

FEBRUARY 2021

THE LIGHTKEEPER

BEHAVIORAL HEALTH - ADDICTION TREATMENT



A Message from our CEO

Happy New Year and welcome to the first edition of The Lightkeeper. We hope that this special publication will provide a source of hope and light to the community, especially during this difficult time.

As families continue to cope with the challenges that come with children home from school, significant work disruption, and increased social isolation and despair, we see an upward spiral in substance use, anxiety, and depression. During the pandemic, we are truly grateful that we have been able to provide the same level of care to those who need it. None of this would be possible without the commitment of resilient employees and the generosity of friends who continue to find ways to support the Gosnold mission.

The new year offers a chance to reset and look ahead with hope and optimism. We are excited to share more news with all of you in the upcoming months. In the meantime, we will continue to look around the bend and be prepared for any challenges the future might hold.

Wishing you health, happiness and peace in this new year.

Richard Curcuru, LICSW
President and CEO

2020 IMPACT



TREATED 7,500 PATIENTS
FROM 400 CITIES & TOWNS
AT 11 LOCATIONS

SERVED 1,500 STUDENTS IN
70 ELEMENTARY, MIDDLE,
& HIGH SCHOOLS

PROVIDED VIRTUAL
BEHAVIORAL HEALTH &
RECOVERY TREATMENT
PROGRAMS

Philanthropy and the Gosnold Community

Thanks to the generosity of donors and community partners, Gosnold was able to raise **over \$100,000** in the month of December to close out the year.

We are deeply grateful to the individuals, foundations and businesses who continue to support our important work, even during this challenging time.



The Falmouth Walk benefits several Falmouth area charities and non-profit causes. Last year, thanks to the walkers, donors, and sponsors we were able to distribute over \$28,000, including a generous donation to Gosnold.

We are truly appreciative of this partnership and the Falmouth Walk's continuing support of our programs.

Pictured (left): Gosnold Chief Development and External Relations Officer Kevin Ralph, Falmouth Walk President Thomas Walwrath, and Falmouth Walk Vice President Russ Pelletier

Gosnold was delighted to participate in the 2020 **“A Community Thrives”** Annual Challenge. This grantmaking and crowdfunding program from the USA Today Network is an initiative of the Gannett Foundation and supports nonprofit organizations across the country.



GIVING TUESDAY

In a time of global crisis and disconnection, the **Giving Tuesday** movement allows communities to unleash generosity together.

Special thanks to Dan McCarthy and **The Quincy Group** who lead in both dollars raised and total number of donations to Gosnold for Giving Tuesday 2020.

Gosnold participated in The National Sticker Shock Campaign on Friday, November 20, 2020. This week statistically has the highest rate of alcohol sales over any other week in the year. The National Sticker Shock Campaign encourages communities to work together to educate adults of the importance to not furnish alcohol to minors.

Gosnold produced and distributed over 19,000 stickers to local liquor stores in the Falmouth, Mashpee and Bourne areas with support from the Yarmouth Substance Abuse Commission, The Bourne Coalition, and the John Wesley United Methodist Church of Falmouth.



If you would like to make a tax-deductible donation to Gosnold, please visit gosnold.org/donate or mail your check to: Gosnold, Inc. – 200 Ter Heun Drive, Falmouth, MA 02540

VIRTUAL ADDICTION TREATMENT



31% of Gosnold patients identify with a co-occurring Mental Health and Substance Abuse diagnosis and Gosnold providers are readily prepared to provide appropriate treatment.

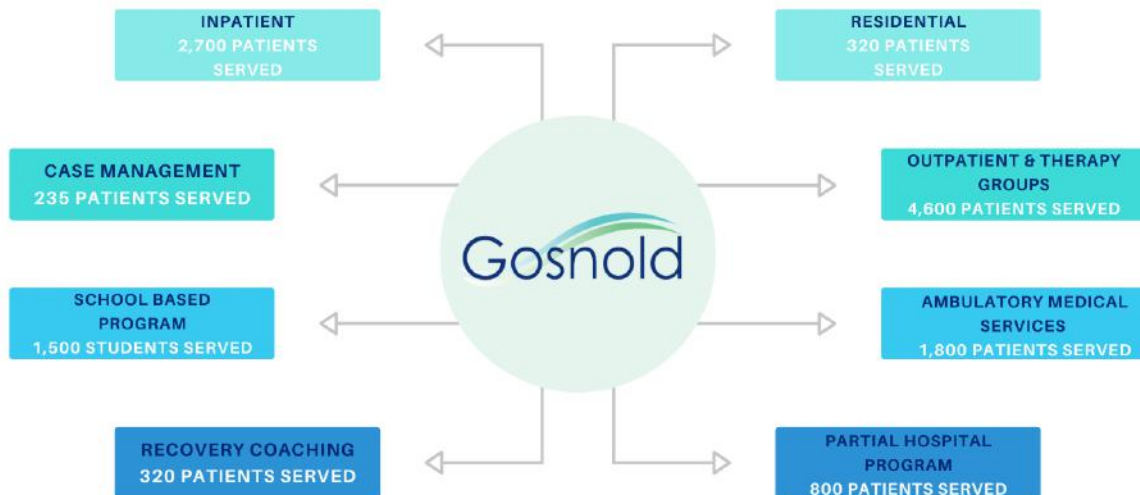
The Partial Hospitalization Program (PHP) is an adult (18+) day treatment service that specializes in mental health and dual-diagnosis (mental health and substance use disorder).

Patients receive individualized, focused and goal-oriented treatment to help facilitate stabilization of symptoms in a less restrictive, non-inpatient environment.

Patients receive intensive group therapy including: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), psychoeducation and expressive therapy.

Our full offering of Partial Hospitalization Program (PHP) services will continue to be available through our telehealth and virtual platforms.

63% of Gosnold patients engage in **more than 1** program emphasizing the **value** of the **continuum** of care model while implementing the **multidisciplinary** team approach.





Gosnold is honored to be recognized by Blue Cross Blue Shield as a [Blue Distinction Center](#) the high quality clinical services offered for substance use treatment and recovery.

[Blue Distinction Centers](#) are healthcare facilities and providers recognized for their expertise in delivering safe, effective specialty care.

Gosnold welcomes Inpatient Medical Director James Sullivan



James D. Sullivan, M.D. became the Medical Director for Inpatient Services at Gosnold on January 1, 2021.

Dr. Sullivan is board certified in Internal Medicine and has 30 years of experience in emergency medicine, including caring for many patients with alcohol and substance use-related conditions. Dr. Sullivan is responsible for overseeing the medical care of inpatients at Gosnold, coordinating care with nurses, counselors and outpatient psychiatrists.

“As part of my Leadership Team, Dr. Sullivan helps to guide us as we strive to improve care delivery to our patients and develop innovative ways to provide better medical care in what has become a very challenging world,” said Richard Curcuru.

Dr. Sullivan received his B.A. from Wesleyan University and his medical degree from the University of Massachusetts. He completed his residency in Internal Medicine at the George Washington University Hospital and has worked as an emergency physician in several hospitals, including Falmouth Hospital and most recently, Morton Hospital.



Gosnold’s mission is to excel in addiction and mental health treatment, to serve men, women and families affected by these illnesses, and to promote lasting recovery.

Contact us at 508-540-6550
Visit us at www.gosnold.org

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CONTRIBUTORS

Richard Curcuru, LICSW
President and CEO
Kevin Ralph
Chief Development and External Relations Officer
Keith Shaffer
Communications Director
Sara Anton, MSW
Director of Grants and Individual Giving
Karen MacDonald, LADCII
Development and External Relations Manager