

JUNE 2020

ISSUE 12



Gosnold

THE COMPASS

Your beacon to a brighter future



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Welcome to the June 2020 edition of COMPASS.

It has been awhile since you have heard from Gosnold, and for good reason. Since early March nearly all of our collective wisdom, energy, and expertise have centered on sustaining Gosnold's programs and services amidst the Coronavirus pandemic. We took aggressive measures to keep our vital services open for people affected with substance use and mental health problems.

Like other inpatient and congregate healthcare facilities, Gosnold worked hard to manage the unique hazards posed by this invisible virus so that our staff were equipped and confident to safely serve patients in need. This was no easy feat. With a workforce of greater than 450 personnel, Gosnold was able to manage both patient and staff complexities.

Through the Coronavirus pandemic we learned that patients were eager to enter Gosnold services. Our programs continued to thrive at near-full occupancy despite unexpected twists-and-turns along the way. As communities and families struggled with children home from school, adults with significant work disruption, and increased social isolation and despair, we observed upward trends in substance use, anxiety, and depression.

Essentially, we experienced...first hand...a greater need for Gosnold during the Coronavirus pandemic. One might think COVID-19 would ravage a mid-sized nonprofit such as Gosnold. In fact, the opposite occurred. The organization, its staff, patients, and supporters coalesced in recognition of the sustained need for the services we provide.

Amidst apprehensions and worry, our Gosnold team became stronger, more unified, creative, and energized. This feeling of joint purpose was alive for all to see and feel on Gosnold's "Be the Good" Day on June 5th. We feature pictures from that special day later in this newsletter. "Be the Good" Day provided an opportunity for all staff to reflect on and celebrate all that is special at Gosnold. There is much to celebrate. The day also served as a personal reminder for me as to why I commit to this great organization as its CEO.

And while the pandemic and its effects are far from over, we celebrate our resilience, begin to re-engage with our community, and prepare to resume site-based operations at all Gosnold locations. We do not consider this as a re-opening at Gosnold. We have been changed by this pandemic and frame the weeks to come more so as a restoration, where we emerge as a better and stronger organization than before.

Better and stronger because we have:

- Re-invested in our magnificent workforce and integrated their feedback on employment arrangements that are mutually beneficial;

- Secured private and government funding to support operations during and after this pandemic;

- Strengthened relationships with philanthropic sources...always in our corner...but now even more so;

- Developed pandemic-related clinical and operational policies that prepare the organization to withstand similar pressure into the future;

- Cultivated a more unified, collaborative, and cohesive workforce, which has re-ignited passion within Gosnold for our important mission.



Despite the hardships across recent months, our efforts have inspired. We hold a bright outlook for the future and look forward to serving patients and families in our mutual quest to restore hope, support recovery, and build healthy families and communities. Eager to re-connect with those who support our important mission, Gosnold will host the Gosnold Freedom Walk/Run from July 20 – 26.

As our premiere public summer fundraiser, the Gosnold Freedom Walk/Run celebrates post COVID-19 community engagement, and the freedom that comes from positive community connection, physical activity, and a substance-free lifestyle. Please see page 8 for details on how you can support Gosnold in our effort to sustain unfunded and underfunded programs and services.

Our gratefulness for friends...like you...abounds. We know the upcoming weeks and months will continue to challenge our strength and resolve. But, this virus is no match for the ingenuity, commitment, passion, and care of our Gosnold family. We will be here after this virus passes.

You can count on Gosnold.

Stay healthy and well.



Richard Curcuru, LICSW
President and CEO
Gosnold, Inc.



Pictured above are the following members of senior leadership (L-R): Richard Curcuru, CEO; Allie Anderson CCO; Beth Folcarelli, COO; Mike Cawley, CHRO

ON THE COVER

Featured on the cover are the following heroes from Gosnold @ Cataumet (L-R): Ron Smith; Tim Ryan Sherrill White; Ron Marcellus; Allyson Simon; Patricia Whitney; Amanda Willis; Beth Lombardo; Kim Gaudet



During the week of May 18 through May 23, 2020, the Prevention Partnership (a program of Gosnold's Prevention Division), the Bourne Substance Free Coalition, and volunteers from the John Wesley United Methodist Church, came together for the Semi-Annual Sticker Shock Campaign, "Think Twice." This national event aims to reduce underage drinking and reminds adults that it is illegal to buy or serve alcohol to minors. Staff and volunteers worked collaboratively with 12 liquor stores in Falmouth and Mashpee, as well as participating locations in Bourne. Pictured here, youth from the John Wesley United Methodist Church celebrate their accomplishment. Youth placed more than 9000 Sticker Shock Labels on wine and beer bags.

BELIEVE THERE IS GOOD



Pictured (L-R): Beth Folcarelli, COO; and Beth Lombardo, Counselor

In response to the heroic efforts of staff who braved the Coronavirus pandemic to keep Gosnold's 150 beds of inpatient, rehabilitation, residential, and sober living services available to adults in need, Gosnold held, "Be the Good" Day on June 5, 2020.

While the pandemic and its effects are still of significant concern, Gosnold has noticed a downturn in COVID-19 cases and now prepares to resume all site-based services effective June 29th. As part of our re-opening effort, Gosnold held a commemorative event to celebrate the courage, resilience, and care shown by our exceptional team throughout the challenges of this pandemic.

The day celebrated staff in inpatient, outpatient, and business settings.

This amazing group of individuals faced risk each day but were undeterred. Our workforce focused its energy, expertise, and passion for mission into making Gosnold a safe place for each patient seeking treatment. Despite ups-and-downs, and danger and joy, Gosnold staff continued to "show up" for our patients each day.

In partnership with Life is Good, Gosnold staff wore their "Be the Good" shirts and spent the day celebrating the camaraderie that comes along with sticking with your teammates through thick and thin. We caught much of the day in pictures and video. Congratulations to Gosnold's front line workers, who are "essential"...indeed...to Gosnold and the patients we serve.

From Gosnold @ Cataumet (L-R):
Dave Pearlstone;
Adrienne Andersen;
Ron Smith;
Jeff Nelson



BELIEVE



From Organizational Advancement (L-R):
Anne Taylor & Karen MacDonald

THERE IS



From Gosnold Treatment Center (L-R): Lori Porter;
Peter Keenan; Adam Gendreau; Jennifer Andrade;
Tanya Kohli; Patrick Konyin



From Gosnold Treatment Center (L-R):
Patrick Konyin and Luke Adami-Bransfield

GOOD

BELIEVE



From Miller House (L-R): Martha Jaxtimer; Michael Corcoran; Brian Hickey; Evan Whitney; Michael Zecco; Thomas Slayter



From Falmouth Outpatient (L-R): Bob Lambroschino; Bethany Kerins; Judy Kelley; Gina Mascali; Michelle Nickerson; Tom Cunning

THERE IS



From Gosnold @ Cataumet (L-R): Mary Fisher & Jenny Raffa



From Partial Hospitalization, Centerville (L-R):
Front Row: Nick LeRoy & Paul Bender
Back Row: Libby McCann; Kate Gregory; Wanda Springer; Christine Wilcox; Kristen Kania



From Culinary Services (L-R); Robert Collyer; Gretchen Northrop; Danielle LeBrun; John Holmes

GOOD

THE *little*
BLACK
dress



WITH *bill graham*

PROCEEDS BENEFIT GOSNOLD'S EMERSON HOUSE

On March 5th, Gosnold's "Little Black Dress" with Bill Graham brought awareness, resources, and support for Gosnold's Emerson House for Women. Thank you to sponsors, The Flying Bridge Restaurant, Bill and Linda Zammer, The Herren Project, and Cape Cod Church.

Featured speaker, Christine Mazgelis captivated the attention of businesswomen from the Cape Cod area and elsewhere, as she shared her journey of recovery and transformation.

From Gosnold supporting this event, were: Richard Curcuru (CEO); Linda Zammer (Board of Directors, Secretary); Michael Dias; Cyndi DiNardo; Elizabeth Folcarelli; Mary LeClair; Karen MacDonald; Patricia Mitrokostas; Rick Martin; Angela Shepherd; and Anne Taylor.

Eastern Bank ladies show strong support for women beginning their path to recovery at Gosnold Inc.'s Emerson House. Located in historic West Falmouth, our Emerson House is a place of learning, hope, re-stored optimism, and new beginnings.

Emerson House is also a safe and powerful place LED by women, OPERATED by women, and dedicated TO women.

It is real. Real staff...expert in helping women rebuild spirit and confidence...passionate about helping women reclaim their lives...and committed to supporting moms to change the course of their child's earliest experience.





Freedom Walk

Gosnold

Making Strides in Recovery

Extraordinary hardship requires extraordinary action. The need for Gosnold's services is greater than ever before. We continue to be here for those who seek good health and lasting recovery.

The Coronavirus Pandemic reminds us to appreciate optimal health and human connection. The safety measures practiced during the pandemic created great hardship for individuals affected with substance use and mental health challenges.

It's time to join together and walk to support lasting recovery.

Please consider supporting our important mission to further addiction treatment as we embark on Gosnold's Freedom Walk/Run scheduled for **July 20 – 26, 2020**.

Consider supporting the Gosnold Freedom Walk in the following ways:

1. Donate to any of the three Freedom Walk/Run Teams to help the team raise resources and awareness for Gosnold, Inc. You can find all the details at www.gosnold.org.
2. Join a team and walk to achieve your team's goals. Just register for the team (\$30 dollars), walk or run during the week July 20 - 26, record and report your miles, and spread the word to others. Register at the Freedom Walk/Run web site <https://www.firstgiving.com/event/Gosnold/The>. Discounted rates apply for any person who lives in Sober Living.
3. Make a general donation to the Gosnold Freedom Walk/Run to support prevention, treatment, and recovery for individuals affected with substance use disorder.

Meet the **Alumni Team** Leader, **Ben Haas**

Ben is an alum from Gosnold at Cataumet and Miller House. He now lives in Falmouth and works for the company that started his journey.

Recovery is a journey. It is a battle between what you perceive you can do, and what you are actually capable of. Hope and faith in oneself is the key. I run because it is a daily reminder of the struggle and pain in recovery, but also its many benefits. I can challenge myself to go beyond what I had thought to be possible, discover new limits and break through them. It gives me strength. Strength in myself and in my process. I am running for Gosnold because of what they have done for our community. Our battle against addiction can not be won alone. Together we are strong. We challenge ourselves to become better people each day, and we love and support each other in that journey. I can think of no better cause.



Meet the **Employee Team** Leader, **Melissa Lonergan**



Melissa Lonergan has been serving Gosnold's mission as a Recovery Coach and Manager since 2011. You can find Melissa cheering on the Gosnold "cause" by helping patients, supporting colleagues, building awareness for Gosnold, and fighting the stigma associated with substance use disorders.

Melissa continues to serve as a passionate champion for people on the path to recovery. You can always find Melissa's smiling face, "can do" attitude, and warm heart supporting all that Gosnold seeks to accomplish.

How We Recognize a Job Well Done

Gosnold will host an award celebration on Friday July 31, 2020 from Noon – 1 PM at 200 Ter Heun Drive – Location of Gosnold Treatment Center. Come join CEO Richard Curcuru and Gosnold supporters for a cookout lunch and award ceremony. We have plenty of room to respect social distancing guidelines. Raffle giveaways for Alumni and Staff!



Gosnold's Freedom Walk | Making Strides in Recovery 2020
Dates: Monday, July 20, 2020 through Sunday, July 26, 2020
Virtual Location: Walk/Run where you will

\$30 Registration fee for each participant through July 4th, 2020. Starting July 5th, 2020 rates increase to \$35. Discounted rates apply for any person who lives in Sober Living (contact kmacdonald@gosnold.org or ataylor@gosnold.org).

If you're not up for the miles, please sponsor your favorite "Walker" by going to their Firstgiving sponsor page or click donate here.

CALENDAR OF EVENTS

July 2020

07/20-07/26 Gosnold Freedom Walk
Please see www.gosnold.org to register and/or support

07/31 Gosnold Freedom Walk Awards & Cookout Ceremony
12 PM - 1 PM
Gosnold Treatment Center
200 Ter Heun Drive,
Falmouth, MA 02540

August 2020

08/31 22nd Annual Golf Charity Tournament
10:30 AM
Pocasset Golf Club
24 Club House Drive
Pocasset, MA 02559

October 2020

10/30 Gosnold Legacy Luncheon
Willowbend Country Club
100 Willowbend Drive
Mashpee, MA 02649

For more information regarding upcoming events, please contact Karen MacDonald, Director of Community Events, by email at kmacdonald@gosnold.org

COMPASS CONTRIBUTORS JUNE 2020

Richard Curcuru, MSW, LICSW
President & Chief Executive Officer

Elizabeth Folcarelli, Ph.D.
Chief Operating Officer

Ben Haas, BS
Recovery Navigator

Melissa Lonergan LADC II, CARC, RCP, NCRPSS
Recovery Manager/Coach

Anne Taylor
Executive Assistant

Keith Shaffer, BA
Marketing

GOSNOLD BOARD OF DIRECTORS

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