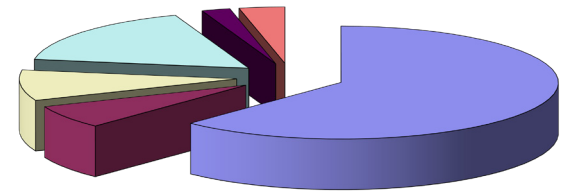


FINANCIALS

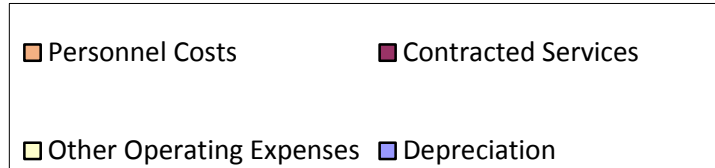
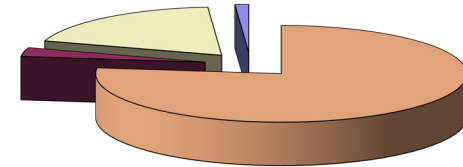
REVENUE



Revenue	
State Grants	\$14,245,860
Other Grants	1,518,319
Sales/Contracts	2,007,646
Third Party Reimbursement	3,889,015
Fundraising/Contributions	485,233
Other Revenue	776,932
Total Revenue	\$22,923,005

Expenses	
Personnel costs	\$17,489,867
Contracted Services	665,607
Other Operating Expenses	4,311,631
Depreciation	271,747
Total Expenses	\$22,738,852

EXPENSES



Thank you for **improving the lives and inspiring change** for thousands of individuals and families in your community. Please visit our website at [www.BHcare.org](http://www.BHcare.org) for a listing of our 2017 donors.

***“Your life improves only by the amount you improve others’ lives.” ~ unknown***



BHcare’s family of services includes The Umbrella Center for Domestic Violence Services, Parent Child Resource Center & Alliance for Prevention & Wellness.

[www.BHcare.org](http://www.BHcare.org)  
[www.Facebook.com/CTBHcare](https://www.facebook.com/CTBHcare)  
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*Improving Lives, Inspiring Change*



**2017 Impact Report**





## My baby and I are safe, thanks to you.

My journey has been rough and emotional, but at the end it was worth all the frustration and tears. I came to Antoinette's House distraught, scared, and not knowing what to expect. I was six months pregnant, and left everyone and everything I've known behind.

I came from my home where I was physically, mentally, and emotionally abused. My abuser came from a military background, he did two tours overseas and came back a different person. A man who was angry, frustrated, and suffered from severe PTSD. Being around him became harder and harder to deal with, it was like walking on egg shells and trying to avoid land mines.

I think it was after the doctor told me I was having a girl that I had epiphany, I didn't want her to think this type of behavior was acceptable. I finally got the courage to leave. I called the hotline, and spoke to Nicole. Little did she know her words of kindness and understanding would change my life forever. It was hard adjusting to the different ways of living. Everything in my house had to be pristine, immaculate, and spotless. I got here and it was more of a laid back environment, something I wasn't used to. Sharing a room with a stranger, and "the not knowing" was the scariest and frustrating part. Time had passed, and I made some great friends and built up some trust with certain people and staff. That in itself was a huge step for me, and changed my life around.

I worked really hard to get where I am today. I could see there was a light at the end of the tunnel. My daughter and I are finally moving on to the next step of safe living, and I am excited to start my new life with the help of my new friends at The Umbrella.

Thank you for all your help and support. It has not been easy, but I am eternally grateful to all who have helped me. ~ Sandra

**Your support  
helped  
6,177  
women & children  
find support in our  
domestic violence  
program**

## You helped me make a difference.

**Because of you,  
3,450 youth &  
1,318 adults received  
prevention education**

I have been a member of the Youth to Youth Peer Group for five years. The group's mission is to provide prevention information and education, be a part of environmental change, grow personally and provide drug-free fun.

Once a month, the group presents information on different topics to middle school students. The information we pass on is information we learned through the classes and trainings provided by the Alliance for Prevention & Wellness

(APW). I keep a shoebox full of pamphlets, flyers and notes from all the trainings and constantly refer to them when I am preparing for a presentation.

I see drug use in the high school and feel the need to get information out before kids start to experiment with drugs and alcohol. Our goal is to talk about drug use, sexting, suicide, internet safety and handling stress to the students in a way that is fun, interactive and on a level where they get it.

Two years ago I completed Mental Health First Aid Youth Training provided by APW. This has been a valuable tool to me personally and with my peers. I have struggled with stress and anxiety plus have family members with mental health and substance abuse disorders. I know how to look for the signs and symptoms and how to help. It is important to me that others get the help they need and don't suffer unnecessarily.

I want to be a part of change in my community. I am the group's media coordinator and I am on the Advisory Board of the City of Shelton. I feel as long as one person hears our voice and we touch just one life, we have been successful because over time, these numbers add up. I am proud to be a member of the Youth to Youth Group and I know we are making a difference by passing on the information we have learned through APW. ~ Deanna







## Thank you for helping my son.

My son Terrance had thoughts of hurting himself or others since he was about six. Every day these disturbing thoughts popped up in his mind. He was not aggressive and never tried to hurt anyone but he worried that someday he might try.

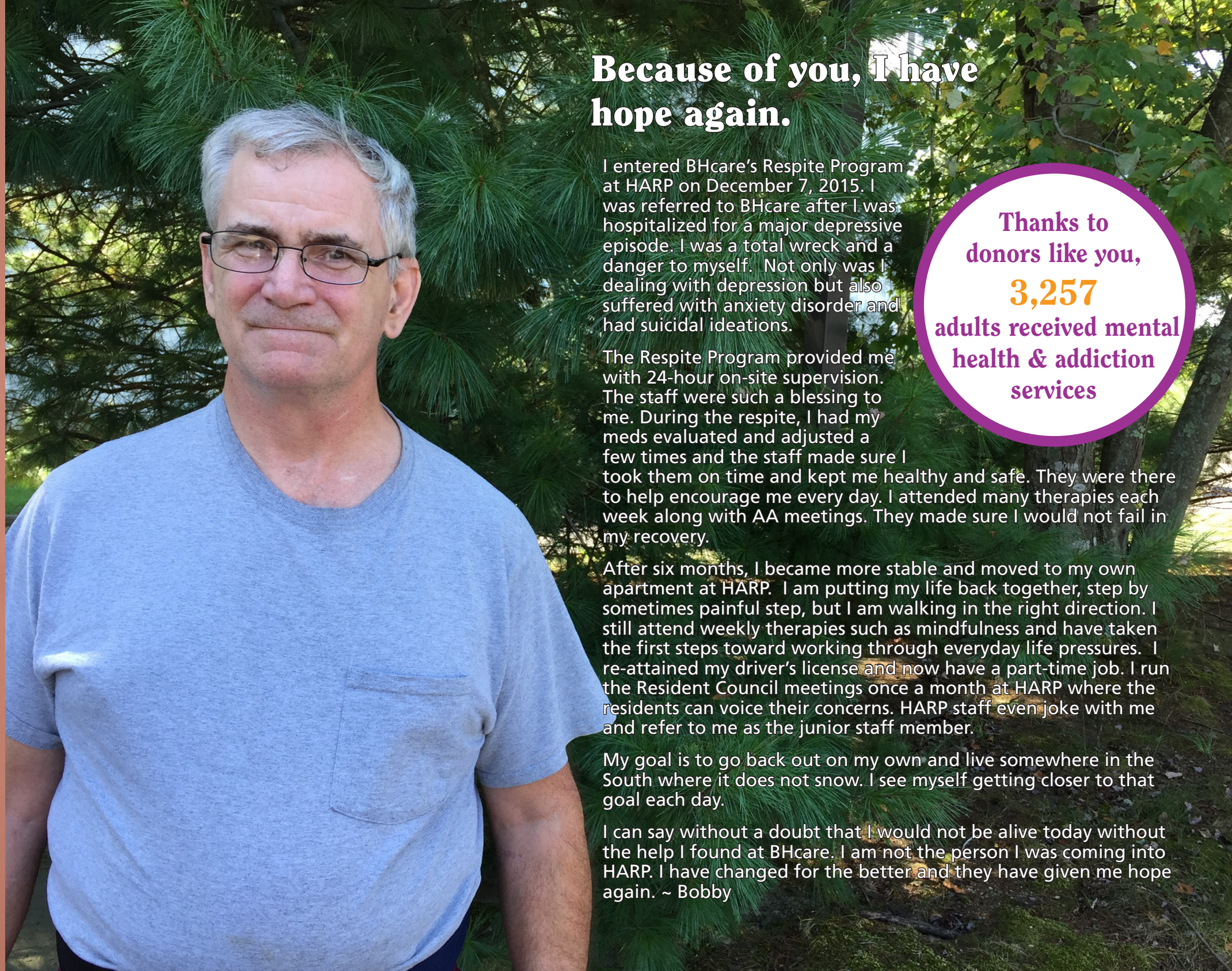
By the time he was in middle school, the thoughts started to interfere with his ability to focus at school. He had frightening dreams that disrupted his sleep. He became very anxious and felt hopeless. He was having difficulty socializing with peers and was feeling very disconnected. My divorce only added to his anxiety and stress. He became so distraught over the intrusive thoughts that he even tried to hurt himself.

I brought Terrance to PCRC in the spring of 2016. He began their intensive outpatient program (IOP). IOP helped him develop skills to monitor and cope with his thoughts. He participated in all aspects of his treatment including medication management which was a key aspect of his treatment program. Terrance became an active member of his group and even took on leadership roles.

At the end of the school year, he started individual outpatient therapy and completed the IOP the next fall. He has learned to manage his thoughts, his sleep has improved and he has adjusted positively to the demands of high school. He even participated in a school drama production.

Terrance has been stable emotionally and behaviorally for many months without any thoughts, urges or worries about harming himself or others. He has a sense of humor and has learned to cope with peer and family relationship issues. He is setting and meeting short-term goals and exploring the possibilities of long-term planning. He has a bright future ahead thanks to PCRC. ~ Beverly

**Your  
donations helped  
enhance  
the lives of  
935  
children &  
families**



## Because of you, I have hope again.

I entered BHcare's Respite Program at HARP on December 7, 2015. I was referred to BHcare after I was hospitalized for a major depressive episode. I was a total wreck and a danger to myself. Not only was I dealing with depression but also suffered with anxiety disorder and had suicidal ideations.

The Respite Program provided me with 24-hour on-site supervision. The staff were such a blessing to me. During the respite, I had my meds evaluated and adjusted a few times and the staff made sure I took them on time and kept me healthy and safe. They were there to help encourage me every day. I attended many therapies each week along with AA meetings. They made sure I would not fail in my recovery.

After six months, I became more stable and moved to my own apartment at HARP. I am putting my life back together, step by sometimes painful step, but I am walking in the right direction. I still attend weekly therapies such as mindfulness and have taken the first steps toward working through everyday life pressures. I re-attained my driver's license and now have a part-time job. I run the Resident Council meetings once a month at HARP where the residents can voice their concerns. HARP staff even joke with me and refer to me as the junior staff member.

My goal is to go back out on my own and live somewhere in the South where it does not snow. I see myself getting closer to that goal each day.

I can say without a doubt that I would not be alive today without the help I found at BHcare. I am not the person I was coming into HARP. I have changed for the better and they have given me hope again. ~ Bobby

**Thanks to  
donors like you,  
3,257  
adults received mental  
health & addiction  
services**



# You Make These Amazing Things Possible!



167 adults  
151 children

Received shelter in our safe houses



142  
children

Attended Intensive Outpatient Program (IOP)



50 youth  
210 adults

Completed Mental Health First Aid trainings



2,611  
adults

Received clinical services



65  
adults

Found & maintained gainful employment



3,415

Domestic violence hotline calls answered



392  
children

Received clinical services at PCRC



416  
adults

Received case management services



4,366

Court cases were supported by UCDVS



27  
classrooms

Received drug education & prevention training

Imagine how many more lives can be improved and changed with your help and support.