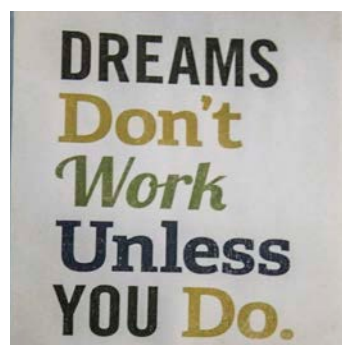


An Introduction to Cohannet Academy

Located at: Taunton State Hospital
60 Hodges Avenue, Cain Building, 2nd Floor
Taunton, Massachusetts 02780 | (508) 977-3739



Cohannet Academy Welcomes You!

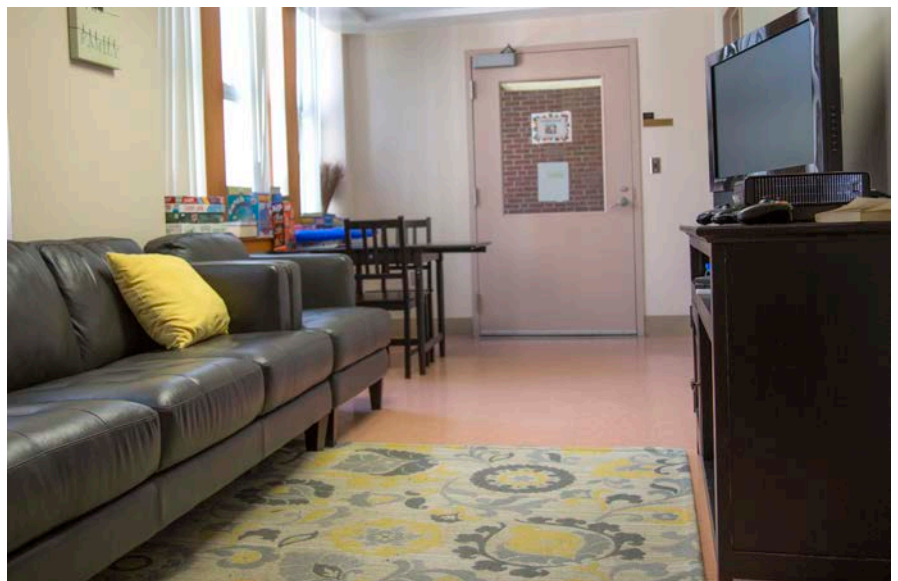
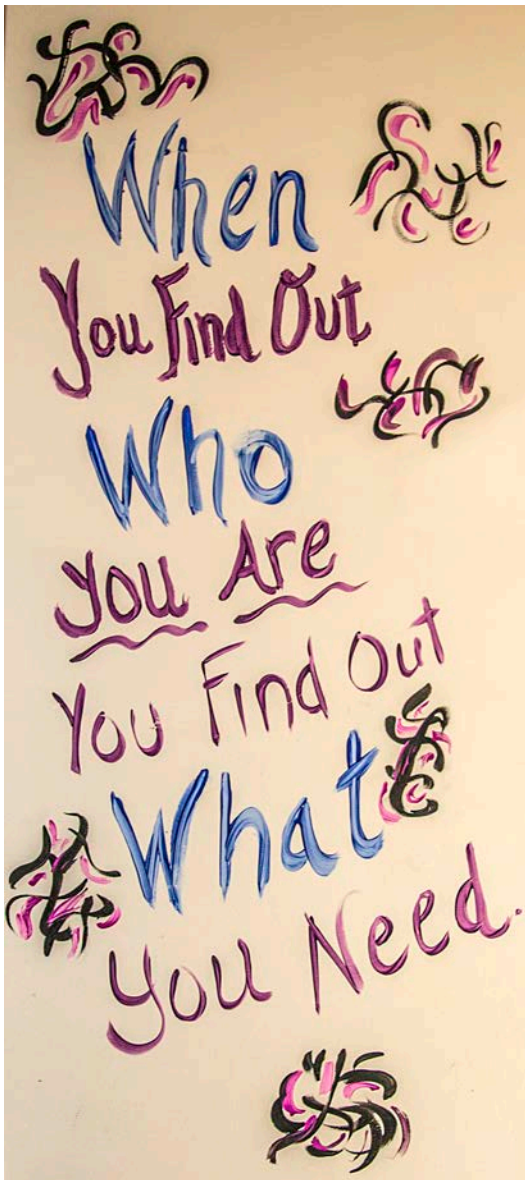


This supplement to our Resident and Family Handbook is intended to give you some quick information about our program and to answer some questions you may have. Most of the information you will need can be found in the Resident and Family Handbook. However, we wanted to make it easier for you to learn the basics by providing this supplement. We hope you enjoy this quick program tour!

Welcome to Cohannet Academy!

“Cohannet was very, very, very supportive to me and my daughter. We learned how to communicate with each other instead of getting mad at each other all of the time.”

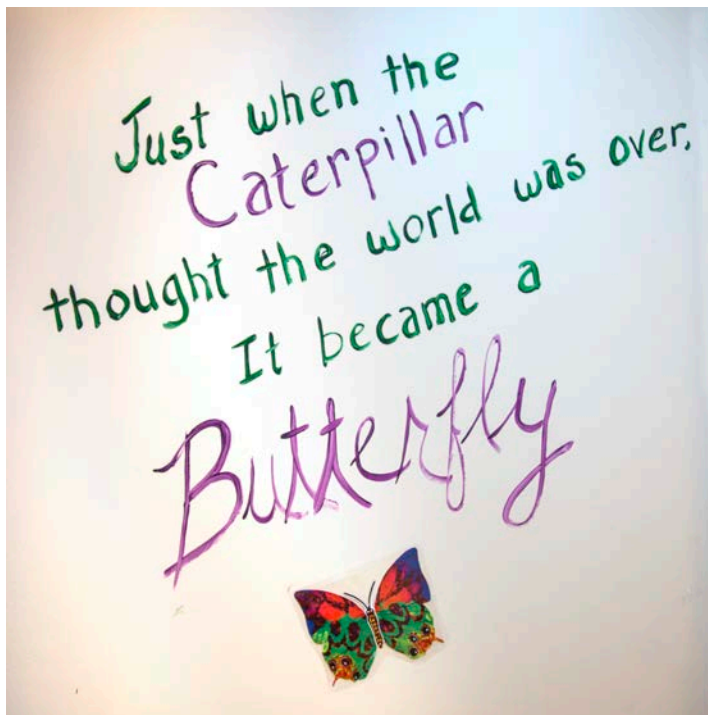
CH, parent



Our East End Patio and Family Visiting Room

The Patio is located off of our Visiting Room (upper right photo). It is a peaceful place to come to relax and get some fresh air. We also have a Patio at the west end of our unit.

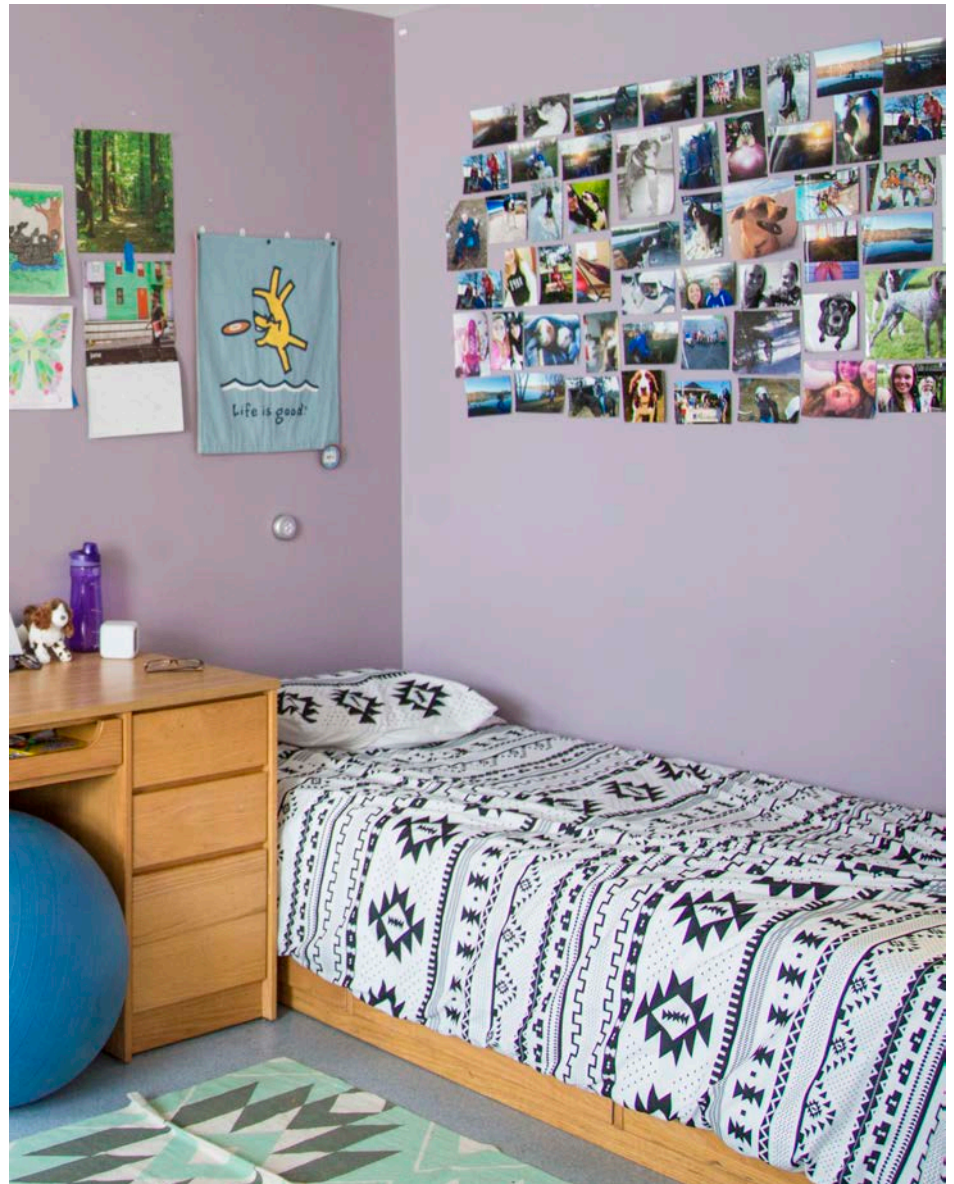
The Visiting Room is a great place to enjoy time with visitors (lower right photo). It has comfortable couches, a TV with a PS4 and Xbox 360 and a small dining area for meals.



Bedrooms

This is a picture of a typical single bedroom. You can decorate your room any way you choose and even have a fish as a pet! We have single bedrooms along with rooms for 2 or 3 people.

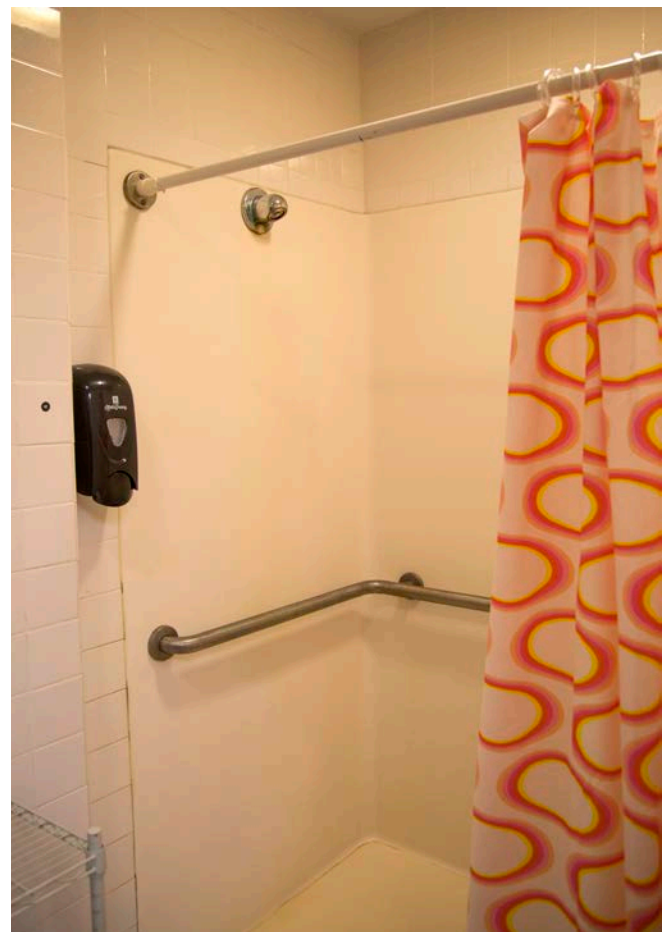
When you first arrive, you will have a single room to help you settle in. At some point however, you will most likely share a room. You will have your own bed, bureau, desk and chair.





Bathrooms

This is what a typical bathroom and shower look like at Cohannet.



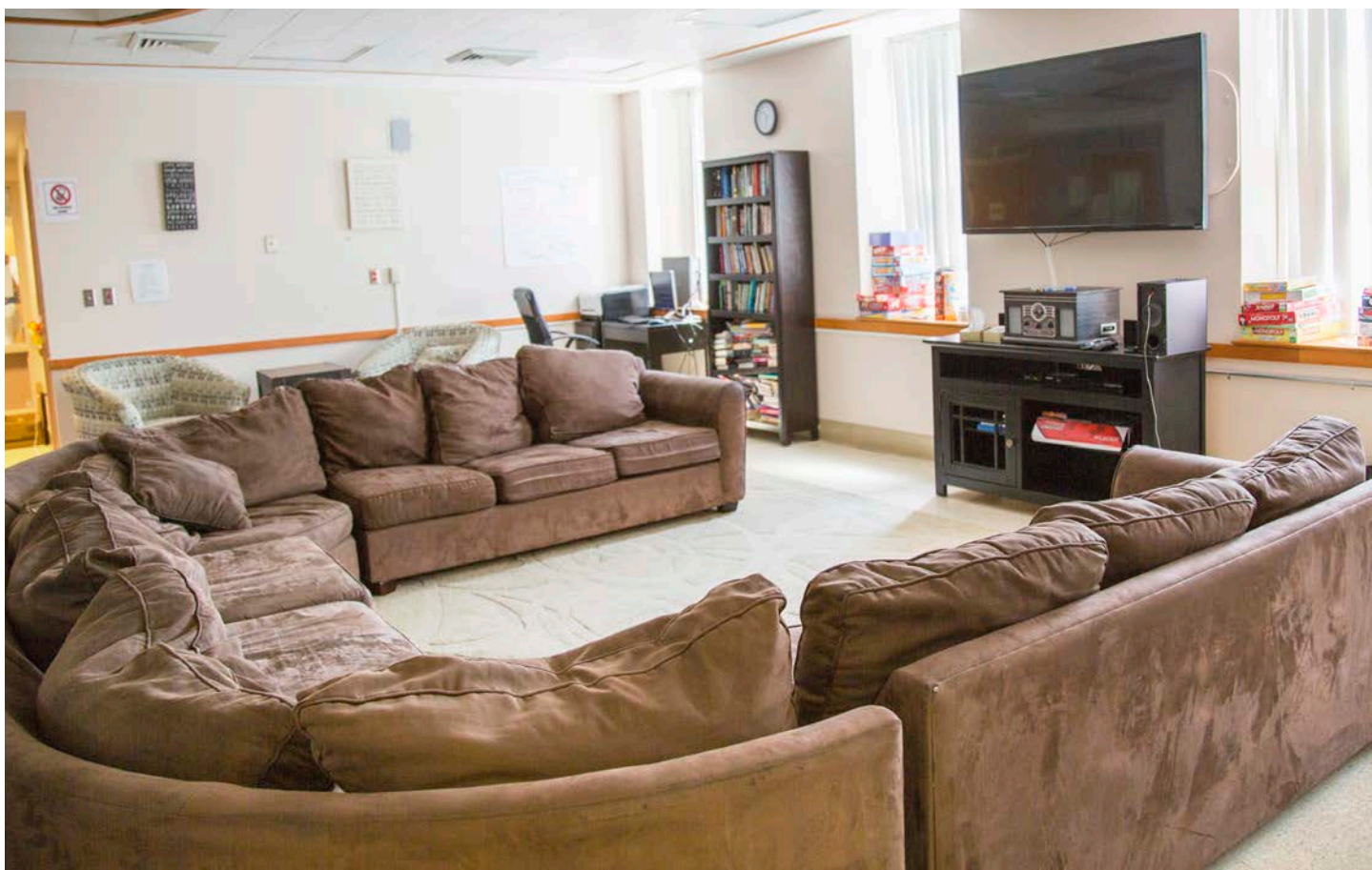


Cohannet Academy School

The school program is located downstairs from the main living area. School is in session from 8:50AM-2:45PM. Classes have between 3-6 students and are divided by grade level. Subjects include math, English Language Arts, social studies, science and vocational programming. The room pictured is used for assembly events, special celebrations, art projects and science labs.

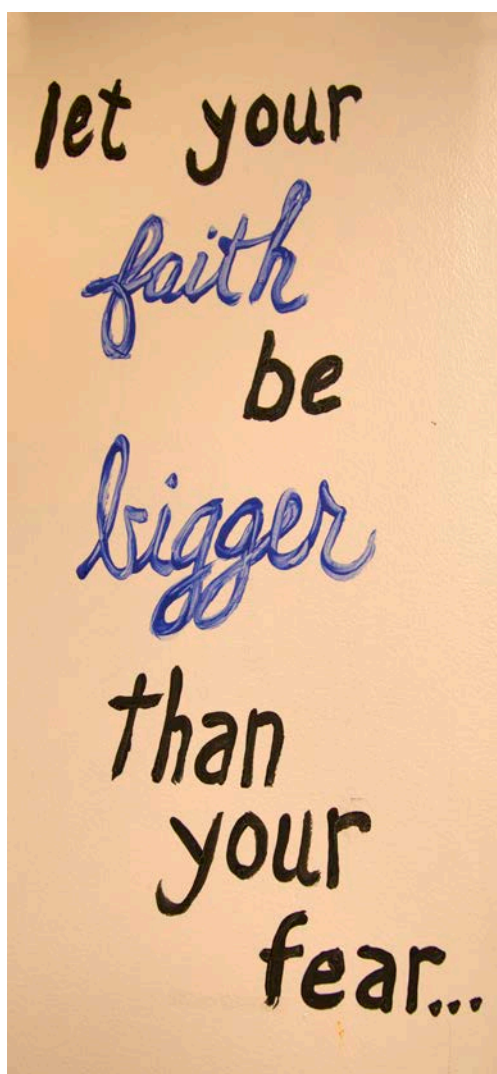
The summer program at Cohannet takes place after school ends. It includes fun and educational activities as well as many trips, such as going to the beach, the Mystic Aquarium and on a whale watch.





Living Room

This is a comfortable community room where we spend time together for activities and recreational groups. We have a TV, a DVD player, a VCR, a computer (no internet), books and board games.

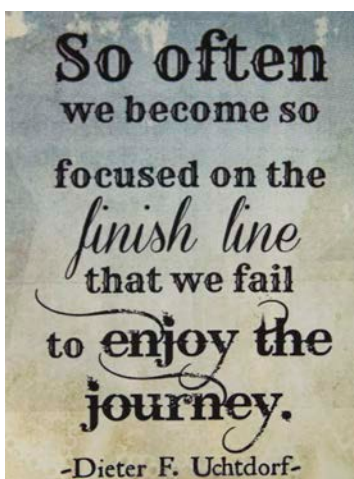


Activity Room Gym

Our gym equipment is in the Activity Room. It includes 3 elliptical machines, 2 stationary bikes, 3 treadmills, a standing punching bag, a universal weight machine and aerobic steps.

“I think Cohannet was instrumental in helping my daughter to deal with her emotions and to think about things before reacting. We will be forever grateful to Cohannet and the staff.”

PH, parent



Activity Room

We use the Activity Room for watching movies, free time, TV time and community and recreational activities. It includes a Wii, Guitar Hero, a Karaoke machine and a full bookshelf.

You will get paid to do chores at Cohannet, to clean your bedroom and to go to school. You can also earn extra money by volunteering to do additional chores. You can earn a lot of money here if you put in the effort!



The “Getaway” Room

The “Getaway” is a popular spot to talk to staff (we call this having a “check-in”). It has a massage chair, comfortable furry chairs, weighted blankets and vests, oversized beanbags, aerobic balls to sit/bounce on, a chalk wall, a hammock, a therapeutic sun lamp and many sensory objects to use.

Whether the sky
is blue or grey,
there's
something to
LOVE in every
day!





The Sensory Room

The Sensory Room is located downstairs by the school. You may take one short break during each class and use it to recharge. It has a furry rug to sit on and touch, a bungee chair, an aerobic ball, a binder full of inspirational quotes, a chalk wall and many sensory/tactile items to use.

“It was really overwhelming when I first arrived at Cohannet, I felt alone and didn’t know anyone. At first, I stayed in my room and was scared to talk to anyone but the staff were really welcoming, supportive and friendly and that made it easier to adjust.”

PH, former resident



The Dining Rooms

We eat lunch and dinner in the downstairs Dining Room, and we have a full-time cook who prepares our meals (top photo). We also have cooking group 2-3 times a week. You will be able to plan and help cook homemade meals for the community. Our menu is designed by a nutritionist. The upstairs Dining Room is located on the main living floor (lower right photo). We eat breakfast and snacks here. Every day we have 2 snacks, and you may also have your own snack box for personal food.





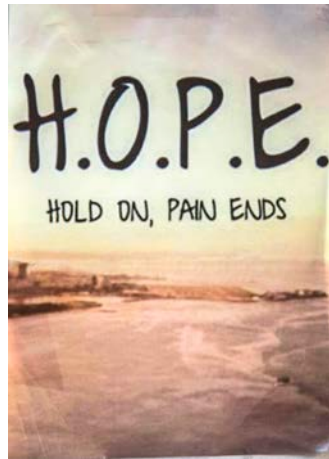
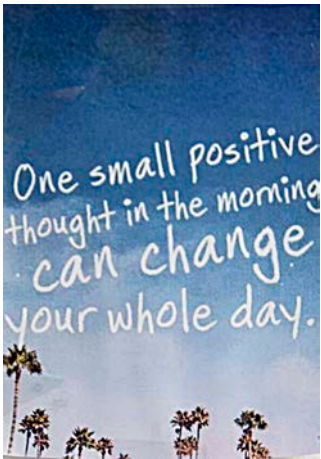
The Art Room

The Art Room is a great place to come and let your creativity shine! There are many supplies provided for you to explore and create whatever project you are in the mood for. Some of our supplies include: paint, canvases and easels, scrapbook supplies, sand art, markers, crayons and colored pencils.



Projects

We do all different kinds of projects at Cohannet. Things we have done include art contests, a book drive, a clothing drive and a greeting card project. We had the special greeting cards pictured above made from our drawings. We picked a charity and donated the proceeds from selling the cards. For this project, all of the money went to The Lupus Foundation of New England.



The Conference Room

The Conference Room is used for the treatment team to meet 3 mornings per week. When you want to ask for a specific privilege, you write to the treatment team and they review your requests and reply with their decision. Each month, you and all of the people who are involved with your treatment (clinician, DCF, DMH, family, legal guardians, etc.), will meet in this room to review the progress you are making.



Meditation Garden

The Meditation Garden is a tranquil outside area for our community to enjoy. In the summer, we plant flowers and learn how to take care of them throughout the season. The Meditation Garden has a swing as well as many benches to sit and relax on.

“When I first got there, I didn’t want to be there but people were really friendly and that made for a smooth transition for me from being an inpatient. Staff made it my choice to go to them, they didn’t force me to talk to them and my treatment plan was my treatment plan, it was individualized.”

BH, former resident



“Spring Fling”

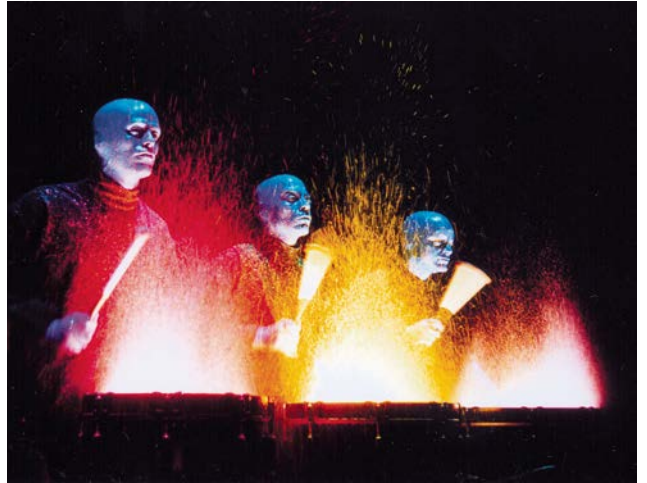
Every April, we have a dance called the “Spring Fling.” It is very much like a Prom. We get all dressed up and ready for a night of fun, laughter, dancing and games. Family members, friends and guardians are welcome to come and visit and help you get ready for the big event and take pictures. The staff even dress up for the festivities and many pictures are taken to capture the evening. We rent a hall for the party and ride there in a limo!

The Community

We go on daily outings throughout the year. Some places we like to go to include Target, the YMCA, Petco and the Silver City Galleria Mall.

We also go on many community trips with the administration team and other staff. Where we go usually depends on the season. Some trips we have gone on include: white water rafting, Six Flags, Red Sox games, Celtics games, Blue Man Group, ice skating and snow tubing. Sometimes we go out to eat as a community.

We participate in “Express Yourself” every May. “Express Yourself” introduces young people with mental illness and at-risk youth to the world of dance, theater, music and visual arts. It is a wonderful program that helps youth find their inner strengths and build their self-esteem. After many weeks of practicing, there is a grand performance for family, friends and the community at the Wang Theatre in Boston.



Where to find us

Cohannet Academy
Cain Building, 2nd Floor
60 Hodges Avenue
Taunton, MA 02780

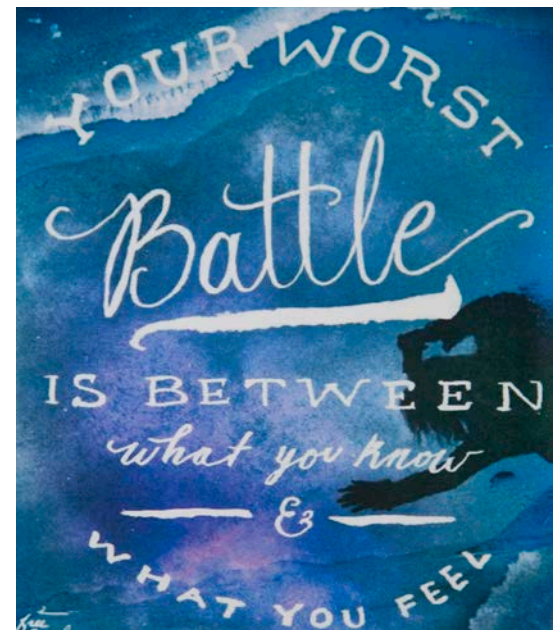
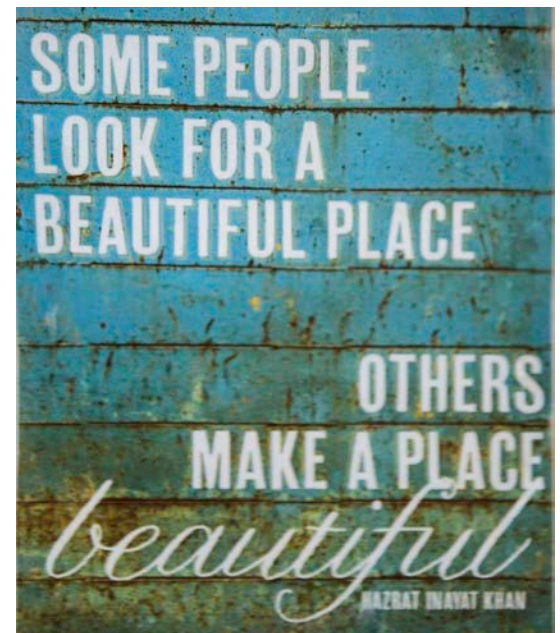
(Located on the grounds
of Taunton State Hospital)

Staff Station (24-hours)
(508) 977-3739

Resident Payphone
(508) 977-3083

*The entire campus of Taunton State Hospital is tobacco-free as of December 11, 2009 so there is no smoking for any resident, guest, family, workers or friends on the campus!

We do our best to assist parents/guardians who do not have vehicles of their own with transportation.



Directions to Cohannet Academy

Located at: Taunton State Hospital
60 Hodges Avenue | Cain Building, 2nd Floor
Taunton, Massachusetts 02780 | (508) 977-3739

From the South:

- Follow Route 95 North to Exit 6 (Interstate 495 South).
- Follow I495 South until Exit 8 (Route 138 Taunton/Stoughton).
- Follow Route 138 South towards Taunton for approximately 3 miles.
- Follow directions below*

From the North Shore or Northwest:

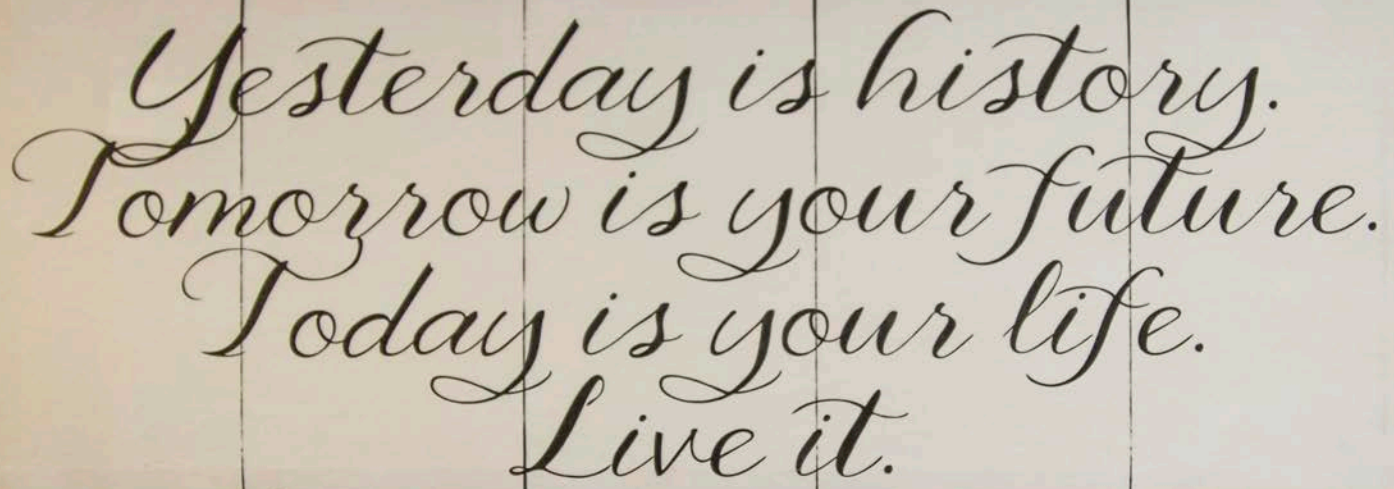
- Follow Route 128 South/95 South.
- Go South past Waltham, Newton & Needham exits.
- Proceed South until the Exit for Route 95 South (Attleboro/Providence).
- Follow Route 95 South & get off at Exit 6 (Taunton/Stoughton).
- Follow Route 138 south towards Taunton for approximately 3 miles (take the right off the exit).
- Follow directions below*

From Boston via Route 93 South:

- Take Route 93 South, bear right at the Braintree Split & continue on Route 93 South.
- Continue until Route 24 South.
- Take Route 24 South (exit left off of Route 93) until Exit 14 (Route 495 North).
- Go one exit to Exit 8 (Route 138 – Taunton/Stoughton).
- Follow Route 138 south towards Taunton for approximately 3 miles (take the left off the exit).
- Follow direction below*

***Once on Route 138 South:**

- After you go about 3 miles, you will be at a traffic light & you will see a Rite Aid Pharmacy on your left.
- Take a right at that traffic light onto East Britannia Street.
- Go straight on East Britannia Street through a stop sign.
- Continue straight through the intersection of West Britannia Street & Bay Street (you will pass the Polish Club on your right & Mechanics Cooperative Bank on your left).
- The road will split in about ¼ mile (Reed & Barton Factory will be directly ahead of you) & you will bear left at the split.
- Follow the road (now Danforth Street) around a sharp curve & over a little bridge.
- Taunton State Hospital is on your left (behind the big stone wall).
- Take the first entrance after the water tower (on your left & unmarked).
- Proceed on grounds.
- Make your first left, and then take your next right.
- You will pass a locked courtyard on your left.
- Park anywhere in the parking lot in front of you.
- **Proceed into the Glass Building and check-in with the secretary- a staff member from our unit will meet you in the lobby and walk you up to the unit on Cain 2.**

A photograph of a piece of lined paper with a handwritten quote in cursive script. The text is written in dark ink and is centered on the page. The lines of the paper are visible in the background.

*Yesterday is history.
Tomorrow is your future.
Today is your life.
Live it.*

Support from People with Lived Experience

Our Peer Mentor's name is **Robin Trotman**. Peer mentors are people with personal experience who are in recovery from mental health issues. They are trained to support youth that they mentor through their recovery process. Robin has experience going through her own recovery process, and she understands the struggles that adolescents face coping with mental health issues as well as living in a treatment program. She also has an AS degree in Human Services. Robin is at Cohannet to talk to and relate to you about the issues you are currently facing from a "peer" perspective. She also tries to show by example that it is possible to learn how to get through difficult times with hard work, determination and support and move on to lead a positive, successful life. Robin facilitates special groups and projects and acts as an Advocate as well. If there is a problem you are experiencing that needs to be resolved, you can bring it to her and she will do her best to work it out with the treatment team.

Stephanie Jordan is our Parent Partner. She has a Social Services certificate from the Community College of Rhode Island, and her role is to support your family/guardian. She has children who have been through struggles similar to yours. This helps her understand what parents/guardians experience during a very difficult, confusing time. Stephanie works hard to help families in any way she can, and she will also work with you. Stephanie runs our monthly family support and educational groups and hosts "family fun days" a few times each year. Stephanie also helps out with transportation for families who do not have their own vehicles.



Cohannet Academy's

5 Core values

1. Providing normative Experiences
2. The power of laughter and Humor
3. Honesty, accountability and transparency
4. Providing a Safe Environment
5. The power of Relationships and making Connections