

Endless Possibilities



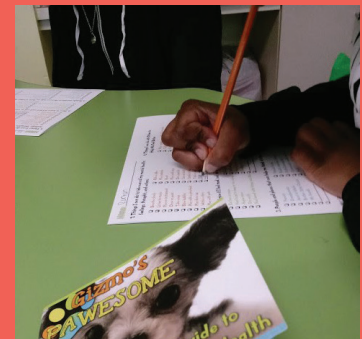


RYAN

Your support helped
56 people get
certified as Mental
Health First Aid
responders.

I have been a part of the leadership club at school for several years. I am always looking for ways to do better and make an impact in the community. I took the Mental Health First Aid training and the QPR (Question, Persuade, Refer) suicide prevention course offered at my school by BHcare's Alliance for Prevention & Wellness. It went hand in hand with my goals to be involved and help make the world a better place. Plus, I always seem to be the person friends come to when they have problems. The trainings taught me how to recognize the symptoms of a wide range of disorders from eating problems to suicidal warning signs. I know what to say, what to do and where to send people now.

I also participated in a pilot program as a peer mentor for about 200 third, fourth and fifth graders. I presented The Gizmo Pawsome Guide to Mental Health to classrooms in Derby elementary schools. This interactive program helps youth understand their feelings and when they should go to a trusted adult for help. It really blew my mind how much the kids were engaged. Every class went over time because they had so many questions and stories to share. It was a real eye-opener and made me realize how important it is to talk about mental health at a very early age.



I start college soon and will be majoring in psychology. I believe treating mental health is as important as treating physical health. Although society today looks at mental health with less stigma, I think we still have a long way to go.

I believe everyone has goodness in them and that everyone starts with a blank moral slate. I want to understand what drives people. I think it is easier for some people to make bad decisions. I want them to claim responsibility for their actions and realize their decisions impact their quality of life. I want to be the person who helps set people on the right path and arm them with the tools to make good decisions. I want to show them how these decisions will make it possible to live better and easier lives. ~ Ryan



LINDA

Your donations
provided case
management services
for **544** people.

I lived with my mom in North Haven all of my life, so when she died, I had no idea where I would go. I have some mental health and addiction issues and it caused lots of family conflict. I was not taking my prescribed meds as directed which made the situation even worse. My sister was going to sell the house, so I needed a place to live. I have never lived on my own before. I went to the Department of Community Services in North Haven and they referred me to BHcare.

The staff at BHcare were so nice and helpful. They helped with all the paperwork that I needed to fill out to find housing. They put my name on the lists to several senior housing facilities. They assured me they would find a place one way or another. It did not take long for them to find me a room.

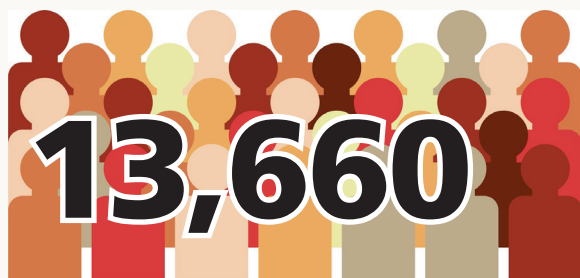
I really like my new place. I have my own private room and can come and go as I please. The staff helps me with my meds and makes sure that I take them as directed by my doctor. I try and stay active. I have been to the social club (OPTIONS) in Branford a few times and plan to go back once I get my medical needs taken care of. I keep in touch with my brothers and sisters through Facebook and I get to see my son who works nearby.

My community support specialist meets with me every two weeks and takes me to my doctor's appointments. She helped me get a cell phone and showed me how to use it. She regularly checks on me to see how things are going and if I need anything.

BHcare has been wonderful. I have a good life now. I really believe I might have ended up homeless if it wasn't for the help I received.

My message to everyone is to never give up. Life might get hard, but you must keep going. Help is out there. Keep talking, keep trying, and keep moving forward. Anything is possible. ~ Linda

YOU made all this possible!



**Adults, children & families
received services**

2,597

adults received
mental health &
addiction services



833

children & families
received help
at PCRC



1,893

adults

611













youth

received education
by the Alliance for
Prevention & Wellness



7,726

victims & their children
received support from
The Umbrella Center for
Domestic Violence Services

Mental Health & Addiction Services	<p>81,818 total adult behavioral health services provided</p> 	<p>2,135 employment support services</p> 	<p>46,024 clinical sessions</p> 
Domestic Violence Services	<p>3,896 domestic violence hotline calls answered</p> 	<p>5,492 court cases supported</p> 	<p>144 Adults 125 Children received shelter in our safe houses</p> 
Prevention & Wellness	<p>486 adults & children received suicide prevention training</p> 	<p>513 people trained in substance use awareness</p> 	<p>784 people trained in opioid overdose prevention</p> 
Children & Families Services	<p>18,399 children's clinical services provided</p> 	<p>142 children participated in Prevention Through Early Intervention training</p> 	<p>106 families received parenting support services</p> 



GERI

Because of you,
first responders performed
1,821 lethality screens.

A nightmare would be the only way to describe my life before The Umbrella. My boyfriend Steve, the man I loved, turned out to be a monster. I was so afraid of him and feared for my children.

After we split up, he broke into my house one night screaming and yelling. He pushed me into the bathroom and into the tub by my neck and choked me. He let go for a second and when he tried to grab my neck again, I bit his hand as hard as I could. I tried to run out of the house with my kids, but he would not let me take my son. I couldn't leave the baby, so I stayed the night. The kids and I slept in one room and he slept in another room. When he got up that morning, the abuse continued, and he threatened to kill me. I somehow managed to lock myself in the bathroom and texted 911.

The police showed up immediately and he was arrested. They called the domestic violence hotline number looking for shelter for me and my children. An advocate from The Umbrella met us at the police station. We had 8 garbage bags full of our belongings. We grabbed as much as we could as quickly as could and stuffed it into the bags. A New Haven police officer helped us load the van and we were transported to the shelter. We were met by the residential counselor and a child advocate.

I still did not feel safe because I found out Steve was released on bond. I let the counselor know that I really wanted to leave the state. I worked with their court advocates and DCF and was able to add my children to the Protective Order and that helped make me feel a little safer. The staff at The Umbrella worked very hard to find a shelter in another state and helped me get a Section 8 voucher under VAWA (Violence Against Women Act) which was transferred to the new shelter. My children and I are finally safe. None of this would be possible without The Umbrella. I am eternally grateful for all their help and support.

~ Geri



SOPHIE

Thanks to donors like you,
159 children received
Intensive Outpatient Therapy.

My daughter Sophie was referred to PCRC's Intensive Outpatient Program (IOP) because her panic attacks and anxiety were so out of control that she started harming herself. She was cutting herself and it soon became an addiction.

She learned new, healthy coping skills in group therapy and stopped cutting herself. Her social anxiety got better and she was more comfortable interacting with her friends. After she completed the IOP, she started individual therapy where she learned how to identify situations and feelings, which could trigger anxiety and panic attacks, or put her at risk of self-harm. She developed a set of skills to avoid or reduce known triggers. She became more socially active and joined two school sports teams.

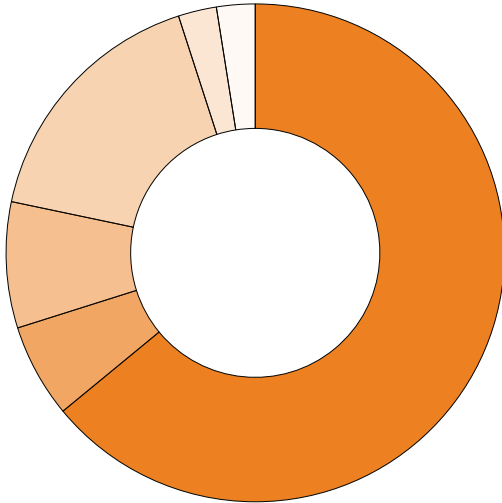
Sophie finally started participating in oral presentations, rather than continuing to skip them and taking a grade of zero. She used her new coping skills to prevent test anxiety and took the PSAT without any noticeable stress. Sophie even worked as a counselor at summer camp and an afterschool program.

My husband and I participated in several parenting and family therapy programs, too. It helped us provide the support Sophie needed to manage and reduce her anxiety at home.

Sophie graduated from Gateway Community College and will start at Southern CT State University this fall to finish her certificates for Early Childhood Special Education K-12. She is doing great thanks to the help she received from PCRC. We couldn't be prouder of her. The possibility for a successful future for Sophie remains bright. ~ Sophie's mom

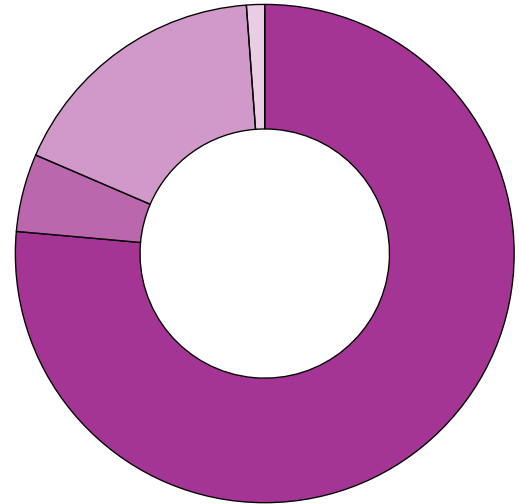
FY19 FINANCIALS

REVENUE: \$24,244,040



- 64% State Grants
- 6% Other Grants
- 8% Sales/Contracts
- 17% Third Party Reimbursements
- 2% Fundraising/Contributions
- 3% Other Revenue

EXPENSES: \$22,953,904



- 77% Personnel Costs
- 5% Contracted Services
- 17% Other Operating Expenses
- 1% Depreciation

“We are the opening verse of the opening page of the chapter of endless possibilities.” ~ Rudyard Kipling

**Thanks to your support,
thousands of individuals & families have found endless possibilities
to live happy, healthy, productive and safe lives.**