





Dear friends,

Martha's Vineyard Community Services is dedicated to enhancing the lives of Islanders from every corner of the Vineyard community and at every point in their journey. Since 1961, our interconnected programs have had two essential qualities: *Serving Islanders of every economic circumstance and offering services that would otherwise be unaffordable or completely unavailable to many of*

*our neighbors who need them.* We are pleased to bring you this annual report detailing our work from July 1, 2014, through June 30, 2015.

In the pages of this annual report, we highlight the vital work that Martha's Vineyard Community Services does to foster wellness and stability for year-round and summer residents of the Vineyard. You will also learn about the professionals who skillfully and compassionately do this important work.

In our feature article, ***Trouble in Paradise***, we share details about the substance abuse epidemic that has escalated so markedly and our efforts to respond with services for those struggling with addiction and mental health issues.

It is also my privilege to share the donor-supported initiatives that were launched or enhanced. We truly celebrate the positive change fostered through our collaboration with our professional partners.

For an organization so deeply involved in the health of our neighbors, it is important that we be healthy ourselves. We continue to assess unmet needs on the Vineyard as we seek to find ways of integrating the day-to-day demands of contracts and clients while working on future plans and goals. We work to find a balance that doesn't overwhelm our organization but instead enables us to improve and grow. Big challenges include: *how to solve our physical space needs; how to nurture collaboration and the partnerships so vital to identifying needs and addressing them; and, as always, how to generate enough income to cover our expenses.*

We are proud to move forward in partnership with other organizations on the Vineyard. We are lucky to have a thoughtful, skilled, and caring Board and Staff who are committed to meeting the needs of our community. We are honored to partner with you and grateful for your support as we move into the future with a continued vision of growth for Martha's Vineyard Community Services.

Sincerely,

A handwritten signature in black ink, appearing to read 'Juliette Fay'.

Juliette Fay  
Executive Director

## By the numbers

In Fiscal Year 2015...

**223**

*survivors of domestic abuse or sexual assault helped through Martha's Vineyard Community Services' CONNECT to end violence program.*

**1,058**

*families served by Martha's Vineyard Community Services' Early Childhood Programs.*

**700**

*families served by Martha's Vineyard Community Services' Family Center program.*

**14,879**

*hours of therapy were provided to families by Martha's Vineyard Community Services' Island Counseling Center clinicians.*

**826**

*people participated in workshops on anxiety in children through Martha's Vineyard Community Services' Island Wide Youth Collaborative program.*



# Year at a glance



*Photo credit: Ashley Tilton*

DREAMERS RAISE FUNDS FOR MV COMMUNITY SERVICES ANNUAL AUCTION



ART LOVERS UNITE AT MV COMMUNITY SERVICES CHICKEN ALLEY SALE



*Photo credit: MV Times*

MV COMMUNITY SERVICES TO OPEN ISLAND'S FIRST CRISIS-INTERVENTION CENTER



MV COMMUNITY SERVICES LAUNCHES VINEYARD LICENSE PLATE CAMPAIGN



*Photo credit: MV Times*

NEW VETERANS OUTREACH PROGRAM AT MV COMMUNITY SERVICES



*Photo credit: Vineyard Gazette*

NEW PHILANTHROPY GROUP BESTOWS GRANTS TO YOUTH COLLABORATIVE



WALKERS RAISE AWARENESS ABOUT SEXUAL ASSAULT



YOUTH COLLABORATIVE BREAKS GROUND FOR NEW BUILDING



# Trouble in Paradise

## Substance Abuse on Martha's Vineyard

On an Island as beautiful and seemingly peaceful as Martha's Vineyard, where thousands come to relax and renew each year, it is difficult to imagine that we have the highest rate of substance abuse in Massachusetts and one of the highest, per capita, in the nation. Substance abuse is both income blind and an equal opportunity killer. In the last year alone, we've lost at least seven members of our community to drug overdoses. In some Island towns, police officers now carry Narcan, a medication used to reverse the effects of opioids, and are regularly using it to save lives. No one is immune from problems with substances. The epidemic use of opiates is taking the lives of our family members and friends. It is a devastating development.

In the words of Tom Bennett, senior clinical director of the Island Counseling Center, "Our community has long had the distinction of a higher rate of substance abuse. From my earliest days at Martha's Vineyard Community Services, in addition to recognizing the high incidence of substance abuse by native Islanders, I learned that people who are trying to run away from their problems are attracted to Island life and are perhaps looking for a geographical cure. Once they are here, reality sets in and they experience the isolation of Island life while separated from their family, their supports, and their home community where they knew the resources and how to access them."

Janet Constantino, NP-BC CNS-BC, has found that many clients requesting evaluation for MVCS' Island Counseling Center's New Paths program state that their narcotic use began after being

prescribed narcotics for a medical issue. Drug dealers have found an increasingly fertile market to introduce heroin to those who have become dependent on pain medication. Heroin is an inexpensive and illegal substitute with even greater potential for addiction and destruction of lives. The person struggling with opiate addiction moves from a legal, controlled substance to an unregulated, uncontrolled, and often dangerous product that is found in home medicine cabinets.

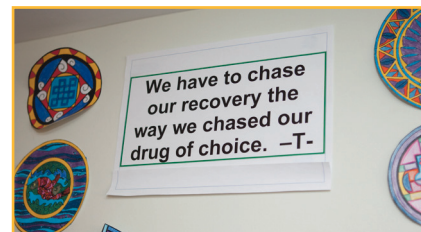
### Avenues for Healing:

It is clear that with such a substantial problem on the Island, in order to affect change, the entire community must work together. As it has with every social problem over the past 55 years, MVCS has for years been a source of help to those people in the community with the least means and often the greatest needs. Our staff plays a key role in serving those who are afflicted with the disease of addiction and services have been carefully and strategically planned and added over the years to meet emerging needs on the Island. Our team provides services directly to those struggling with substance abuse issues or we connect them to services they need, on and off Island.

The Counseling Center staff regularly collaborates with Island providers and coordinates routinely with the Vineyard House, The Martha's Vineyard Hospital Substance Abuse On-Call Emergency Team, the Dukes County Courts' Probation Department, the Dukes County Sheriff's Department, and as needed, the Martha's Vineyard Public Schools. As partnerships grow and coalesce around the urgency of this issue, it has been heartening to

witness the movement toward the recent State mandates to provide treatment rather than legal punishments for those struggling with addiction.

Tom Bennett notes, "Addiction is a disease that can be arrested with the hard work of those afflicted and through the avenues for healing offered by a community that cares about its citizens. Together, we can make a difference. MVCS staff, volunteers and our Island partners are working hard to help those impacted by this life threatening disease."



Island Counseling Center services include:

- **Medical interventions/treatments including Vivitrol injections;** Vivitrol is the first and only once-monthly, non-addictive, non-narcotic medication proven to help prevent relapse of opioid dependence. Vivitrol is also used for treatment of alcohol addiction once the person has had an alcohol detox.
- **Recovery Coach program** to help clients to find a way to stop addiction or reduce harm associated with addictive behaviors.
- **Substance use services** provided to inmates at the Dukes County House of Corrections.
- **Substance abuse support groups** found on the following page.



## Martha's Vineyard Community Services Substance Abuse Groups:

### New Paths Recovery Program

Based on the Hazelton Model, the New Paths Recovery Program is an intensive evidence-based, five days a week structured outpatient addiction program for adults (18 years old and above) who seek alcohol, drug, and behavioral addictions recovery and who may also experience co-occurring mental health disorders. The program offers daily structured groups, individual counseling sessions, family education sessions, and psychiatric services for those who have completed detoxification and/or residential treatment. The program consists of education and skills development in areas including early recovery, relapse prevention, peer support, mindfulness, emotion regulation, motivational enhancement, stress management, self-care, relaxation, and mental health. Most insurers cover treatment and financial assistance is also often available. .

### Pathfinders

An adolescent recovery education group focusing on the effects of substance use and abuse. The program is designed to engage and inform students (under 18 years old) who have a desire to explore their relationship with substances. The goal of the group is to increase participants' knowledge and understanding of the impact of substance use in their lives and expose them to alternatives to using drugs and alcohol. Each group is one and a half hours in duration and meets twice weekly for six weeks.

### Ripple

A six-week series of weekly education and support for loved ones (18 years old and above) experiencing substance abuse and are seeking an understanding of addictions and support. The group seeks to provide, at no cost, a safe space for loved ones to learn accurate and up-to-date information about addiction, recovery, treatment, and its effects. Members provide support to each other in their role as family and friends of those in active addiction or recovery.

### Driver Alcohol Education Program

For first and second offenders who come to MVCS mandated by the Court.

**Drug and Alcohol Education (DAE) Group for first DUI offenders:** The DAE is a curriculum based series of classes that are psycho-educational in nature and cover topics relating to substance use and driving. Topics include substance use, abuse and impact, health issues and communicable disease, dual diagnosis issues, violence prevention, interpersonal/relationship skills, life skills, conflict resolution, anger management and communication skills.

**Second Offender Aftercare (SOA):** The SOA is a psychotherapeutic group for individuals who have been convicted of a second DUI. The group meets weekly and discussion topics include substance use and abuse, impact of substance dependency, achieving and maintaining sobriety, and developing alternative coping methods. Individuals are referred by the Court.

For more information, visit [www.mvcommunityservices.com/groups](http://www.mvcommunityservices.com/groups)



## Meet the Martha's Vineyard Community Services Substance Abuse Team:



**Janet Constantino,  
Nurse Practitioner,  
Clinical Specialist:**

"I have worked with addiction as a Nurse Practitioner and Clinical Specialist in direct patient care, research and clinical trials for over 20

years. I gained valuable and diverse experiences through my master's and post-master's studies at Yale University School of Nursing and as co-investigator of an outpatient opiate detoxification research study through the Yale Department of Psychiatry. My passion has always been direct care and I have the opportunity to do that with my involvement in the New Paths Outreach Program. As a group leader I am actively involved in the lives of those who want to understand their disease and find ways to successfully manage and live with a chronic illness called addiction. I provide individual therapy with those individuals who want to explore reasons that brought them to their addiction. Co-occurring disorders are a hallmark of addiction. I also just recently started a new Vivitrol program, which provides an alternative treatment for those clients who request long term medication for the treatment of addiction."



**Eric Adams, Substance  
Abuse Clinician:**

"Through my work as a substance abuse clinician, I help adolescents explore their relationship with substances and specialize in individual and group activities to

increase their understanding of problem solving and decision making skills. I also began a Recovery Coach program in which Recovery Coaches work with clients to find a way to stop addiction or reduce harm associated with addictive behaviors. Together we help them take ownership of their lives."



**Tom Bennett, Associate  
Executive Director,  
Senior Clinical Advisor:**

"The people I serve have taught me that no one can dictate how or when one should find their path to recovery; rather it is up to me to be

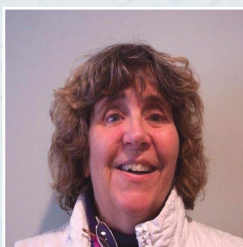
available to stay with them no matter how long or difficult the journey may be."



**Dail Bouchard,  
M.Ed., LADCC:**

"I have worked with substance abuse and addicted clients since 1979. My inspiration to continue this work stems from the many incredible changes I have witnessed. I have had

the experiences to know people who have made the decision to want changes in their lives, to accept help, work hard, and to believe in themselves that they DO have unrecognized personal potential to live a sober, rewarding life."

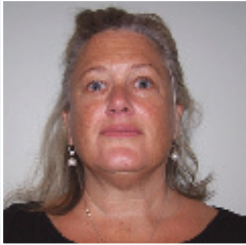


**Kathleen Burns-Power,  
M.Ed., LMHC:**

"I have 30 plus years working in the substance abuse/dual diagnosis (substance abuse and major mental health disorders), and remain committed and steadfast working

with folks on their journey of recovery. In recent years, I also have been trained in the Dialectical Behavior Therapy (DBT) model, which has been rejuvenating and has kept me fresh in the field. These are exciting times in the mental health field as research keeps unlocking secrets of how the brain operates."

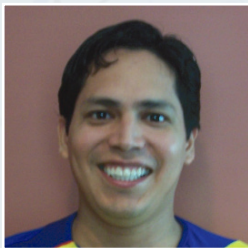




**Lisa Cottrell, Intern Clinician, MA Candidate:**

"I became interested in counseling while working with children, adolescents and families as an educator in New York, the Martha's Vineyard Public School Systems and as an *Alateen* sponsor. I am

particularly interested in helping clients navigate the oftentimes myriad of challenges faced in daily living, including challenges which may include substance use, co-occurring conditions, traumatic experience, and mental health issues. I believe in the processes inherent to the therapeutic relationship and that hope and change are always possible."



**Marlon García, MA:**

"Through my work in the New Paths Program, I've learned how resilient people can be and how therapy and group work can help them achieve their goals. For those in recovery from the disease of addiction, resilience is

essential and the tools they learn can help them attain qualities like social competence, problem-solving skills, autonomy, responsibility, and hope for the future. All of which can help them live a substance-free meaningful life."



**Carolyn Kildegaard, MS, LADC:**

"I became interested in working in addiction treatment while studying for my Master's Degree in Psychology and while working for the Sheriff's Department at Community Corrections and at the Dukes County Jail. The Sheriff

supported my efforts to attain addiction licensing and I am now a Level 1 Licensed Alcohol and Drug Counselor. I have been working at the Island Counseling Center for almost 11 years, specializing in helping people with addiction, domestic violence and trauma. In addition to working with individuals, I teach Seeking Safety classes designed for women with addiction and trauma issues."



**Kerry Saunier, MA:**

"I began working with New Paths program two years ago. It was during that time and through the value of that experience, that I discovered my interest in focusing on the treatment of individuals struggling with addiction.

This program offers an invaluable set of tools, as well as an environment of support and acceptance for the Island community."



**Howie Marlin, M.Ed:**

"I believe education and self-respect empower change from within. Without this we remain stagnant and growth is deferred. My work with schools, jails and hospitals have widened my scope of understanding the human condition

and I have learned to approach those in need with dignity and work hard to imbue self-determination."



**Lilly Nannes, MS:**

"My work with substance abuse began while working with inmates at Maryland's state prison for women. I saw how the cycle of addiction can affect a person, as well as a family, their loved ones, and the community, which is one

of the reasons I began the *Ripple* group. I believe substance abuse should be treated not with blame, but with compassion, perseverance, and respect."



**Jaime Schwab, MSW Candidate:**

"I became interested in working with children and families through my work as a Domestic Violence and Rape Crisis Counselor at MVCS' CONNECT to end violence program. My time in this position brought me to the field of social

work, where I bring experience in trauma-informed practices. I am currently completing an internship with MVCS' Island Counseling Center."



# FY 2015 Contributors

Fiscal Year July 1, 2014 - June 30, 2015

We are deeply grateful for all the generous gifts Martha's Vineyard Community Services received in the past year from our donors. Thanks also to our many in-kind donors and volunteers — your generosity of spirit, gift and time is appreciated. We strive to make this information as accurate as possible and apologize for any mistakes or omissions.

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# Financials

FY 2015 Statement of Activities - July 1, 2014 - June 30, 2015

## ASSETS

### Current Assets

Cash & Cash Equivalents.....	\$401,331
Accounts Receivable, net of allowance.....	425,280
Grants Receivable, Building Construction.....	290,780
Prepaid Expenses.....	24,288
Total Current Assets.....	<b>1,141,679</b>

### Fixed Assets

Land, Building and Equipment.....	4,837,158
Accumulated Depreciation.....	-2,192,428
Net Land, Building and Equipment.....	2,644,730
Total Fixed Assets.....	<b>2,644,730</b>

### Other Assets

Long-Term Investments.....	6,554,989
Deposits.....	4,000
Total Other Assets.....	6,558,989
<b>TOTAL ASSETS.....</b>	<b>10,345,398</b>

## LIABILITIES

### Current Liabilities

Accounts Payable.....	\$176,008
Accrued Expenses and other current liabilities.....	326,563
Line of Credit.....	100,000
Long-Term Debt, current portion.....	38,110
Total Current Liabilities.....	<b>640,681</b>

### Long Term Liabilities

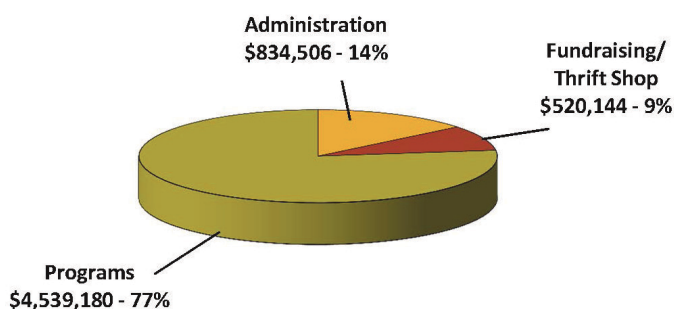
Long-Term Debt, net of current portion.....	1,074,284
Total Long Term Liabilities.....	1,074,284
Total Liabilities.....	<b>1,714,965</b>

### Net Assets

Operating.....	44,169
Net Investment in Plant.....	592,430
Board Designated.....	6,437,586
Total Unrestricted.....	7,074,185
Temporarily Restricted.....	1,514,748
Permanently Restricted.....	41,500
Total Net Assets.....	8,630,433
<b>TOTAL LIABILITIES AND FUND BALANCE.....</b>	<b>10,345,398</b>

## FY 2015 Expenses — \$5,893,830

Fiscal year runs July 1 — June 30



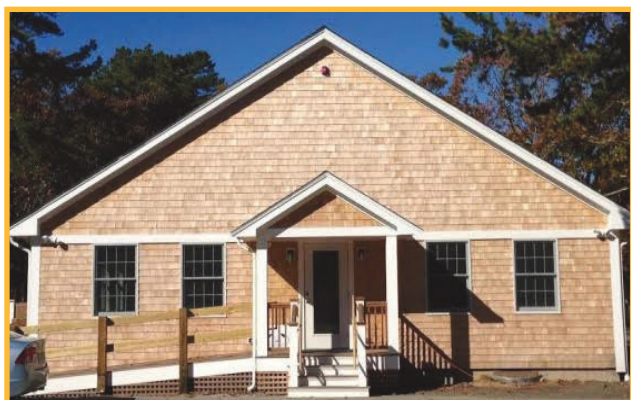
## FY 2015 Revenue — \$5,879,505

Not including gain of investment revenue



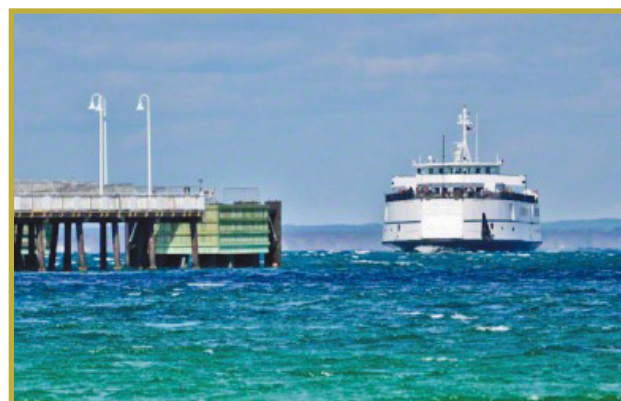
# What's happening now?

Snapshot of the first half of FY 2016



**The Island Wide Youth Collaborative**, a partnership between Martha's Vineyard Public Schools, Martha's Vineyard Hospital, Martha's Vineyard YMCA, Youth Task Force and Martha's Vineyard Community Services, opened the doors to its new home on November 2nd, 2015. The Youth Collaborative building, built by a grant awarded by MVYouth, serves as a family resource center for families and provides case management to address the issues that face children, adolescents and young adults including substance abuse, self-harm, eating disorders, anxiety and depression.

**The Transportation Access Program (TAP)** is a new initiative designed to assist residents of Martha's Vineyard and Nantucket with travel expenses for medical and/or behavioral health appointments off the Islands. TAP funds will help individuals and families with excessive costs of off-Island travel due to longterm illness; health or mental health needs requiring services not available on the Islands; chronic illness requiring regular off-Island appointments; or acute health or mental health emergencies. Funding for TAP was made available through state Rep. Tim Madden and the state Executive Office of Health and Human Services.



**The Veterans Outreach Program** provides a network of resources for Island Veterans, service members, and their families. This program was made possible by a grant from the state Department of Veterans' Services. Services offered to our Island veterans include: access to mental health counseling through Martha's Vineyard Community Services Island Counseling Center; presentations by experts in the field of Veterans Services; assistance and/or advocacy with regard to transportation, housing, medical, VA/military benefits; and community activities for our local Veterans and their families.





Martha's Vineyard Community Services  
111 Edgartown Rd.  
Vineyard Haven, MA 02568



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Jennifer Neary, *CONNECT to end violence*  
Alicia Nicholson, *Daybreak Clubhouse*  
Noava Wibbel, *The Thrift Shop*