

# DIRECTIONS

EAST BAY CENTER, INC.

Spring 2009

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## A SUCCESS STORY....MEET ATHENA

In December 2008, Dr. Karen Rosen, Assistant Clinical Professor of Psychiatry at Brown University contacted East Bay Center (EBC) to inquire about the Center's use of Dialectical Behavioral Therapy (DBT). She wondered if someone from EBC would be willing to make a presentation to Butler Hospital psychiatry residents about the efficacies of this type of treatment. Marydale Stevens, RN was the clear choice to be the presenter.

For many years, Marydale has incorporated DBT into her work with clients at EBC as a skills-focused program, which targets thought processes and symptom management, while enhancing skill capabilities, which result in decreased symptoms and improved over-all functioning. The skills are taught in modules, which address emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness.

In order to give the residents a true and accurate picture of how well DBT can work for some clients, Marydale asked several group members if they would be interested in sharing their stories. Athena was more than willing, and on December 16th, she brought her story to life.

and alcohol abuse, as well as serious self-injury. She had been depressed since childhood and experienced Post Traumatic Stress Disorder (PTSD). She was overwhelmed and lacked coping skills. Despite years of treatment nothing seemed to help. In 2000 she became a client of East Bay Center's Mobile Treatment Team. At EBC a diagnosis of Borderline Personality Disorder was added to her existing diagnosis of Bipolar Disorder. She accepted treatment for her drug and alcohol abuse, attended Alcoholics Anonymous (AA) meetings, attended several DBT group meetings, and began appropriate psychotropic medications.

In 2007, Athena became much more actively involved in the

DBT program. She described to the residents how she built an awareness of what it meant to have Borderline Personality Disorder and she realized how much it was interfering in her life. She did the homework that was assigned in the DBT groups and she asked for more. She started applying the skills that she learned and noticed that she was feeling better about herself, more in control, and able to make better decisions. As the mother of two active teenagers, Athena is now able to manage her illness, she lives in independent housing, owns a car, and attends classes at Community College of RI (CCRI). She looks forward to pursuing a career as a legal assistant and furthering her education at Brown University.

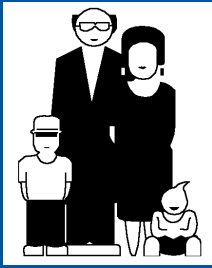


From left to right:

Dr. Karen Rosen, Athena, Marydale Stevens RN

Athena spoke of years of drug

# How to Survive Unemployment



Opening the newspaper every day brings more and more stories of organizational cutbacks, plant closings, and rising unemployment rates. I'm sure every one of us knows of someone who has experienced unemployment over the past year. Economic uncertainty that comes about from the loss of a job can be just as stressful to an individual as divorce or the death of a spouse. While it may be difficult, it is important to manage your stress in order to reduce risks to your health, confidence, and stamina. Here are some things to keep in mind:

## ***AVOID ISOLATING YOURSELF***

Let others be supportive. Talk to family and friends about your situation. Their support may give you the emotional boost you need to get through this difficult time. They may also be a resource for temporary or regular employment. Keep thinking of yourself as a valuable, productive individual, which is critical to self-esteem. By listening to uplifting music or watching a comedy on television, you may also release much-needed endorphins, which can help you keep a positive spirit.

## ***STAY ACTIVE***

Stick to a routine much like you had while working. Get up, have breakfast, and get dressed about the same time each day as you did when you were working. Always have interview clothes ready to go. Even though much time needs to be dedicated to your job search, it is also important to fill your time exercising your skills or simply doing things that you enjoy. Volunteering keeps you

in touch with working people and gives you the opportunity to demonstrate your abilities. It could also give you something unique to fill a hole on your resume. Being productive, even in a small way, can help boost your self-esteem.

## ***MANAGE RESOURCES CAREFULLY***

Involve the whole family in budgeting decisions. Adults and children need to understand the priorities, necessities, and luxuries, and help determine what can be maintained, and what cannot. Cut unnecessary expenses like cable television or dining out, while researching free or inexpensive entertainment replacements. You still have to have fun to stay healthy and focused. Contact creditors to arrange payment plans to avoid falling behind. Many creditors are more willing to work with you if you are upfront and discuss your situation before it becomes critical. The more in control of your finances you are, the less it may contribute to depression.

## ***TAKE CARE OF YOURSELF***

Now more than ever, you need to maintain a healthy lifestyle by eating right and getting enough sleep and exercise. Avoid alcohol and caffeine, which can increase your anxiety and depression. Be sure to make time for enjoyable activities and involve family members in planning them. Taking a walk in the park is free and helps to keep you fit.

## ***JOB SEARCH***

It is important to make a list of all of your contacts and spend a lot of time networking. Let your network know what you are looking for and ask them

to keep their eyes open for opportunities. Utilize Internet job posting sites like:

jobsinri.com,  
monster.com, and  
careerbuilders.com in addition to newspaper ads. Ask previous employers, friends, and community leaders to provide you with letters of recommendation to attach to your resume or application submission. The RI Department of Labor and Training periodically offers workshops or seminars on job search techniques, job fairs, or resume building. Contact them at 401-462-8000 or log onto <http://www.dlt.state.ri.us/> for more information. It is essential that before mailing or emailing your cover letter and resume templates to perspective employers you have several people check them over for content and typographical errors. You want to make sure that you catch those BEFORE they reach any Human Resources Department. It is important to accept that you will have good days and you will have bad days during your job search. If you feel that you are experiencing more bad than good days, it may be time to call your best friend and invite him/her over for a cup of coffee and an inspirational chat. It is important to understand that the negative feelings that you experience during unemployment are normal and shared by many. How you manage those feelings will help you determine your success through the process. Should you feel that you need professional help in dealing with your anxieties, please contact our Intake Department at 401-246-1195.



## SHAW'S SUPERMARKET REWARDS PROGRAM IS CHANGING

Shaws Supermarkets (owned by Albertsons) is drastically changing their fundraising program. Many of you have taken the time to save up and mail us your register receipts, but you will no longer need to do all that work. Now Shaws card holders can simply log onto the Shaws/Albertson's web site and register their Shaws card to forward eligible donations to East Bay Center Inc. on a quarterly basis. Rewards will be limited to eligible purchases on Tuesdays, Wednesdays, and Thursdays, and supporters must register each year.

The process:

- Log onto:  
• [www.shaws.com/neighborhoodrewards](http://www.shaws.com/neighborhoodrewards)
- Click on: "shoppers login or register with your rewards card first"
- Enter: your rewards card number (on the back of the card) AND the phone number that you used when you signed up for your card
- Click on: "sign me up"
- Enter EBC's 11-digit number: 49001018619
- Click on: "update now"

We appreciate your continued support in this fundraising program, which has raised just over \$1,000 for EBC since its inception in August 2007.

## EXCITING COLLABORATIONS

At East Bay Center Inc., we feel strongly that collaborating with other area organizations not only strengthens our mission and vision in the community, but also expands our ability to serve our clients with new innovations, research and treatments.

EBC Medical Director, Dr. Achina P. Stein, is providing on-site evaluation and treatment services for students at Roger Williams University and clients of CODAC East Bay located in East Providence. She is also providing case

consultation and medication education services with staff at East Bay Community Action Program (EBCAP).

Clinicians at our Adams Farley Counseling Center will be collaborating on a study with the National Institute for Drug Addiction (NIDA) and Brown University over the next several months. The Brown team, headed by Dr. Di Spirito, will meet with Children's Services staff to determine if meeting with children and their parents will help in the prevention of child alcohol use and intentions to use. The study group will include Pre-Adolescents with Substance Abuse and Psychiatric Disorders. Parents and teenagers will receive information about teen alcohol and drug use, and participate in individual and/or family discussions. Parents will receive feedback about strategies for dealing with teen alcohol and drug use.

## BENEFITS OF IOP / PHP

During critical points in life, some people find it beneficial and necessary to seek professional help when dealing with serious issues – anxiety, depression, substance abuse, etc. However, there are times when seeing a clinical therapist on a regular basis may not be enough to address the acuity of the presenting illness, or more intensive services are needed after discharge from a hospital setting. East Bay Center (EBC) addresses this need with its Intensive Outpatient Program (IOP) and its Partial Hospitalization Program (PHP).

These programs are a resource for children and adults who need intensive treatment for acute psychiatric and/or substance abuse issues while living at home. Clients meet during the day, up to five days a week, depending upon individual needs and program enrollment.

The programs offer intensive, short-term treatment, typically lasting less than four (4) to six (6) weeks. Treatment includes daily crisis planning, individual counseling, intensive skills groups, psychopharmacology services,

family education and family sessions (as appropriate), case management, psychological testing (as appropriate), vocational services (as appropriate), discharge planning, relapse prevention skills, high risk behavior education, medication and nutrition education, as well as substance abuse evaluation. Treatment plans are individualized and change in focus as each client progresses toward recovery.

Intensive outpatient and partial hospitalization programs are provided by a highly qualified multidisciplinary team of professionals in psychiatry, psychiatric nursing, mental health and substance abuse counseling, and case management.

While EBC's adult program recently opened in January 2009, twenty (20) children have successfully participated in the Adolescent program since it opened in November 2008. While the programs offer all of the same high quality care to both populations, adults and children understand and manage their symptoms and issues differently, and EBC purposefully separated them into two distinct programs, to ensure the most appropriate levels of care and treatment.

By working in partnership with area insurance companies like Blue Cross Blue Shield of RI, United Behavioral Healthcare, and Neighborhood Health Plan of RI (Beacon Health Strategies), EBC has assisted in reducing the number of psychiatric hospitalizations within the state, while offering a wider, more cost-effective, continuum of services. IOP and PHP save insurance premium dollars for those clients whose insurance companies are paying for the services. Most importantly, families are spared potentially traumatic hospitalization events that can disrupt every day life and cause additional stress for all concerned.

For additional information regarding eligibility and enrollment in IOP/PHP, please contact Frances Bradshaw, Division Director of Family Outreach and Outpatient Services at 401-431-9870.

**East Bay Center, Inc.**

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Barrington, RI 02806

610 Wampanoag Trail  
East Providence, RI 02915

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*'Gone Fishin'*  
*Come see what we catch for our silent  
auction on Friday, September 25th at  
Linden Place. You won't want to let the  
big one get away...*

## ***THANK YOU TO OUR SUPPORTERS!***

East Bay Center Inc., pursues new and existing funding opportunities in order to provide a continuum of high quality mental health and addiction services to individuals of all ages. Grants and donations make it possible for EBC to establish new programs and to provide critical services to those in need, regardless of their ability to pay. We wish to gratefully acknowledge the following foundations and organizations for their recent grant awards:

Grant Sherburne Fund/Bank of America - \$500 to support Intensive Outpatient/Partial Hospitalization Services

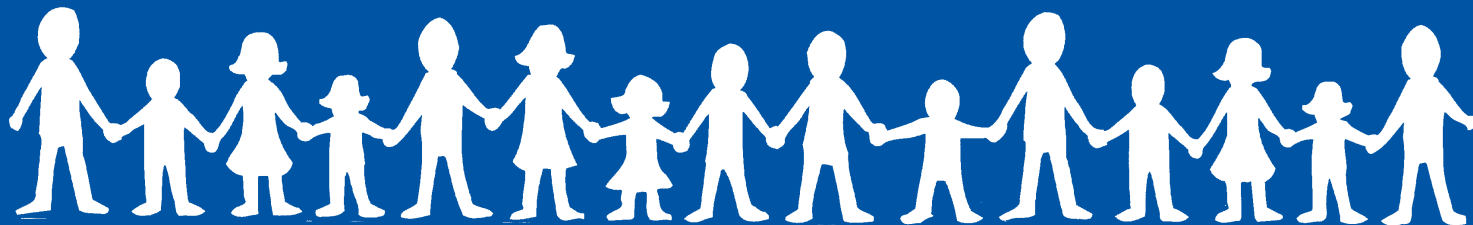
Barrington District Nursing Association Fund/RI Foundation - \$15,000 to support Children's Services.

CVS Caremark Charity Classic - \$1,000 to support Community Treatment Team One

Episcopal Charities - \$3,000 to support uninsured/underinsured clients

If you are interested in making a personal tax-deductible donation to East Bay Center Inc., please send your check/money order to 1445 Wampanoag Trail, Suite 106, East Providence, RI 02915, or go to our web site at [www.eastbay.org](http://www.eastbay.org) and click on "donations/2008 annual appeal" for more information and a printer-friendly donation form.

# SUMMER ACTIVITIES FOR KIDS



Summer can be a challenging time for parents and caregivers coping with boredom in their children. East Bay Center Inc., attempts to ease the stress felt by our client-families with behaviorally/emotionally challenged children ages 0-21, by helping them locate and access community resources, which provide appropriate, accessible, fun, educational, low cost, or free activities that can be shared by family members.



Most local libraries have computers, books on tape, music, & videos (old and new). They also have a wonderful selection of fun, educational activities for kids like story hours, reading clubs, arts & crafts, and more. Many have passes and discounts for local attractions, museums, etc. The best feature - library cards are free! Check out the library nearest you for details. Here are some options:



Barrington Public Library  
281 County Road, Barrington  
401-247-1920  
[www.barringtonlibrary.org](http://www.barringtonlibrary.org)

Weaver Memorial Library  
41 Grove Avenue,  
East Providence  
401-434-2453  
[www.eastprovidencelibrary.org](http://www.eastprovidencelibrary.org)



Riverside Library  
475 Bullocks Point Avenue,  
East Providence  
401-433-4877  
[www.eastprovidencelibrary.org](http://www.eastprovidencelibrary.org)



Fuller Library  
260 Dover Avenue,  
East Providence  
401-434-1136  
[www.eastprovidencelibrary.org](http://www.eastprovidencelibrary.org)



Rumford Library  
1392 Pawtucket Avenue.  
East Providence  
401-434-8559  
[www.eastprovidencelibrary.org](http://www.eastprovidencelibrary.org)



Rogers Free Library  
525 Hope Street, Bristol  
401-253-6948  
[www.rogersfreelibrary.org](http://www.rogersfreelibrary.org)

George Hail Library  
530 Main Street, Bristol  
401-245-7686  
[www.georgehail.org](http://www.georgehail.org)



If your child or family member receives Social Security Disability Insurance (SSDI) or Veteran's Disability Benefits, you may be eligible to receive a free parking pass that can be used at any state park and/or beach. Contact the RI Parks Department at 401-222-2632 or log onto [www.riparks.com/access.htm](http://www.riparks.com/access.htm) for information.



If you own a dog, you and your child can enjoy supervising him/her socializing with many other breeds at the The Kimberly Perrott Memorial Paw Park in Barrington. This large enclosed area located in Haines Park behind the Harrington 2 baseball field offers an off-leash play area for dogs and their owners. Admission is free.



RI School of Design (RISD) Museum hosts "Free-For-All Saturday" on the last Saturday of the month, year round, from 11:00 a.m. to 4:00 p.m. RISD

presents a variety of hands-on workshops, performances, videos and special gallery quests that add up to fun for the entire family. Children must be accompanied by an adult. Call RISD at 401-454-6674, or log onto [www.risdmuseum.org/events.aspx](http://www.risdmuseum.org/events.aspx) for details.



The "Impossible Dream Playground" is a free park that was built for able-bodied, as well as emotionally and/or physically handicapped children. It's large, accessible, and boasts abundant playground equipment, restrooms, and picnic area. It is completely fenced-in with plenty of room for children and families to enjoy. It is located at Exit 10B, Rte 117 West, Warwick, RI. Call 401-823-5566 for details. Playground is open mid April-mid October, seven (7) days per week from 10:00 a.m. to 3:00 p.m. The playground is closed on holidays and holiday weekends.



The 1895 Loof Carousel at Crescent Park, Bullocks Point Avenue in Riverside is one of the most treasured landmarks in RI. Each of the

sixty-six hand-carved figures is different, with fifty-six jumpers (horses that move up and down on poles), five standers (stationary horses), one menagerie (a camel), and four chariots (two double- and two single-seaters), plus an elaborately carved band organ and utilitarian brass ring machine. Each horse is hand-painted and the tails are made from real horse hair. Rides cost about .75 cents each. Call 401-435-7518 or 401-433-2828 for hours of operation.



The Providence Children's Museum, located at 100 South Street in Providence, is open Tuesday through Sunday from 9:00 am-6:00 pm. Admission is \$6.50 per person; however, the first Sunday of every month is CVS Free Sunday, where admission to the museum is free for everyone. The museum offers interactive exhibits where children can learn about culture, history and science, and the arts. Contact the museum at 401-273-5437 or by logging onto [www.childrenmuseum.org](http://www.childrenmuseum.org) for seasonal information.



Bristol hosts the Audubon Environmental Education Center, located at 1401 Hope Street, near the Warren/Bristol Town line. The center's interactive exhibits feature a fabricated, life-sized 35-foot Right Whale, tide pool touch tanks, a cornfield at night, and several 3-D dioramas. The exhibits prepare students and visitors for walking among the center's 28 acres

of natural habitats extending from Rt. 114 across the East Bay Bike Path to the shores of Narragansett Bay. Open year round, 9:00 a.m. to 5:00 p.m. (Sundays 12:00 – 5:00, Oct - Apr). Admission: is \$5.00 for adults. \$3.00 for children age 4 – 12, and children under 4 are free. Call 401-245-7500 for seasonal exhibit information.



The Pawtucket Red Sox, farm team to the Boston Red Sox, offer a free Kid's Club Membership for children under the age of fourteen (14). Benefits include: Official Kids' Club Membership Card, free admission to three designated Kids' Club PawSox games, an autograph session with a PawSox player prior to Kids' Club games, an invitation to a private instructional and autograph session with PawSox players and coaches, and a subscription to the "PawSox Patter". To join call: 401-724-7300 or log onto [www.pawsox.com/kids](http://www.pawsox.com/kids) and click on the "kids zone" tab for instructions.



Would your child want to be a toy tester? Hasbro Corporation is interested in children from two months old to twelve years old to test toys and games at their Funlab in Pawtucket, RI. Each participating child receives a gift. Call 401-727-5918 or email them at [funlab@hasbro.com](mailto:funlab@hasbro.com).



Relax with a cup of coffee while the kids play for free at McDonald's Funland Playscapes, located at 721

Taunton Avenue in East Providence. Please note: All players must wear socks, so you may want to keep extra socks in the car for those barefoot summer days. Some restaurants have socks for purchase.



Regal Reptiles Adventure Center, a reptile education center located at 425 Washington St. Providence, RI 02903, is proving to be a favorite with kids. Learn about every kind of reptile from knowledgeable caretakers, who allow you to pet, feed, and hold special creatures. They are open Mon-Sun, 11am-7pm. Adults are \$7.00 and kids under 12 are \$5.00. 401-277-9000.



Children aged 12 and under can attend free woodworking classes at Home Depot at 95 Highland Avenue in Seekonk, MA on the first Saturday of every month from 9:00 a.m. -12:00 p.m. Projects include birdhouses, letter boxes, and step stools. Children must be accompanied by a parent. Call 508-336-2536 for more details.



If you and your child enjoy learning about the past, you may want to visit the Haffenreffer Museum of Anthropology located off Rt. 136 on Tower Street. The museum displays artifacts from the native peoples of the Americas, Africa, Asia, and the Pacific. Owned by Brown University and located on

traditional Wampanoag land, the museum offers lectures, performances, guided or self guided tours, and summer camps. Open September to May on weekends from 11:00 a.m. to 5:00 p.m. and Tuesday through Sunday from 11:00 a.m. to 5:00 p.m. from June through August. Admission: Adults \$3, Children \$1 and Seniors \$2. Call 401-253-8388 for information.



And finally, if sailing is in your blood, you may enjoy the Herreshoff Marine Museum and America's Cup Hall of Fame in Bristol. Located at Burnside Street and Rt. 114, you will see and feel the "Golden Age of Yachting" and trace the history of the world famous Herreshoff Manufacturing Company. Displays include more than 60 historic yachts, steam engines, fittings, and the Model Room with a rare collection of the half-hulls from which the historic yachts were built. Step into the America's Cup Hall of Fame to learn about the various talented inductees and see many artifacts from the Cup boats. Admission: Adults \$5, Seniors \$4, and students \$2. Open daily from May 1st through October 31st from 10:00 a.m. to 5:00 p.m. Call 401-253-5000 for details.



Have a great summer experience filled with many interesting activities in family-friendly RI. We wish you a happy, fruitful season.

