



# Epicenters for Change



Over the past few months, we've updated you on the five nonprofit organizations that received a total of \$48,500 in Strategic Focus Grants from The Cape Cod Foundation to support important capacity-building initiatives across the Cape. In our final update, you'll learn how the Community Health Center of Cape Cod is driving substance abuse treatment and recovery. You'll also find out how the Lower Cape Outreach Council is creating a more powerful workforce in its community.

## COMMUNITY HEALTH CENTER OF CAPE COD

This year, The Cape Cod Foundation awarded the Community Health Center of Cape Cod (CHC) a \$10,000 Strategic Focus Grant to significantly expand its substance abuse treatment programming on the Upper Cape. The CHC provides healthcare—everything from medical and behavioral health to dental and vision—to Upper Cape Residents at its facilities in Falmouth, Mashpee and Bourne. Each year, the Center also provides services through more than 5,500 substance-abuse related visits for members of the community.

To meet the need, the CHC plans to expand its medication-assisted treatment program capacity to 300 individuals this year. This program is now available to the public, so all individuals can participate even if they are not a registered patient of CHC. The Center also plans to integrate patients suffering from opiate, alcohol or other substance abuse disorders into the program and implement a Structured Outpatient Addictions Program to provide day or partial-day programming tailored to the specific needs of the patient. These services include bio-psychosocial evaluations, individual group and family counseling, relapse prevention and harm reduction programming and wellness/alternative care programming, among others. Adding four employees to bring the dedicated substance abuse staff up to six full time and one part-time professional is a critical part of this initiative. In total, CHC plans to expand access for 900 individuals.

When we caught up with the CHC staff during a site visit this summer, we learned that 100 new patients had registered in the Medication Assisted Treatment program (roughly one third of the capacity goal). We also learned that CHC is not just focused on addiction, but the entire health of an individual through wraparound services. Having different programs under the same roof allows for a specialized plan to help individuals lead a healthy, drug-free life.

## LOWER CAPE OUTREACH COUNCIL

On the other side of the Cape, The Lower Cape Outreach Council (LCOC) is helping power up the work force with a \$12,000

Strategic Focus Grant from The Cape Cod Foundation. The organization's innovative HOPEWORKS program helps clients navigate all the traditional stages of an employment search in its full-service Job Center: identifying suitable job targets, creating or updating a resume, preparing for interviews, and using online job match tools and other job resources. Each client is partnered with a volunteer job coach, a working or retired professional residing in the Lower Cape area. When appropriate, Coaches refer clients to Career Opportunities, a career center in Hyannis, for computer training and classes and to regional educational centers for scholarship opportunities. LCOC also has its own tuition support program for clients who enroll in employment training courses towards certification and/or diplomas in key industries, such as healthcare, insurance, and construction.

From January to June 2017, the Job Coach Team helped 16 clients (ages 19-72) secure part- or full-time employment. Six clients received a total of \$5,980 to attend Emerson Nursing School. Five of the recipients were heads of households; one was the single head of household. The six households also received financial support from LCOC for utilities, rent, food, and prescription medication. "Sending people to school is the best assistance program," says LCOC Executive Director Larry Marsland. The results concur. Each of the six students earned a Medical Assistant certification. All are now employed and require less financial support from LCOC.