Twice-Weekly Playgroups Key to Success of Bay Cove’s Early Intervention

At Bay Cove’s Daniel C. Boynton Child Development Center, our Early Intervention staff provides top quality services to children ages three and younger. A team comprised of early childhood educators, social workers, psychologists, nurses, speech/language pathologists and occupational and physical therapists work with children experiencing developmental delays—and their parents—to offer services designed to promote physical, mental and emotional development.

A key component of these developmental services are EI’s 90-minute playgroups, which children are able to attend twice a week. On the face of it, play might be considered simple fun and games, but it’s actually a key building block for any child’s development.

“Children learn social skills, initially, through play,” says Kim Artes, director of Bay Cove’s Small Wonders Nursery School. “Little kids learn valuable skills like cooperation and socialization, improve their gross motor skills, and learn a lot from the structure of group play.”

While Bay Cove receives substantial public funding for our EI services, the second day of toddler playgroup we offer children each week is only possible due to private support. Many EI providers are only able to offer one weekly session, which is insufficient for the needs of children with developmental delay.

“The routines that are part of playgroup can only really embed themselves in these children with twice-weekly sessions,” says Sharon Keleher, Assistant Director of EI. “If children only come once a week, they don’t get the repetition needed to make what they’ve learned stick. In many ways, when they’d come back the next week, we’d basically be starting all over again.”

The second day of playgroup, considered so crucial to the enrichment of these children with developmental delays, comes at a cost of $2,500 per year for each child we serve. If you would be interested in making a targeted donation to help our EI services fund this vital service, please contact our Development office at 617-619-5930 or development@baycove.org.
As I sit down to write this, September has come, bringing with it the unofficial end of summer. I hope that all of you have had the opportunity to enjoy a bit of pleasant downtime this summer—to take vacations, see family and friends, and spend some time in the sun before the days start getting shorter and the leaves begin to change.

Speaking of change, it’s been an eventful summer at Bay Cove—one that’s seen a number of significant changes to services at our agency, including the arrival of some new programs, the departure of another, and the relocation of yet others.

Since May 16, in partnership with Boston Medical Center and fellow human services agency VinFen, Bay Cove has been providing Emergency Mental Health Services in Fall River and Cape Cod. We are now managing a mobile crisis unit and urgent care center in Fall River, serving the towns of Fall River, Freetown, Somerset, Swansea and Westport, as well as similar services for the 90-mile stretch of Cape Cod. We’re excited by the new opportunity to provide Bay Cove’s brand of vital and individualized services to new communities, expanding our ability to help men, women and children in crisis.

On July 1, we implemented the decision to have Bay Cove Academy, our therapeutic high school in Brookline, become part of the Needham-based non-profit Justice Resource Institute (JRI). For 37 years, the Academy served adolescents with emotional disabilities and behavioral challenges who had struggled in a traditional learning environment. Going forward, the Academy will continue this mission under the management of our longtime industry partners at JRI, an agency that operates an extensive number of well-respected adolescent & family-focused programs throughout the state. I know that the Academy will continue to do incredible work educating kids that others might have given up on, and all of us at Bay Cove wish the school’s staff and students all the very best.

And, this month, we are in the midst of relocating some of the services we offer in Boston through our Kit Clark Senior Services and Mental Health Services. At Bay Cove, we feel a strong responsibility to provide the highest quality services in the most cost-effective and efficient manner. To that end, we have consolidated our Adult Day Health (ADH) programs for seniors (which were previously split between two Dorchester locations) into a single building specifically designed and laid out to effectively offer this particular type of service. In the space made available by the ADH programs moving, we’ve been able to return our Transitions of Boston clubhouse for individuals with mental illness to the Dorchester community where it was founded.

Change has been a constant at Bay Cove through its 40+ years, as we’ve always worked to develop new services and the best ways to provide them. Our success in doing this comes, in part, from you: your support, and that of others who share your commitment to the people we serve, gives us the capacity to continually evolve and grow. This is something we never take for granted. We pledge to always be a responsive and innovative agency that warrants your support, and to continually strive to utilize all of the resources at our disposal to deliver the highest quality services to the maximum number of people in need.
Program Spotlight: Andrew House Stoughton

When Bay Cove opened its Andrew House Detoxification Center location in Stoughton in January, the facility represented the successful culmination of a more than two-year-long mission to replace the 60 detox beds lost when the closure of the Long Island Bridge forced the unexpected shutdown of the former Andrew House. Now, with the new Stoughton facility and the smaller Andrew House Boston (located in Jamaica Plain’s Shattuck Hospital), Bay Cove has actually exceeded its former services with 69 available beds—and the capacity to eventually expand, in time, to as many as 96 total beds. The return of Andrew House comes at a pivotal moment, with Massachusetts—and the nation as a whole—in the throes of a devastating opioid addiction crisis.

Crucially, the detoxification services offered at Andrew House-Stoughton (AHS) go beyond the standard medically-monitored detoxification from alcohol and opiates available at a number of other facilities. AHS is proud to be one of a select group of service providers statewide able to offer Enhanced Acute Treatment Services (E-ATS) for our patients with co-occurring mental health and substance use disorders.

“Offering these enhanced services essentially means that we are able to treat both the medical needs of someone undergoing detoxification, as well as the psychiatric needs of someone with a concurrent mental health issue,” says Lydie Ultimo-Prophil, Bay Cove’s Vice President of Addiction Services (see story, p. 6, to learn more about Lydie). “Not too many detox programs have the ability and the specialized staff on hand to provide care for both conditions, but Andrew House is staffed with 24-hour nursing and medical care and psychiatric professionals to respond to any needs our patients may have.”

Bay Cove has, throughout its history, specialized in integrating services throughout the agency, particularly between mental health and addictions. “The agency is something of a trailblazer in that regard,” Lydie says, pointing out that Bay Cove’s longtime focus on treating co-occurring conditions is where the industry as a whole is now trying to move. Greater numbers of addiction treatment providers, she says, have recently begun moving toward the holistic approach of treating not just one part of a person’s health, but treating everything together.

Just as the opioid epidemic has increased the overall number of individuals seeking treatment for addictions, it should probably come as no surprise that treatment centers are also seeing an increase in the number of patients with multiple conditions. Lydie says that, in particular, AHS is seeing a growing number of patients dealing with polysubstance use, which leads to more complicated cases. “Substance abuse used to be a bit more defined—but we’re seeing people coming in who are using everything under the sun,” she notes. “These much more complicated diagnoses require treatment plans with a great deal of sophistication, and I think that the seasoned experience on our clinical team is a tremendous advantage we have in administering effective treatment.”

If you know somebody in need of detoxification services, Andrew House is able to help, and is currently accepting referrals. To refer a patient in need of treatment, please contact one of our Intake Specialists at 781-232-5506 or 781-232-5507.
Friends Old and New Come Together at Bay Cove’s Changing Lives Gala

On June 14, close to 300 of the agency’s loyal supporters gathered at the Seaport Boston Hotel for this year’s Changing Lives Gala, Bay Cove’s largest annual fundraiser. The gala was a magical evening celebrating the milestones and accomplishments achieved by the men, women and children served everyday by Bay Cove, the dedication of the staff whose privilege it is to serve them, and the generosity of all our supporters who make our work possible. The evening was a tremendous success, raising more than $300,000 to support Bay Cove’s range of services and programs for individuals with the greatest challenges.

At the gala, we were honored to present the Changing Lives Award to Alma Wahlberg, matriarch of Dorchester’s own Wahlberg family. Alma was recognized for her tireless support of organizations that serve the most vulnerable people in and around Greater Boston, and for her and her family’s work inspiring hope and combating the stigma often associated with significant personal challenges. Alma’s son, Chef Paul Wahlberg, designed a sumptuous menu for guests to enjoy, and guests enjoyed the chance to bid on fantastic items and unique experiences in our silent and live auctions, the latter conducted once again by the extraordinary Susan Wornick.

Our deepest thanks to all our Gala sponsors who made the night possible, with special appreciation going out to Lead Sponsor Liberty Mutual Insurance. Thanks also to all who generously donated (and bid on!) items in our auctions, and, of course, to all our guests who made the evening so special. We look forward to seeing everyone again for the 2018 Changing Lives Gala!
Opposite page (clockwise from bottom): Bay Cove Board of Directors Treasurer Greg Buscone and his family; Our amazing gala auctioneer, Susan Wornick; Changing Lives Gala co-chairs Joe Ailinger (left) and Bob Thomas (right); This page (clockwise from upper left): Bill Sprague posed with Changing Lives Award recipient Alma Wahlberg; Paul Wahlberg (right), owner of Alma Nove & Wahlburgers, and our special guest Executive Chef for the evening; Bay Cove’s Vice President of Development David Hirschberg shows off a Les Paul model guitar, donated by The Gibson Foundation, auctioned off at the Gala; Gopal Kalluri, Bob Walters & Ravi Nair enjoyed the festivities. (To see more photos from this year’s Gala, visit our Facebook page at www.facebook.com/pg/baycovehumanservicesinc.)
On July 1, Bay Cove underwent a change in leadership at the top of one of its service areas, with Ronnie Springer’s retirement from the agency after 37 years dedicated to Addiction Services.

Bay Cove’s Addiction Services are now led by Lydie Ultimo-Prophil, who joined the agency in June. Prior to joining Bay Cove, Lydie worked as Director of the Office of Health Equity for the Mass. Department of Public Health (DPH), and also served as the Director of the Bureau of Substance Abuse Services, overseeing the statewide treatment system for individuals with substance use disorder.

Lydie’s extensive experience as an administrator, and as a respected figure in Massachusetts’ addiction services community, made her the perfect choice to lead Bay Cove’s efforts to innovate and expand our substance abuse services in a time of unprecedented need. Lydie, however, also sees her new role at Bay Cove as a hands-on opportunity to return to her roots.

“I’m a social worker at heart,” says Lydie, of her decision to join the agency. “I’ve always loved working with community organizations and the people they serve. Coming to Bay Cove offers an opportunity to get back to working directly with people who need addiction services.”

Lydie earned her Masters in Social Work from the Boston College Graduate School of Social Work, and has held private and public leadership positions in human services and public health, serving a range of populations, including at-risk youth and individuals with substance use disorder.

In her tenure at DPH and at the Bureau of Substance Abuse Services, Lydie worked closely with addiction service agencies in and around Metro Boston, and thus comes to the agency with a great deal of familiarity with our programs, services and staff.

“I know how strongly committed to addiction services Bay Cove has been, and its long history as a leader in the field;” says Lydie. “I saw this as a great opportunity to come to a highly-respected organization that is a great fit with my own personal philosophies on addiction care, and as a chance to carry forward some of the trailblazing work that Bay Cove is known for.”
Bay Cove Opens “The Dresser” for Those in Need

Thanks to the kindness of Bay Cove’s loyal supporters, our agency has been the recipient of a wonderful assortment of clothing donations in recent years—everything from desperately-needed warm attire for the winter months, to a variety of everyday garments for men, women and children. These items have been distributed to people we serve throughout our agency’s programs, many of whom have limited resources to devote to new clothing.

In August, Bay Cove debuted a new venue for sharing our bounty of fashions, opening our own little “boutique” that we’ve dubbed “The Dresser.” Housed within our headquarters at 66 Canal St. in Boston, the people we serve are able to come in and visit, and pick out some clothing for their own use. “The Dresser” is staffed by our own Emily Dorn and Caitie Sprague, of Bay Cove’s Development Department (pictured right, top).

It’s proven to be a huge hit in its first few weeks, helping outfit members of our Center Club program with shorts and light attire for the summer, while also helping individuals like Andrew (pictured right, bottom) get ready for job interviews with dress shirts, dress pants and even new shoes.

The service is a particularly vital one for the many homeless men and women served by Bay Cove. Agency programs like the Albany Street Shelter in Cambridge, the Cardinal Medeiros Center, Bay View Inn and The Center for Change all provide services to members of the Boston-area homeless community.

We’d greatly welcome your help in keeping “The Dresser” well-stocked! With the cold weather season just around the corner, we’re currently stepping up our efforts to collect gently-used winter items like coats, gloves and scarves, along with new items like socks, hats and underwear. (Of particular need are items in extra large, 2XL and larger men’s sizes.)

If you’re interested in making a personal donation of clothing, seeking guidance in setting up a clothing drive for Bay Cove, or would like to learn about other ways you can help support our services for homeless individuals, please contact Caitie Sprague at 617-619-5930.
Follow Bay Cove on Social Media!

A picture is worth a thousand words... and now you can check out the newest photos of Bay Cove programs and activities on our Instagram account. Give us a follow on IG at baycovehumanservices today!

And don’t forget: you can always stay informed about the latest Bay Cove news and events by following us on your other favorite social media channels. Check out Bay Cove on Facebook at baycovehumanservicesinc, and on Twitter at @BayCoveMA; and learn the latest about CASPAR on Facebook at CasparIncNonprofit, and on Twitter at @CASPARCamSom.

MISSION: Bay Cove Human Services partners with people to overcome challenges and realize personal potential.

Seniors connect with friends, enjoy nutritious meals and engage in social activities at Kit Clark Senior Services' Madden Senior Center in Dorchester.