



# COVE

## BEHAVIORAL HEALTH

*A Year of Growth*

# ANNUAL REPORT

Fiscal Year

July 2020 - June 2021



A MESSAGE FROM...  
**GINNY MCGUCKEN, Board of Trustees President**

As I reflect on this past year, I realize that even during the challenges and obstacles of these unprecedented times, Cove Behavioral Health has been able to successfully evolve and grow into a stronger and more effective organization.

- Awarded the One Tampa Bay Nonprofit Honoree Award in 2021 and recognized as an organization that utilizes best practices, impacts our community with limited resources, financial stewardship, and channels the bulk of the money raised into the services we provide.
- Recognized by the Florida Blue Foundation, Cove was awarded the Florida Blue Sapphire Award, and selected for exemplary leadership, innovation and excellence. In addition, success through documented outcomes and impacts in providing service delivery in mental well-being to alleviate the stressors associated with issues that impact entire families and/or communities.

Allow me to share some of these successes and highlights that have occurred due to the dedication of our Cove team this past year.

- Served over 75 pregnant women this year, with comprehensive coordinated care. 90% of these newborns were born substance free!
- Telehealth services provided to our patients in need of mental health and substance use treatment, reaching almost 2,000 people last year.

My term as Board President has been a rewarding experience. I wish to express my deepest appreciation and gratitude to our dedicated Board of Trustees. Their passion, wisdom and support have been invaluable to the progress of Cove. It has been a pleasure to get to know and work with each and every member of the board.



A MESSAGE FROM...  
**DEANNA OBREGON, Chief Executive Officer**

In last year's annual report, I spoke about reviewing our organization top to bottom and plotting a course for our new future. The results of our review included expanding into mental health services, recruiting a larger medical team, and realigning our outpatient services for easier

access by our patients. We've created an Advisory Board comprised of individuals with lived experience & family member of individuals with lived experience to provide insights to improve our services, and create an atmosphere that is welcoming to all of our patients.

We also renewed our mission to be more engaged in the community, more visible, and more accessible by rebranding DACCO Behavioral Health into Cove Behavioral Health. Cove Behavioral Health is committed to the health of our community by providing accessible behavioral health

services that give everyone the shelter they need to experience meaningful healing.

In the Tampa Bay and West Central Florida, we are seeing staggering numbers:

- 1 in 6 people experiences depression
- 1 in 14 people have a substance use disorder
- 3 people die every day from an opioid overdose

As we continue to grow to meet the needs of our community, we have assembled a top-notch team of physicians/APRNs, counselors, nurses, care coordinators/case managers, peer support specialists, technicians, and support teammates. I am grateful every day to work alongside such talented and dedicated teammates. I would also like to give special thanks to our Board of Trustees for their support and guidance throughout this journey. I look forward to continuing to engage and lead our extraordinary team as we work together to improve our community's mental health and addiction recovery.

**2020-2021  
 BOARD OF TRUSTEES**

We thank our Board of Trustees for their perseverance and dedication to our mission. Their commitment is invaluable to the growth and vision of Cove Behavioral Health.

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 GINNY MCGUCKEN

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We are accredited by the Commission on Accreditation for Rehabilitation Facilities (CARF) for all care programs.

# TIMELINE



## COVE BEHAVIORAL HEALTH ALUMNI

### Success on their journey through COVE

#### VERONICA B. – “My Life is Full Today”



I am proud to say I have been sober since December 1, 2017. I completed my treatment at Cove Behavioral Health and proud to say, it's the first time that I had successfully done anything. I was a hard-core heroin and meth and whatever I could shoot up addict. When I got arrested and went to Cove, I had nothing but the clothes on my back. I had no birth certificate and no means to get anything. I didn't have anything and felt very alone and isolated without any support from my family, children or friends. Cove showed me that I can be myself and be OK and it showed me that I didn't need drugs to survive.

I now have true friendships that are non-trench transactional, and I can have friends who just want the best for me and that be OK. We love each other. I now have my license, own a car - my life has finally come together. I have a beautiful daughter who is with me full time. My life has purpose, and that's because Cove showed me how to live it to the fullest. Miss Julia from Cove is the one who changed my mind about recovery because she challenged me like no other! I loved so much how she was unapologetically herself, and that's how I choose to live my life today. Miss Justine was my counselor when I was here, and she is amazing and still a part of my life today.

My life today is full with family, my daughter, Zumba, and my women's meeting every Wednesday. I have friends who I adore and love and want nothing but the best for and they do the same for me. Recovery is possible, we just have to make the decision and be as willing to work at it as we were getting high, and that's something that I am so grateful that Cove Behavioral Health taught me.

#### RACHAEL D. – “I Do Believe in Miracles”



I began my journey at Cove Behavioral Health in 2017, through the Department of Corrections and Children and Families. I came to Cove with multiple addictions, and was also treated for bipolar disorder, and extreme anxiety. I was at the lowest point in my life. I knew I had to make a change, hoping it was for the last time. I started treatment at Cove Residential and realized it was exactly what I needed. The counselors and staff showed me how to live life as a functioning human being. They taught me how to be productive, to be responsible, and accountable. Most of all they showed me that I was capable of being more than I had been. I stayed in treatment for the full 6 months with great success.

My counselors and other staff members showed me there is hope at the end of my journey. They gave me the tools to live my life positively and believe in myself again. My time in the residential treatment program gave me my life back again - a life that I could have never imagined. They introduced me to a 12-step program that I successfully use today. I am close to 5 years in recovery and living my best life.

Most important are my children. When I was in treatment, my father got permanent guardianship of my daughters and my two sons were adopted by my mother-in-law. I did not have contact with them for 3 years. Through the grace of God, and working the program, my children are back in my life today and I couldn't be happier. I have gone back to college, I am currently working for an amazing person. I never would've had the courage, or belief that I would have been capable of doing ANY of these things. Had you asked me five years ago; I could never have believed the person I have become. I love who I am today, another miracle to me. Today I am blessed with a beautiful and very full life, and it all started at Cove.

## Accomplishments & Achievements

### COVE BEHAVIORAL HEALTH'S RESIDENTIAL PROGRAMS

#### Innovative Ways of Staying Engaged



This past year, our women's and men's residential programs have found innovative ways of staying engaged with the community, and their children. Video court sessions were conducted through zoom, positive transition plans were implemented in an effort to help residents get back to work, and GED classes were

offered to help our residents further their education.

In Cove's women's program, mothers were challenged with staying engaged with their children on off hours, while in program. Evening telehealth calls were established so that moms can read to their children, so they can maintain normalcy while in treatment.



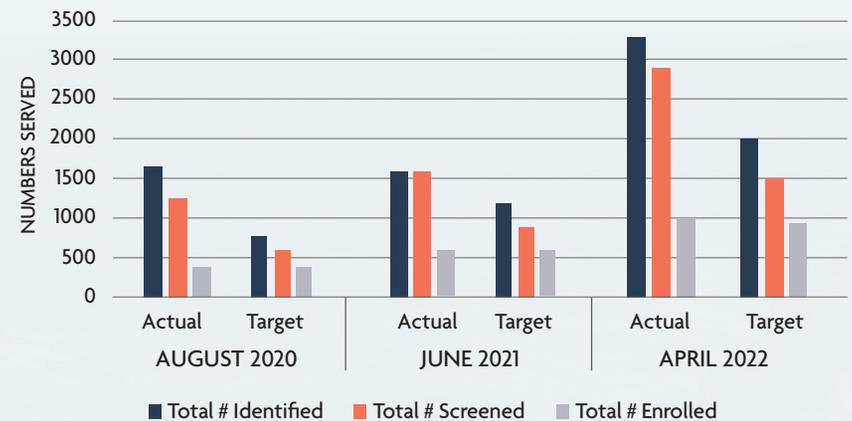
### TELEHEALTH AT ITS BEST!

Telehealth continues to successfully navigate our outpatient and residential patients through their recovery process with a multitude of benefits;

- Reduces the stigma placed on seeking help for substance misuse and mental health concerns
- Allows some patients to open up more freely in their telehealth sessions
- Able to using better coping skills during their sessions
- Reduces barriers such as child care and employment

Over  
**1,800**  
telehealth services  
were provided to  
our patients

NUMBERS ENROLLED IN CCBHC CARE COORDINATION



### CARE COORDINATION IMPLEMENTATION

#### Exceeding our Goals...

As we draw to the close of our SAMSHA funded CCBHC implementation project, we have screened over 3,000 patients and enrolled over 1,200 patients into care coordination services. With our CCBHC grant, Cove worked with patients to transition from episodic care to long term post treatment engagement to improve success in recovery. We monitored our patient's process in treatment, using interviews and assessments intermittently to allow us to adjust treatment and interventions based on patient individual needs.

Providing Medication Assisted Treatment to nearly

**1,200**

people in Hillsborough County. Cove Behavioral Health is the only provider in Hillsborough and Polk County to offer all three types of Medication Assisted Treatment options for Opioid use disorders: methadone, buprenorphine/suboxone, and vivitrol.

## Strengthening the Overall Wellness of our Community

### HEALTH & YOUTH SERVICES

#### Youth Services

##### *Outstanding Community Outreach Yields Positive Results*

- Last year, our Prevention program served 385 youth in Hillsborough County middle and high schools; providing life skills and substance use prevention education.
- We were able to reach over 500,000 individuals and youth through our outreach efforts and media campaigns.
- Through our partnership with Everfi, our RxSmart programming saw 27,917 students active on the platform, across 29 high schools in the county. We were also successful with engagement on the Mental Wellness Basics platform, with 7,317 students engaging across 24 schools.
- Our Youth Clinical Services saw an increase in mental health only referrals, including referrals from our partnership with the mental health initiative through the Hillsborough County school district and through self-referrals and parent inquires for services.
- Despite some of the barriers we saw from the pandemic, our Youth Services programs continued to offer services virtually, in-office, and in-school settings to accommodate the needs of students.

#### Health Services

##### *Significant Reach in the Community*

- Over 12,000 individuals reached and nearly 600 patients tested throughout the year
- Over 38,000 condoms distributed

According to the CDC, for every HIV infection that is prevented, an estimated \$360,000 is saved in the cost of providing lifetime HIV treatment, resulting in significant cost-savings for the health care system.

Treating over

**4,200**

people in helping them reach their recovery goals

**90%**

Newborns born to women at Cove programs were born **substance free**

### ENGAGEMENT = SUCCESS

#### Tremendous Outcomes with Cove's Family Services Program



Family Intensive Treatment Team (FITT) is an intensive in-home wraparound treatment program for families involved in the child welfare system. FITT is a statewide program developed in 2013 to address the integration of behavioral health and child welfare targeting families

with children under the age of 10 years old. Cove Behavioral Health has demonstrated tremendous success.

In recent years, families' needs have increased as the acuity of substance use is higher and requires more creative clinical interventions. At the height of the pandemic, the team attempted to engage families utilizing telehealth, but discovered due to the severity of cases, engagement was poor. The team became creative with meeting the families while still trying to be safe, including meeting on home porches and in parks. Families in FITT experience a faster time to reunifying with their children as compared to families involved in traditional treatment. FITT Families also received intensive individualized evidenced based parenting as well as family counseling and mental health treatment as needed.

#### The tremendous impact FITT has made...

- 59% successful completion rate as opposed to 35% of the same population engaged in traditional treatment nationally
- 100% stable employment and stable housing at completion
- 100% increase in daily living functioning at completion
- 100% increase in parenting attitudes and behaviors

# DONOR LIST

Your belief in Cove Behavioral Health this past year has helped us do great work! Thank you for continuing to support the mission and for changing the lives of many. For that, we are extremely grateful for your generous donation.

## \$75,000

Elizabeth & Troy Fowler

## \$25,000

Maggie Barrett

## \$20,000

Janitor's Closet

## \$15,000

Sadie & Rob Pariseau  
Nancy & Earl Horton  
Ginny & Stephen McGucken  
Angeles & Peter Barrett

## \$10,000 - \$14,999

Gail & Tyson Lykes III  
Tammie Rattray  
Donna & Robert Williams  
Wells Fargo Foundation

## \$5,000 - \$9,999

Tammie Rattray  
Tami & Ron Broadrick  
Tiffany & Sam Powell  
Cathy & Rolando Sanchez  
Katie Glaser  
Meghan Iacofano  
Hikma Pharmaceuticals  
Kathy & Bill Taulbee

## \$2,000 - \$4,999

Assurance Dimensions  
Rivero Gordimer & Company P.A.  
The Tampa Bay Lightning

Autumn Etheridge  
Sierra Foundation  
Ferman Auto Group  
Burr & Forman  
Ballator Fit  
Bob Glaser, Smith & Associates  
Mabel & Kevin Burns  
Kathy & Martin Favis  
Cindy & Henri Jean  
Judi & Sia Kusha  
Lior & Eyal Moran  
Reggie Mason  
Deanna & Robert Obregon  
The Bank of Tampa

## \$1,000 - \$1,999

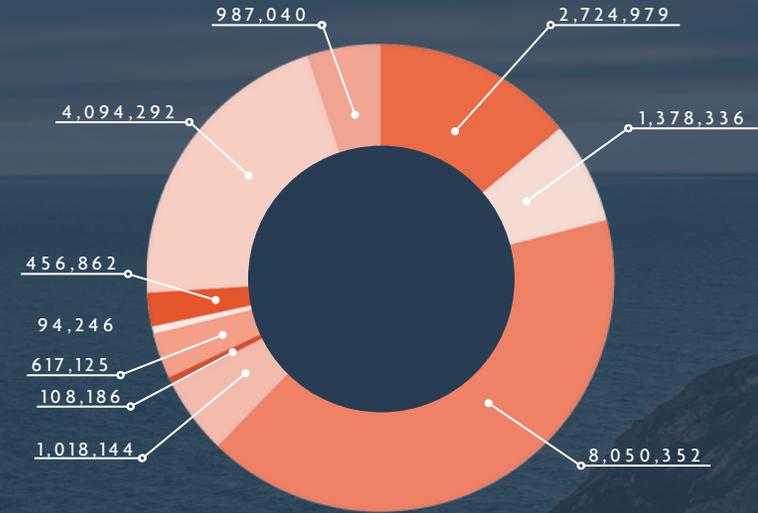
Advanced Computer Technologies  
Publix Charities  
Pepin  
Robert Courtney  
Stephen Gay  
Jane Floyd  
Tina & Paul Foley  
Jane Floyd  
Blanca Lopez  
Stephanie Gibson & Stephen McGowan  
Cameron & Nat Pariseau  
City Wide Maintenance  
Suncoast Community Health Centers  
Streamline  
Sunny Florida Dairy  
Bush Ross Law  
Nancy Yanofsky  
Butterfly Pharmacy

## \$100 - \$999

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Patricia Campanioni  
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Dallas Buchanan  
Matt Crane  
Edith Dopking  
Jennifer & Nick Durham  
The Flying Locksmith  
Anne & Drew Glaser  
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Gibbons Neuman Law  
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The Gabriel & Jeanne  
Shaheen Family Foundation  
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Seth Garner  
Brittany & Seth Garner  
Connie Gage  
Chase Fowler  
Christy Ferlita  
Susan Butterfield  
David Bohnsack  
Grace Blake  
Julie Abrams  
Kate & Richard Pittman  
Stacey and Joe Jurek  
Antoinette Hagley  
Major Frank Losat  
Cassandra and Will Luke  
Marissa and Michael Hyman  
Elise & Dan Howat  
Nicole Madigan  
Emily Pariseau  
Dewey Martin  
Andrea White

# 2021 FISCAL YEAR REVENUE & FINANCE



**TOTAL: 19,532,035**

### Grants

● Network	\$8,050,352
● Federal	\$2,724,979
● State	\$987,040
● County	\$4,094,292
● Other	\$456,862

### Insurance

● Medicaid	\$1,378,336
● Commercial	\$94,246
● Client Fees	\$617,125
● Contributions	\$108,186
● Other Income	\$1,018,144

We thank you for your continued support that ensures access to needed services in our community



# COVE BEHAVIORAL HEALTH THANKS YOU FOR YOUR SUPPORT!



As a valued member of our community, please join us on our journey to improve our community's overall wellness and our shared vision of hope for a healthier community.

The power of giving can impact lives.....  
We have so much more work to do to better the lives of our community.

- Renovations to our homeless shelter in order to provide an outdoor living space for recovery.
- Help achieve reunification within our FITT Program to keep families together.
- Supporting our pregnant women struggling with substance use disorders, who are in need of treatment services.

## PARTNER WITH US TODAY!



Contribute and help make a difference.  
Just scan the QR Code to make a donation  
Or  
visit [www.covebh.org/donations](http://www.covebh.org/donations)



## **Our Cove Team.....Our Champions**

Shout out to our Cove team of collaborators, problem-solvers, out of the box thinkers, and achievers..... we value your passion, strength and commitment, as you continue to take on the many challenges to better the health of our community.

Thank you – we are so grateful to all of you!



**COVE**  
BEHAVIORAL HEALTH

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