



# THE NORTH BALTIMORE CENTER

## 2006-2007 Annual Report

### Services Provided

- *Adult Outpatient Clinic*
- *Case Management*
- *Chesapeake Connections*
- *Day Rehabilitation*
- *Dual Diagnosis Treatment*
- *Individual, Group and Family Therapy*
- *Mediation and Community Education*
- *Mobile Treatment*
- *Psychiatric Assessment and Treatment*
- *Residential Rehab*
- *School-Based Treatment*
- *Trauma Recovery Empowerment Model*



**THE NORTH  
BALTIMORE CENTER**  
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R. Terence Farrell, Executive Director  
Lin Orrin, Director of Development/Editor

NBC therapist Florence Chernak, LGSW meets with Ted, who now speaks publicly on mental health issues. Ted notes, "Coming here that day in 2005, it changed my life."



### *Looking Back, Forging Ahead*

For nearly four decades, The North Baltimore Center has worked unceasingly to improve the daily lives of those struggling with mental illness. There have been many changes over the years in the way treatment is provided, public awareness of the reality of who is impacted, the stigma associated with mental illness and how services are funded. But one thing has remained constant: the stressors and challenges faced on a daily basis by those affected with this illness.

At NBC we strive to meet the needs of the thousands we serve each year with a dedication to quality services and the realization that each person is unique. In the past year, among other services, we concluded a major research project for women trauma survivors in a collaborative effort with Washington based Community Connections and Dartmouth University. We also assumed the operation of the Mediation and Education Services previously offered through Sheppard Pratt and enhanced our Chesapeake Connections program with the implementation of a new Recovery Model.

We are constantly looking for new ways to serve our clients that will help them move at least a little bit closer to a less stressful, more normalized daily life. In the coming year, we look to add a computer lab for our Supported Employment efforts, a trauma recovery program for men, and to increase our focus on the physical health of our clients, many of whom suffer from major illnesses. With community support, just as Baltimore embraces its future, we look forward to another four decades of serving those in need!

R. Terence Farrell, Executive Director

# Chesapeake Connects with High-Risk Clients

Chesapeake Connections is NBC's wrap-around approach to working with people from 18 to 75 with a severe and persistent mental illness. Many of Chesapeake's "members," as they are called, also have medical problems ranging from diabetes to cancer. One of only two capitated programs in Maryland, our staff creatively utilizes a "high risk, high support" and "whatever it takes" approach to help each member reach their highest level of functioning and avoid hospitalization.

Individuals are referred to Chesapeake through Baltimore Mental Health Services. We use a team approach to assist each member, drawing on the expertise of a psychiatrist, case manager, housing coordinator, life skills specialist, nurse and team coordinator.

Supports include help with maintaining stable housing, activities of daily living such as grocery shopping,

***"I'm treated as a human being. The vision of you being able to be independent is stressed."***

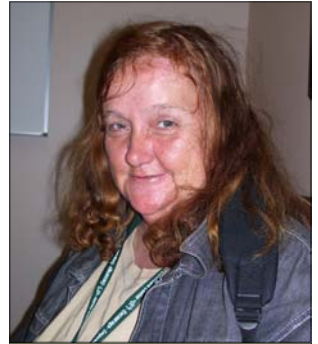
**Chico**

cleaning and laundry, and securing and maintaining finances. We also provide supported employment services, medication management and monitoring, addiction services, therapy and social-recreational activities.

Staff provide services to our members seven days a week, and on-call crisis management 24 hours a day.

"Each of our members is working towards recovery in their own way," says Chesapeake Director Denise Chatham, M.S. "Striving toward their goals is the true meaning of recovery."

For more information, contact Denise at [dchatham@northbaltimorecenter.org](mailto:dchatham@northbaltimorecenter.org) or 410-366-4360, ext. 532.



***"The staff treats me real well. They helped me get my own apartment."***  
**Sharon**

## Trauma Recovery & Empowerment for Women

The North Baltimore Center completed an important research project this year with Community Connections in Washington, D.C. and Dartmouth University as an experimental site for TREM: Trauma and Recovery Empowerment Model. This program is for women with post-traumatic stress disorder or those who are survivors of sexual or physical abuse, with diagnoses of schizophrenia, schizoaffective disorder, bipolar disorder or major depression.

TREM's focus is on empowerment, trauma education and skill building. The participants meet in a weekly support group and individually with a therapist. They directly address their abuse history by discussing it and its connection with their psychological symptoms, any substance abuse and relationships.

***"I dealt with stuff that I never talked to others about. I finally realized I'm not alone."***

**Lisa**

The women build their communication skills, decision-making aptitude and ability to manage out-of-control feelings. They also learn how to develop healthy relationships.

The TREM model was developed by Maxine Harris, Ph.D. at Community Connections. Roger Fallot, Ph.D. is the principal investigator for the research project. The research, in collaboration with Dartmouth's Trauma

Interaction Research Center, focuses on the effectiveness of the TREM approach.

Due to its efficacy, NBC is continuing the TREM program for women and plans to add a men's group in the coming year (MTREM).

For more information on TREM, contact Gwen Johnson, L.C.S.W.-C. at

[gjohnson@northbaltimorecenter.org](mailto:gjohnson@northbaltimorecenter.org) or 410-366-4360, ext. 402.

### Our Mission

**The mission of The North Baltimore Center is to promote mental health by providing treatment and an array of services that improve an individual's quality of life.**

**Encourage**



**Empower**



**Excel**

# Bringing Harmony to the Life of a Child

One of every two children born today will have divorced parents before reaching age 18. The huge transitions of divorce can take a toll on children, and conflicts over visitation often create even more stress in the life of a young person. NBC's Mediation and Education Services, offered at Circuit Court and Sheppard Pratt, help bring peaceful resolutions that focus on the best interests of the child.

Mediation and education are the two components of this effective program. Thirty trained mediators and twelve instructors provide these services. We offer classes to adults and children in mediation and conflict resolution—otherwise known as peace education. The children are taught, "It's NOT your fault," in an effort to clarify the responsible parties in a divorce.

"The courts look very favorably on people who go to mediation," according to mediator Mary Sue McCarthy. Parents can come to an agreement about custody and visitation with the help of the mediator, have an attorney sign their document and avoid having the court make these decisions for them.

The Mediation and Education program was started as a pilot project in 1993, to help reduce court time and create better outcomes for children.

***"The children really benefit because their parents are now unified in at least some things."***

***Claire Salkowski, M.S.  
Program Director***

Research demonstrates that children from single parent or sole custody households are more likely to be incarcerated, suffer from substance abuse, drop out of high school, run away from home, become pregnant in adolescence or commit suicide. However, children from



**Mediators Mary Sue McCarthy and Barry Evans (left) meet with a couple about custody and visitation for their son.**

divorced families can "thrive when their parents have a cooperative co-parental relationship," according to the Brookings Institution.

In addition to our Mediation Services, we also teach Peace Education to Baltimore City Schools elementary and middle school students, so that they can help mediate conflict resolution with their peers. This program helps reduce disciplinary problems among students.

For information, contact Claire Salkowski, M.S. at [csalkowski@sheppardpratt.org](mailto:csalkowski@sheppardpratt.org) or 410-938-3908.



## NBC = E<sup>3</sup>

NBC's Management Team met in May of 2007 to discuss our guiding principles. During a brainstorming session, "NBC = E<sup>3</sup>" was birthed. The 3 E's stand for: Encourage, Empower and Excel, and they represent our core values for staff and clients.

**Encourage:** "We will inspire and give hope while assisting everyone to increase their confidence and strength of purpose."

**Empower:** "We will promote autonomy using teamwork to achieve individual goals."

**Excel:** "We will strive for success in all aspects of our lives, with determination to grow, learn and improve ourselves and our world."

As part of a July breakfast to kick off the "NBC = E<sup>3</sup>" campaign, we announced a change in our logo colors from brown to green. Each staff member received a stress-relieving two-tone, green foam person with a smiling face that sports our new slogan.

Monthly, we implement a new idea for spreading E<sup>3</sup> among staff and clients. This is just the beginning—E<sup>3</sup> may crop up almost anywhere!

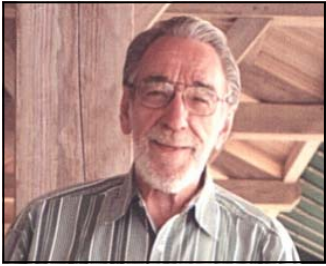
## Our Community Collaborators

We work closely with these agencies to provide mental health services to their clients:

- Alternative Directions
- Baltimore City Public Schools
- Baltimore Medical Systems, Hampden Clinic
- House of Ruth
- Partners in Recovery
- People's Community Health
- Power Inside
- Project P.L.A.S.E.
- Women's Housing Coalition

# A Fond Farewell to Bob Lloyd

On June 27, 2007, The North Baltimore Center lost one of its most ardent supporters, Dr. Robert C. Lloyd, at the age of 84. As a representative of the Baltimore City Public Schools, Bob Lloyd was one of the original founding members of NBC and was an active Board member throughout the Center's history. He was instrumental in developing the structure and services of the agency. Bob consistently had both the clients' and staff's welfare on his mind and would always want to know what was being done to improve each of their lives.



His advocacy for all those in need, not only those with mental illness, was matched by few in Baltimore. Bob served on numerous boards, including the Mental Health Association of Maryland, Baltimore Neighborhoods, the Chamber Jazz Society and the Maryland Senior Citizens Hall of Fame. As an educator, Bob spent 37 years in the Baltimore Public Schools, beginning as a math and science teacher at Hamilton Junior High and retiring

as Assistant Superintendent of Pupil Personnel Services. A self-taught jazz pianist, many from NBC remember Bob playing at agency functions throughout the years.

NBC mourns the loss of Bob Lloyd and commits to always remembering his caring and dedication for those we serve, as we go about our daily efforts.

## Thank You to Our Supporters!

We wish to thank the following businesses, government agencies and foundations for their ongoing support:

Baltimore City Public Schools  
 Baltimore Mental Health Systems  
 Callegary & Steedman, P.A.  
 Circuit Court for Anne Arundel County  
 Circuit Court for Baltimore City  
 Nancy B. & Howard K. Cohen Charitable Fund  
 Computer Shop

Dartmouth University  
 Research Center  
 Heritage Properties, Inc.  
 Linehan Family Foundation  
 Mt. Vernon Pharmacy  
 PM Janitorial  
 Rossmann-Hurt-Hoffman, Inc.  
 Sheppard and Enoch Pratt Foundation

**Over 3,280  
 Clients Served  
 with 95,822  
 services**

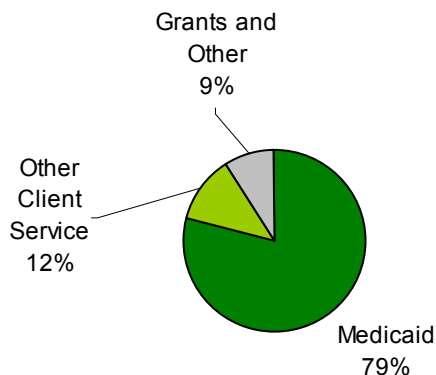


Richard, a regular volunteer at NBC, warmly greets other clients and visitors, and takes phone calls.

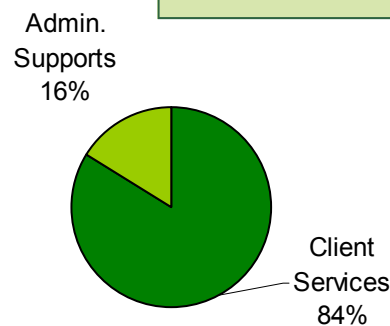
*"I was homeless when I came here ten months ago. They helped me get an apartment."*

**Mike**

## FY 2006-2007 Budget



**Revenue**



**Expenses**