

The Campaign for a Brighter Future for Autism and Mental Health Services



Two Projects, One Mission

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Securing our community's future by caring for people today.

In our community, children and adolescents with autism need support
and people of all ages are facing mental health challenges.

We can all make a difference.

We need your help to make a difference for individuals and families who are struggling to find supportive care in our community.

Our campaign seeks to raise \$2 million from our community, \$1 million for each of the following projects.



The Center for Autism and Developmental Services, Essex

Comprehensive care for children and adolescents with autism and other developmental needs

- + Applied Behavioral Analysis and treatment (ABA)
- + Speech - Language, communication, and feeding
- + Physical Therapy - Body adaptation, coordination and large motor skills
- + Occupational Therapy - Sensory adaptation (light and sound), fine motor skills



The Center for Behavioral Health, Middletown

A new home for outpatient mental health services for children and adults

ADULT

- + Intensive Day Treatment
- + Individual and Group Therapy
- + Evening Recovery Program
- + Postpartum Clinic

CHILD

- + Psychiatric Evaluations
- + Family Support Clinics
- + Mobile Crisis Services
- + Family and Child Therapy
- + Intensive in-home Child and Adolescent Psychiatric Services (IICAPS)

The Center for Autism and Developmental Services

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Middlesex Health will open a new Center for Autism and Developmental Services to provide comprehensive diagnosis and treatment for children and adolescents with autism and other developmental needs. Due to our limited program space, Middlesex Health currently refers most patients to other organizations, which often have long wait times, require significant travel and appointments at numerous locations.

The Center will be the only one of its kind in Middlesex County.

The 3,100 square foot Center at the Essex Medical Building, 252 Westbrook Road, Essex will include:

+ Sensory Gym

Sensory gym with a full array of equipment designed to improve proprioceptive function.

+ Private Treatment Spaces

Five treatment rooms for speech therapy, sensory processing, eating/feeding, fine motor skill development, pelvic health therapy and behavioral health therapy.

+ Group Therapy Space

To promote socialization and for parent classes and programs.

The Center will provide comprehensive services for children and adolescents with the following:

- + Autism Spectrum Disorder
- + Neurological Impairments
- + Cerebral Palsy
- + Premature Infants
- + Down Syndrome and Genetic Syndromes
- + Developmental Delay/Intellectual disabilities
- + Hypotonia (low muscle tone)
- + Torticollis
- + Gait Impairments
- + Speech Delay/Disorders

“It is so important as a parent to have your child’s care coordinated across disciplines. I can definitely see the benefit of a comprehensive center.”

—PARENT



“Many of my patients have complex developmental and behavioral health needs and travel quite far for therapies or get therapies in many different locations. A local center would be a huge asset to our community. Many children would benefit from providers working as a team to provide comprehensive care and family based mental health services and therapy.”

—LAUREN E. MELMAN, MD, IBCLC, MIDDLESEX HEALTH FAMILY MEDICINE - PEDIATRICS

The Center for Behavioral Health

A new, expanded home for outpatient mental health services for children and adults.

- + Intensive Day Treatment
- + Individual and Group Therapy
- + Evening Recovery Program
- + Postpartum Clinic
- + Family Support Clinics
- + Mobile Crisis Services
- + Family and Child Therapy
- + Psychiatric Evaluations
- + Intensive in-home Child and Adolescent Psychiatric Services (IICAPS)

Middlesex Health is the primary provider of outpatient, crisis and inpatient mental health and psychiatric services in Middlesex County, serving 10,000 people (7,000 adults and 2,800 children and adolescents) annually.

Our services have expanded to meet community needs over decades and are now housed in nine separate buildings in Middletown and one in Old Saybrook. These spaces have reached their capacity. The only way that we can keep up with current demand is to relocate our Middletown-based services to one convenient location, with ample room to expand.

Our building at One MacDonough Place, across the street from the main hospital, will be renovated into two separate and distinct spaces to provide adult and child behavioral health services.

The 54,000 square foot facility will offer:

- + **Welcoming Environment**
Homelike, welcoming environment promotes healing and wellness
- + **Access** - Easier access for patients
- + **Collaboration** among providers to improve patient care
- + **Expanded Programming**
Opportunity to add programs and serve more people

Larger space = New Programs

The increased square footage of the new home for behavioral health will allow us to launch new programs to meet more community needs, including:

- + **Postpartum Clinic** to support mothers experiencing postpartum depression and other symptoms.
- + **Young Adult (18 - 24) Services** to target support for this population with a growing need for behavioral health services.
- + **Onsite Medical Support** for patients to improve care and compliance.
- + **Labor Force Development**
Expanded fellowship and internship programs to train future providers, which builds a pipeline to meet community needs.

“The mental health crisis can be overwhelming, but each time we make a difference for one person, the downstream effects are immeasurable.”

—ANNIE CALAMARI, LCSW, MIDDLESEX HEALTH



“There were a few years that were really hard. When she got to work with [the therapist] you could see a difference in her. She wanted to reach out and talk instead of isolating like before.”

—PARENT OF CHILD IN THE INTENSIVE IN-HOME CHILD & ADOLESCENT PSYCHIATRIC SERVICES (IICAPS) PROGRAM

Creating a comprehensive center for autism and developmental needs and expanding behavioral health services will require a nearly \$4 million investment. Middlesex Health is seeking to raise half of the project cost through donations from individuals, foundations and businesses. The remainder will be self-financed through the health system's existing resources.



For more information, and to support the campaign, please contact:
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