



# CHILD & FAMILY SERVICES

## ~ Cape Cod Newsletter ~



## REACHING THE LOWER CAPE



Residents living in the Lower Cape have often had a hard time obtaining convenient mental health services. Child & Family Services' Hyannis office services the communities throughout the upper Cape, but until recently, has struggled to keep up with the growing demand beyond Eastham, Wellfleet, and up to Provincetown.

Child & Family has been seeking a location for the new community outreach office to serve the Lower Cape, and in May found a space that met their needs in Harwich Port. "Other local agencies, such as Outer Cape Health Services, Children's Place, and Lower Cape Outreach Council, as well as the schools, have been incredibly welcoming to us," said Susan Landers, who is overseeing the new site.

Recognizing the need for increased outreach services available to the Lower Cape, the expansion of an additional site was made possible by a grant awarded by the Peter and Elizabeth C. Tower Foundation. Clients who were unable to find transportation will now have access to services that are more attainable than just a few months ago. The site will be utilized by clinicians and In-Home Therapy staff. As the referral list grows, Child & Family Services will continue to expand its outreach services and increase the number of communities it serves.

The new site is located at 466 Main Street (Rte. 28), Unit 4, in Harwich Port, MA 02646.

For more information or to make a referral, please contact Susan Landers at 1 (800) 576-9444.

## NEW RESOURCES FOR CHILDREN WITH PSYCHIATRIC NEEDS



Child & Family Services is proud to announce the addition of Adria Kennedy to our Hyannis site. Ms. Kennedy, APRN, MSN, is a board certified family psychiatric & mental health nurse practitioner. She received her graduate degree from the University of South Alabama. Ms. Kennedy completed many of her clinical practicum hours in the adult, child and adolescent in-patient units at Child & Family Services North Street location. The opportunity to work with a community-based agency is what drew Ms. Kennedy to Child & Family Services and she is looking forward to working with families on Cape Cod.

Adria Kennedy  
APRN, MSN,  
board certified  
family psychiatric  
& mental health  
nurse practitioner.

Adria's focus will be on children and adolescents from all Cape Communities. She will be collaborating with each client's family, therapist, caseworkers, and other collaterals to make the most comprehensive assessment and treatment plan possible. She has experience working with children and families on Cape Cod with the Massachusetts Department of Public Health, Cape Cod YMCA, Outer Cape Health Services, and the Calmer Choice Program. Throughout her career, Ms. Kennedy has found the importance of integrating and teaching mindfulness skills in her work with youth and families.

Ms. Kennedy has served on local boards of many national organizations and community based maternal-child and mental health organizations. She has over 18 years community-based experience working directly with families and children. Some of her experiences have included providing community based services in an American Indian community in Arizona, serving homeless families and pregnant/parenting teens in SE Massachusetts, and managing health services for a large Cape Cod elementary school.

*Clients of all ages must be established with a therapist in order to be seen by Ms. Kennedy. Referrals and appointments can be made by calling the office at 1-800-576-9444.*



## PROGRAM SPOTLIGHT: IN-HOME THERAPY

In-Home Therapy is a structured, consistent, strengths-based therapeutic relationship between professional staff and identified youths and families. Its purpose is to treat youths' emotional and behavioral health needs, improve families' ability to provide effective support and promote healthy family function. The treatment team, comprised of a licensed clinician, youth case worker, family and youth, develops treatment and safety plans based on the family's identified needs and goals. The In-Home Therapy approach applies established psycho-therapeutic techniques in intensive family therapy, supplemented by the case worker's one-on-one contact with the youth, to implement focused interventions. It emphasizes behavioral techniques and encourages development of natural supports to strengthen the family and youth so that therapeutic goals might be met and sustained after team involvement has ended.

The Hyannis based In-Home Therapy team has served close to 300 families in only a three year span. The need for mental health support in our community continually grows as more of our children face increased stressors. In-Home Therapy is committed to keeping our families safe and secure but most importantly they will never have to feel alone in their mental health journey.

*To learn more about In-Home Therapy, visit our website or call (508) 778-1839.*

For more information, please visit us online at [www.child-familyservices.org](http://www.child-familyservices.org)

## CFS LOOKING TO ESTABLISH A 'FRIENDS' AUXILIARY BOARD

The program managers of our growing Cape offices meet monthly to discuss needs, concerns, and plans for each of our programs, as well as the clients whom we serve. One of our goals is to establish a Friends of Child & Family Services' auxiliary board. The auxiliary will be made up of community members, business leaders, and employees who support Child & Family Services' mission "...to heal & strengthen the lives of children and families".



Friends of  
CHILD & FAMILY SERVICES

One of the primary roles is to raise funds to support the agency. Funds that the Friends raise will enable Child & Family Services to continue meeting the needs of our growing community through the expansion of services. The efforts of our auxiliary will expand our resources, which in turn will expand our reach to children and families.

The Friends of CFS auxiliary will get together to help with various fund-raising/friend-raising events throughout the year including our holiday drive which provides families in need with food, clothing and gifts for the holidays.

If you are interested in learning more about the Friends of Child & Family Services please call me at 508-778-1839 or you can email me at [gdierrick@cfservices.org](mailto:gdierrick@cfservices.org).

*~ Gail Dietrick, LMHC, Site Director*

*We invite you to discover what a difference you can make!*

## Child & Family Services' Holiday Drive

Child & Family Services will be collecting community donations for needy families this holiday season at our two Cape Cod sites. Items needed include new:

Winter Clothing  
*(women, children, adolescents)*

Toys  
Personal Hygiene Items  
Food Cards

Drop boxes will be located at both of our Cape Cod locations.  
You may drop off items between 8:00am and 5:00pm  
*\*Please call before delivering\**

Child & Family Services of Cape Cod  
1019 Iyannough Road (Route 132)  
Hyannis, MA 02601  
Tel: (508) 778-1839

Lower Cape Cod Outreach Office  
466 Main Street (Route 28)  
Harwich Port, MA 02646  
Tel: 1 (800) 576-9444

For more information, please visit us online at [www.child-familyservices.org](http://www.child-familyservices.org)

# Wish List

*"We make a living by what we get;  
we make a life by what we give."*

~Winston Churchill

Wish List items are used to enhance our Cape Cod programs through community support. Help us offer the best possible service and care to our clients by making a small contribution.

- Gift Cards  
(Michael's, AC Moore, Dunkin Donuts, Trader Joe's, Honey Dew, Subway, Movie Passes, Barnes and Noble)
- Memberships  
(YMCA, Barnstable Community Center, Heritage Plantation, Planet Fitness, Fitness 500, Yoga Classes, Martial Arts Classes)
- Gas and Food Cards
- Sports Equipment  
(Basketball, Wiffle Ball/Bat, Soccer Ball, Tennis Racket/Tennis Ball, Football)
- Arts and Craft Supplies  
(Paper, Paints, Collage Material, Glue, etc.)

*Please Send Wish List Items to:*

Child & Family Services  
1019 Iannough Road (Route 132), Hyannis, MA 02601

*"...to heal and strengthen the lives of children and families."  
Our Mission*

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