

VOICE

News and information for friends and supporters of Vinfen



Barbara Worsley with her son, Rich.

Gaining a Supportive Partnership

For the past twenty years, Barbara Worsley has been an invaluable source of encouragement and strength for her son, Rich. The Worsleys moved to America from England when Rich was 4 years old. At age 10, Rich was diagnosed with a psychiatric condition. Barbara was now divorced and a single mother with two children; and Rich's symptoms continued to worsen. "I used to say I lost count, after about 12 hospitalizations," she said. "By the time he was 18, I used to say he had every diagnosis in the DSDM."

Barbara had always been Rich's strongest advocate and caretaker. But she knew that she needed support. "I struggled. I couldn't take it all on and work full-time," she said. When Vinfen became Rich's service provider, Barbara found a true partner.

"Before Vinfen I was sort of on the periphery. But with Community Based Flexible Supports (CBFS), I think because it is more community-focused and in our home, they encouraged him to be his own person. It was someone else encouraging him to get out of the house, which he struggles with," Barbara said.

Rich was able to connect with Vinfen CBFS Recovery Coordinator Jodi Johnson, whose communication and collaboration with Barbara has allowed Rich to make significant progress in his recovery. From learning coping skills to strengthen Rich's memory, to encouraging him to try group therapy, their partnership has made a huge difference in Rich's recovery.

Today, Barbara has devoted herself to supporting other families. She helps families maintain involvement with children who are placed in residential services and also works on a psychiatric crisis team. "You meet other people. I know I'm not alone."

Barbara Worsley and her son Rich were honored with an award at Vinfen's 10th Annual Celebration of Family Partnerships on October 12, 2017.



President's Message

Bruce L. Bird, President & Chief Executive Officer

2017 is truly a watershed year for Vinfen as we celebrate milestones, such as our 40th anniversary, and plan for the future of how we deliver our care.

We recently hosted our Innovative Technology in Community Health Care Conference where national experts and state policymakers focused on technology trends that are shaping our future service system. The event was followed by a reception to honor Vinfen's 40th. We also held our 10th Annual Celebration of Family Partnerships. Next is our 25th annual holiday program, which raises funds for gifts for our people served who might not have such a bright holiday season. If you are able to, please donate to this cause.

We are also planning for two shifts in the state service system. One is the re-procurement of the Department of Mental Health (DMH) primary community-based system of care. Vinfen currently serves the largest population receiving these services and is preparing to respond to what DMH has characterized as a new model of care. Another change is the creation of the new MassHealth system of care for Medicaid enrollees. With other community partners, we have been selected to provide new care coordination services to work with recently formed Accountable Care and Managed Care Organizations to help enrollees with disabilities maintain their health and reduce dependence on emergency care. We are deep in planning to develop contracts and establish teams to work with as many as ten hospital systems.

Miles Shore, MD, one of Vinfen's founders, recently said that they could not have envisioned how Vinfen would change over these 40 years. Whatever lies ahead, one constant will be our mission: to support people with disabilities to live healthy, productive, and valued lives as full members of their communities.

Spotlight family partnerships

Celebrating 10 Years Together



Marie and Michael Blas (third and fourth from left) receive a Family Recognition Award.

Vinfin honored the dedicated family members, guardians, advocates, self-advocates, and staff who support the people we serve at the 10th Annual Celebration of Family Partnerships. The event was held on October 12 at the Four Points by Sheraton in Norwood, MA.

Susan Wornick, former WCVB-TV anchorwoman, entertained the audience as Master of Ceremonies. Interim Department of Developmental Services Commissioner Jane Ryder greeted attendees. Honored guests at this year's celebration included MA State Senator Sal DiDomenico, recipient of the Public Official of the Year Award; Kimberly Matthews, recipient of the Craig Smith Self-Advocate Award; and Caroline Paradiso, recipient of the Helen Fantasia-Arraj Staff Recognition Award.

Educator of the Year Award winner Stacia Bissell was the keynote speaker. After a bicycle accident left Stacia with a traumatic brain injury, her career as a public school educator came to an end. But with encouragement from her Speech-Language Coach, the Brain Injury Association of Massachusetts (BIA-MA), former co-workers, friends, and family, Stacia began her career as a public speaker and advocate. Stacia is also a co-facilitator of the BIA-MA Northampton brain injury support group and a founding member of the Berkshire Brain Injury Collaborative, providing professional development to teachers on "return-to-learn" strategies after a student suffers a concussion.

49 Vinfin staff members received Merit Certificates for their commitment to family partnerships, advocacy, education, and leadership. They were chosen based on the nominations from the families with whom they work closely with each and every day.

The evening would not have been possible without the Vinfin Family Advisory Council, a volunteer group of family members who help shape Vinfin policy. We are grateful for our incredible sponsors. Thank you to the Rae and Aaron Alberts Foundation, HUB International, QBS, Inc., the Tiffany Ballroom at the Four Points by Sheraton in Norwood, and Reardon Associates.



Keynote speaker Stacia Bissell (middle) along with the Vinfin Family Advisory Council Chair Kathleen Crawford and Master of Ceremonies Susan Wornick.



The Vinfin Family Advisory Council celebrated the event's 10th year.



President and CEO Bruce Bird and State Senator Sal DiDomenico.



Kathleen Crawford, Chair
The Vinfen Family Advisory Council

Observing Milestones

To me, fall is really the start of the new year. It's a great time to reflect on the recent past and a wonderful time to look to the future. In the summer, I celebrated a big birthday, one that ends in a zero. So I am especially attuned to milestones and transitions.

Vinfen turned 40 this year. What makes me so proud of Vinfen is that we marked the occasion by sharing knowledge and looking forward. On September 8, Vinfen hosted an Innovative Technology in Community Health Care Conference on new technologies and

their impact on integrated behavioral and physical health. Vinfen made sure the audience heard from state, national, industry, and academic experts. Keynote speakers and panelists presented up-to-the-minute information about how technology has and will help keep our loved ones and us healthier in the future.

Recently, I was watching Eileen, my sister who has a disability, on her laptop. She is a whiz with email and keeps in touch with family and friends this way. However, it surprised me to notice she is more capable with technology than I knew. We had plans to do errands later that weekend. Eileen was researching online some items she planned to buy. I was astonished. How did I miss the fact that she learned to out-Google me? Since then, my sister-in-law showed Eileen how to examine current events online. It makes me very hopeful that Eileen and her peers may have more channels for better health, support, service, and communication through technology.

I was also excited to observe the 10th year of our Family Advisory Council hosting the Annual Celebration of Family Partnerships. This very special event, held on October 12, honored incredible family members and staff of the people served by Vinfen. It is a privilege to recognize those who work so hard to support others, and every year I look forward to showing appreciation to these inspiring people. It is also an opportunity to raise awareness, reduce prejudice and discrimination, build partnerships to improve care, and encourage family and community involvement.

After so many milestones this season, I cannot wait to see what develops over the next few years. I hope you will join us to make new memories and traditions!



Thank you to Kathleen Crawford for lending her voice to this issue. Lisa Berger's column will be back in the spring, but you can hear more from Kathleen on the Vinfen Blog.

Just visit www.vinfen.org/blog.



Board of Directors

Philip A. Mason, PhD (Chairperson)
C. Allen Ashley (Clerk)
Bruce L. Bird, PhD
Rebecca A. Sullivan
Henry White, MD
Paul Zintl, MPA, MDiv

Executive Team

Bruce L. Bird, PhD
President and Chief Executive Officer

Susan C. Abbott, MEd
**Senior Vice President,
Psychiatric Rehabilitation**

Madeline Becker, PhD
**Vice President,
Quality and Compliance**

Jonathan Burt
Chief Information Officer

Don Condie, MD
Medical Director

Lurleen Gannon, JD
Vice President, General Counsel

Joseph F. Gomes, MA
**Senior Vice President,
Developmental Services**

Kathy Krysiak, JD
Vice President, Human Resources

Jana McClure, MEd
**Vice President and Executive Director,
Connecticut**

Richard Sullivan, MS, CPA
Chief Financial Officer

Erin Tighe, MA
**Director, Communications
and Development**

Mission Statement

Vinfen transforms lives by building the capacity of individuals, families, organizations, and communities to learn, thrive, and achieve their goals. Our services and advocacy promote the recovery, resiliency, habilitation, and self-determination of the people we serve. As a human services leader, we strive to be the provider, employer, and partner of choice.

vinfen innovation and anniversary

Striving and Innovating for the Future

Vinfen hosted the Innovative Technology in Community Health Care Conference on September 8. More than 300 people listened to presentations and panels, which addressed cutting-edge information from prominent thought leaders in the public and private sectors. Secretary of Massachusetts Executive Office of Health and Human Services (EOHHS) Marylou Sudders, MSW, ACSW, shared her vision for the future of technology in the field of health and human services. Keynote speaker *OPEN MINDS* CEO and Senior Associate Monica Oss, MS, presented on current developments and future trends.

The first panel addressed developing areas of innovation from the academic, commercial, and public payer perspectives. "This is the largest mental health technology conference I've attended," shared Beth Israel Deaconess Medical Center Digital Psychiatry Program Co-Director John Torous, MD, in his opening remarks.

The second panel featured technologies being developed and evaluated in the integrated care sector. "If we don't create personalized technology, people won't use it," said Mozzaz Co-founder and Chief Business Development Officer Rini Gahir, BSc, MBA, as part of a conversation on making technology work for vulnerable populations.

Dartmouth College Centers for Health and Aging Director Stephen Bartels, MD, MS, then presented on his research that bridges behavioral and physical health. People with psychiatric conditions have a shorter lifespan than the general population. But according to Dr. Bartels, "It's possible that with technology, peers, and a nurse or case manager, people can improve their health through self-management."

Following the conference, a reception was held to celebrate 40 years of transforming lives together. CEO and President Bruce Bird, PhD, and Board of Directors Chairperson Philip Mason, PhD, raised a toast to Vinfen's anniversary and honored one of Vinfen's founders, Miles Shore, MD. For more information about the conference and presentations, visit our web page: www.vinfen.org/40-conference.

Thank you to our Sponsors and Benefactors!

Many thanks to our generous Presenting Sponsors Blue Cross Blue Shield of Massachusetts and Citizens Bank.

Other sponsors included RSM US LLP, SHI International Corp., Afia Health, Flip & Toddy Mason, Morgan, Brown & Joy, LLP, and Ozzy Properties.

Benefactors included Bruce and Rebecca Bird, Don Condie, The Glaser Family, J & F Construction, and W.B. Mason.



Presenters EOHHS Secretary Marylou Sudders, MSW, ACSW, and Dartmouth College Centers for Health and Aging Director Steve Bartels, MD, MS.



Vinfen President and CEO Bruce Bird, PhD, OPEN MINDS CEO and Senior Associate Monica Oss, MS, and Board of Directors Chairperson Philip Mason, PhD, following the morning panel.



Speakers Beth Israel Deaconess Medical Center Digital Psychiatry Program Co-Director John Torous, MD, EOHHS MassHealth Office of Behavioral Health Director Stephanie Jordan Brown, and Blue Cross Blue Shields of Massachusetts Behavioral Health Medical Director Ken Duckworth, MD, presented in the morning panel.



Vinfen's Board of Directors met with many of the conference's thought leaders to discuss the future of technology in community health care.



Mozzaz Co-Founder and Chief Business Development Officer Rini Gahir, BSc, MBA, myStrength CEO and Co-Founder Scott Cousino, MBA, and IBM T.J. Watson Research Center Healthcare Effectiveness Research Director Amar Das, MD, PhD, answer questions from the audience during the afternoon panel.



Wellframe Co-Founder and Chief Medical Director Trishan Panch, MD, MPH, and Pear Therapeutics Clinical Development Vice President Yuri Maricich MD, MBA, also presented in the afternoon and participated in the panel.



Miles Shore, MD, one of Vinfen's founders, shakes hands with Bruce Bird. Dr. Shore was recognized at the reception.



vinfen leading the way

Furthering Education and Training

Vinfen is proud to award two Board of Director Scholarships at \$4,500 each to Adult Development and Habilitation Center Site Manager Michelle Casey and CBFS Recovery Coordinator Amy Considine. The award, which is generously funded by Vinfen's board members, is given yearly to help employees further their education, career, and their commitment to the people Vinfen serves.



Michelle Casey with Bruce Bird.

Michelle is pursuing a bachelor's degree in business management at Eastern Nazarene College. "This program has given me many techniques that I apply daily in my work setting," shares Michelle. "Being able to effectively lead people creates better staff morale and a safe, inviting work environment. It's given me the tools I need to approach situations with a fresh eye and new ideas."

Amy is completing an associate's degree in psychology and plans to earn a master's degree in social work. "The degrees I am pursuing would enhance the services and supports I provide in the biggest way," says Amy. "The classes I have taken and will take serve to enhance my relationships with [the people I serve]."



Amy Considine with Bruce Bird.

Presenting Innovation in Action

Vinfen presented at the Psychiatric Rehabilitation Association and Psychiatric Rehabilitation Foundation's 40th Annual Wellness and Recovery Summit in Atlanta, GA on June 24-26. Innovation and Training Manager Lisa Macchi and Project and Data Manager Kyle Kennedy led a discussion on how technology is used to enhance recovery and promote behavioral health. Later, Director of Psychiatric Rehabilitation Steve LaMaster, Rehabilitation Specialist Rebecca High, and Kyle gave an overview of our Microgrant initiative that funds innovative projects that encourage health and wellness at Vinfen's programs. Their active presentation started with running and stretching to show the importance of both physical and mental health and gave a nod to Vinfen Run-4-Life, which raises funds for these projects.



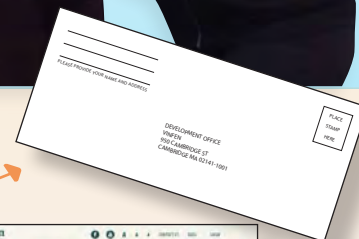
Left to right: Steve LaMaster, Rebecca High, and Kyle Kennedy.

You Can Contribute to Vinfen in Many Ways

- Direct, unrestricted donations
- Matching gifts from your employer
- Gifts in memory, in honor, or in celebration
- Gifts of bequests or planned giving
- Donate online: Visit www.vinfen.org and click "donate now" to make a secure and convenient donation to Vinfen. Consider recurring gifts.
- A donation envelope is also enclosed for your convenience.

For more information, please contact Development and Special Events Manager Ann Bausman at 617-441-1896 or bausmana@vinfen.org.

Mail



Web



vinfen connecticut

Honoring Families and Employers

Vinfen CT held their 5th Annual Celebration of Families on May 30 at the Pond House at Elizabeth Park in Hartford, CT. Master of Ceremonies and award-winning sportscaster John Holt welcomed guests along with members of the Family Advisory Council and CT Department of Developmental Services Commissioner Jordan Scheff. Athlete and award-winning sports broadcaster Dave Stevens was the keynote speaker. Born without legs, he became the only legless athlete to play college football or minor league baseball. Job Coach Sherena Lumpkin received an Employee Award and Lisa King was honored with a Family and Community Partnership Award.



Residential Counselor Jessica Cruz and Alicia Hampton at the celebration.

A special thanks to our sponsors and supporters: Suburban Pharmacy, Raffia Road Service Center, Geriatric Medical, Mark J Hauser, MD, Donna Webber, APRN LLC, Century 21 Allpoints Realty, Parkerville Wood Products, Environment 1st Pest Management, New England Management, AAA Electric Service, Comtrust Federal Credit Union, Brothers Oil Company, Lisa Ellis, Louis Chala, the McNeff Family, Lydia Lamy, Melissa Stratton Villamaino, Janet Heim, and Mac Brothers Gourmet Food.

vinfen arts



Getting Festive with Gateway Arts

Gateway Arts will hold its holiday exhibition, *100 AND UNDER*, on November 20 through December 23. All works are priced at \$100 or less and can be purchased right off the wall in the main gallery. Meanwhile in the front gallery, there will be a solo exhibition, *The Artwork of Darryl Richards*. Darryl sees his art as a journey that will take the viewer into another dimension.

Be sure to save the date for the Holiday Fair, which will take place on Saturday, December 2, from 10 a.m. to 5 p.m. For more information, please visit www.gatewayarts.org.

Emerging New Art Pieces and Events

Art Connection Studio held their fall exhibit, *EMERGE*, on October 20. The theme was based on new beginnings as many new artists were recently welcomed into the program. The collection included paintings, wearable art, mixed media, wood burning pieces, and mosaics.

The studio will participate in Open Studio Hartford on November 11 and 12. This free, city-wide event is designed to promote the local arts scene with artists and organizations presenting their work to the general public. Come see our artists' pieces in the space they were developed.

For more information about Art Connection Studio, please visit www.artconnectionstudio.org.

Piece by Art Connection Studio Artist Leslie Strickland.



*Artists Christopher Hershkowitz and Andre Garraway next to their work, *Glacier Falls*, which was created along with Melany Perez.*

you transform lives

Making the Holidays Hopeful

See more inspiring news and stories inside!

For many of us, the holiday season is a time to cherish friends and family and to share food, gifts, and much more. But not all of the people we serve at Vinfen have family or the resources to celebrate. A donation from you will help us to provide a small token to them during the holidays.

This season marks 25 years that Vinfen has been supporting people through the Holiday Giving program. In honor of this milestone, our goal is to raise \$25,000. Your gift of \$25, \$50, \$100 or more will ensure that each person we serve feels recognized and cared for by the Vinfen community.

Please join us today, and thank you for being a partner in transforming lives.

"Vinfen has opened up so many doors for me. It's brought me to a spot where I'm growing and moving forward instead of backwards."

—Katie L.,
Person Served by Vinfen



950 Cambridge Street
Cambridge, MA 02141-1001
TEL 617-441-1800
FAX 617-441-1858
www.vinfen.org



We're now on Twitter.

Follow us

@vinfencorp.



voice
summer 2017

Contributors: Bruce Bird, Kathleen Crawford, Rachel Heafield, Ann Bausman, Erin Tighe, and Alexandra Yellin

Designer: Rachel Heafield

Featured Artists: Andre Garraway, Christopher Hershkowitz, Melany Perez, Darryl Richards, Paul Stevenson, and Leslie Strickland