

## Fighting Hunger with Farm Fresh Food

### *How You Can Help This Summer*

As the warmer months approach, many in our community look forward to enjoying the abundance of locally grown food from our region's farms. But for hundreds of families across Berkshire County, summer also brings heightened food insecurity - especially for families with school aged children who rely on free school lunches during the academic year.

**That's why Community Health Programs has launched its Farm Fresh Food Campaign - an urgent effort to keep our food pantry shelves stocked with nutritious, locally sourced foods throughout the summer months.**

Our food assistance programs serve over 1,200 people each month through our pantries in Great Barrington and Adams, as well as pre-packed food bags delivered through other CHP locations in Lee and Pittsfield.

**Join us for the Farm Fresh Food Campaign – and help families facing hunger right here in our community.**



**What began as an emergency response during the pandemic has become an ongoing necessity.**

The need hasn't diminished - in fact, it's grown. Over the past five years, grocery prices have increased by more than 20%, stretching already tight budgets beyond their limits. Families who were once managing to get by are now looking to us for help.

Even with generous food donations from local farms, grocery stores, and the Western Mass Food Bank, pantry supplies are running out faster than ever before.

Summer is a time when our region's farmers are producing some of the best food available anywhere, and we believe that everyone - regardless of income - deserves access to that food.

## Help Us Reach Our Goal

**Your donation could be the one that gets us across the finish line!**



*by May 31<sup>st</sup>*

Through the Farm Fresh Food Campaign, we aim to increase the volume of healthy, locally grown food available to the families served. That means more fresh fruits, vegetables, dairy, and eggs going directly into the hands of people who need them most.

But we can't do it alone.

**This campaign depends on the generosity of community members who believe, like we do, that food is a basic right - not a privilege.**

Together, we can make sure that summer's abundance is shared by all.



To make a donation, visit  
**[chpberkshires.org/donate](http://chpberkshires.org/donate)**

## CHP Leadership

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Chief Executive Officer

**Eva Sheridan**

Senior VP, Human Resources

**Andrew Beckwith, MD**

Chief Medical Officer

**Thomas Duchesne**

Senior VP, Operations

**Mary Feuer**

Director of WIC and  
Family Services

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## Our Mission

To nurture and inspire healthy lives for people throughout the Berkshires by delivering exceptional and compassionate health care and family services.

# Care. Commitment. Community.

## Join Me in Celebrating 50 Years of CHP

Dear Friends,

This year marks a remarkable milestone in our journey - **the 50th anniversary of Community Health Programs**. As we celebrate five decades of service, growth, and community impact, I want to extend my deepest gratitude to you. Your generosity has helped shape our past, sustains our present, and makes our future possible.



Since our founding in 1975, what began with one doctor and a bold mission - to ensure that all children, no matter their income or background, had access to quality healthcare - has grown into a **trusted, full-service health center for all ages** that cares for tens of thousands of our Berkshires neighbors each year. This incredible evolution could not have happened without the unwavering support of donors like you.

Over the past 50 years, our community has changed in countless ways and so have the health needs of those we serve. But through it all, one thing has remained constant: **our shared commitment to equity, compassion, and care**. Your belief in our mission has helped us open new facilities, expand our services, and respond to crises and other community needs.

Just this past year, your support helped us reach **25% of Berkshire residents** with medical, dental and behavioral health care and social services. **You made it possible for us to make care accessible to everyone, regardless of their ability to pay**, to provide locally grown, healthy food to community members who lack food security, and to support families through playgroups and parent mentoring to be sure that children get a strong start in life.

As we reflect on this golden anniversary, we are also looking ahead to our next 50 years with a focus on **expanding access even further**, deepening our impact on health equity and the community's well-being, and continuing to evolve how we deliver care in an ever-changing world. Together, we can make this vision a reality.

To celebrate our anniversary this year, we'll be sharing stories from across the decades of patients whose lives were changed and staff who've dedicated their careers to service. We invite you to join us throughout the year in honoring the legacy we've built together - and in imagining our future.

Thank you for being part of our journey. Whether you've supported us for one year or fifty, your impact has been profound. Here's to the next chapter, and to the lives we'll continue to touch, together.

With heartfelt gratitude,

A handwritten signature in dark ink, reading "Bethany".

Bethany Kieley, CEO

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# Changing the Future of Rural Health

*Together, We're Closing the Gap in Essential Services for Women in Berkshire County*

Responding to the unique health care needs of our rural community is at the heart of CHP's mission - and your support helps make it possible. In 2023 we launched a vital two-year partnership with **Upstream USA** to expand access to contraceptive care (i.e. birth control) in the Berkshires, where too many women still face barriers to receiving essential services.

In a country where over 19 million women struggle to access contraception, rural regions face especially steep barriers. One proven solution?



**Training primary care providers (PCPs)** - who are often a patient's most consistent point of contact in the healthcare system - to offer a full range of contraceptive options including prescription medications and long-acting reversible contraceptives (LARCs) like IUDs and implants.

This approach is already showing promise. Before Upstream USA began work in Massachusetts in 2018, just 34% of PCPs were prescribing common birth control methods like the pill, patch, or ring. By partnering with Federally Qualified Health Centers like CHP, Upstream USA is helping transform reproductive health care access at the community level.

**“My doctor was very informative and talked to me about all of my options. I never felt judged or pressured. I like that she understands everything that I’m saying and I understand the stuff she tells me.”**

**- CHP Patient**

“At Upstream, we believe we have reached a critical point in our history that requires an accelerated approach to advance contraceptive access. **It requires a shift in perspective and the recognition that contraceptive care is basic healthcare,”**says Tricia Wajda of Upstream USA.

“Primary care providers, who often serve as the main point of contact for patients, should be trained, supported, and encouraged to offer contraceptive services so that every person has access to the contraceptive service of their choice, where and when it is most convenient for them to receive it.”

The partnership between CHP and Upstream USA is about meeting patients where they are and improving their experience. Upstream's training gives our clinicians the skills they need to provide patient-centered, unbiased counseling and contraceptive education - ensuring that **every patient, at every CHP location gets the support they need to make confident, informed choices.**

**Your generosity helps drive innovations like this** - bringing compassionate, accessible care to neighbors in Berkshire County. Together, we're building a healthier, more equitable future.

# Connecting Primary Care and Behavioral Health

## *A New Grant Addresses a Key Need*

At CHP, we work to help our patients address not just their primary health care needs, but to **holistically provide inclusive services that address the entire person and the root causes that impact their ability to live full and happy lives.** To fulfill this goal, we pride ourselves on employing behavioral health providers that work to help patients with mental health concerns and medication treatments.

However, there continue to be areas where routine office visits alone cannot fully address complex issues stemming from the combinations of substance or alcohol use disorders, serious mental health, loneliness and isolation, and/or housing insecurity that we see amongst some patients.

**In Berkshire County, the rate of occurrence of these issues is disproportionately high** and it is common to see vulnerable patients repeatedly frequenting the emergency room for treatment for substance-use issues or acute mental health crises but much less often seeking primary care through scheduled visits. This pattern underscores the need for integrative healthcare services and an improved holistic approach to care.

In Fall 2024, we had the exciting opportunity to apply for a grant that would address these gaps, and, through our compelling application, we were recently **awarded a five-year, \$2.85 million grant** from the Massachusetts Substance Abuse and Mental Health

Services Administration (SAMHSA) that will help **foster and expand the integration and connection between primary care and behavioral health.**

Winning this grant is indicative of the already strong foundation of behavioral health and primary care services that CHP was able to demonstrate to the State combined with the existing need for further support in Berkshire County.

Our grant team, which is led by Dr. Jonna Gaberman, Director of Adult Medicine and Dr. Dana Gruber, Clinical Psychologist along with Kim Loring, PMHNP, Director of Behavioral Health and Recovery Coach Gina Arnold, is hard at work establishing a foundation from which this new programming can grow.

## Meet the Team



**Kim Loring** | 4 years with CHP  
PMHNP, Director of Behavioral Health

**"I have been at CHP for almost 4 years now - looking forward to connecting more patients to more behavioral health and primary care services!"**

**Gina Arnold** | 2 Months with CHP  
Recovery Coach

**"I'm most looking forward to helping create systems of care that truly understand addiction and mental health as chronic condition, not moral failings. Being able to meet people exactly where they're at and offer hope, sometimes when they have none left.. and is the heart of this work."**





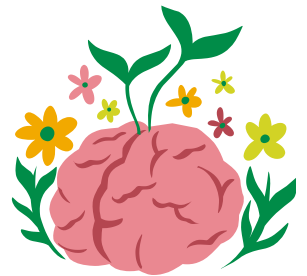
**“CHP is the main healthcare provider for all of Berkshire County, working with individuals and families from many different walks of life,” explains Dr. Gruber. “In a county that is very spread out and rural...being able to provide critical behavioral health and addiction services...will allow many more people to receive care,” she said.**

Patients can now expect to be asked questions at their primary care visits that are aimed at better understanding alcohol use and patterns, and to offer them options if they are interested in addressing these concerns further. If, during an appointment, CHP’s primary care doctors believe that a patient would benefit from the wraparound

services that are being offered as part of the grant, they can discuss this with the patient and connect them with our intake coordinator/recovery coach to learn more.

Through this new programming, we hope to **increase the feeling of comfort and safety that patients feel when addressing these sensitive and challenging issues.** “We want to make sure that our healthcare sites feel like safe healthcare homes where there is little barrier to entry and where patients can access all the care they need or get support with referrals to other vital organizations in the community doing similarly important work,” says Dr. Gaberman.

“We see ourselves as caregivers and connectors and hope through this grant that we can not only transform and integrate the care we provide but also connect in a more meaningful way to other clinical and service organizations around us.”



**Dana Gruber** | 3 Months with CHP  
PhD, Clinical Psychologist

**“I am looking forward to providing our patients with easier access to quality mental health and addiction care, and lowering barriers to care by providing support and treatment right through the primary clinics!”**



**Jonna Gaberman** | 2 years with CHP  
MD, CHP Director of Adult Medicine  
and PIPBHC Grant Lead

**“I am very excited to be working in a multidisciplinary collaborative team across primary care and behavioral health disciplines to bring care to individuals who have trouble accessing our brick-and-mortar sites and to create transformative change to improve access to whole person care, addressing behavioral health needs alongside medical needs.”**



# 6 Creative Ways to Donate

## Thinking Beyond the Checkbook



### Donate Stock

Donating shares of appreciated stock to CHP will save income tax while also eliminating capital gains tax on the stocks that you transfer. You can ultimately donate more value in a stock transfer than if you were to sell the stock and donate the cash value. Complete a stock transfer form from your financial institution and include the information about which stock you would like to donate and CHP's information.



### Look into Employer Matching Programs

Some employers, particularly larger companies, offer gift-matching programs where they will match the amount of your donation to a qualified charity up to a certain amount. Check with your employer's HR department to see if they will double your gift to CHP so that you can increase your gift's impact!



### Donate From Your IRA

For donors over certain ages, Qualified Charitable Distributions (QCDs) from your IRA to CHP are tax-free and can satisfy your distribution requirements. For those above the age at which you are required to make withdrawals from your 401(k) or IRA, a QCD can count but would not be considered taxable income.



### Consider a Legacy Gift

With a legacy gift, you can have a lasting impact by continuing to support CHP's mission after you have passed. Be remembered forever by CHP with a gift in your will, trust, retirement account, or life insurance policy.



### Give Through a Donor Advised Fund

Donor advised funds (DAF) are investment accounts managed and invested by a sponsoring organization that allow you to select CHP as an organization that you will support for one-time or recurring philanthropic gifts. Choose to fund your DAF with cash, stocks, personal property, or real estate and you will receive a federal income tax deduction.



### Contribute to CHP's New Endowment Fund

In 2024, CHP received its largest ever individual donation which was partially used to establish an endowment that has been invested to support future CHP needs. Help us continue to grow this exciting fund by making a contribution today!

### We can help you with your plans

At CHP, we are eager to work with you to explore giving ideas. If you would like to discuss any of these types of giving, please reach out to Carrie Barth, Senior Director of Grants and Philanthropy. We are happy to help you determine the best way you can support CHP. If you need additional financial information to make a gift or transfer, we can provide banking routing information, forms, and/or our federal tax ID number.

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# We're Celebrating 50 Years All Year Long!

*Sharing our Past, Present, and Future with our Community*

CELEBRATING  
**50**  
YEARS!

2025 is the fiftieth anniversary of the founding of CHP. As a part of our year-long recognition and celebration, we have been diving into the history of our organization to share history and stories that have shaped CHP over the course of its fifty years, and which highlight transformative leaders, staff, and providers who have played key roles.

CHP was established by Dr. Thomas Whitfield, a local pediatrician who shepherded the organization in 1975 along with the leadership of its first executive director, Linda Small. In honor of this milestone anniversary, CHP was honored to have the **opportunity to chat with Linda about her memories of CHP's early years.**

CHP began as Children's Health Programs in Great Barrington when Dr. Whitfield took action in response to the large number of Berkshire children who had not received health care as babies or infants, lacked immunizations and were experiencing social, medical, or cognitive delays. Linda describes that the South County of the time was rural and low-income and that it was almost impossible to know how many children there were to treat.



Linda Small, circa 1975

**“We knew we had about 350 square miles to cover,” says Linda. “We weren't exactly sure how many kids might be out there, nor did we know anything about their health status until Tom Whitfield opened his pediatric practice, and all of a sudden he was seeing kids who were sicker than he had seen kids in a long time”.**

Dr. Whitfield gained support for the idea of well-child clinics when it became clear that many South County children were entering kindergarten with various pediatric issues that could have received prior intervention.

“I think Doctor Whitfield primarily saw that we needed **a more robust response to pediatric issues in children from their birth to their fifth birthday.** He could see that there was a lack of care, and he found that alarming and felt that there had to be a public response,” Linda explains.

Linda credits the foundation of Dr. Whitfield's attitude and approach to CHP's success. “It was an amazing process to watch,” she admires, “because he had incredible empathy with the parents ... and he knew what he wanted to achieve, which was to help them understand their role in caring for the baby and how well the baby was doing due to their care and so his visits were always, sort of a joyful, happy, process. It helped parents understand that they were doing a wonderful job and that gave them such a boost of confidence that crossed all economic lines, all possibilities of parenthood. I think jumping over that barrier, as he did so beautifully, is what strengthened CHP through years of work”.

Looking back on its fifty-year history, Linda reflects that “it is a tribute particularly to those CHP pioneers, as I call them, who learn to work through problems and figure out solutions and continue to make families, elders, whoever, comfortable, in their health care system. **It's reassuring and exciting that despite all the ins and outs of politics and craziness in the world that you can still move forward, with good people and create an amazing institution**”. Linda helped to shepherd much of CHP's growth and expansion from its earliest years until her retirement. Thank you to Linda for sitting down with us to reflect on the past fifty years!



444 Stockbridge Road | Great Barrington, MA 01230

## New Online Donation Form

This spring we launched a newly updated online donation form. Our new form is more user-friendly and helps you make online gifts easily.

Visit [chpberkshires.org/donate](https://chpberkshires.org/donate) to give an online gift today!

Your contribution goes towards CHP's Medical, Dental, and Family Services, including food and nutrition programs, family support services, child development programs, transportation, housing assistance, access to medical and dental care, and other related resources. Thank you!



The screenshot shows the CHP Berkshires online donation form. At the top is the CHP Berkshires logo and a 'CELEBRATING 50 YEARS!' banner. Below the banner is the text 'When you give, lives change. Donate today!'. The main heading is 'I want to give:'. There are two tabs: 'One-time' (selected) and 'Monthly'. Below the tabs are five donation options, each with a dollar amount and a description of the gift. The \$100 option is highlighted in orange. At the bottom is an 'Other' option with a dollar sign icon.

One-time	Monthly
\$25 bus pass for a patient to get to appointments	
\$50 emergency food for a hungry family of four	
\$100 six weeks' worth of diapers for a newborn baby	
\$500 assistance with housing and utilities for a family	
\$1,000 a set of dentures for a dental patient	
\$	Other