
Johnson Compounding & Wellness Center  
Thelma Kanter  
Ellen Kazin  
Karen Kilty  
Mary Miller  
Eileen Mulloy  
Wilma Peebles-Wilkins  
Lenore Richter  
Rock Into Recovery Donations  
Jane and Richard Rossi  
Karen Sothern  
Lynn Sussman  
Trinity Health Services

United Way of the National Capital Area  
Betsy Vourlekis  
Stephen and Suzanne Washburn

## Up to \$99

Doris Axelrod and Larry Marks  
Sidney and Phyllis Berkowitz  
Adele Cohen  
Edith Dabney and the John H. Knowles Family  
Jexa and Azra Edinberg  
Phyllis Edinberg  
Ric Edinberg and Stephanie Smith  
Stephen and Sharon Engler  
Lee Estridge  
Harold and Frances Fleit  
Kirtley and Maureen Gillum  
June Goldman  
James Grana  
George Hamilton, III  
Heidi Lewitt  
Robert Luckraft  
Mark and Judith Lurie  
Marla Kahn  
Mark Koenig

Alan and Maureen Koseff  
Charles Moscovitz  
Jo Ann Pedrick  
Beverly Phelan  
Phyllis Randall  
Michael Sand  
Lolly Selemkow  
Merri Lea Shaw  
Howard and Ruth Smith  
Marvin and Shirley Sterman  
Sarah Yules  
Anna Zado  
Leona Zarsky

## In-Kind Donations

Embryo Creative  
George Hamilton, III

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## 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*

## Board of Directors

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*[www.edinburgcenter.org](http://www.edinburgcenter.org)*

“I am very proud that The Edinburg Center bears my name. Many people have told me about the excellent care that their families and friends have received at The Center.”

— *Golda Edinburg* 1924-2012

