



Gosnold

# THE COMPASS

*Your beacon to a brighter future*



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## A LETTER FROM THE PRESIDENT

Dear Friends of Gosnold,

As we near the end of Fiscal Year 2019 on June 30th it is time for reflection. I am grateful for all the ways Gosnold continues to change and grow.

Gosnold accomplished great things during Fiscal Year 2019. On behalf of Gosnold's Board of Directors and Leadership Team, we extend our appreciation to the more than 450 employees who fuel the Gosnold organization with passion, creativity, expertise, and commitment. When patients, families, and other stakeholders speak of Gosnold, I am proud that their acknowledgements often center on our high-quality staff.

Each day, Gosnold staff help our patients find or restore good health and well-being, build lasting connections to positive social supports, and rejoin home and community life as much better versions of themselves.

Thank you, then, to our staff who helped Gosnold to achieve and be recognized for the following:

- Expanded school-based behavioral health services to 57 schools across Southeastern Massachusetts and Cape Cod;
- Increased our agency's presence where people need us most:
  - As a premiere provider of Partial Hospitalization Program services at two locations in Centerville and Stoughton, specializing in the treatment of co-occurring mental health and substance use disorders;
  - In the community after opioid overdose as part of our Opioid Outreach Program conducted in conjunction with 29 Police Departments;
  - As Recovery Navigators in Emergency Departments and other facilities, such Cape Cod Hospital, Falmouth Hospital, Beth Israel Deaconess Plymouth, South Shore Hospital, and Spaulding Rehabilitation Hospital;
  - As integrated behavioral health practitioners at Nantucket Cottage Hospital;
  - Within schools and community groups as part of Gosnold's Outreach and Prevention Departments, helping to prevent the onset of substance use among youth through educational lectures and assemblies, parent support groups, and other school-and- community-based initiatives;
- Strengthened our Recovery Coaching Program to help adults in early recovery through newly-funded coaching initiatives, including a grant furnished by Blue Cross and Blue Shield of Massachusetts;
- Served as bold and constructive champions for recovery, who openly educate and re-educate the public with the goal to eliminate stigma associated with addiction and mental health treatment. In FY 2019 we raised awareness and resources for Gosnold through the following: 20th Annual Golf Tournament; Governor Baker's Breakfast Forum on the State of the Opioid Crisis; Gosnold's 2nd Annual Legacy Gala featuring Elizabeth Vargas; Falmouth Road Race; Freezin' for a Reason Polar Plunge; Playing Above the Influence; 2019 Legislative Forum; specialized media, and so much more.

It's been a busy year and we aim to finish strong. As we prepare for FY 2020 with a major expansion initiative in the working, we hope that our patients, families, friends, and supporters will remember Gosnold among the very top of your giving priorities.

We are grateful for your continued support for our vital mission.



Richard Curcuru  
President & Chief Executive Officer  
Gosnold, Inc.




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## THE STORY BEHIND THIS ISSUE'S COVER

Privileged to witness the miracles of recovery every day, many Gosnold staff who are active in recovery are living proof that treatment works. Our 2019 May cover features some of Gosnold's best!

Thanks largely in part to the generosity of our community partners, donors, and friends, Gosnold offers a broad range of recovery services, such as Emergency Room Navigation, Opioid Outreach Intervention, Parent and Family Support, Alumni programming, and Prevention. Through charitable contributions from friends like you, Gosnold hopes to expand on these services and more in FY 2020. These community-based supports help people get and stay well, and are of great value to patients, families, staff, and members of the communities we serve.



BECAUSE OF YOU, Rick's children have their father back. BECAUSE OF YOU, Amanda, Cole and Dylan's parents have their children back. BECAUSE OF YOU, Lenny uses his story to lead interventions with others. BECAUSE OF YOU, Gosnold is fortunate to employ a talented group of individuals with lived-experience, who fulfill our Mission every day in promoting lasting recovery.

### WE NEED YOUR SUPPORT TO FILL OUR HEART!

Please consider Gosnold in your charitable contributions as we raise the remaining \$25,000 to reach our 2019 goal of \$1.15M in donative giving.

### FY2019 GIVING GOALS



To contribute to this year's Annual Appeal, or to donate to one of our underfunded programs, please visit: [gosnold.org/donate](https://gosnold.org/donate)

*The Gosnold Legacy*  
**GALA**  
Connecting Communities for Change



**SAVE THE DATE**

**Saturday, August 24, 2019 6:00 PM**

Oyster Harbors Club  
170 Grand Island Drive  
Osterville, MA

For information regarding Sponsorship Opportunities, please visit: [gosnoldgala.com](http://gosnoldgala.com)



## 2019 LEGACY AWARD VICKER V. DIGRAVIO

President & Chief Executive Officer  
*Massachusetts Association for Behavioral Healthcare*



The Gosnold Legacy Award acknowledges the extraordinary contribution of an individual who has created indelible impact within the field of behavioral health.

Gosnold is proud to recognize Vic DiGravio as Gosnold, Inc.'s 2019 Legacy Award honoree. Gosnold gratefully acknowledges Vic's statewide and national contributions to the community behavioral healthcare sector. With a unique constellation of personal qualities, including

diplomacy, intention, deliberation, and drive to get things done, Vic is well-regarded as a "leader among leaders."

Approaching the end of his 12th year as ABH's President and CEO, Vic has successfully mobilized powerful stakeholders from state government, legislature, behavioral health sector, and coalition groups to advance legislation, policy, regulation, and financial resources to support high-quality, accessible, behavioral health services for those in greatest need. As Board Member for the National Council for Behavioral Healthcare, Vic's expertise in public policy also garners national acclaim.

With strong commitment to consensus-building, accountability, and outcomes, Vic brings people and systems together in order to effectuate change for those in need. His accomplishments continue to make a difference for youth, adults, families, communities, and service providers.

We acknowledge and celebrate Vic's exceptional contribution to the community behavioral health sector. On behalf of Gosnold, Inc., Board of Directors, we are delighted to recognize your efforts as the 2019 Gosnold Legacy Award honoree.



## 2019 COMMUNITY LEADERSHIP AWARD SHERIFF JAMES M. CUMMINGS

Barnstable County Sheriff  
*Commonwealth of Massachusetts*

The Gosnold Community Leadership Award celebrates the extraordinary contribution of an individual who gives back to the community in ways that advance positive opportunities for individuals with substance use and co-occurring mental health conditions. Congratulations to Sheriff James M. Cummings, Gosnold's 2019 Honoree.

Sheriff Cummings' commitment to country, law enforcement, and the citizens of the Cape and Islands community reflect his lifelong focus on the protection of citizens and promotion of public safety.

In addition to former service as a member of the United States Navy, Sheriff Cummings served 20 years with the State Police Detective Unit (CPAC) attached to the Cape & Islands District Attorney's Office, and another 20 years as Sheriff of Barnstable County. These roles profoundly shaped Jim's understanding of how substance use disorders impact individuals from all walks of life.

In particular, Gosnold Inc. recognizes Sheriff Cummings' diligent efforts related to post-incarceration community reintegration. Jim's pioneering implementation of the Residential Substance Abuse Treatment Program (RSAT/Shock) has earned the Barnstable County Correctional Facility (BCCF) the designation of a rehabilitation facility.

Drawing national attention for this innovation, the United States Department of Justice has named the BCCF one of six national mentoring sites. Jim understands the need for treatment during both incarceration and reintegration cycles. With a focus on reducing the rate of recidivism, decreasing the stigma of addiction, and preparing inmates for societal reintroduction, Sheriff Cummings is a leader in the realm of community-oriented law enforcement. Jim's numerous accomplishments continue to make a difference for Cape and Islands' youth, adults, families, and law enforcement.

We celebrate Sheriff Cummings' sustained contribution to the Cape Cod community, in both the criminal justice system and the community as a whole. On behalf of Gosnold, Inc., Board of Directors, we are delighted to recognize Sheriff Jim Cummings' efforts as the 2019 Gosnold Community Leadership Award honoree.



Ed Kardon, Owner of 24 Auto Group, with Chris Herren and Al Vieira, General Manager, 24 Auto at the 2018 Gala.



Members of 24 Auto Group Gather in the Pavilion at the John F. Kennedy Presidential Library & Museum.

## GOSNOLD RECOGNIZES 24 AUTO GROUP AS THE 2019 PINNACLE SPONSOR

Gosnold is pleased to once again announce that the 24 Auto Group will support the organization’s 2019 Legacy Gala at the highest “Pinnacle” sponsorship level. When we approached owner Ed Kardon in 2018 with an idea to bring nonprofit and business sectors together in order to draw attention and resources toward addiction treatment, we never imagined the extent to which the 24 Auto Group would step forward not once...but twice...as the premiere sponsor of the Gosnold Legacy Gala.

Last year, Gosnold’s Director of Outreach, Kevin Rosario, created an introduction to Ed and key members of the 24 Auto Group Team, including Al Vieira, Executive General Manager, and Hank Tuohy, Community & Customer Relations Director, as we ramped up for the 2018 Gosnold Legacy Gala at the John F. Kennedy Presidential Library and Museum. While we were prepared to do our best to convince the 24 Auto Group Team of our desire to increase awareness among business communities of the need for the treatment of substance misuse, we were not prepared for the overwhelming generosity of spirit and support from 24 Auto Group towards Gosnold, our mission, and the patients and families we serve.

There exists a strong correlation between careers with high stress and substance misuse. Other factors that place adults in certain careers at higher risk are accessibility to substances, as well as workplace culture practices including the, “after work cocktail” or other seemingly harmless routine practices involving substance use. Our partnership with 24 Auto Group helps to raise awareness for treatment and to destigmatize any call or need for assistance.

Our families, friends, and communities face increased stress with busy lifestyles full of competing work, education, and family demands. Alcohol and other substances, such as marijuana and prescription medication, are among the most frequently misused. Over time, misuse can grow into a more serious problem. But, treatment can make an immediate and positive improvement.

We are honored, to once again join with 24 Auto Group through their Gala sponsorship, to bring positive messages related to treatment and support for the treatment of substance use and underlying mental health challenges. This year, 24 Auto Group has donated a 2019 JEEP Wrangler 4x4 to be raffled off at the 2019 Gosnold Legacy Gala on August 24, 2019 at Oyster Harbors Club, Osterville. What better way to exemplify the 2019 Gala theme, Connecting Communities for Change.

Thank you, Ed Kardon and your team at 24 Auto Group for your sustained support for our work at Gosnold. Each year Gosnold serves more than 10,000 souls. Your support makes this possible.

For more information on the 2019 Gosnold Legacy Gala and the JEEP raffle, please visit [www.gosnoldgala.com](http://www.gosnoldgala.com)



Beth Folcarelli, Chief Operating Officer, Gosnold, Inc. with Hank Tuohy, Community & Customer Relations Director, 24 Auto, and Richard Curcuro, President and Chief Executive Officer, Gosnold, Inc. at the 2018 Board Appreciation Luncheon at New Seabury.



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# PATHWAYS FOR WOMEN

The Pathways for Women Program serves as an intermediary between a woman's time in treatment, to her reintegration into the community and local workforce.

In partnership with Eastern Bank and Cape Cod Five, Gosnold will host six Pathways Mentors and twelve Alumni Leaders in various workshops over a six-month period.

Aimed to prepare these women to live a fulfilling, meaningful life in recovery and provide verifiable work experience, the Pathways program focuses on six main objectives;

- Community-Service;
- Employment Readiness;
- Financial Literacy;
- Health & Wellness;
- Marketing; and,
- Event Planning.

In collaboration with a mentor, each of our Alumni Leaders will plan and execute on a particular objective, through either a community-based event, workshop, or Public Service Announcement.

Participation in this program allows our Alumni Leaders to build peer relationships and supports, positively affect our local communities, and gain valuable experience to use as leverage when entering the workforce.

For More information regarding the Pathways for Women Program, or to become involved, please visit: [gosnold.org/for-alumni/](http://gosnold.org/for-alumni/)



## ALUMNI SPOTLIGHT JOJO MIKOLAYZK

This edition's Alumni Spotlight highlights the accomplishments of JoJo Mikolayzk. Celebrating 19 years of recovery in May 2019, JoJo serves as a power of example to countless women beginning their own recovery journeys.

Earning her LCSW and Master's Degree in Social Work, JoJo continues to help others through her work at The Herren Project. Specializing in interpersonal trauma, mental health, and substance use disorders, JoJo plays an intergral role on their clinical team.

In addition to social work, JoJo runs a successful nutritional coaching business, helping people meet a variety of different health and wellness goals. Through her recovery, coupled with a life-long work of transformation and survivorship, JoJo presents a unique and inspirational perspective.

JoJo has been chosen as a Pathways for Women Mentor, leading our Health & Wellness initiatives, and providing insight into the importance of overall women's health in early recovery.

We thank JoJo for her continued support of Gosnold and our mission, and her unwavering efforts to help our alumni communities.



# GOSNOLD RUNS FALMOUTH

On Sunday, August 18, 2019, Team Gosnold runs the Falmouth Road Race to raise awareness for the agency's unfunded and underfunded programs.

Some run with our team to celebrate their own recovery or the recovery of a loved one; some run to memorialize a loved one lost to addiction. Everyone runs for their own reason; yet, Team Gosnold proudly participates with the aim to educate the community and reduce the stigma of mental health and substance use disorders.

Some of our unfunded and underfunded programs include:

**The Gosnold Alumni program** provides support to those who previously participated in Gosnold services. The program nurtures a community of like-minded individuals who are active in their recovery, and show interest in getting involved with service work, volunteer opportunities and recovery-based social events.

**Gosnold's Technology Supports such as Expressive Digital Imagery (EDI)** which promotes recovery and emotional resilience through imagery created on mobile devices. Photos and images can be altered and enhanced by the individual to express their feelings associated with mental health and substance use disorders. Individuals use EDI to share deeply personal aspects of their lives that are difficult to express through words alone.

**Gosnold's Prevention Division** aims to reduce substance use among young people, support families affected by addiction, intervene before addiction starts and help build healthy communities.

Gosnold....*Where the running ends.*

To learn more about this year's runners and their individual stories, visit [gosnold.org/2019-falmouth-road-race/](http://gosnold.org/2019-falmouth-road-race/)

## SPONSORED BY:



The Live for Lou Fund is an advised fund of The Cape Cod Foundation. Live for Lou is dedicated to honoring and celebrating the life of Louie LeBart by grabbing the baton he carried during his brief but exceptional life and inspiring others to continue where he left off.

When Louie overdosed at 25, he left behind an enormous circle of friends, family, acquaintances, co-workers, and teammates who were forever affected by his athleticism, compassion, curiosity, and beauty. Live for Lou continues to promote his inspirational qualities by benefiting others through scholarships, community service, compassion, and education.



JOIN  
#TEAMGOSNOLD

# 2019 LEGISLATIVE FORUM

On Friday, March 29, 2019 Gosnold hosted the agency's first annual Legislative Forum. Legislators and other representatives from across Cape Cod and Southeastern Massachusetts met to discuss Gosnold's programs and the various treatment needs of our communities. For more information regarding the Legislative Forum, or to watch the event, visit: <https://gosnold.org/legislative-forum/>



Representative Randy Hunt, 5th Barnstable District, displays his EDI print designed by an Emerson House patient, recognizing Representative Hunt's advocacy as Gosnold's first recipient of the Legislative Service Award.



Mark Mulhern, Center Director at South Shore Peer Recovery, offers his personal perspective of recovery as a proud Miller House alumnus. Mark's personal message resonated with the audience who gave him a standing ovation.



Cape & Islands Delegation members from left to right: Michael Jackman, District Director for Congressman Bill Keating; Don Quenneville, Chairman of the Board of Directors, Gosnold, Inc.; Elizabeth Folcarelli, COO, Gosnold, Inc.; Representative Sarah Peake, 4th Barnstable District; Senator Julian Cyr, Cape & Islands District; Representative Dylan Fernandes, Barnstable, Nantucket and Dukes District; Richard Curcuru, CEO, Gosnold, Inc.; Senator Vinny deMacedo, Plymouth & Barnstable District; Representative Randy Hunt, 5th Barnstable District; Representative Will Crocker, 2nd Barnstable District; Representative David Vieira, 3rd Barnstable District.

# IN THE COMMUNITY

## STICKER SHOCK MAY 18, 2019

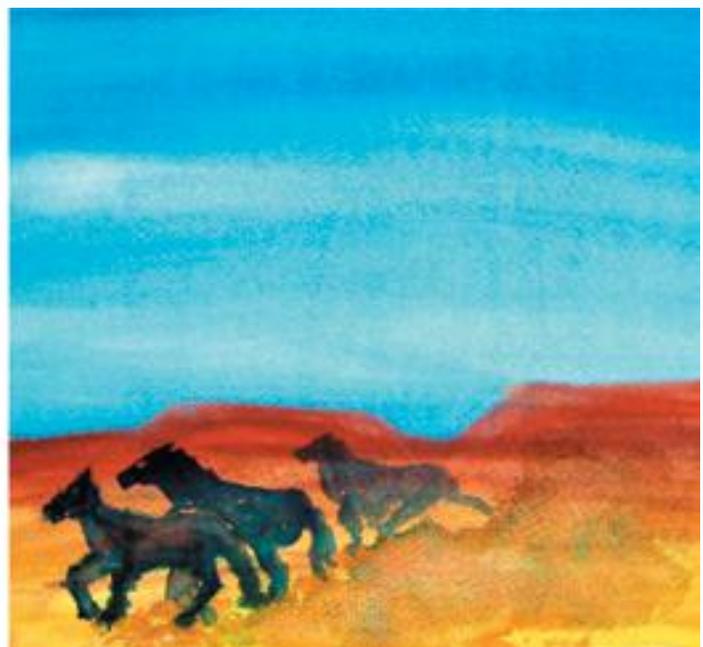
Gosnold looks forward to hosting our semi-annual Sticker Shock event on May 18, 2019. Since 2010, the Prevention Partnership, now Gosnold's Prevention Division, leads local youth groups as youth from varying organizations place stickers on bags in liquor stores across participating communities. Each May and November, Sticker Shock reminds customers that it is illegal to provide or serve alcohol to underage youth. In collaboration with participating liquor stores, more than 100,000 stickers have reminded adults to promote abstinence among Falmouth's youth. Our program has grown since its inception in 2015. Presently, Bourne, Falmouth, Mashpee, and Yarmouth participate in the Sticker Shock program.

## PLAYING ABOVE THE INFLUENCE JULY 10 & 29, 2019

"Playing Above the Influence" with the Cape Cod Baseball league is a family event that offers children the opportunity to interact with league players who have taken a pledge to be substance free. Gosnold collaborates with the Barnstable County Sheriff's Department, local police and fire departments and various private organizations. PATI occurs prior to a baseball game and includes food, interactive activities, games and fun for the whole family. Originating in Falmouth with the Commodores at Fuller Field, this year's initiative expands to include The Bourne Braves at Doran Park.

## CHARLIE WILKERSON LECTURE SERIES

Created in memoriam for Charlie Wilkerson by his family, "The Charlie Wilkerson Memorial Fund" promotes learning and networking opportunities for families to help foster understanding of substance misuse and ways to effectively cope with addiction in families. Through the generosity of this fund, Gosnold brings nationally known experts on substance use disorder treatment and recovery to speak to those impacted by this disease. The next lecture series is scheduled for Monday, September 16th at the Cotuit Center for the Arts with a nationally known speaker to be announced.



# JILLIAN'S *Angelic Dream Concert*

SUNDAY, JULY 28, 2019 8:00 PM

In memory of Jillian Slatas, beloved daughter, sister, friend, human of great spirit, who passed away on November 12, 2017 from an overdose laced with fentanyl, "Jillian's Angelic Dream Concert" will take place on July 28, 2019 at 8 PM at the Tabernacle in Oak Bluffs, Martha's Vineyard. Jillian's battle with addiction began with prescribed Oxycontin for pain associated with the extraction of wisdom teeth. For five years, Jillian struggled with her recovery.

The concert's aim is to humanize and educate people about the opioid epidemic; to create effective programs and treatments at Gosnold and beyond; and to destigmatize substance use disorder so that those affected by it will seek treatment and support.

Headlining the event is Deborah Cox. Alison Williams, Clayton Bryant, and the Ashford and Simpson Allstar SugarBar Band will also perform. Additional artists to be announced.

Please check Gosnold.org for details and updates. Proceeds will support specialized programs at Gosnold. Donations can be mailed to Jillian's Angelic Dreams, 7 Rose Meadows Way, Aquinnah, MA 02535.

## CALENDAR OF EVENTS

### May 2019

05/18 Sticker Shock  
8:30 AM, Various Liquor Stores, Cape Cod, MA

### June 2019

06/23 Alumni Vs. Staff Softball Tournament  
8:30 AM, Falmouth Heights Park, Falmouth, MA

### July 2019

07/10\* Playing Above the Influence with the Bourne Braves  
4:00 PM – 5:30 PM, Doran Park, Bourne, MA

7/29\* Playing Above the Influence with the Falmouth Commodores  
4:00 PM – 5:30 PM, Fuller Field, Falmouth, MA  
\*Tentative Date

### August 2019

08/18 New Balance Falmouth Road Race  
9:00 AM, Falmouth, MA

08/24 Gosnold Legacy Gala  
6:00 PM, Oyster Harbors Club

08/26 21st Annual Gosnold Charity Golf Tournament  
10:30 AM, Pocasset Golf Club

## COMPASS CONTRIBUTORS May 2019

**Richard Curcuru, LICSW, MSW**  
President & Chief Executive Officer

**Elizabeth Folcarelli, Ph.D.**  
Chief Operating Officer

**Elizabeth de la Cour, AS**  
Events Coordinator

**Amanda Marcotte, BS**  
Associate Director of Marketing & Alumni Relations

**Patricia Mitrokostas, BA**  
Director of Public Relations and Organizational  
Advancement

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