

A young woman with long brown hair, wearing a maroon t-shirt, a grey jacket, and blue pants, is sitting on the top of a grey climbing structure. She is looking upwards and to the right. The climbing structure has several colorful handholds (pink, blue, and red) attached to it. The background is a bright, cloudy sky. The text "OUTSTANDING care" is written in orange, with "OUTSTANDING" in a bold, sans-serif font and "care" in a cursive font. Below it, "ENDLESS possibility" is written in the same orange color, with "ENDLESS" in a bold, sans-serif font and "possibility" in a cursive font.

OUTSTANDING
care
ENDLESS
possibility

BROOKLINE COMMUNITY MENTAL HEALTH CENTER
ANNUAL REPORT 2014



BROOKLINE COMMUNITY MENTAL HEALTH CENTER

Outstanding mental health care makes every story possible.

we believe in possibility

Every child can grow up to be a healthy, well-functioning adult.

Every person can live life to its fullest potential.

Every family can access affordable, outstanding mental health care.

Brookline can be a community that makes all of this possible.



from...

TRAUMA *to* HEALING

CRISIS *to* STABILITY

ILLNESS *to* WELLBEING

ISOLATION *to* CONNECTION

DESPAIR *to* HOPE

Because you believe in the importance of mental health, the Brookline Center can provide outstanding care that transforms lives. In these pages we present real stories of Center clients who've discovered hope, healing, and new possibilities thanks to the generosity of donors like you.



TRUDIE

*always been
a people person*

ANOTHER CHANCE AT *life*

“Why am I still here?” A year ago, this was Trudie’s constant refrain. Severe depression coupled with numerous medical concerns prompted a string of hospitalizations, and none of the treatments she tried helped. Trudie struggled to get out of bed, missed appointments, and had lost an alarming amount of weight. Concerned, Trudie’s doctors at Beth Israel Deaconess Medical Center referred her to the Brookline Center’s Healthy Lives program.

“I feel like I’m stuck between a rock and a headstone,” Trudie told Healthy Lives nurse Hannah Scott. Never married, Trudie had always been a part of an active group of friends. Her depression only emerged after retirement when, as friends passed away, she became increasingly isolated.

Hannah took stock of Trudie’s complete health picture and, communicating directly with Trudie’s doctors, ensured she was receiving appropriate services, including adequate psychiatric care and support from a social worker and physical therapist. These caregivers noticed a pattern: Trudie’s spirits lightened when she engaged with

others, but as soon as she was alone, depression took over.

“Depression is a funny thing... You just don’t care about anything. And you tell yourself you’re not going to be this way, but you can only fight so much.”

Slowly Hannah introduced the idea of a move to an assisted living community to lessen Trudie’s isolation. She accompanied Trudie on visits to facilities, helped navigate financial hoops and paperwork, and organized the move from Trudie’s beloved Brookline neighborhood to a sunny apartment at Providence House, just a few miles away.

Within a month in her new home, Trudie’s depression has waned and she’s back to her lively, social self. When she isn’t sneaking a sandwich to her friend at the switchboard, she can be found at the reception desk, greeting residents and sorting out everyone’s problems. As her 90th birthday approaches, Trudie has another chance at life.

HEALTHY LIVES

Healthy Lives is a pioneering Brookline Center program that helps individuals with serious mental health and medical conditions experience better health and avoid costly hospitalizations. Healthy Lives integrates primary and mental health care with highly personalized care coordination and wellness activities.

IN 2014 THE BROOKLINE CENTER

reached
80

INDIVIDUALS WITH
CHRONIC HEALTH NEEDS

made
2,030
HOME VISITS

coordinated
CARE AMONG
34
AGENCIES

IN 2014 THE BROOKLINE CENTER

served
40

CHILDREN WITH
AUTISM SPECTRUM DISORDERS

provided
125

ONE-ON-ONE
PARENT MEETINGS & WORKSHOPS

led
210

SOCIAL SKILLS SESSIONS

SOCIAL SKILLS GROUPS

The Brookline Center's **social skills groups** help children with autism spectrum and related disorders build critical social interaction and communication skills, connect with peers, and enjoy a sense of belonging. Parent education and direct collaboration with schools are distinguishing features of this Brookline Center program.

A PLACE TO *belong*

From early on, it was clear that Jonah needed more support than his school and parents could provide. Coping with a combination of sensory and communication challenges, his frustration often boiled over in outbursts that caused stress for everyone—Jonah included. A bright and creative child, Jonah desperately wanted to connect with his peers, but social interactions felt confusing and fraught with anxiety.

Jonah's mother, Deb, learned about the Brookline Center's Social Skills Group program through a friend and enrolled Jonah at the first opening. In the weekly sessions, Jonah and his peers played games like the "Cupcake Challenge" that required group problem solving and creativity. Some activities seemed simple on the surface, but required skills—like turn taking—that did not come easily to Jonah. The tools he learned were invaluable, and the friendships he formed were "expansive," says his mom.

Deb benefited as well. She attended several parent workshops on topics like navigating school recess and using praise to increase independence. The friendships she made were just as

important as the content: "It was a relief to find other parents who understood my situation and who saw Jonah as a whole child, rather than a set of problems."

"The Brookline Center is incredible—your child gets a safe place to grow, you get access to extremely knowledgeable professionals, and you both become part of a supportive community. Every parent of an 'out-of-the-box' kid should have a resource like this."

Jonah has made tremendous gains. He still struggles in some social situations, but he's learned how to calm himself when anxiety spikes and handle peer interactions more confidently. Deb hopes that her son's skills will allow him to feel fully accepted at school one day. Until then, Jonah has found a place where he fits perfectly for an hour every week and a group of friends who are always eager for the next play date.

** Identities have been changed in this true story.*

JONAH

*out-of-the
box kid*



at home
with
each other

ZENY AND KAREN

A FUTURE MADE *possible*

At 13, Zeny became increasingly uncommunicative at home. When she did interact with her mother Karen, it was explosive. Initially, Karen thought this was typical adolescent angst, but then she discovered that Zeny had been cutting herself in secret. Several serious incidents of self-harm and suicidal thoughts led to six hospitalizations in the year that followed.

Around the time of Zeny's fourth hospitalization, both mother and daughter knew they needed additional help. Karen lived in constant fear, thinking "Am I going to come home one day to something that I couldn't even bear?" When their doctors recommended trying In-Home Therapy, Karen chose the Brookline Center, where

she and Zeny already received counseling. She wanted all of their supports coordinated and in one place.

"Two years ago, I didn't think I'd be alive right now. By working with my team and my parents and pushing myself, things have been a million times better. I'm like, wow, I'm going to go places!"

Two clinicians, Kristen and Lilli, visited their home weekly. Lilli also served as a therapeutic mentor for Zeny, planning weekly outings when they could discuss personal concerns in a relaxed setting.

The first months were tough—Zeny was hospitalized twice more—until slowly, things began to improve. Zeny still has tough days, but she's learned how to cope without cutting and she hasn't been hospitalized in almost a year.

The biggest changes occurred at home. "Before," Zeny says, "I was so wrapped up in being sad and my own issues. In-Home Therapy helped me recognize that I shouldn't deal with it by myself." Now, Zeny socializes more with her family and tells her mother everything. The change in their relationship was, says Zeny, "like a 180—from we couldn't talk to each other unless we were screaming, to literally, my mom's like my best friend."

IN 2014 THE BROOKLINE CENTER

helped
81
FAMILIES MOVE FROM
CRISIS TO STABILITY

provided
3,970
HOURS OF
HOME-BASED THERAPY

conducted
325
THERAPEUTIC
MENTORING SESSIONS

IN-HOME THERAPY

In-Home Therapy stabilizes Brookline families in crisis so that children and youth with significant social, emotional, or behavioral health needs can live safely at home and function better at school. In-Home Therapy teams provide intensive one-to-one support and strengths-based training that help parents care effectively for their children.

CREATING possibilities



BRYT MILESTONES

Recently recognized with the Gold Achievement Award by the American Psychiatric Association, **Bridge to Resilient Youth in Transition (BRYT)** celebrates its 10th anniversary this year.

BRYT HAS
helped more than
600

BROOKLINE STUDENTS
STAY IN SCHOOL
FOLLOWING A MENTAL HEALTH
OR MEDICAL CRISIS

now in
25

MASSACHUSETTS
HIGH SCHOOLS

serves
A TOTAL POPULATION OF
35,000
STUDENTS STATEWIDE

dear friends,

We believe in the possibilities within each of us. And you do, too. Thanks to your generous support, Brookline Community Mental Health Center is able to provide outstanding care that creates endless possibilities, one life at a time.

Your partnership this year has fueled the growth of innovative, patient-centered programs and the expansion of much-needed mental health and social services, helping adults and children overcome challenges, build resilience, and experience better health.

Philanthropy does more than *expand* access to care, however: it *ensures* access. Today, funding from individual and institutional donors accounts for 23 percent of our operating revenue. With your help, the Center's doors remain open for all who need us, and we will continue to be the place all Brookline residents can count on for outstanding, accessible care.

Why is this so important? Too often, poor mental health inhibits daily functioning, damages relationships, and shuts down future opportunities. Untreated mental illness can lead to great harm. But together, we can improve these outcomes. When individuals get the care they need, lives are transformed.

As awareness grows of the critical importance of access to mental health care, more and more people understand and contribute to the Brookline Center. Your impact is so clear in the client stories featured in this Annual Report—and in so many more of the endless possibilities you have created in our community this year.

We are deeply grateful for all you make possible.

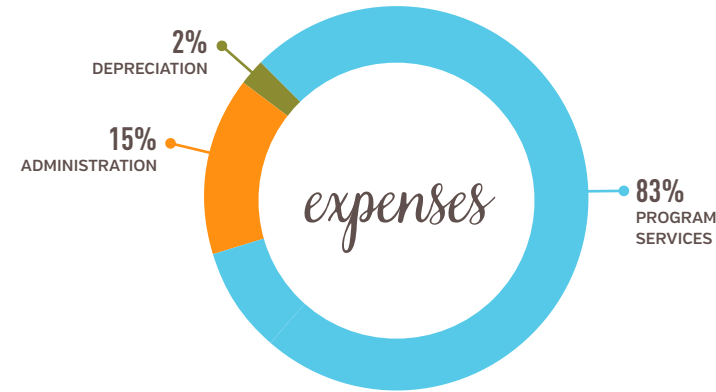
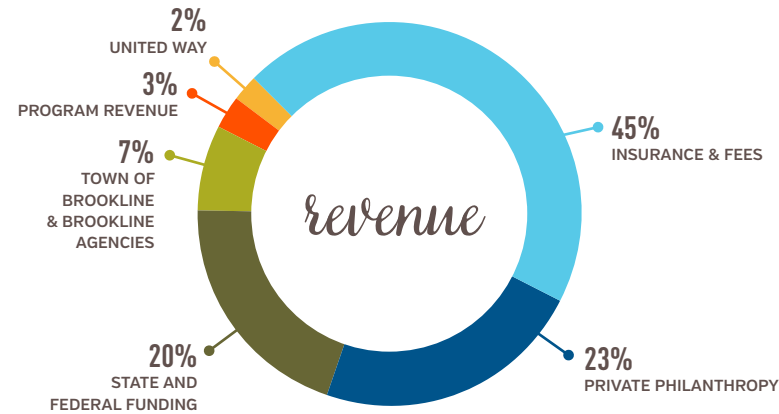
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Peter Norstrand
PRESIDENT

Georgia M. Johnson
DEVELOPMENT COMMITTEE CHAIR

thank you

PHILANTHROPY MAKES OUR WORK *possible*



REVENUE

Philanthropy contributes **23 PERCENT** of the Brookline Center's **\$5.8 MILLION** operating budget.

In 2014, charitable gifts increased by **14 PERCENT**, keeping core services running, reducing waiting lists for our most in-demand programs, and expanding outpatient care to reach more individuals in need.

EXPENSES

The average reimbursement by private health insurance is **\$77 FOR AN HOUR** of mental health care that **COSTS \$138** to deliver.

Although health insurance is mandatory in Massachusetts, low and moderate income individuals and families often experience gaps in coverage, while many others have insurance that does not cover the duration, frequency, or type of care they require.

Your philanthropy bridges critical gaps so that every adult, child, and family in our community can access outstanding care.





YOUR
generosity
MAKES IT
POSSIBLE

WITH EACH GIFT,
THE POSSIBILITIES *grow*

You are responsible for the care we provide and the tangible impact we have in the lives of more than 4,000 people every year. We are enormously grateful for your ongoing support.

\$25,000+

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\$10,000 to \$24,999

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* EDNA STEIN LEADERSHIP GIVING SOCIETY members who made charitable gifts of \$1,000 or more this year

‡ Deceased



you care

ABOUT KIDS AND YOUTH

Join us for an inspiring, fun-filled evening at the **Believe in Brookline Kids** gala on May 9, 2015.

SAVE THE DATE
brooklinecenter.org/kids

Support free mental health care for Brookline children and youth in need. Make a gift to the Brookline Center's **Kids' Fund**.

SHOW YOU CARE
brooklinecenter.org/kids

\$2,500 to \$4,999

Robin Atlas and Talia Herman* • Beth Israel Deaconess Medical Center • Blue Cross Blue Shield of Massachusetts • Brookline Bank • Brookline Rotary Club • Fairway Independent Mortgage • Marilyn Fife and John Cragin* • Jacque Francona* • GE Foundation • Edward and Helen R. Hintz* • Chobee Hoy* • Alan Lazowski* • Leila Yassa & David Mendels Fund* • Alan and Harriet Lewis* • Pam and Harvey Lodish* • Jane and Neil Pappalardo* • Laura Sen* • Peg and Stephen Senturia* • Carol and Ted Steinman* • John and Barbara VanScoyoc* • Kristina and Josh Vitullo* • Tara and Kevin West* • Linda and Jerrold Zindler*

\$1,000 to \$2,499

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\$500 to \$999

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IN 2014 YOU KEPT
117
AT-RISK BROOKLINE YOUTH
HEALTHY, SAFE, AND IN SCHOOL

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\$250 to \$499

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IN 2014 YOU HELPED

349

WOMEN IN NEED

OVERCOME OBSTACLES

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you care

ABOUT WOMEN & GIRLS

Women at the Center kicks off on February 5, 2015. Connect with like-minded Brookline women who are building support for women and girls' mental health.

GET EVENT ALERTS

brooklinecenter.org/womensevents

Support the Brookline Center **Women's Fund** and bring health, safety, and wellbeing to Brookline women and girls in need.

MAKE A GIFT

brooklinecenter.org/women





you care

ABOUT OUR COMMUNITY'S FUTURE

Members of the **Edna Stein Leadership Giving Society** contribute 27% of total philanthropy to the Center, ensuring our doors stay open for all who need care.

BE A LEADER

brooklinecenter.org/edna

A **planned gift** leaves a legacy of support for future generations. We can work with you, your family, and advisors to create a plan that meets your financial and charitable goals.

CREATE A LEGACY

brooklinecenter.org/legacy

Khederian • Igor Khislavsky • Judith Kidd • Jean Kim • Melanie Kim • George Kimmerer • Graham Kimmerer • Lara Kimmerer • Frederick Knabe • Amitha Knight • Carol Kopelman • Korean Church of Boston • Janet Kosloff • Richard Kraemer • Susan Krinsky • Kathy Krongel • Matt Kummell • Jeff Kushmerek • Toby Kusmer and Ruth Kaplan • Jennifer Lafave • Amy Lampert • Steven Lampert and Anita Feins • Edward Lamy • Fiona Lane • Robert Lane • Kevin Lang and Karin Kahn • Melissa Langa and Jeffrey Wulson • Mark Lanier • Virginia LaPlante • Jeff Larimer • Jason Lattimore • David Laurence • Edward Laws • Lynne Layton • Celeste Leader • Linda Leahy • Dorothy Lebach • Fred Lebow and Katie Kalan • Ann Lees • Steven Leib • Judith Leichtner • Liberty Mutual Foundation • Joanna Lieberman • LinkedIn • Lois Lipsett • Roger and Deborah Lipsett • Susan Lipsett • Shari Lisann and Chip Shore • Maria Littlejohn • Delfin Lorenzo • Ellen Lurie Hoffman • Donna MacDonald • Alexandra MacGowan • Karl Majer • Naheed Malik • Susan and John Manaras • Robin Manna • Alice Mark • Sarah Mars • Aaron Martin • Bob and Jennifer Martin • Thomas Martin • Rafael and Katherine Martinez • Rafael Martinez • Andrew and Lisa Martino • Robert Master • Karina Mattei • Arthur Mattuck • Phyllis Maurer • Michael Mayo • Murray Mazer • Kimberly McCann • Ann McCauley and Bob Frankel • Shelley McHale • Peggy Meehan • Frederick and Lili Meisel • Jairo Mellado • Robert and Judith Melzer • Patrick Mesa • Robert

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IN 2014 YOU ENABLED

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CHILD CLINICIANS TO SUPPORT STUDENTS AND STAFF IN EVERY BROOKLINE PUBLIC SCHOOL

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BROOKLINE COMMUNITY MENTAL HEALTH CENTER

At Brookline Community Mental Health Center, we open our doors to everyone, providing outstanding, affordable mental health care and community-based social services that help adults, children and families lead healthier, safer, and fuller lives.

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create possibility

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sponsor our annual gala CONTRIBUTE TO THE KIDS' FUND

MAKE A PROVISION IN YOUR WILL *donate your birthday*

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