



## News Release

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### **Community Health Center of Cape Cod Receives Grant for Family Resource Center**

Mashpee – The Peter and Elizabeth C. Tower Foundation has awarded Community Health Center of Cape Cod a three-year grant of \$275,000 for implementation of the Family Resource Center for Behavioral Health. This service will assist families with children with mental health issues and/or at risk for substance abuse and other risky behaviors.

As children enter adolescence, they and their families face a time of growth, change, and developmental and social challenges. Strong support systems from both the family and community are essential in helping them reach young adulthood safely and in good health. Without such support, many families have children at risk for or struggling with substance abuse, risky social behaviors, and/or mental health issues. Many families on Cape Cod, especially those with no or inadequate health insurance, face significant obstacles navigating a healthcare system that is fragmented and has limited capacity and accessibility.

The Family Resource Center for Behavioral Health will provide an array of integrated services including education, screening, assessment, adolescent-specific counseling and psychiatry, support for adolescents and their families, as well as the Health Center's primary care, dental care, and family planning services. An important component of the program will be collaboration with and professional support for schools, medical offices and other service organizations who encounter children and families in need. The Family Resource Center is slated to begin providing services in early 2009.

“We’re honored to receive this grant and grateful that The Tower Foundation recognizes that many families on Cape Cod are in or at risk of being in crisis,” says Chief Executive Officer Karen Gardner. “The purpose of our Family Resource Center will be to improve the health and well-being of adolescents and their families by reaching them earlier and preventing crisis for some and providing access and connection to stable supports for many,” she explained.

The Peter and Elizabeth C. Tower Foundation seeks to improve the lives of children and adolescents by supporting programs and services for those affected by mental illness, developmental disabilities and substance abuse, and by enhancing early childhood and primary education.

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