



A large, stylized leaf graphic in shades of brown and tan, positioned on the left side of the page, partially overlapping the Table of Contents.

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# Mission and Philosophy

The Edinburg Center's mission is distinguished by our longstanding belief that all persons have the potential to learn, the capacity for change, the ability to grow and actively contribute to the community.

Our mission is to provide an array of innovative services that promote and enhance the quality of life of persons with psychiatric disabilities, substance use disorders and/or developmental disabilities. The Center maintains a specific commitment to providing services to persons whose complex and challenging needs have typically been barriers to successful community living.

**The core values and guiding principles that govern The Center's service delivery are:**

- All persons must be treated with dignity, their human, civil and legal rights protected and their diversity respected.
- Individuals receiving services must be provided with the opportunity to actively participate in their goal development and service plan.
- Services must be individualized and based on a person's unique history, experiences, strengths, needs and choices.
- Services and support must be provided in an environment which fosters independence and maximizes an individual's potential.
- Services must be provided within an integrated, coordinated and accountable system of care.
- Service provision must be goal-oriented, based on current research and use outcome data.
- Systematic review, evaluation and changes in service delivery must occur to ensure that the highest quality clinical services are provided in the most efficient and cost-effective manner.











# Transitions Adult Day Treatment Program: Summer of Fitness and Nutrition (continued)

Transitions recognized that motivation would be a large factor in the success of the *Summer of Fitness and Nutrition*. Hence, the *Motivation Committee* was created. The first thing the Motivation Committee did was create a weight and exercise board. 61% of the clients volunteered to post their exercise progress and weight changes on the board on a weekly basis. This board was reviewed once a week in the morning meeting and all positive results were announced. The committee created a participation board of information and pictures about their peers participating in healthy activities. The Motivation Committee also devised several contests that included *Weight Loss*, *Exercise*, *Net Weight*, *Net Exercise*, *Weight Loss*, *Exercise*, *Net Weight*, *Net Exercise*, *Weight Loss*, *Exercise*, *Net Weight*, *Net Exercise*. The prizes were donated by New Balance, the Greater Waltham YMCA, Bed Bath & Beyond, Know Fat Restaurant and Tricon Sports in Lexington.

The *Summer of Fitness and Nutrition* could not have been possible without involvement from all Edinburg Center programs. Many administrators became “guest walkers” and staff donated exercise equipment towards the program. Transitions also set up a meeting with the directors of the residential programs who agreed to encourage clients to exercise by walking with them in the evenings and on weekends, and encouraging healthy shopping and cooking at home.

The *Summer of Fitness and Nutrition* resulted in a number of positive behaviors:

- Over 50% of the clients who participated lost weight (30% lost 1-2 pounds, 15% lost 3-4 pounds and 5% of the participants lost more than 4 pounds).
- 70% of Transitions clients attempted to exercise.
- Exercise participation varied, but it always stayed above our original 10% baseline.
- Throughout the summer, clients were overheard talking to their peers about what is healthy and what is not. They continue to make healthier food choices.
- Clients have been very supportive of each other's exercise efforts evidenced by the many high fives and verbal praise occurring at the program.

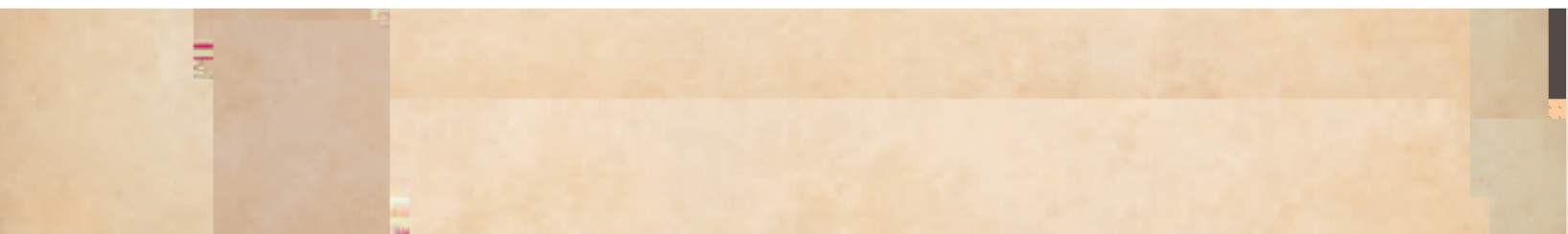
Residential programs report that fast food and pizza is avoided and staff are asked to support more healthy alternatives. At least in one instance a client convinced a staff member not to eat at a local fast food restaurant citing poor nutrition.

In keeping with the main goals of the Transitions Day Treatment Program, the *Summer of Fitness and Nutrition*, was a great start to incorporate healthy lifestyles into the lives of our clients. Transitions continues to focus on healthy creative foods in all of the program's units, providing more staff and guest-sponsored walks and encouraging the use of exercise equipment on site.



**1991** With the closing of Metropolitan State Hospital, The Center was awarded a number of residents a contract to exercise and a supported program. The Supported Housing service delivery model provides varying levels of staff support to persons who live in their own apartments in the community.





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# Jail Diversion Program – a Collaboration Built on Trust

**1997** Two agency respite programs were developed to provide



**1997** The Center's Waltham Clinic, medication services, moved from Prospect Street to Elm Street in Waltham.

Task Force and the Waltham Homeless Assistance Coalition. These community stakeholders form a continuum of community-based care, providing the essential services that allow for successful diversion. Jail Diversion clinicians rely on the relationships they have built within the community to provide the supportive services to individuals served through the program. Through ongoing outreach and inclusion of community stakeholders, the Jail Diversion Program has not only become an integral part of the police organization, but also an integral part of the community.

**Outcomes**

From July 1, 2007 until June 30, 2008, there were 278 total Jail Diversion Program contacts in Waltham and Watertown. A majority of individuals served were familiar to the Jail Diversion Program from prior contact with the emergency service program (63%). Following Jail Diversion Program intervention, only 23% persons required repeat contact, with 8% requiring multiple follow-up, indicating that in the vast majority of cases, the

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One of the very special people that our agency has to thank for our very existence is Golda Edinburg.

During a career that spanned five decades, Golda established herself as a leader in the mental health field as a social worker, educator, administrator and

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# Finances

## Assets

### Current Assets

Cash and Cash Equivalents	\$ 1,727,785
Accounts Receivable	\$ 717,380
Prepaid Expenses	\$ 34,543
Short-Term Investments	\$ 241,612
<b>Total Current Assets</b>	<b>\$ 2,721,320</b>

### Fixed Assets

Property, Plant and Equipment	\$ 6,432,062
Less: Accumulated Depreciation	\$ (2,132,207)
<b>Total Fixed Assets</b>	<b>\$ 4,299,855</b>

### Other Assets

	\$ 57,978
<b>Total Other Assets</b>	<b>\$ 57,978</b>

**Total Assets** \$ 7,079,153

## Liabilities

### Current Liabilities

Accounts Payable	\$ 249,499
Accrued Expenses	\$ 1,215,127
Long Term Debt, Current Portion	\$ 47,304
Deferred Revenues	\$ -
<b>Total Current Liabilities</b>	<b>\$ 1,511,930</b>

### Other Liabilities

Long Term Notes and Mortgage Payable	\$ 2,284,609
<b>Total Other Liabilities</b>	<b>\$ 2,284,609</b>

**Total Liabilities** \$ 3,796,539

## Net Assets

Unrestricted	\$ 3,263,424
Temporarily Restricted	\$ 19,190

**Total Net Assets** \$ 3,282,614

**Total Liabilities and Net Assets** \$ 7,079,153

**2003** The agency was awarded a contract to provide PACT services (Program for Assertive Community Treatment) - a comprehensive range of mental health treatment and life skills training.

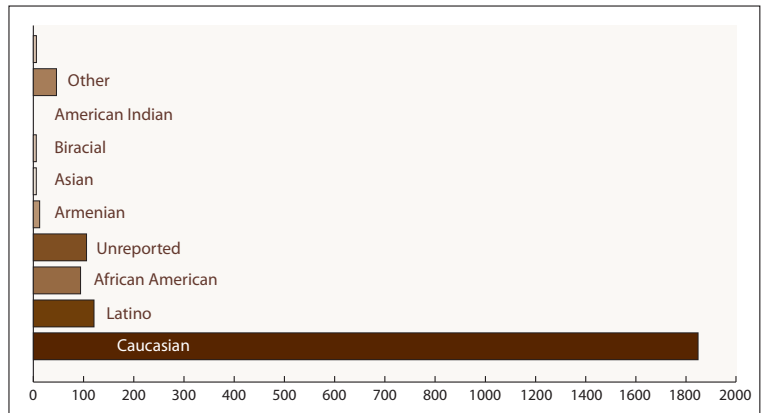


Over the last 30 years, The Center has provided services to persons whose complex and challenging needs have typically been barriers to successful community living. With major sites in Waltham and Lexington, The Edinburg Center serves 19 communities west of Boston and provides services to over 2,200 persons each year.

**Clients served: 2,233 (total unduplicated)**

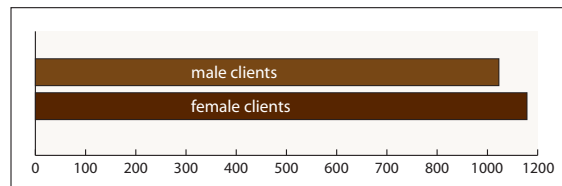
**Ethnicity**

Caucasian	1823
Latino	120
African American	96
Unreported	107
Armenian	9
Asian	4
Biracial	4
American Indian	0
Other	66
Unknown	4



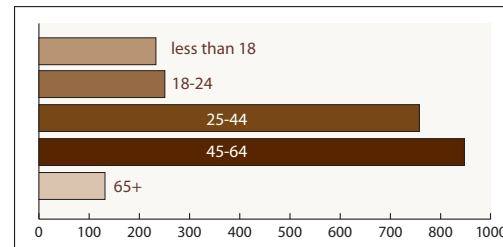
**Gender**

Total Female Clients	1183
Total Male Clients	1050



**Age**

Less than 18	232
18-24	252
25-44	765
45-64	853
65 +	131





Brian and  
Barbara Logan  
Sharron Lovins  
Richard and  
Susan Lynch  
Massachusetts  
Clubhouse Coalition  
George McCray  
Mark McKeon  
Gretchen Medeiros  
Mary Miller  
Mary and  
George Moran  
Grace and  
Russ Moran  
Melinda and  
Michael Mullen  
Eileen Mulloy  
Je Nascimento  
Grace O'Brien  
James O'Brien  
Arnold and  
Ellen O'ner  
Christopher Penning-  
ton and Jeffrey Kazin  
David Pinkowitz  
Richard and  
Joann Pinkowitz  
David and  
Florence Rossi  
Richard and  
Jane Rossi  
Carla and  
Kenneth Saccone  
Marc and  
Rachel Spooner

Elizabeth St. Sauveur  
Ruth Stanizzi  
J. Rogers Stewart, Jr.  
Mary Lou Sudders  
Edward A. Supple  
Insurance Agency  
Patricia Trebino  
Giselle Tremblay  
Elizabeth  
Davis-Walker  
Robin Walker

**Up to \$99**

John and  
Kathleen Carroll  
Brooke Donahue  
Stephen and  
Sharon Engler  
Karen Erickson  
Robert and  
Mary Evans  
Margaret Flaherty  
Sandra Goodenough  
Frances Gordon  
Sean Gri n  
Donna Hickox  
Keane Fire and  
Safety Group  
Okik and Mary  
Kouyoumjian  
Marty Laurent  
Christopher  
and Lynne Parr  
Samuel and  
Lois Pulliam

Phyllis Randall  
Alexandra  
Schweitzer  
Karen Sothern  
Kevin Ward  
Marguerite Westcott  
John and Selma  
White

**In-Kind Donations**

Maureen Arkle  
and Neil Fitzpatrick  
Ellen Attaliades  
Peter and Robbie  
Baltzer  
Bed, Bath and  
Beyond, Boston  
Cameron Bishop  
Nick Breitstein,  
Insurers World  
Gene Burton,  
Doubletree Guest  
Suites, Waltham  
Lisa Cerqueria,  
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International  
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Harvey Crosby,  
Crosby Benefit  
Systems, Inc  
Jennifer and Kevin  
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Frank and Barbara  
DeMattia  
Victoria Florea  
Fran's Fruit  
and Flowers

Crowell Freeman  
and Kathy Stevens  
Justin Gaskill,  
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Autumn Hathaway  
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Janine Kilty  
Artworks  
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Kit Lilly and  
Tony Betancourt  
Millis High School  
TV 8 Access Studio  
National  
Grid/Keyspan  
Longfellow  
Health Center  
Fred and Kathy  
Monbouquette  
Moodz Day Spa  
New Balance  
Panera Bread  
Radius Restaurant  
Salon 4  
Representative  
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Diane Stone  
Tom Taylor  
Tricon Sports  
e Village  
Barber Shop  
Beatrice Herfords  
Volks eatre  
Waltham Family  
YMCA  
Watch City Brewing  
Company  
Ann Whitham

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