



Gosnold

THE COMPASS

Your beacon to a brighter future



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Welcome to the September 2020 edition of COMPASS.

So far, 2020 has been a year of uncertainty, challenges and change due to the coronavirus crisis. The Covid-19 pandemic has greatly impacted all of us in so many ways, both personally and professionally. Safety is our primary concern, which means that we need to follow regulations and guidelines regarding social distancing recommendations and large gatherings. These protocols have unfortunately resulted in Gosnold needing to cancel many events, such as the Annual Charity Golf Tournament and The Legacy Gala.



The Golf Tournament has been a special event for Gosnold for the past 21 years. Many individuals that attend the event come back year after year, to enjoy the company of old friends and colleagues and to enjoy a round of golf at the Pocasset Golf Club. These individuals are loyal supporters of Gosnold and we look forward to seeing them at next year’s tournament. The Legacy Gala has been held for the past three years and has always proven to be a memorable evening for great friends, food, and fun. We were planning a Legacy Luncheon in October to replace the Gala, but unfortunately we are unable to have it due to state reopening guidelines.


In addition, we forfeited our bibs for this year’s Falmouth Road Race and moved them to next year’s race instead. Most of our runners and supporters prefer to run with others, sharing the same goal of finishing the race and raising money and awareness for Gosnold. This is a special event, since some runners run for their loved ones, who lost their lives to addiction.

On a more positive note, we hosted a Virtual Gosnold Freedom Walk during the week of July 20th in which we had 47 participants on 3 teams, competing against each other in five categories. It was an amazing event and we were able to raise over \$35,000 for our unfunded or underfunded programs. We hosted the Awards Ceremony and BBQ on July 31st where the Staff Team won 1st place in most categories, except for the Team Spirit Award. This award was taken home by the Community Team, led by Kevin Mikolazyk, Executive Director for the Herren Project. Kevin created a healthy competition with the Staff and Alumni teams, which contributed to the fun and competitive spirit of the event.

Despite the many challenges we are facing, Gosnold is resilient and will continue to work to support one another, our patients, our community and our mission. We will continue to follow the state guidelines for all of our upcoming events for 2020, and will be sure to keep you all informed.

Stay healthy and well,

Richard Curcuru, LICSW
 President and CEO
 Gosnold, Inc.



Freedom Walk

Gosnold

Making Strides in Recovery



The Gosnold Freedom Walk was held the week of July 20th through July 26th to help sustain our underfunded and unfunded programs. It was made up of 3 teams - the Staff Team, Alumni Team and the Community Team, all competing to win in 6 categories including Most Miles Walked, Most Team Participants and the Best Team Spirit. Trophies were given at the awards ceremony to the teams that excelled in each category and exhibited their passion for recovery. Way to go, #TeamGosnold!

The Gosnold Freedom Walk was initiated due to the cancellation of the Falmouth Road Race with the goal of helping to support individuals seeking freedom from their substance use and/or mental health illnesses. It was an opportunity for participants to get outside while social distancing, engage in physical activity and some fun and healthy competition. The safety measures practiced during the pandemic created hardship for many individuals affected with substance use and mental health challenges. Gosnold truly understands the challenges faced by these individuals and continues to be here for those who seek wellness and lasting recovery.

This event was made possible by the support of 47 participants, 306 donors, and especially our Community Team and event sponsor, The Herren Project. Kevin Mikolazyk, Executive Director for the Herren Project, lead the Community Team and created some healthy competition with members of the staff and alumni teams, resulting in his team bringing home first place in the Team Spirit Award.

A special thank you to all of our raffle prize donors, Cape Cod Bagels, Ghelfi's Candies of Cape Cod, Windfall Market, and Jack in the Beanstalk! These local Falmouth businesses have always been a great support to Gosnold's mission.

ON THE COVER (L-R): Karen MacDonald, Director of Community Events; Kevin Rosario, Director of Community Outreach; Kevin Mikolazyk, Director of Herren Project. Also pictured (via phone); Melissa Lonergan, Recovery Coach; William Abbate, Interim Director of Emergency Department Services.

GOSNOLD 2020 SCHOLARSHIP RECIPIENTS

Each year, Gosnold offers two scholarships to students who intend to pursue a degree in a behavioral health related program.

The Gosnold Scholarship Board Selection Committee considered many applications this year. We congratulate all 2020 applicants for their drive and commitment to helping others. Special thanks to Board Members, Charlie Reidy, Bob Korwatch, and Linda Zammer who joined in choosing our 2020 honorees.

Among a very competitive field, Gosnold is proud to announce Gosnold’s 2020 Scholarship Recipients.

Representing the Cape Cod Region, we congratulate Kaylin Barnes (pictured right). Kaylin is a Barnstable High School graduate who will be attending Fordham University this fall, and plans to major in Psychology, with a focus on Pediatric Psychology. Having taken Advanced Placement Psychology in her junior year, Kaylin fell in love with developmental psychology, particularly with issues that can arise in children and adolescents. To focus more on pediatric psychology, she entered into an internship at Barnstable United Elementary School, conducting a study in social-emotional learning, which solidified her desire to work with children in the future. Good luck, Kaylin, as you make your way to Fordham!



Representing the Southeast Massachusetts Region, we congratulate Ashlyn O’Connell (pictured left). Ashlyn is a Stoughton High School graduate who will attend UMASS Amherst this fall, and plans to major in Psychology, with the goal of becoming an Art Therapist. Personal experiences in her life have inspired Ashlyn to pursue a career where she is positioned to assist people to better cope with their personal struggles. A long-time member of Art Club and National Art Honor Society, Ashlyn believes that as an Art Therapist, she will be able to help people with mental illness, in a safe and healthy way, through creative expression. Good luck, Ashlyn, as you begin your journey at UMASS.

Good luck to these energetic and bright young students. Gosnold is cheering you on and wishing you a successful freshman year!

Welcome Chief Development and External Relations Officer Kevin Ralph

Kevin will oversee Gosnold’s initiatives to raise funds and strengthen the organization’s relationships with its supporters. As part of the Senior Leadership Team, he will direct all areas of fundraising, marketing, communications and policy advocacy for Gosnold. His goals will be to design and implement a comprehensive plan to secure individual, philanthropic, special event, corporate, governmental, and other support for the organization.



Kevin comes to us with over 20 years of experience in the development and fundraising field. He is a seasoned nonprofit executive with a demonstrated history of success in organizational leadership, management, and development. Prior to joining Gosnold Kevin worked as the Vice President for Client Partnerships for the Angeletti Group, a consulting firm that helps organizations raise philanthropic support. Prior to that he was the Senior Vice President and Chief Development Officer for Cape Cod Healthcare where he oversaw all fundraising efforts on behalf of Cape Cod Hospital, Falmouth Hospital, the Visiting Nurse Association of the Cape & Islands and all other service-lines of the healthcare system. Kevin has had several other senior level positions in the development field throughout his career, but it all began at his alma mater, Drew University, in Madison, NJ. There he served as an assistant men’s basketball coach while working full-time in the Office of Development and Alumni Relations. Kevin was inducted into Drew’s Athletics Hall of Fame in 2011 and continues to serve as an alumni volunteer.

A New Jersey native, he resides in East Sandwich, MA, with his wife, Elizabeth, and son, Sawyer.

GosnoldGear Store



As fall is just around the corner, it may be that time to take a look at the Gosnold Gear Store to find clothing to keep you warm in the upcoming months.

The Gosnold Gear Store is an e-store that gives you easy access for ordering clothing, accessories, and gifts with the Gosnold logo.

It doesn’t matter if you are an employee, alumni or dedicated Gosnold supporter, we know that you will find great items that you will wear with pride. Our e-store really does offer something for everyone. Come take a look by visiting www.gosnoldgear.com.

The e-store will also make holiday shopping a breeze.



NATIONAL RECOVERY MONTH

As many of you know, September is National Recovery Month. Recovery Month is an international observance held every September to increase awareness and educate people about substance use and mental health disorders. It encourages individuals and their families to seek help, so that they may live healthy and rewarding lives. This month is an opportunity to celebrate individuals living their lives in recovery and it recognizes the dedicated workers who have helped to make it all possible.

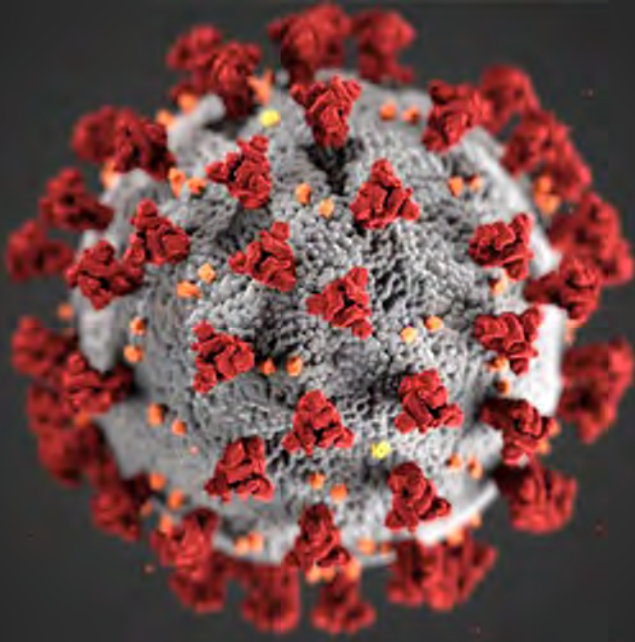
This year, The Massachusetts Organization for Addiction Recovery (MOAR) is helping us celebrate our 30th Annual Recovery Day, which will be going virtual on September 23, 2020. Instead of marching down the streets of Boston and ending at the State House, the day will be a virtual event featuring artists and comedians celebrating recovery.

Gosnold has always been a huge supporter of MOAR. By joining the voices of recovery and helping to remove the stigma of addiction and mental health disorders, we believe that recovery is possible with the help of ongoing treatment, community support and connection with family and friends. We are committed to our community by providing family education, school-based counseling and medical care integration to those who need it.

A special thank you to all of our staff. It is your dedication and commitment that helps to make recovery possible for individuals who are struggling with addiction and/or mental health illnesses!

For more information about Recovery Month, visit www.recoverymonth.gov or follow the event on social media facebook.com/RecoveryMonth.

Contact Karen MacDonald, Director of Community Events, at 781-706-9699 or kmacdonald@gosnold.org for further questions.



COVID-19 (CORONAVIRUS)

UPDATE

Since early March Gosnold has taken essential measures to sustain our vital services for people affected with substance use and mental health problems. Amidst the Coronavirus Pandemic we continue to provide quality services for individuals seeking treatment.

We've responded to the Coronavirus pandemic with considerable care and modified organizational practices as needed in order to sustain vital services. We have strived to maintain both staff and patient safety throughout this crisis.

Notably, we have successfully accomplished the following:

- Daily correspondence to staff.
- Increased screening for all newly admitted patients.
- Increased cleaning and sanitation of all programs.
- Non-essential staff allowed to work from home.
- Outpatient, PHP, and school services utilizing telemedicine.
- Routine temperature taken for patients and staff.
- Policies created for how to handle symptomatic patients/staff.
- Isolation rooms created at all programs.
- Community assistance with PPE.
- Early discharge plan developed for all patients, as needed.
- Hazard pay for all Gosnold staff.
- Life is Good t-shirts for all staff.

Current Metrics:

- Testing completed at Gosnold
 - 239 tests in total completed
 - 155 tests completed for staff
 - 84 tests completed for patients
- Positive Number of COVID-19 Cases
 - 13 total positive cases
 - 4 Staff tested positive
 - 9 Patients tested positive

THANK YOU

Gosnold Freedom Walk Sponsors

A special thank you to The Herren Project for stepping up as our Community Team! We are grateful to Kevin Mikolazyk and his team for their invaluable contribution to this year's Freedom Walk

Thank you to the raffle donors:

Windfall Market
Jack in the Beanstalk
Ghelfi's Candies
Dunkin Donuts
Cape Cod Bagel



Gosnold will continue to offer our Virtual Partial Hospitalization Programs to patients throughout Massachusetts.

Other virtual outpatient programs include but are not limited to; the Intense Outpatient Program (IOP), Structured Outpatient Addiction Program (SOAP), Anger Management, Massachusetts Impaired Driving (MID, formally DAE) and more. Some locations have openings for 'In- Person' Individual Therapy.

For more information please contact Kevin Rosario, krosario@gosnold.org, or Justin Campbell, jcampbell@gosnold.org

We are always seeking qualified individuals to join our dedicated team. We offer a competitive salary, excellent benefits, and a comfortable work environment. Our benefits program includes health and dental insurance, short-term disability and life insurance, medical and dependent care, flexible spending accounts, an employer-matching retirement savings plan, payroll deductions for home and automobile insurance and a generous paid time off plan. Gosnold is an Equal Opportunity Employer.

Join us at our career Open Houses every Tuesday from 11AM-1PM, in the Corporate Office at 200 Ter Huen Drive, Falmouth, MA 02540

COMPASS CONTRIBUTORS SEPTEMBER 2020

Richard Curcuru, MSW, LICSW
President & Chief Executive Officer

Michael Cawley
Chief Human Resources Officer

Karen MacDonald, LADC II
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Anne Taylor
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