

Autumn 2019



Bay Cove News



Bay Cove Opening Doors for Peer Specialists with New REAL Program

In recent years, Bay Cove has expanded the Peer Led Supports we're able to offer to individuals receiving Mental Health Services in our programs. The Peer Services Team at Bay Cove provides direct, one-on-one consultation with individuals who, themselves, have a shared history of lived experience with mental illness. Now, a new grant from the **Sidney R. Baer Jr. Foundation** will allow Bay Cove to pilot a new program that will offer more individuals the training they need to become Certified Peer Specialists.

The **Recovery Education and Learning (REAL)** program is an educational "bridge" program for people with serious mental illness that specifically prepares each of its participants to enroll in the Massachusetts Certified Peer Specialist (CPS) Program. With a curriculum designed and administered here at Bay Cove, the REAL program is for a person who wants to become a CPS, but first needs to build academic and personal recovery skills in order to successfully complete the state CPS training.

The eventual hope is that the REAL Program will become the model for a widespread program, replicated by other human service agencies, that will lead ever greater numbers of individuals with lived experience toward a career as a CPS, or other academic or training programs.

While peer-led supports were once looked upon the mental health field as a sort of adjunct or "extra" support to clinical treatment, that perception has changed as peer teams working alongside clinical providers has become more commonplace. "We are actually seeing the opposite," says Joelle Barton Nims, Bay Cove's Manager of Institutional Giving. "Psychiatric treatment with medication can be helpful, but it is no substitute for the psychosocial work and social connections that lead to personal recovery."

The Baer Foundation has a longstanding commitment to helping people with mental illness pursue their professional goals, funding innovative programs like the Professional Employment Initiative at Bay Cove's Center Club program. They have committed \$300,000 in grant funding for the REAL Program over the next three years, and we are tremendously grateful to them for helping us launch an initiative that will give countless individuals the opportunity to advance not only their own recovery journeys, but the journeys of all the people with whom they'll work.



Bay Cove's new REAL Program will help the agency add more mental health peer specialists like Kion Thomas (pictured), by providing greater access to Certified Peer Specialist training.

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CEO's Corner by Bill Sprague, President & CEO

Every week, as part of Bay Cove's orientation for incoming employees, I have the privilege of spending time with our newly-hired staff members on their first day at Bay Cove. I get to welcome them and tell them about the agency they are joining—what we do, as well as how and why we do it. This leads to a discussion about Bay Cove's core values.

I'm proud of the fact that these values have remained constant and at the center of everything we do as we've evolved and grown over the years. I usually illustrate this point by referencing my predecessors as CEO, Dan Boynton and Stan Connors.

Dan Boynton founded Bay Cove with a commitment to offering services to people who were left out of the then-limited array of available programs. He believed in, and tirelessly advocated for, the idea that everyone deserved services and that no one should be ignored or left out—and, to this day, Bay Cove continues to serve those who others "can't or won't."

Stan, Dan's successor as CEO, captured Bay Cove's commitment to providing the highest quality services with a simple question that we encourage our staff to ask themselves every day: if a loved one of mine—my parent, my sibling, my child—were in need of the kind of services my program provides, would I want them to get those services here?

Bay Cove has grown tremendously in the 27 years I've been here. We now serve thousands of people each day. We have ten times the number of staff members, and a budget that is fifteen times larger than it was when I started. But, our values and the way we approach our work is still the same.

Everyone in the Bay Cove community shares a commitment to helping people whose challenges are much greater than most. We know that everyone deserves help and support. We believe in recovery and the potential for full, rich lives. Because of our shared values, people have safe places to live that they might not have otherwise. People living with substance use disorders are getting treatment. People in crisis are getting help, children with developmental delays are learning new skills, and, each day, a few more people with disabilities are entering (or re-entering) the workforce.

As a Bay Cove supporter, you help to make all of this—including the extraordinary achievements of the people we serve—a reality. Just as importantly, you help to advance these core values that we all share. As a result, countless people have gotten the services they needed. And, they got those services while being treated the way we would want those we love to be treated.

Thank you, as always, for your commitment to Bay Cove and the work we do.

IN MEMORIAM: The Bay Cove community lost a great friend and supporter with the passing of **Kevin P. Martin, Sr.** on September 10. Kevin—an innovative leader in the field of accounting and founder of Bay Cove's longtime accounting firm, KPM—was involved in Bay Cove from the very beginning. He wrote the business plan and established the bookkeeping systems that guided the launch and early years of our organization, and remained an enthusiastic supporter of our work throughout the years. We are deeply saddened by his loss, and will always be grateful for his invaluable guidance and support, as well as his unwavering commitment to helping the most vulnerable people in the greater Boston community.





Volunteers Looking to Help Homeless Neighbors in Cambridge are Cookin' With CASPAR

Our **Cookin' With CASPAR** volunteer program is an impactful and inspiring group volunteer and team-building opportunity that has helped hundreds of our homeless neighbors in and around Cambridge through that most universal of traditions: the breaking of bread.

Your corporate, academic or community group can participate by choosing one of various sponsorship levels to provide a meal at the CASPAR Emergency Services Shelter in Cambridge—which serves close to 100,000 meals a year on a very limited budget. After donating the cost of the meal comes your chance to work together as a team—your volunteer group will come into the shelter to prepare, cook and serve dinner to the approximately 110 shelter guests we welcome every night. The result? A fun afternoon activity that makes a tangible, positive difference in the lives of our shelter guests.

By participating in Cookin' With CASPAR, you support our agency's nutrition program at the Shelter, and our FirstStep Street Outreach team. These life-saving efforts play a crucial role in supporting Cambridge's homeless population, and the act of offering a meal can be the starting point that allows CASPAR to connect our guests with additional services—with the goal of transitioning people off the street and out of homelessness.

To learn more about the Cookin' With CASPAR program and how you can take part, please visit www.baycovehumanservices.org/cookin-with-caspar, or contact [Julia Londergan](mailto:jlondergan@baycove.org) at jlondergan@baycove.org.



Volunteers from Alnylam take part in a recent Cookin' With CASPAR dinner service.

Join Our Young Professional Advocates on November 17 for a “Bay Cove BLITZ”

Human beings have long pondered those most crucially important questions of existence: What is the meaning of life? Is there life on other planets? And, of course, *are you ready for some football?*

If you are, then please circle **November 17** on your calendar. That's the day that the [Bay Cove Young Professional Advocacy Board](#) will be hosting the **Bay Cove BLITZ** from 1-4 p.m., at Backyard Betty's, 170 West Broadway, in South Boston.

This special fall fundraiser for Bay Cove will be a Sunday fun-day football viewing party taking place at one of Southie's most popular bar/restaurants. Guests will get to watch the week's early NFL games on a slew of TVs, and you may even choose to stick around to watch our beloved New England Patriots take on the Philadelphia Eagles at 4:25.

The YP Advocacy Board formed in 2018 as a group aimed to introduce Boston's young professionals, aged 21-35, to the life-changing work of Bay Cove Human Services. Since then, the Board has hosted a number of successful events, raising more than \$25,000 to further Bay Cove's mission.

Sponsorship opportunities for the event are available at a number of levels, while tickets to attend the *Bay Cove BLITZ* are being offered for \$30, and will include admission and delicious food. The event will also feature raffles for cool prizes, as well as fun games and activities.

The *Bay Cove BLITZ* will be a great way to show your Bay Cove team spirit, while also enjoying a pigskin party unlike any other! For more information about the event, or to purchase tickets, please contact [Caitie Sprague](#) in the Bay Cove Development Department at 617-619-5930 or csprague2@baycove.org.



Program Spotlight: The Bay Cove Treatment Center for Opiate Addiction

Bay Cove is made up of more than 170 programs, which combine to serve more than 25,000 men, women and children every year. From time to time, we like to spotlight one of these programs, giving readers a look inside the many corners of our agency, and celebrating the amazing and vitally important work done by our talented staff in every service area!

The **Bay Cove Treatment Center for Opiate Addiction** provides intensive, seven-day-a-week outpatient treatment. Clients receive medical assessments, daily dosing with methadone medication, weekly individual and group counseling, and comprehensive substance use disorder education. Case management and referral services are regularly provided.

Special populations served include people living with HIV/AIDS, individuals with poly-substance use disorders, pregnant women, patients with a co-occurring mental illness and substance use disorder, and heroin users who are homeless.

To learn more about the Bay Cove Treatment Center, please visit www.baycovehumanservices.org/bay-cove-treatment-center.



Summer is always a busy time at Bay Cove, and a great time for getting out into the communities we serve to celebrate special occasions. On June 2, Bay Cove was once again thrilled to be part of the annual Dorchester Day Parade, celebrating a neighborhood that has been home to Bay Cove programs right from the agency's earliest days!

Bay Cove staff and their families built a parade float, then proudly marched down Dorchester Avenue to salute this community so many Bay Cove staff and those we serve call home.



Emergency Shelter Welcomes A New Gold(en) Star

The newest addition to the team at the CASPAR Albany Street Shelter doesn't have a degree in social work, and her clinical skills are largely limited to tail-wagging and face-licking. But, in the months that therapy dog-in-training Madison has been coming to the shelter to visit with our homeless guests, she's made a big, positive impact on the lives she's touched.

Madison belongs to Maureen Cunningham, a longtime Bay Cove staffer who's been working at the shelter as a manager since January. For years, Maureen worked in Mental Health Services at Bay Cove's former Gill Wellness Center program, where she would bring her previous therapy dog, Morgan, to offer comfort to the program's clients. Morgan passed away in May 2018, and it was that October that Maureen found the 10-week-old Madison. It didn't take long, Maureen says, before she saw that this new girl had the makings of a therapy dog herself.

"She's amazingly calm, and has an excellent sense of people," says Maureen, of her now 18-month-old golden retriever. "She knows instinctively who to approach and who to give space to."

Madison is currently undergoing therapy dog training, but won't be able to take the Canine Good Citizenship Test and become officially certified until she's 3. In the meantime, though, she's getting firsthand experience working at the shelter.

On the two days each week that Madison visits the shelter, guests are able to come to Maureen's office and sit with Madison, pet her, feed her treats ("she's completely spoiled," Maureen laughs), play fetch with her in the shelter library, and a few—who've established the closest bonds of trust with dog and owner—even take her for short walks around the neighborhood.

Madison brings plenty of smiles to the faces of the shelter's guests, but her presence has brought with it even greater benefits. "A number of folks who, in the past, have only used the shelter as a place to stay overnight, have come back into my office to spend time with Madison," says Maureen. "Through that, trust has been built, and it's started the conversation of us being able to get people into case management and connect them with additional services they need."

"It's been really therapeutic for the guests having Madison here," says Jason Ramirez, director of the shelter and FirstStep Street Outreach. "When she's around, people seem calmer and happier. Some of them have really opened up. It's been a real blessing."



(Above): Madison, a golden retriever and therapy dog-in-training, has been visiting the CASPAR Albany Street Shelter twice a week, providing comfort to guests at the shelter, and bringing positive energy into the program. (Below): Madison receives a hug from Brenda, a shelter guest who's established a close bond with the shelter's newest addition. "This dog has touched my heart and soul," she says.





Supporter Spotlight: Riemer & Braunstein

For more than two decades, the law firm of [Riemer & Braunstein](#) has been a steadfast supporter of Bay Cove and the work that we do. Their dedication to Bay Cove has made them one of our longest-standing and most valuable corporate sponsors.

“Riemer & Braunstein is an exceptionally community-minded law firm,” says David Hirschberg, Bay Cove’s Vice President of Development. “And, true to that philosophy, they have long been, and continue to be, an integral part of the Bay Cove community.”

The firm has served as one of the key sponsors of our [George C. Cutler Memorial Golf Tournament](#) since its inception 24 years ago. (The 2019 tournament took place September 17 at the Myopia Hunt Club, and raised more than \$100,000 in support of our Center House programs for individuals with psychiatric and/or developmental disabilities.) Managing Partner [Steve Weinstein](#) was one of the founders of the Cutler tournament, and continues to serve as the event chair today.

Steve is also a member of Bay Cove’s Board of Advocates, and in addition to their involvement with the Cutler tournament, Riemer & Braunstein has been a major sponsor of our annual Changing Lives Gala. They have also provided Bay Cove with a range of volunteer support, and have been instrumental in spreading awareness about our agency to their professional colleagues, which has helped expand Bay Cove’s donor base.

The firm’s dedication to giving back to their community encompasses a broad spectrum of worthy organizations that Riemer & Braunstein and their attorneys support, including organizations focused on preventative health, the interests of children, education, and the arts. Because of these efforts, Riemer & Braunstein has been recognized in each of the past 14 years as one of Greater Boston’s largest corporate charitable contributors by the *Boston Business Journal*.

We are profoundly grateful to our friends at Riemer & Braunstein for their enduring commitment to Bay Cove! To learn more about them, please visit their website at www.riemerlaw.com.



Riemer & Braunstein Managing Partner Steve Weinstein (L) and Senior Partner Matt Nash (2nd from left), with Chris Carr and Rob Deignan from Wells Fargo at Bay Cove’s 2018 George C. Cutler Memorial Golf Tournament.

Join Us In Celebrating 60 Years of Center Club!

[October 23](#) will be a special day for all of us at Bay Cove, and especially for all of the staff and members of our [Center Club](#) program. That evening, friends of the Club will gather at Carson Hall in Dorchester, for a dinner dance celebrating Center Club’s 60th anniversary.

Center Club is the oldest and largest clubhouse in New England for individuals with psychiatric disabilities, and is dedicated to the principles of self-help, peer support and empowerment.

This unforgettable evening will feature a performance by The Center Club Acting Workshop, and an art show spotlighting work created by club members. The evening will be a special opportunity for past and current Center Club members and supporters to celebrate their collective accomplishments and share memories—and each attendee will receive a special 60th anniversary gift!

If you’d like to join this celebration on October 23, please call Club Director [Mary Gregorio](#) at 617-788-1002.



Help Us Keep Those We Serve Warm and Safe All Winter Long!

While our thoughts at the moment are thoughts of fall—of apple picking, the changing leaves, football games and pumpkin everything—it won't be long before the leaves have fallen completely, and the cold of another New England winter will be upon us. And when that happens, some of those who'll struggle with it the most are men and women who rely on Bay Cove.

A significant number of the individuals our agency serves struggle with poverty. Many of our clients are homeless, and for those who live on the street, access shelter services, or are simply living below the poverty level, the winter months are the most difficult and dangerous to negotiate.

Thankfully, Bay Cove supporters have always been ready, willing and able to answer the call—showing the warmest of hearts when the weather turns cold. Once again this year, we're putting out a request for donations of warm winter clothing, as well as financial donations to purchase such clothing.

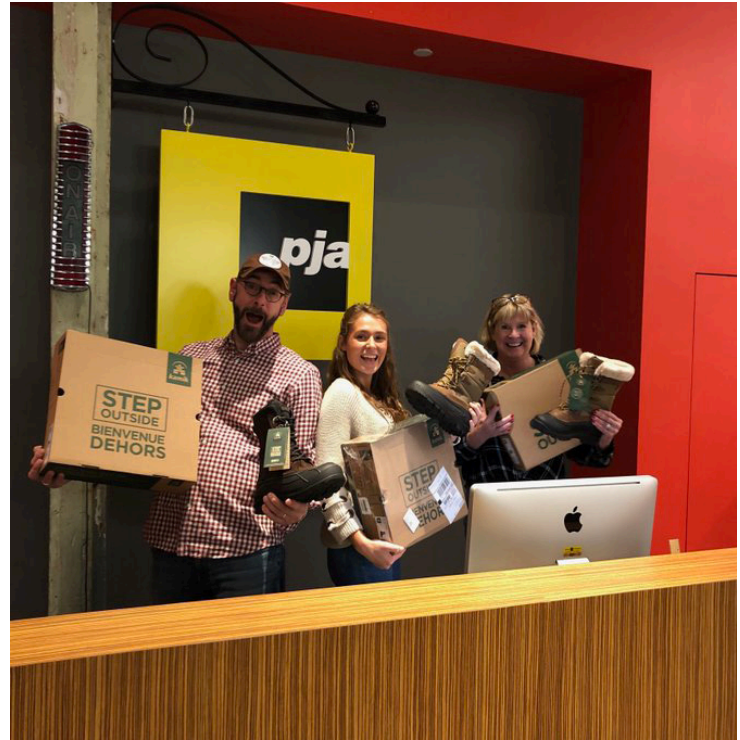
As the cold weather approaches, we will have a great need for items like winter coats (particularly large sizes XL-5XL), winter gloves, winter boots, new wool socks, new underwear (both men and women) and men's pants. If you would like to donate these items—or would like information about how to set up a coat or clothing drive at your place of business, church or any other organization—we would ask that you please contact [Emily Dorn](#) at [617-371-3184](tel:617-371-3184).

Also this winter, our CASPAR Shelter and Outreach programs will once again be conducting a holiday campaign that was a huge success in 2018: [Give Homelessness the BOOT!](#)

Winter Boots are the most fundamental need for any homeless neighbor. They keep feet warm and dry, thus keeping the entire body safe from the elements. In many aspects, they are the foundation of survival for our homeless neighbors living on the street. That's why, with *Give Homelessness the BOOT!*, we're trying to put NEW BOOTS and winter gear in the hands of close to 200 neighbors experiencing homelessness due to substance use disorder this holiday season.

Your gift of new winter boots and winter gear will be given to these neighbors, not only to keep them warm, but as a bridge to help build relationships with them. A bridge that may eventually encourage individuals to access the shelter, receive treatment through our detox centers and recovery homes and, ultimately, transition into their own homes to live healthy and happy lives.

Corporations, as well as individuals, are invited to sponsor homeless neighbors for the holidays. Please contact [Julia W. Londergan](#) at jlondergan@baycove.org to learn more or sign up today!



(Above): Our friends at PJA Advertising dropped off new boots last winter as part of the Give Homelessness The BOOT campaign.

(Below): Winter coat donations from the generous folks at LabCentral helped keep the people we serve warm throughout the cold weather months.





Follow Bay Cove on Social Media!



You can always stay informed about the latest Bay Cove news and events by following us on your favorite social media channels.

Check out Bay Cove on Facebook at [baycovehumanservicesinc](https://www.facebook.com/baycovehumanservicesinc), on Twitter at [@BayCoveMA](https://twitter.com/BayCoveMA), and on Instagram at [baycovehumanservices](https://www.instagram.com/baycovehumanservices); and learn the latest about CASPAR on Facebook at [CasparIncNonprofit](https://www.facebook.com/CasparIncNonprofit), on Twitter at [@CASPARCamSom](https://twitter.com/CASPARCamSom), and on Instagram at [casparshelter](https://www.instagram.com/casparshelter).



Bay Cove's Andrew House Detoxification Centers in Boston and Stoughton provide medically monitored services to men and women (age 18 and older) seeking detox from alcohol, heroin and other substances.

MISSION:

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

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