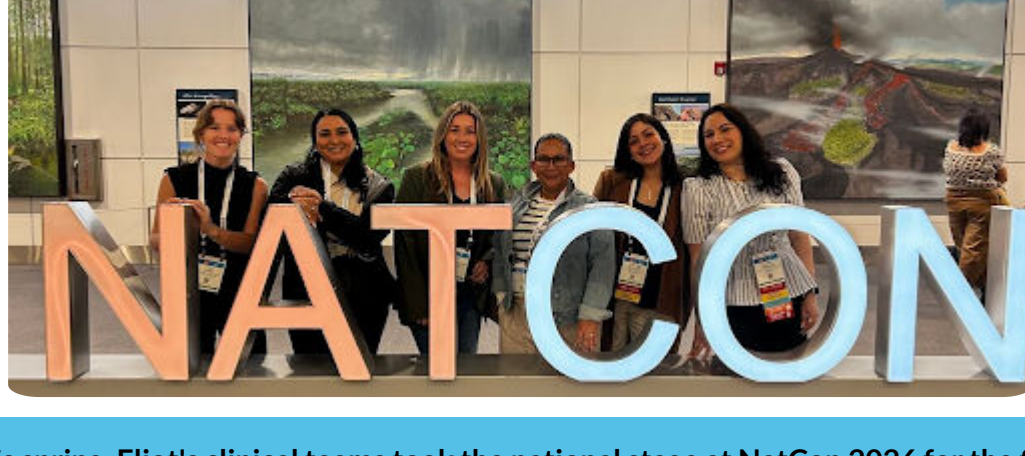




Inspired Impact:

Fueling Change in Behavioral Health & Human Services

Welcome to Eliot's newsletter – your look inside the people, programs, and partnerships advancing community-based care across Massachusetts. Whether you're a referral partner, community leader, or simply invested in this work, we're glad you're here. Let's stay connected.



This spring, Eliot's clinical teams took the national stage at NatCon 2026 for the first time, hosted by the [National Council for Mental Wellbeing](#). We presented original work shaping field-wide conversations about how care gets delivered, and for whom. Here's a recap:

Culturally grounded care, built from the ground up
Staff from the Lynn CBHC presented on [Equipo Renacer](#), our fully Spanish-speaking, multidisciplinary care team built around cultural values like familismo and personalismo.

Evidence-based care, delivered at scale
Clinical leadership unpacked [Eliot's transdiagnostic framework](#) for evidence-based care at scale – including outcomes showing 92% of patients with moderate to high suicide risk had a significant decrease in risk level.

Strengthening the NP-physician partnership
Chief Medical Officer Dr. Alana Nagle shared how Eliot builds communication frameworks between Nurse Practitioners and Physicians – and how we're training the next generation of psychiatric NPs through clinical supervision and mentorship.

We're grateful for the chance to share our work with the mental and behavioral health workforce nationwide.

Expanding Dialectical Behavior Therapy for Youth



When a young man at Carbone Hall chose to take a deep breath instead of lash out, something quiet but profound shifted. He was authoring his own response to the world.

This moment sits at the heart of [Eliot's expanding commitment to Dialectical Behavior Therapy](#)—a clinical framework that's reshaping how we show up for the most vulnerable young people in Massachusetts. Learn how DBT reframes behavioral and emotional struggles, trains our clinicians to be radically genuine, and builds toward a life worth living—one session at a time.

2026 Boston Globe Health Equity Summit

Eliot was proud to sponsor the [Boston Globe's 2026 Health Equity Summit](#) in Cambridge last month.

It was an impressive gathering of healthcare leaders, community advocates, journalists, and policymakers, all focused on advancing equitable care across Massachusetts and beyond.

Health equity isn't a theme for us. We live it every day.



LYNN CALM TEAM

Listening changes everything.

Javier Valdez leads Eliot's [Lynn Calm Team](#) – an unarmed response model partnership with the City of Lynn that sends trained responders (no police, no sirens) to handle calls that don't fit the traditional emergency box. Neighbor conflicts. Housing issues. Someone who just needs to be heard.

[Learn more](#) about the team that's quietly proving public safety can meet people where they are with compassion.

Reach the Lynn Calm Team:
781-905-CALM (2256) or Calm@lynnma.gov



Psychiatry at Eliot, Up Close

Psychiatry in community mental health is relational, collaborative, and deeply grounded in the complexity of the lives of the people it serves – and the psychiatrists at Eliot are making that case in their own words.

~ "We have our alliance, the relationship and the trust." ~

- Dr. Eden Evins

For Mental Health Awareness Month in May, [four of Eliot's psychiatrists reflected](#) on trust, team-based care, and what it really means to treat the whole person.



Earlier this month, Eliot launched a new collaboration with [The Salem Pantry](#) to provide pop-up food pantries at our CBHC at 95 Pleasant Street in Lynn.

At each event, The Salem Pantry will bring canned goods, dry goods, fresh produce, frozen proteins, and – when available – extras like fresh bread, eggs, and milk. Over the course of the summer and early fall, we expect to distribute approximately 15,300 lbs of food.

This is what community partnership looks like in action! We're grateful to The Salem Pantry for bringing their Farmer's Truck – and their expertise – directly to the people we serve.

Thank you for reading Inspired Impact

At Eliot Community Human Services, we're proud to stand at the forefront of innovation in behavioral healthcare and human services. Stay connected for more stories, insights, and updates that highlight the people and partnerships driving meaningful change across Massachusetts.

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