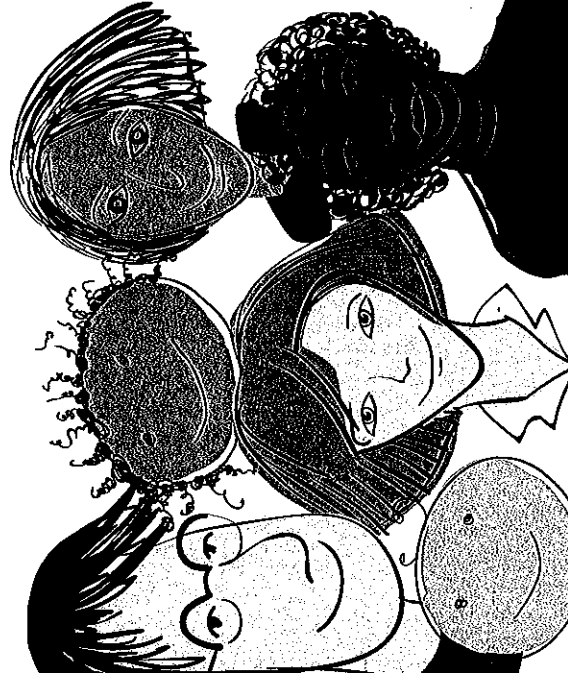


## IHR Designs and Delivers Services

Since 1989 IHR and our partners have created and implemented dozens of service, support, training, and treatment programs to meet the needs of a wide range of clients from adolescents to incarcerated women to homeless families. Below are just a few examples.

- + BRIGHT (Building Resilience Through Interventions: Growing Healthier Together)
- + HEAL (Housing, Engagement, Assistance in Lowell)
- + SAFE (Strengthening Adolescent & Family Empowerment Project)
- + TAPE (Tobacco, Addictions, Policy & Education) Project
- + Family Recovery Projects
- + Trauma Integration Services
- + Centralized Intake to Massachusetts Family and Youth Residential Treatment
- + Outpatient Services for Adults, Youth and Families



## How You Can Help Families Across Massachusetts

- + **Spread the Word.** Do you know an individual or family dealing with substance abuse, mental illness, homelessness, domestic violence, trauma, or HIV/AIDS? Give them hope by giving them our phone number and website address.
- + **Volunteer Your Time.** We're very fortunate to have a professional staff of nationally recognized experts in identification, intervention, prevention, and treatment services. As an IHR volunteer, you'll work alongside them on behalf of men, women and children throughout the Bay State.
- + **Support Our Work.** IHR is a statewide, non-profit organization. Your tax-deductible donation helps us help individuals and families in need. For complete details and to make a contribution using a credit card, please call, or visit our website. Thank you.



Institute for  
Health & Recovery  
349 Broadway  
Cambridge, MA 02139

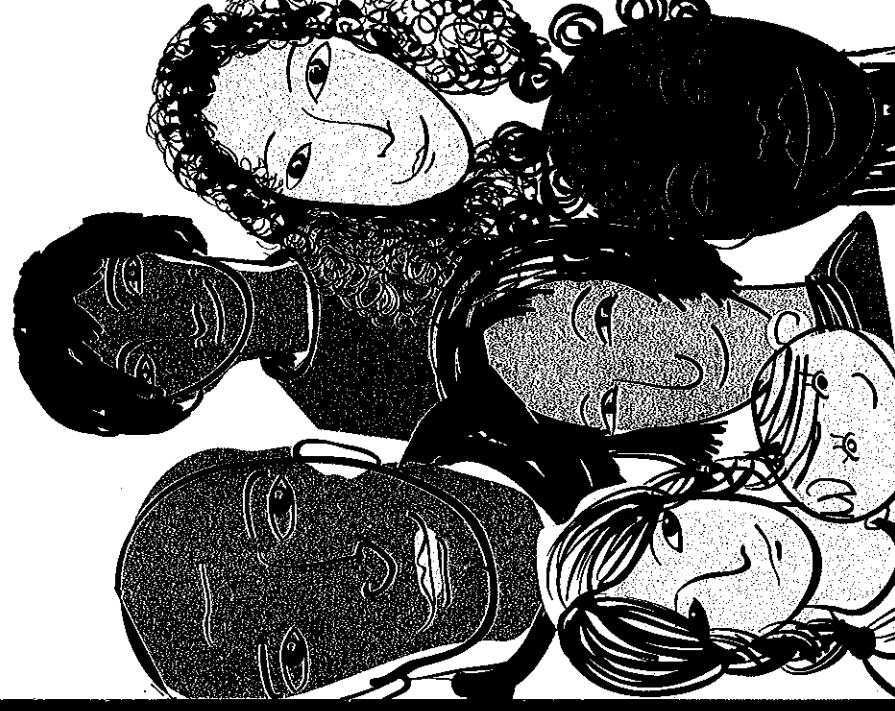
Toll Free: 1-866-705-2807  
Phone: 617-661-3991  
Fax: 617-661-7277

*Supporting Family Recovery since 1989.*

[www.healthrecovery.org](http://www.healthrecovery.org)

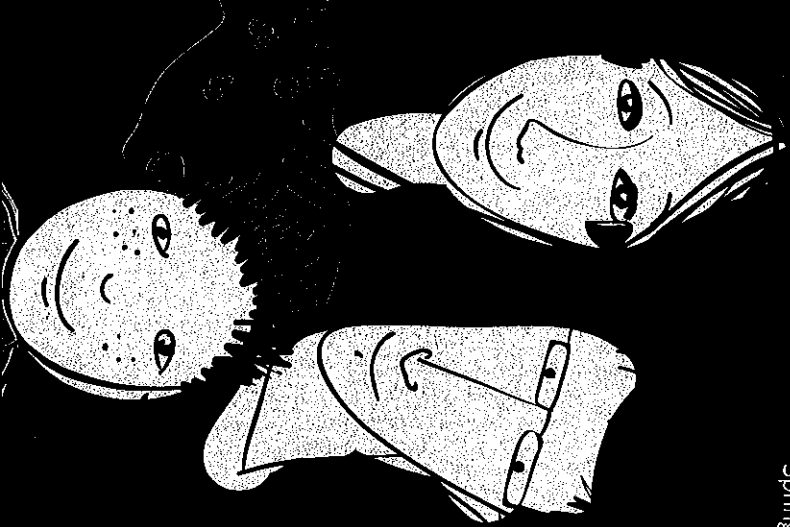


IMPROVING THE LIVES WE TOUCH



*I had hit rock bottom with alcohol and the last thing I needed was to feel like I was being judged by other people. That never happened with IHR. They came to our home and made me and my son feel there was hope.*

IHR Client,  
Springfield, MA



## IHR Offers Hope

*Imagine having no one and no place to turn to if you, or someone you loved, were struggling with alcoholism, drug addiction, homelessness, mental illness, trauma, or domestic violence.*

How would you feel if the only program you could find and afford was 50 miles away and treatment available from just 9 a.m. – 5 p.m. on weekdays? What if the program's staff was unapproachable? What if their methods were outdated or ill conceived? Unfortunately, these are the circumstances that too many residents of Massachusetts find themselves in today.

For over two decades, IHR has been helping men, women, and children overcome issues that jeopardize their health, safety, or well-being.

We believe, and research confirms, that the most effective programs and services are easily accessible, non-judgmental, built on personal relationships, take place in the home, and include every member of the family.

We do whatever we can to support Massachusetts individuals and families in crisis.

*We do whatever it takes to improve the lives we touch.*

## IHR Conducts Research

Norma Finkelstein, Ph.D., the Executive Director of IHR, has 40 years of research and field experience. Under her leadership, IHR has become a recognized leader, both in Massachusetts and nationally, in using evidence-based research to develop policies, programs, and treatment plans that support both individual and family recovery. IHR staff members publish papers for policy makers, program developers, and service providers that promote the kind of cross-disciplinary, collaborative systems of comprehensive care that IHR champions.

## IHR Breaks Barriers

The depth and variety of services that IHR provides directly or supports is unmatched within the state.

IHR is an innovative organization committed to eliminating any obstacles that restrict access to programs, services, or treatments.

To meet this goal our work is designed to:

- Streamline cooperation and collaboration among government agencies.
- Provide care to our clients' homes and wherever our clients are whenever possible.
- Build close, personal relationships with our clients.
- Engage family members in treatment of our clients.
- Reduce the impact of violence and trauma.
- Promote greater responsiveness and accountability to consumers.
- Include the individual insights of our Consumer Advisory Council.

## IHR Advises Policymakers

IHR staff have expertise in a wide range of policy issues including child welfare, child delinquency, criminal justice, vocational training, public health, housing, and health care. Our advice, guidance, and courses are sought by dozens of federal, state and local agencies.

We provide training, consultation, and technical assistance to national, regional and community organizations. In Massachusetts alone, we serve as consultants and trainers for the Departments of Public Health, Children and Families, Mental Health, Correction, Youth Services, and Early Education and Care.

## Communication with DCF

The Family Recovery Project recognizes the importance of ongoing communication with DCF, and will maintain regular email and phone contact with DCF staff throughout our work with families.

## To make a referral, contact:

### *Fall River*

Angela Labbe, Area Resource Coordinator  
☎ 508-235-9892

### *Holyoke*

Andrew Cayward, Supervisor  
☎ 413-493-7619

### *New Bedford*

Pam Lewis, Area Resource Coordinator  
☎ 508-910-1080

### *Springfield, Van Wart Center*

Carol Schutt, Area Resource Coordinator  
☎ 413-205-0632

### *Springfield, High Street*

Gilberto Quiles, Area Resource Coordinator  
☎ 413-452-3293

For questions about the Family Recovery Project, please contact:

### **Terri Bogage, LICSW**

☎ 617-661-3991  
[terribogage@healthrecovery.org](mailto:terribogage@healthrecovery.org)

**IHR**  
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TTY: 617-661-9051

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# Family Recovery Projects

Mass. Department of Children & Families  
Mass. Department of Public Health  
Bureau of Substance Abuse Services

Institute for Health & Recovery



## What is the Family Recovery Project?

The Family Recovery Projects are programs led by the Massachusetts Department of Children and Families and the Department of Public Health's Bureau of Substance Abuse Services, in collaboration with the Institute for Health & Recovery (IHR). The Projects provide individuals and families with intensive home-based substance abuse engagement and treatment.



## Whom does the Family Recovery Project serve?

Families from Hampden County DCF offices, or the DCF offices in the towns of Fall River and New Bedford who:

1. Are currently or recently struggling with alcohol or drug use,
2. Are impacted by parental substance use, not actively engaged in treatment, and have little or no recovery time (including parents who are actively using substances even if they are in denial of their use) and
3. Have children at imminent risk of placement, or children who are in out of home placement with the goal of reunification.

## What does the Family Recovery Project provide?

The Family Recovery Project provides services in English and Spanish through an "HR Family Recovery Specialist" (FRS) assigned to each family. Services are designed to remove barriers to ongoing treatment, may be provided to multiple family members, including adults, adolescents, and children, and may include:

- home-based clinical substance use disorder treatment
- mental health, dual diagnosis and trauma treatment
- outreach and assertive engagement
- assessment and treatment planning for all family members as needed
- psycho-educational services for families (substance use, trauma, mental health, etc.)
- referrals to community-based care, treatment and support
- parenting and child development education and support

## How do you make a referral to the Family Recovery Project?

1. DCF staff identify a potential family
2. The Area Office contacts the referral
3. Families are offered the service, and a release is signed
4. The office contact person faxes the release, referral, and Service 2 an ("average") to the Family Recovery Project

The referral is reviewed for a relevant information, and forwarded to the Family Recovery Specialist, who attempts to contact the family within 1-2 business days.

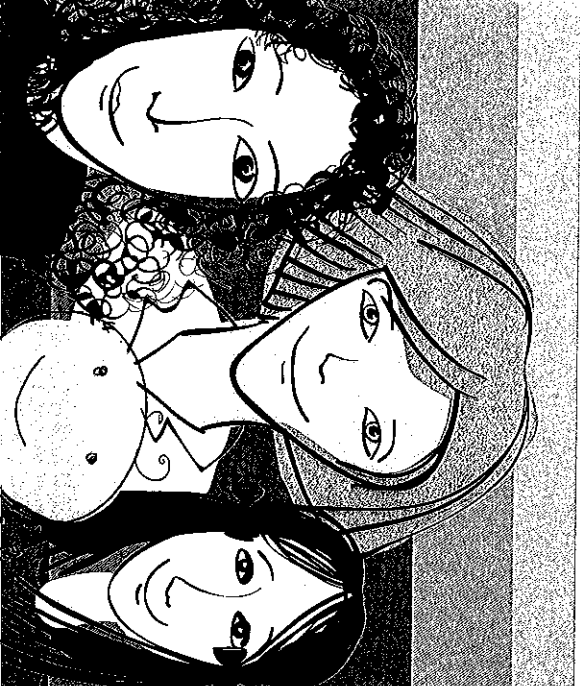
## Ways you are helping your child learn

Project BRIGHT II is here to help you and your child discover ways to connect with each other.

When you ...

- Look into your child's eyes
- Tell your child you are near
- Hold your child
- Sit with your children while they eat
- Play games with your child
- Read a story to your child
- Listen to your child's worries
- Stay calm with your child when things get difficult

... then YOU are teaching your child that you can be counted on for safety and emotional security.



## Project BRIGHT II is here to support you.

Please ask your counselor about us.

**Sue O'Donnell, Project Director**  
☎ 774-365-4867

**Amy Sommer, Clinical Supervisor**  
☎ 781-693-5006

**Karen Garber, Clinician**  
Bay Cove  
North Charles Institute for the Addictions  
☎ 781-693-5048

**Beth Marron, Clinician**  
Stanley Street Treatment and Resources  
☎ 774-365-4867

# IHR

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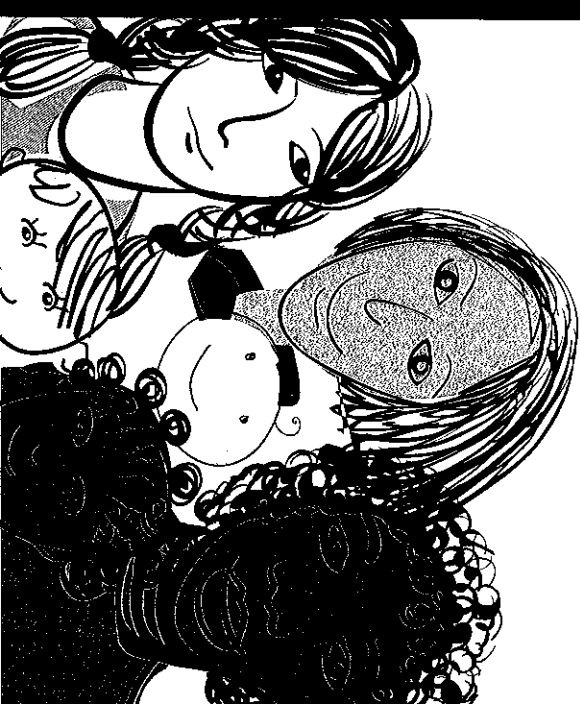
[www.healthrecovery.org](http://www.healthrecovery.org)

# Project BRIGHT II

A program of support and discovery for parents and children created by IHR and JF&CS.

Caring for Generations  
**JF&CS**  
Jewish Family & Children's Service

**IHR**  
INSTITUTE FOR  
HEALTH & RECOVERY



A black and white illustration. In the foreground, a woman with long, dark, wavy hair tied with a large bow is looking upwards. Her expression is one of concern or fear. In the background, a large, dark, stylized face with wide, staring eyes looms over her, creating a sense of threat or surveillance. The overall style is graphic and high-contrast, typical of horror or thriller genres.

Project BRIGHT II clinicians know that while you are working on your recovery, you also may have hopes and concerns about your relationship with your child. If you join BRIGHT II as part of your journey, you and your child will discover more about each other while you build trust and understanding.

Your clinician knows that, like any journey, your journey with your child isn't always easy. Project BRIGHT II is here to help you and your child grow to become kind and confident, secure and independent.

Project BRIGHT II is for women who are pregnant, mothers with children under the age of seven, and mothers who, for many reasons, want to spend time each week discovering what helps their child feel calm and connected. It's for you and your child!

[illegible]

- // Why does my child say or do new things so often?
- // What does it mean when my child has a burst?
- // How can I encourage my child to play?
- // What can I do to help my child play?
- // How can we re-connect?
- // What can I do about my child's bad habits?
- // What can I do about my child's bad habits?

