



# Together, We Can...

  
**BHcare**  
*Hope • Health • Recovery*

**2018 Impact Report**



# I Will Never Forget The Umbrella



I will remember the Umbrella staff for the rest of my life. I was in an abusive situation and had no where to go. I was very scared and alone. It was not easy for me to be in a foreign country with no family or friends.

The Umbrella was the only place I had to turn to. They let me stay in their shelter. The staff assisted me with legal issues and helped me get back to my country.

I want to thank you for all your encouragement, words of wisdom and guidance. Thank you for letting me stay in the shelter. Thank you for the nice accommodations. Thank you for being with me through this dark and lonely period of my life. Thank you for keeping me safe. Thank you for helping me return home.

I pray your foundation may continue to help the victims of domestic violence. May God bless the staff, the director and the entire foundation. I will never forget you.

*~ Joleen*

## Together, We Can...

provide a safe haven for **6,190** domestic violence victims and their children.

## It is Okay to Ask for Help



I started coming to BHcare in July of 2014. I was invited to be a part of the Young Adult Services (YAS) program due to a lot of friction at home and because I was feeling unsafe. BHcare did everything in their power to get me out of that situation and keep me safe. At YAS, I was taught the meaning of safety and the freedom to express my emotions. I also received case management and vocational services at the Shoreline clinic.

Currently, I am Vice President of OAK, the OPTIONS Advisory Kouncil which runs the social club in Branford. While in YAS, and at OPTIONS, I'm learning how to be my own person and how to ask for help. I had a belief that I had to do things on my own. With compassion and patience, the staff helped me change that belief to, "Yes, I can do things my own and it's OK to ask for help."

Today, I am happy to report that I'm a graduate of the YAS program and I am certified as a Recovery Support Specialist. I'm in school working hard to become an automotive technician and I will soon be a graduate from a local Dialectical Behavioral Therapy group.

If someone was reluctant to come to BHcare I would say that makes sense. Sometimes services let us down but I assure you that BHcare is not one of those places. They go out of their way to help their clients.

In my hardest moments, BHcare has been my flashlight in the darkness.

~ **Betzy**

## Together, We Can...

give **2,979** adults with mental illness and addiction issues the support, tools and resources to be happy, productive members of our community.

## BHcare's family of services includes The Umbr Alliance for Prevention & Wellness

### Domestic Violence Services



**4,304**  
Hotline Calls  
answered

**134 & 120**  
Adults Children  
received shelter in our  
safe houses



**1,634**  
Lethality  
Screenings  
performed by  
first responders

**4,114**  
Court Cases  
supported by  
UCDVS



### Mental Health & Addiction Services

**2,648**  
Adults  
received therapy



**464**  
Adults  
received case  
management  
services

**218**  
Adults  
received  
employment  
services



participated in  
OPTIONS & the  
Valley Social Club

### VOLUNTEERS

29 - MSP volunteers  
21 - Clothing Bank volunteers  
30 - Event volunteers  
24 - Other volunteers



**104 Total**



# orella Center for Domestic Violence Services, is & Parent Child Resource Center.

## Children & Families Services



**532** Children  
received counseling



**37** Classrooms  
participated in our  
Early Childhood  
Consultation  
program

**70**

Families

received parenting  
support services



## Prevention & Wellness



**631**  
Adults  
trained to  
administer Narcan

**120**

Youth & Adults  
certified as Mental  
Health First Aid  
responders



**100**

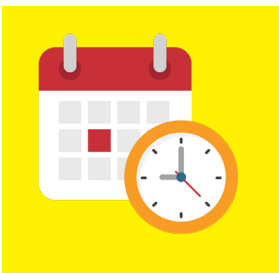
Students  
screened for  
substance use &  
abuse

**10**

Opioid Awareness  
Workshops  
hosted for students



**10,776**  
Total  
Volunteer  
Hours



**\$260,132**  
Total  
Savings



**10,776**  
Total  
Volunteer  
Hours

## Trusting the Future



Jane is a teenaged girl who started counseling at PCRC following a disclosure that she had been sexually abused by her father. This caused a rift in her family and she was eventually removed from her home and placed in foster care.

Jane was referred to the Intensive Outpatient Program (IOP) due to an increase in depression, anxiety, self-injurious behaviors and ongoing suicidal ideation. While enrolled in the IOP, she struggled with stability in her life and a sense of belonging and continued to struggle with feeling safe. She was placed in multiple foster homes throughout IOP. She often struggled to open up within the group and was very guarded. She lacked the ability to trust others and to communicate. Jane's traumatic experiences left her struggling to make significant connections and relationships in her life.

Through several months of both outpatient and IOP services, we saw

Jane develop a sense of belonging and acceptance. IOP became her safe haven from the chaos going on around her. Jane's personality began to flourish and develop as she was able to feel a sense of comfort and security with her group members and clinician. Towards the end of treatment, she was seen laughing and smiling as she was able to engage in developing healthy peer connections in the group. Through treatment, she gained the confidence to advocate for herself despite being let down by those she trusted in the past.

Jane has now graduated from the IOP and continues to do amazing work with her individual therapist at PCRC. She currently has a foster family who wants to adopt her and is excelling at school and sports.

**~ Jane's clinician**

## Together, We Can...

help **919** children and families restore hope and harmony to their homes.

## Being a Part of the Solution

**Tom:** "I was invited to a presentation by Pam Mautte from BHcare's Alliance for Prevention & Wellness (APW) that focused on the drug problem in Connecticut and throughout the country. The statistic that 200 people a day die of an overdose in the US and 2 to 3 of them are in CT, really stuck with me. I had no idea how bad the drug problem was, especially in the Valley. I'm sure others in attendance were as shocked about these numbers as I was. I asked myself 'what can we do to be a part of the solution? How can we make an impact and be a part of the healing process?'



I looked around to see who was not in the room and realized it was important to bring more of our faith community together and let them know what was going on in our communities. I worked with Pam to schedule an educational workshop with the local clergy. "

**Joel:** "I was speaking with the town clerk of Shelton who was sad to say how many death certificates were processed for young people who died from a drug overdose. I knew we needed some kind of response. I felt the need to create a network where people can grieve together and provide support for those with loved ones who were suffering with addiction problems."

**Tom:** "We wanted to make an impact on the community and help be a part of the healing process. We wanted a time and place for people to come together and not be judged or have to make excuses for something they felt they did wrong. As a church community, we want to welcome everyone and offer support.

Joel and I put together a remembrance service for the community that included an educational presentation by APW along with Narcan training. I can't stress enough the importance of the information and education that Pam and APW provide to the community. They are not only providing prevention education and training but they are reaching out to other organizations and groups to create a large network of people to provide hope, healing and recovery for our communities."

*~ Reverend Tom Mariconda, Regional Deacon (Episcopal) for the Naugatuck Valley*  
*~ Reverend Dr. Joel Clark Mason*

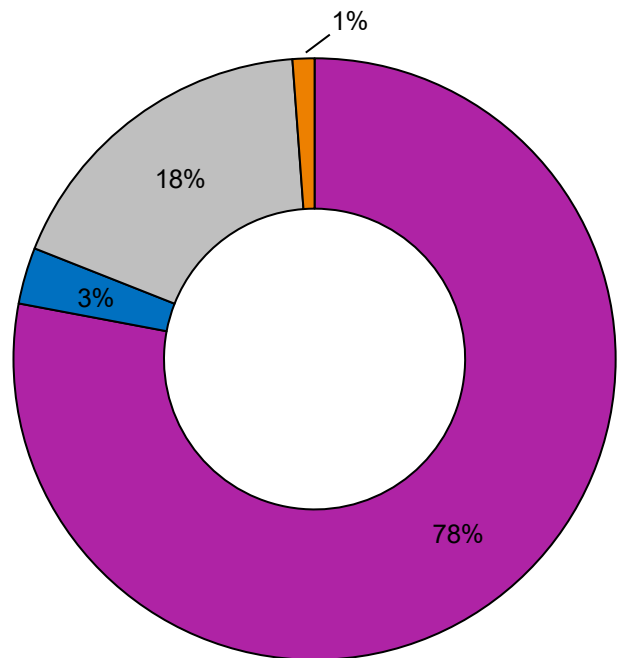
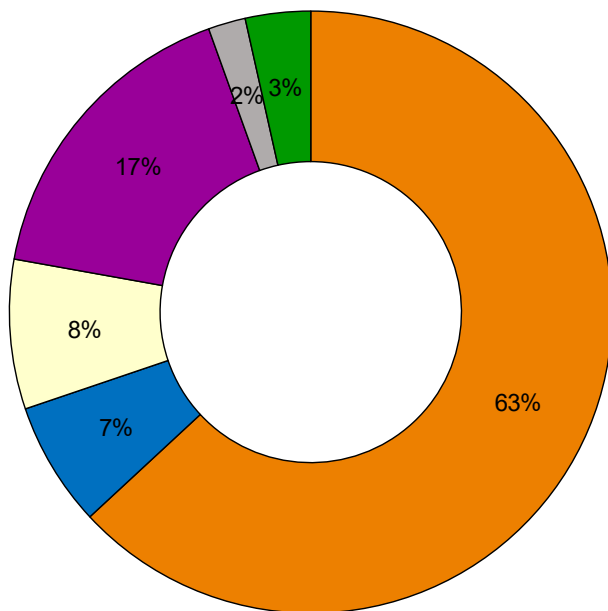
## Together, We Can...

provide **3,149** youth and **981** adults with the knowledge and skills to create healthy communities.

## FY18 FINANCIALS

### REVENUE: \$22,414,875

- State Grants = 63%
- Other grants = 7%
- Sales/Contracts = 8%
- Third Party Reimbursement = 17%
- Fundraising/Contributions = 2%
- Other revenue = 3%



### EXPENSES: \$22,359,625

- Personnel Costs = 78%
- Contracted Services = 3%
- Other Operating Expenses = 18%
- Depreciation = 1%

***Thank you to our funders, donors, supporters and volunteers who help us make our mission a reality. We couldn't do this work without you, and for that, we are forever grateful.***

Visit [www.BHcare.org](http://www.BHcare.org) for a full listing of our donors.

**Alone** we can do so little, **Together** we can do so much. ~ Helen Keller



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