



Bruce (left) outside of his workplace and Kaelee (right) enjoys a sunny day outside.

Finding Purpose through Employment

When you meet Bruce, you cannot help but notice his positive, can-do attitude. His laughter is contagious. He is optimistic about his life. Bruce lives independently and loves his job at a Boston restaurant. After a year of employment, his hard work has been recognized by customers and his manager alike.

However when Bruce first met his Employment Specialist, offered as part of Vinfen's Community Based Flexible Supports (CBFS), he was unemployed. "When I didn't work, I was doing nothing. I felt trapped," Bruce said. Vinfen supported him in his efforts to find a job that interested him. "My Employment Specialist has been there every step of the way," Bruce said.

Bruce continues to work successfully with the support of his CBFS Team. He is receiving ongoing benefits counseling to help him continue on the road to self-sufficiency. "I feel less stressed now that I work. I have a lot of skills and talent that I have uncovered. I know my mom is proud of me," he said.

Vinfen Supported Employment Services not only helps people with psychiatric conditions find and secure work, but can transform their whole lives, leading them to recovery. "People often think employment is just a way to earn an income, but there are many benefits. Employment provides daily purpose, a meaningful role in one's community, and an alternative to social isolation and loneliness," said Director of Psychiatric Rehabilitation Services Steve LaMaster. "It's a myth that people should only work when they have fully recovered. Employment helps with recovery."

Employment was also integral to Kaelee's recovery. She came to Vinfen as a young adult with a goal of working in the medical field and achieving independence from public benefits. With the active support of her CBFS Team, she graduated from a medical assistant program. Kaelee has successfully maintained her goal of full-time employment since 2015 and has since published her autobiography about overcoming obstacles. She no longer receives benefits from Social Security and is economically independent. "Hard work does pay off!" she exclaimed.



President's Message

Bruce L. Bird, President & Chief Executive Officer

Throughout Vinfen's 40th anniversary year, we have been looking back at Vinfen's history. However for the major event commemorating our anniversary, we have decided to look forward.

Our Innovative Technology in Community Health Care Conference is on September 8 at the Joseph B. Martin Conference Center. The day-long conference will focus on the three trends that will likely shape the human services field for the next few decades.

One trend is the shift from paternalistic medical care to self-directed health care. Individuals will access information and select actions to manage their own health. A second is the use of technology, which connects individuals to caregivers 24/7 and provides instant access to clinical or recovery-based coaching. The third is the repackaging of lengthy evidence-based practices into bite-sized content to make it easier for people to actually use. A brief video illustrating a breathing and relaxation exercise to help reduce anxiety is just one example. These technologies will not replace clinical and rehabilitation professionals, but will significantly enhance their effectiveness.

The conference will bring together national experts to present promising technologies that embrace these trends and forecast their challenges and potential in shaping the next decade. We are delighted to have Monica Oss of Open Minds as the keynote speaker and a whole host of terrific presenters. The conference will be immediately followed by an anniversary reception to further celebrate 40 years of transforming lives.

We invite you to join us and participate in a forum which will encourage all of us to embrace the opportunities ahead and to continue improving our system of service through the next decade and beyond.

Spotlight self-advocacy and self-determination

Threading New Skills Together

At Vinfen's Rockland Day Habilitation program, handmade hats, scarves, and other wearables abound thanks to their new Sewing Club. Developmental Specialist Charlotte Southern was an avid sewer herself and thought it would be a great activity to develop new skills. When she brought up the idea, several individuals immediately voiced their interest.

Charlotte brought in her sewing machine and donated all the materials necessary to get the group started. Kelly and Karen were two of the club's first and most enthusiastic members. They decided what items they wanted to create and then set to work.

"Charlotte instructed the ladies about safety when using a sewing machine. With Charlotte's assistance, Kelly and Karen both worked independently and helped each other to make the items they wanted," said Program Director Katie Stronach.

"The sewing group made me happy," Kelly said. "I made a poncho, a hat, a scarf, and a bag. I liked the sewing group because I can wear all my items when I get cold. I can't wait to do it again."



Kelly smiles in her matching hat and scarf (top photo) while both Karen and Kelly show off their scarves (below).



Making Memories While Traveling the Country



Daniel saw many sites on his California trip including the Golden Gate Bridge, Grauman's Chinese Theatre, and Disneyland.

Over the past ten years, Daniel has visited California, Florida, and places around his home state of Massachusetts. He takes annual trips to Spooky World in New Hampshire and has plans to see Hershey Park in Pennsylvania this summer. In addition, Daniel attends local concerts and performances.

"I like traveling, because I like to enjoy myself and be happy," Daniel said. "I love Watertown. I love our house. But I don't want to stay at home every day."

Most of Daniel's vacations begin at the library, where he researches local events and dream destinations. Once he finds an opportunity he's excited about, he gives Director of Services Asela Jayasinghe a call. Asela, along with other staff, have been instrumental in helping Daniel plan and budget for his trips. For local trips, Daniel often travels independently. For farther journeys, staff help him coordinate with Alternative Leisure Company, an organization that arranges travel for people with disabilities. On these trips, Daniel ventures with a group, making many friends along with memories.

"Daniel is a very fun-loving person who wants to be part of the community," Asela said. "When he finds an activity or event, he asks staff for support to coordinate them. He's somebody who advocates for himself to do better and greater things. If he needs help, he always asks for it; but he prefers to be as independent as possible, and we're always there to support him."



Lisa Berger
Director of Recovery Services

Supporting Lived Experience

As we celebrate our 40th anniversary, I would like to highlight Vinfen's extensive history of employing, valuing, and supporting people with lived experience. In 1993, Vinfen's former Director of Consumer and Family Affairs, Moe Armstrong, created and strongly supported the nationally-replicated Peer Educator's Project. It's a peer partnership model wherein people in recovery develop and deliver recovery-oriented services by and for themselves.

In 2006, Vinfen founded the Dorchester Bay Recovery Center as a peer-led and staffed program focused on peer-to-peer teaching and learning. In 2010, as a partner of the Metro Boston Recovery Learning Community, Vinfen opened the Cambridge Somerville Recovery Learning Center (RLC), which has grown tremendously and successfully served hundreds of people since its inception. In 2012, we became involved in the Southeast Recovery Learning Community, subsequently providing RLC services in Hyannis, Plymouth, Fall River, and New Bedford.

For over 15 years, we have oriented new Psychiatric Rehabilitation staff in our course titled "Understanding Psychiatric Disability." This course culminates in a panel that I moderate and includes an employee whose job requires lived experience and two people currently receiving Vinfen services. The four of us talk about what it is like to live with psychiatric challenges, what obstacles and barriers we face and how we seek to overcome them, and how new employees can best connect with the people they serve. The panel promotes public speaking opportunities for people we serve and teaches new staff about vulnerability, resilience, and strength by hearing a variety of stories.

More recently, within Vinfen Community Based Flexible Supports services, we created an advanced Peer Specialist role, and promoted four current Recovery Coordinators to these regional positions. These roles, in addition to their basic duties, mentor new recovery coordinators, guide group supervisions and Peer Competency Enhancement Workgroups with me, and are more visible representatives of Vinfen at external meetings. This position provides experienced and able staff within the agency's peer workforce with additional career opportunities and encourages people with lived experience to advance their career within Vinfen.

These initiatives are evidence of Vinfen's long-standing and ever-evolving commitment to people with lived experience and transforming lives together. Since 1977, Vinfen has been providing recovery-oriented services for thousands of people and the best is yet to come.



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
**Vice President,
Information Technology**

Don Condie, MD
Medical Director

Elizabeth Brody Gluck, Esq
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 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 leading the way

REGISTER NOW

VINFEN'S INNOVATIVE TECHNOLOGY IN COMMUNITY HEALTH CARE CONFERENCE

Friday, September 8, 2017

Joseph B. Martin Conference Center, Harvard Medical School

Conference: 9 a.m. to 5 p.m. | Anniversary Celebration: 5 p.m. to 7 p.m.

Register now at: www.vinfen.org/40-conference



Our Many Speakers Include:

- **Secretary Marylou Sudders**
Massachusetts Department of Health and Human Services
- **Monica Oss, MS**
Open Minds CEO and Senior Associate
- **Stephen Bartels, MD, MS**
Dartmouth College Centers for Health and Aging Director
- **Scott Cousino, MBA**
myStrength CEO and Co-Founder
- **Amar Das, MD, PhD**
IBM T.J. Watson Research Center Healthcare Effectiveness Research Director
- **Ken Duckworth, MD**
Blue Cross Blue Shields of Massachusetts Behavioral Health Medical Director
- **Trishan Panch, MD, MPH**
Wellframe Co-Founder and Chief Medical Director
- **John Torous, MD**
Beth Israel Deaconess Medical Center Digital Psychiatry Program Co-Director

Join Us

Join Vinfen and national experts for a conference focusing on new, innovative technologies in community health care.

Applications have been submitted for Continuing Education credits for CPRPs, LMHCs, Nurses, Psychologists, and Social Workers. Updates on the status of applications and a schedule of events will be added to our website soon. Please check: www.vinfen.org/40-conference.

A complimentary lunch will be served. CART Interpreter Services will be provided for all presentations.

Celebrate

Following the conference, a celebratory reception will recognize Vinfen's 40 years of transforming lives.

Register

Register now at: www.vinfen.org/40-conference

Thank you to our sponsors:



MASSACHUSETTS

 **Citizens Bank®**



 **OZZY PROPERTIES**

vinfen making a difference

Donating Your Vehicle

Do you have a car or truck taking up space in your driveway? Whether it's running or not, consider donating it to Vinfen. We have partnered with an organization to manage the quick and easy process. Contact them at 877-999-8322 or www.v-dac.com.

Select Vinfen as the nonprofit you wish to support, and you are ready to donate. You will receive a tax acknowledgment and Vinfen receives the proceeds.



Racing For Others

Thanks to the enormous generosity of our donors, over \$20,000 was raised to fund Vinfen's innovative health and wellness programs through our Run-4-Life relay in May. The Vinfen teams ran a 190-mile race through the night from Hull to Provincetown, MA.

A special thanks to our sponsors: Merchants Automotive Group, Pelham Pharmacy, Alexandria Real Estate, and Atwood's Tavern, as well as the many local businesses who donated prizes for Vinfen's Bingo Brunch in Cambridge, MA.



Katie Sharby is cheered on by her fellow runners.



Runners celebrate at the finish line.

Giving What Matters

Every donation—no matter how big or small—matters to the people we serve. Over the holidays, Vinfen's Baybridge Clubhouse received a donation of 250 pairs of thermal socks from Douglas Mackie, a longtime Vinfen supporter. His gift meant so much to the members.

"I needed the socks, and they came at the right time," said Clubhouse Member Richard G. "The socks were perfect."

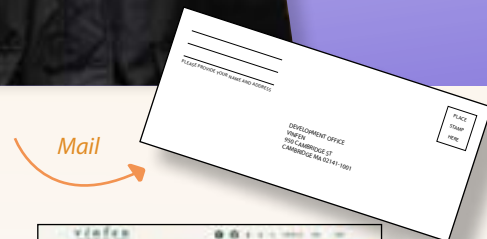
From basketball hoops to art supplies, your donated items have an impact on the health and happiness of the people we serve. For more information about donating gifts, contact Development and Special Events Manager Ann Bausman at bausmana@vinfen.org or 617-441-1896.



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 happenings

Having a Ball at Bingo Brunch



Bingo players get ready for the next game after winning the last round. A special thanks to all our sponsors who donated great prizes for our players.

Thank you to the many friends, family, and supporters who joined Vinfen on April 29 at Atwood's Tavern in Cambridge, MA for Vinfen's first ever Bingo Brunch. The event brought in over \$1,600 for Vinfen's Run-4-Life, a 190-mile relay from Hull to Provincetown that raises awareness and funds to support health and wellness initiatives for the people we serve.

Rallying for Human Services



Vinfen persons served, staff, and supporters get together for a photo at the end of the rally before meeting with their legislators.

Vinfen joined over 500 health and human service workers on April 25 for the sixth annual Caring Force Rally at the Massachusetts State House. The rally was held to demand better benefits, salaries, and support for human service workers and programs. Vinfen Health and Wellness Coordinator Tim Regan spoke in support of establishing a student loan repayment program for human service workers. Speaker of the House Robert DeLeo was presented with the Caring Bear Award as a legislative champion.

Walking for Mental Health



Team Vinfen cheer themselves on before going on the walk.

Over 200 persons served, staff, family, and friends from Vinfen came together with thousands of walkers on May 13 for the 2017 NAMIWalks Massachusetts. The walk raises funds toward building mental health awareness, combating discrimination, and funding NAMI Mass programs, support groups, and grassroots advocacy.

Looking Back to Spring Ahead



CBFS Employment Specialists Cecil Cox, Susan Jemeison, and Colton Davis with CBFS Supported Employment Director Phoebe Goodman.

Vinfen's Massachusetts Mental Health Center Community Based Flexible Supports (CBFS) program held their 5th Annual Recovery Celebration Spring Fling on April 20 at Carson Place in South Boston. The "back to the 80's" themed event brought together over 150 people we serve and Vinfen staff to recognize individuals' achievements and honor the family and employers who support them.

Getting Social at Vinfen CT



Vinfen CT recently launched a new initiative that supports the people we serve in planning and executing new, fun, and inclusive social activities—both at home and out in the community. “We’re trying to get more input from individuals and families,” said Senior Program Director Maricruz Alicea. The initiative kicked off with an at-home spa night suggested by one individual as a means of getting to know her new roommates at her Vinfen residence. The event’s success has already prompted plans for a repeat this summer, as well as bingo nights, trips to the movies, and home-based social events like craft and board game nights.

vinfen arts

Recognizing Great Artists

Gateway Arts Artist Ruby Pearl was honored to have her portrait of well-respected film director Frederick Wiseman featured at the Disability Law Center’s 50th Anniversary of Titicut Follies on May 2 at the Royal Sonesta Hotel in Cambridge, MA. At the cocktail reception, Wiseman was presented with the Impact Award for Art that Changes Lives. Ruby was thrilled to meet the subject of her portrait.

For more information, visit www.gatewayarts.org.



Director of Gateway Arts Rae Edelson, Ruby Pearl, and Frederick Wiseman.

Coming and Going

Art Connection Studio enjoyed a full house of supporters at their Spring Exhibition, *Comings and Goings*, on April 21 at their studio in Hartford, CT. A crowd of new friends and old, including artists, family members, staff and visitors had the chance to admire installation pieces, stamped art work, fiber arts, and beautiful spring paintings. Both artwork and crafts were available for purchase.

This spring, Art Connection Studio will also produce a show at the Butler-McCook House and Garden, which has an intimate gallery space within the historic house museum. *Curious Creatures*, inspired by the beauty and diversity in nature, will open June 8.

For more information, visit www.artconnectionstudio.org.



Artist Jasmin Holmes next to her artwork at *Comings and Goings*.

you transform lives

See more inspiring news and stories inside!

Helping Others Makes for a Rewarding Career



Joseph Awbrey with Vinfen CNA Widaly Nieves.

"Helping others motivates me every day. Ever since I started working with Vinfen, I have gained so much experience in the mental health field. Being able to use my experience and skills has helped me better understand and care for the people I serve, and even my own loved ones. I love working with such a great team, and I enjoy the great benefits Vinfen offers."

—Widaly Nieves, Certified Nurse Assistant

Widaly is one of our many Certified Nursing Assistants (CNAs) who transform the lives of the people we serve by providing excellent direct care and support. It's a great role to begin a career in the healthcare field.

If you are interested in making a difference in the lives of others, visit our website www.vinfen.org/work-at-vinfen to learn more and apply.



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



voice
summer 2017

Contributors: Lisa Berger, Bruce Bird, Rachel Heafield, Ann Bausman, Erin Tighe, and Alexandra Yellin

Designer: Rachel Heafield

Featured Artists: Juan Colon, Bryan Cressotti, Matthew Emmerthal, Jasmin Holmes, Emilie Judge, Ruby Pearl, and Arnaldo Sanchez