



Gosnold

THE COMPASS

Your beacon to a brighter future



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A LETTER FROM THE PRESIDENT

Happy 2019 to our patients, families, and friends. As we emerge from the cold winter months and approach longer springtime days of sun and warmth...I am full of gratitude to those who so warmly support Gosnold's mission and programs.

This edition of The COMPASS has two aims. First, we celebrate Gosnold's primary giving season, which begins prior to Thanksgiving and ends with the ringing in of the New Year! Our giving season affords those who care deeply for Gosnold the opportunity to contribute to the organization in varying ways, including our Annual Appeal. Gosnold's giving season also enables our agency to share gratitude by recognizing families, employees, alumni, and key donors in celebration of our joint effort toward fulfilling the Gosnold mission

Second, this edition of The COMPASS outlines Gosnold's strategic priorities and our advocacy for these priorities as part of our very first Legislative Forum scheduled for the end of March.

Let me start by acknowledging the success of our giving season. Thank you to all who generously contributed to Gosnold's Annual Appeal. Nearing 30K in donations, we appreciate your support for Gosnold's innovations and other unfunded, but valuable services. Please be sure to look inside this edition for more details on our continuum of services (pages 4 – 6) and projects on the horizon (pages 10 – 11).

Our giving season also included The Charlie Wilkerson, "Dinner with Families" in Hyannis, sponsored by Susan Joslin in memory of her son, Charlie. Gosnold offers weekly family support groups in Harwich, Nantucket, Centerville, Falmouth, Stoughton, and Scituate. The "Charlie Event" is about building fellowship and friendship with families we serve. Thank you, Susan, for your ongoing support for families who travel the path of recovery with their precious loved ones.

Finally, we rounded out our giving season by giving back...celebrating key donors, Gosnold employees, Gosnold alumni, and the local Falmouth community.

Our Board Appreciation Luncheon acknowledged CH Newton Builders, Tony and Jane Daddario, and 24 Auto Group for their unique and personal contributions to Gosnold. Recognized at the event with Community Champion, Family & Friends Champion, and Rising Star accolades, respectively, these friends of Gosnold bring our agency to higher heights.

We also celebrated Gosnold employees at our annual Holiday Party at the Brookside Inn; Alumni at the Seacrest Hotel; Patients, Alumni, and Community at the Ji-Hae Park Concert - Cotuit Center for the Arts; and our home base - the Falmouth Community - as Gosnold closed out the Falmouth Christmas Parade by ushering in Santa Claus.

To say we've been busy is an understatement! Thank you to our friends at Behrakis Foundation; Ghelfi's Candies; Herren Wellness; Lorraine and Tony Shepley; Miskovsky Landscaping; Ray Tamasi; Sea Crest Beach Hotel; The Herren Project; Cape Cod Symphony Orchestra; and the Cape Cod Conservatory for your friendship and support during this very busy giving season.



Pictured Above: Richard Curcuru, President & Chief Executive Officer, Gosnold, Inc. delivers the "President's Message" at the Annual Gosnold Board Appreciation Luncheon at Pomponeset Inn, New Seabury.



Pictured Left: Richard Curcuru, President & Chief Executive Officer, Elizabeth Folcarelli, Chief Operating Officer, Gosnold, Inc., Lieutenant Governor Karyn Polito and Governor Charlie Baker hold Community Discussion on issues related to Opioid Misuse and current treatment options.

Pictured Left: Community Members, Law Enforcement and Elected Officials line the rooms of the Falmouth Arts Center for the Community Discussion.

Our gratitude is equally matched by the optimism we hold for the future. Spring always inspires great hope and energy for things to come.

Gosnold's core strategic priority centers on strengthening our continuum of care. Diverse services are essential to meeting the complex and diverse needs of children and adults with mental health, substance use, and co-occurring disorders.

Team Gosnold, now 450 strong in staff, pursues this ideal with great expertise, passion, and care. This year we press on and fortify our services by:

- Increasing our work in youth prevention and intervention by expanding clinical services into nearly 60 schools across Southeastern Massachusetts and Cape Cod;
- Building an accessible Partial Hospitalization Program to serve adults with co-occurring mental health and substance use disorders;
- Expanding outpatient service capacity to new communities;
- Promoting access to Medication Assisted Treatment;
- Sustaining a broad range of technological supports to aid recovery in ways favored by most patients;
- Integrating Gosnold services and supports in rehabilitation centers, Emergency Departments, primary care settings, and parent and community groups; and,
- Working hard to plan for a new, state-of-the-art Gosnold headquarters, to encompass a comprehensive facility equipped with additional inpatient detoxification beds, as well as inpatient services for adults with co-occurring psychiatric and substance use disorders.

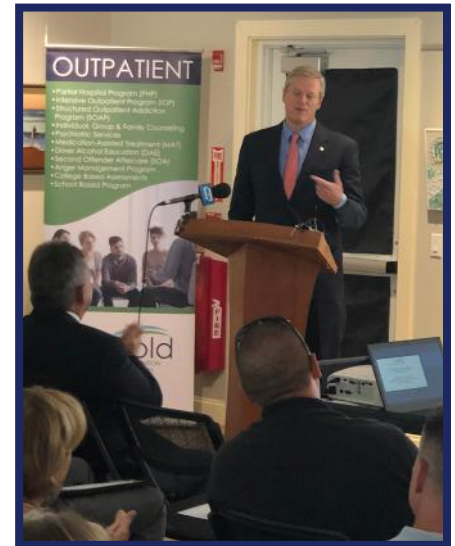
We do not do this work alone. In addition to our many family, friend, and community supporters, Gosnold also relies on our partners in state government to ensure essential services are adequately supported through policy and funding.

On behalf of Gosnold, I am pleased to announce our agency's first Legislative Forum scheduled for March 29, 2019 at The Navigator in East Falmouth, MA. With a distinguished panel of Legislators attending, Gosnold will highlight our Legislative Agenda and advocate for budgetary priorities we deem as essential for our patients, families, and communities.

Mr. Mark Mulhern, Gosnold Alumnus and Center Manager for South Shore Peer Recovery Center, will serve as our Keynote Speaker. We are also deeply honored to recognize State Representative Randy Hunt (5th Barnstable District, serving Barnstable, Bourne, Plymouth, and Sandwich) for his unparalleled leadership in areas of mental health and substance use parity, prevention and education, access to care, safe drug disposal, and more.

I hope you enjoy this edition of COMPASS. It reflects all that is so very special about the Gosnold organization.


 Richard Curcuru
 President & Chief Executive Officer
 Gosnold, Inc.



Pictured Above: Governor Baker leads discussion related to Recovery Management at The Falmouth Arts Center.


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THE GOSNOLD CONTINUUM OF CARE:

An Inside Look

Gosnold, Inc. offers a wide variety of inpatient and outpatient treatment programs throughout Southeastern Massachusetts, Cape Cod and the Islands. Our services include inpatient detoxification and rehabilitation, extended care residential programs for men and women, outpatient substance use and mental health disorder treatment, and community-based initiatives. Gosnold consistently aims to fulfill our mission; to excel in addiction and mental health treatment, to serve men, women and families affected by these illnesses, and to promote lasting recovery. We are able to execute these tasks through the exploration of innovative treatment options, on-boarding and training of our knowledgeable and compassionate staff, and through the generosity of our community partners.

GOSNOLD TREATMENT CENTER

Inpatient Detoxification

Gosnold Treatment Center provides medically monitored detoxification from drugs or alcohol. Patients undergo a psychosocial assessment to identify treatment needs and determine the next recommended level of care. Our caring and highly trained staff provide individual case management, addiction education, and an introduction to twelve-step programs to help patients better understand the nature and severity of their addiction.



GOSNOLD AT CATAUMET

Residential Rehabilitation

Gosnold at Cataumet provides inpatient rehabilitation services for patients with substance use disorder. Our multi-disciplinary approach introduces patients to a variety of evidence based therapies to promote long term recovery, including:

- 12-Step Introduction
- Music In Recovery
- Expressive Digital Imagery
- Yoga/Meditation
- Gym/Fitness
- Family Education



THE MILLER HOUSE

Extended Care Residential Treatment for Men

Miller House, our extended care residential program for men, serves as a bridge between inpatient treatment and independent living. Patients build the foundation necessary to facilitate changes that support long-term recovery. Our holistic treatment approach includes evidence based and experiential therapies.



THE EMERSON HOUSE

Extended Care Residential Treatment for Women

Located a mile from the beach, Emerson House promotes change, enhances emotional growth, and empowers women. This extended care residential treatment model addresses difficult issues in a safe, solution-focused environment, allowing women to build the skills needed to live a fulfilling life in long term recovery.



OUTPATIENT SERVICES

PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP specializes in mental health and dual-diagnosis (mental health and substance use disorder). Patients see a medication provider and receive individualized, focused and goal-oriented treatment to help facilitate the stabilization of symptoms in a less restrictive, non-inpatient environment.

INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP provides short-term treatment and medication management to patients with co-occurring mental health and substance use disorders. This program offers structured treatment for patients with dual-diagnosis, or primary mental health disorders.

STRUCTURED OUTPATIENT ADDICTION PROGRAM (SOAP)

SOAP aims to give patients whose primary diagnosis is substance-use disorder a heightened level of self-awareness, solid relapse prevention skills and a variety of other coping skills to help them become independent adults in recovery. Evening groups allow them to return to work, school or daily activities.

MEDICATION ASSISTED TREATMENT (MAT)

MAT combined with counseling and behavioral therapies decreases the likelihood of relapse, allowing people to continue going to school or work while receiving treatment. MAT helps reduce withdrawal side effects and curbs cravings that can lead to relapse.

MEDICATION MANAGEMENT & PSYCHIATRIC SERVICES

Our treatment team discusses the benefits of medication as well as the possible risks and side effects so that the patient makes informed decisions. Through careful monitoring and therapy, we find the right medication and treatment plan to improve each health and well-being.

Using our Telepsychiatry program, patients receive psychiatric services delivered through the tele-medicine units including medication management/monitoring, diagnostic evaluations, adolescent and adult psychiatry, and individual consultations.

IN THE COMMUNITY

Gosnold's community-based services offer support to youth and their families in the areas which we serve. Through School-Based Counseling, various prevention initiatives and events, and ongoing recovery support services, Gosnold maintains a constant presence in the lives of those affected by substance use and mental health disorders, and provides their families with continued resources.

SCHOOL-BASED SERVICES

Gosnold now employs licensed clinicians in nearly 60 schools across the Commonwealth. Our counselors offer support to children affected by mental health or substance use disorders. This additional resource assists students with coping skills, issues at home, behavioral issues, and school stresses.



COMMUNITY EDUCATION & PREVENTION

Gosnold's Prevention Division provides the community with up-to-date statistics and information regarding substance use disorders and avoiding first-time-use. Through various nationwide initiatives like RX-Take-back Day and Sticker Shock Campaigns, our Annual Playing Above the Influence Events, and Pre-Prom Assemblies; Gosnold wishes to inform both students and their parents and/or guardians about the risks associated with drug and alcohol use.



RECOVERY MANAGEMENT

The Recovery Management program at Gosnold continues to serve as the Model on which most of the Commonwealth bases their Recovery Coaching legislation. A Gosnold Recovery Manager works with patients in an effort to provide additional on-going support post-treatment, and aide in navigating life events in early recovery.



ALUMNI SUPPORT

The Alumni Program at Gosnold aims to provide an ongoing resource to patients leaving our treatment programs, through substance-free social events, community-building initiatives and peer-to-peer networks.



ALUMNI VIEWPOINT

Mark Mulhern, Gosnold Alumnus and featured speaker at Gosnold's upcoming Legislative Forum, now serves as Center Director for South Shore Peer Recovery (SSPR); a Scituate-based community center that provides resources to those affected by substance use and mental health disorders.

Mark is an alumnus of Gosnold Treatment Center; our inpatient detoxification facility in Falmouth, Massachusetts – as well as Gosnold's Miller House; an extended care residential program for men. At the time of admission, Mark had little in terms of meaningful relationships and social bonds. He recounts himself as having been disconnected and isolated; feelings that were exacerbated at the loss of his father and his own ongoing struggle with opioid-addiction.

Mark excelled in his recovery while at the Miller House, and his residency ultimately led to a career in the field of substance use and mental health treatment. He accepted a position as a Recovery Aide upon discharge, and later served as the site's Assistant Director. He credits his life to that program, and those with whom he built relationships during his stay. "Everything I have today, my life, my family, my relationship, my friends, and my happiness are all a direct result of the lessons I learned in treatment and recovery", says Mulhern. Mark also shares the importance of continuity of treatment, from inpatient detoxification to residential rehabilitation and extended-care; "Studies show that more time spent in treatment leads to higher rates of success", he says. "Residential Treatment provides individuals with support during their most vulnerable moments, and gives them the opportunity to develop new coping skills."

When asked about his new position at SSPR and his new focus on Recovery Management Services, Mark outlines the vital roles that post-treatment Peer-to-Peer engagement and support play in early recovery. "Peers bring the unique experience of having personally lived through active addiction and early recovery; they know what it's like to have 'been-in-those-shoes'. This type of connection is what made all the difference for me."

Gosnold wishes to congratulate Mark on his ongoing success and his new position at South Shore Peer Recovery. If you're interested in hearing more about Mark's story; please consider joining us at this year's Legislative Forum.

For more information, please contact Elizabeth de la Cour, Event Coordinator, at edelacour@gosnold.org



HIKE TO HEAL

Gosnold is pleased to announce our newest community event, Hike-to-Heal. In May 2019, Gosnold Staff, Alumni, and Community Partners will hike to the summit of Mount Monadnock in Jaffrey, New Hampshire in an effort to raise awareness for Gosnold's Mission.

If you are interested in participating in this event, contact Elizabeth de la Cour, Event Coordinator, to register.

Highlights from Gosnold's Season of Giving



Annual Charlie Wilkerson Holiday Dinner Featured Speakers: Dylan Benoit, Recovery Management Supervisor, and Melissa Loneragan, Recovery Manager

Pictured Right: Kevin Mikolazyk, Executive Director, The Herren Project, delivers Keynote Address at the Annual Gosnold Alumni Holiday Dinner.



Pictured Above: The Herren Project team enjoys an Evening with Ji-Hae Park at The Cotuit Center for the Arts.



Pictured left: Patricia Mitrokostas, Director of Organizational Advancement and Public Relations, Gosnold, Inc., at the Blue Cross Blue Shield Art Donation event.

Pictured Right: Miss Ji-Hae Park, World Renowned Violinist, shares her story through music for Gosnold Alumni & Patients at the Cotuit Center for the Arts.

Pictured Below, to the right: Alberta Anderson, Chief Clinical Officer, Gosnold, Inc., with Bruce Lehman, Vice-Chairman of the Board of Directors at the Annual Board Appreciation Luncheon.

Pictured Below: Gosnold Board Appreciation Luncheon Honoree Awards.



Pictured Above: Gosnold Staff participate in the Annual Falmouth Christmas Parade, Falmouth, MA. Pictured Right: Lonette Rowell, Chief Human Resources Officer at the Falmouth Christmas Parade.

Connecting Comm

PATHWAYS FOR WOMEN PROGRAM

Gosnold is pleased to collaborate with Cape Cod 5 and Eastern Bank to introduce the Pathways For Women Program (PFWP) - Advancing Health & Employment Outcomes for Women in Recovery. PFWP addresses the unique challenges women in recovery face as they attempt to return to their communities and workforce after treatment. Women in recovery must establish sober support networks, transform their identity and relationships with family and community, and re-build their esteem and confidence without the use of mood altering substances.

Gosnold will be engaging female alumni through various community-based projects; providing education and knowledge that can later be leveraged as work and employment experience.

Gosnold thanks these two institutions for their partnership efforts, and for supporting us in our constant pursuit of the Gosnold Mission; to excel in addiction and mental health treatment; to serve men, women and families affected by these illness; and to promote lasting recovery.

A-CHESS APP

Through the generosity of individual and corporate donors, Gosnold brings A-CHESS, the first nationally-registered, technology-assisted platform for treating alcohol and substance use disorders. The mobile app was developed by CHESS Health (Comprehensive Health Enhancement Support Systems), and provides patients with a smartphone application that enables real-time communication with assigned Recovery Coaches, Peer Support Specialists, and Clinicians. The APP also encourages strong networking connections with others in recovery. Patients have access to daily wellness planning, educational content, state wide resources, and surveys – all designed to build strong personal ownership and accountability for the recovery journey. We expect A-CHESS to significantly increase positive outcomes for Gosnold patients. We are pleased to add yet another layer of recovery management into our system of care and to promote the integration of evidence-based practices.



 Eastern Bank

CAPE
COD 5



Communities for Change

RECOVERY MANAGEMENT GRANT

Gosnold thanks Blue Cross and Blue Shield of Massachusetts for Gosnold's grant award of \$200,000 for Recovery Management services. As Recovery Coaching expands in the Commonwealth, BCBSMA and RIZE Massachusetts join forces to launch a new initiative to promote standardized coaching practices across the state of Massachusetts. We are honored to be one of ten organizations selected to participate in a two-year pilot program and plan to utilize the funding to expand access to coaching services for BCBSMA members. Over the two year funding period, Gosnold will share patient outcomes with BCBSMA to inform future service delivery and payment models. Notable, Gosnold was among the first organizations in the country to incorporate Recovery Coaches into addiction treatment and is excited to share its continued success with BCBSMA.



NANTUCKET COTTAGE HOSPITAL

Gosnold extends our gratitude to Nantucket Cottage Hospital for approving a \$200,000 grant for Gosnold on Nantucket's primary care integration initiative. In conjunction with the Community Foundation for Nantucket, NCH Community Health Fund will support integrated Gosnold clinical services within Primary Care Practices at Nantucket Cottage Hospital. This initiative seeks to improve access to behavioral health services for Nantucket residents. Nantucket is Gosnold's newest location, as we expanded our outpatient services to Nantucket in 2017.



NANTUCKET
COTTAGE HOSPITAL



SAVE THE DATE

Exclusive Cape Cod Location

Saturday, August 24, 2019 6:00 PM

Oyster Harbors Club
170 Grand Island Drive
Osterville, MA

CELEBRATE AND SUPPORT GOSNOLD!

Gosnold Legacy Honoree Announcement Coming Soon!



CALENDAR OF EVENTS

March 2019

3/29 Legislative Forum
2:00 PM, Invitation Only

April 2019

04/27 National RX Takeback Day
10:00 AM - 2:00 PM, All Cape Cod Police Departments

May 2019

TBD Sticker Shock
8:30 AM, Various Liquor Stores, Cape Cod, MA

August 2019

08/18 Team Gosnold runs the Falmouth Road Race
9:00 AM, Falmouth, MA
08/24 Gosnold Legacy Gala
6:00 PM, Oyster Harbors Club
08/26 21st Annual Gosnold Charity Golf Tournament
10:00 AM, Pocasset Golf Club

For more information regarding upcoming events, please contact Elizabeth de la Cour, Event Coordinator, by e-mail at edelacour@gosnold.org

COMPASS CONTRIBUTORS FEBRUARY 2019

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President & Chief Executive Officer

Elizabeth Folcarelli, Ph.D.
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