

# *The Journey Onward & Upward*



  
**BHcare**

*Hope • Health • Recovery*

2014 Annual Report

## Why I come to work every day



A few months ago I was in between meetings and thought that if I didn't stop for a cup of coffee that I may not make it through the rest of the day. The day so far had been difficult, long meetings, talks of potential funding cuts, all sorts of doomsday chatter among community providers – all in all, difficult. I was in a rush so I decided to stop at a local coffee shop. The drive-thru line was long, and time was short so I went inside. As I waited for my drink, someone tapped on my shoulder. I turned to find Ben, a BHcare client who I'd met a few years ago in the lobby at one of our clinics. Back then he was struggling with his symptoms, and found it hard to speak. He and his mother were waiting for an appointment with his clinician. She looked worried, and Ben looked anguished.

Now, Ben stood tall and proud in his coffee shop uniform. He pushed his broom to the side and leaned on it slightly. He explained to me that he'd been working there for over a year, and while it wasn't the most exciting job, that he really enjoyed it. He beamed with pride as he went on to tell me that he moved into an apartment and was paying his own bills. Ben said that he doesn't have enough to buy a car yet, but he is saving and thinks he'll be ready to buy something by next summer.

I congratulated him on his success, and he shook my hand and went on his way. Our conversation was short, but it brightened my entire day. In a few short years, this young man was able to turn his life around. He is healthy, he has dreams, and he is proud. Ben and so many others like him are why I come to work every day, and are why I am so incredibly grateful for your support. You make these successes possible; you make the *journey onward and upward* a reality. Thank you.

A handwritten signature in black ink that reads "Roberta J. Cook".

Roberta J. Cook  
President/CEO

## Hope to Move On

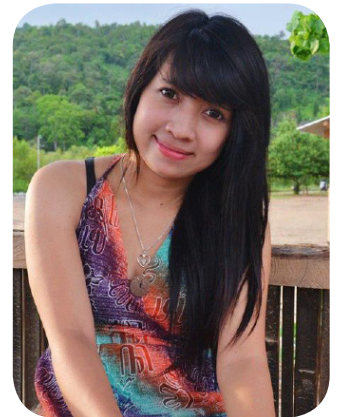
Lea moved to the U.S. with her husband only to endure a life of emotional and physical abuse. She struggled with the English language and had no friends or family. Lea was not allowed to go to school to learn English or even go out for a walk. She became a prisoner in her own home; locked in the house day and night. Her husband controlled every aspect of her life.

Lea fell into a deep depression. She said, "I wouldn't eat or get out of bed for weeks." Lea pleaded to go to the doctor, but her husband refused to take her. The emotional abuse continued for nearly a year until one day when she found herself with his hands around her neck and gasping for air. She managed to escape and her husband was arrested.

A victim's advocate at the court connected Lea to The Umbrella Center for Domestic Violence Services (UCDVS). She was moved into a safe house. The first few weeks at the safe house, Lea continued to be depressed; crying all the time and not eating. Eventually she started to talk to other women in the house and joined one of the support groups. Over time, she regained her strength and confidence and was ready to move forward. UCDVS helped Lea enroll in school, obtain a certified nurse's aid license and secure a job.

She began to turn her life around but was faced with another barrier. Lea was a U.S. citizen by marriage and without her husband, she faced deportation. UCDVS worked with her for nearly four months to obtain a ten-year green card under the protection of Violence Against Women Act.

Lea recently relocated to another state to be near friends from her home country. She is working and living on her own. With a smile on her face she said, "The Umbrella brings hope to many hopeless women like me. I am a living witness. I will always remember what they did for me and will always pay it forward."





## *Your Support Invested in the Valley:* Ansonia, Derby, Oxford, Seymour & Shelton



### Behavioral Health Services

**Clinical Services:** **1,531** individuals received **17,448** services in our Ansonia clinic.

**Community Support Services:** **379** Valley residents received **7,693** services.

**Primary Care:** **115** individuals received on-site primary care services in our Ansonia clinic.

**Valley Social Club:** **130** Valley residents participated in social club activities.

### The Umbrella Center for Domestic Violence Services (UCDVS)

**UCDVS** provided nearly **11,000** services to victims of domestic violence and their children in the Valley over the past year.

### Greater Valley Substance Abuse Action Council (VSAAC)

**VSAAC** provided information, training and presentations to **1,475** youth and over **821** adults in the Valley in the last year.

#### *Mission:*

BHcare provides comprehensive behavioral health, prevention and domestic violence services that improve the lives and health of the individuals, families and communities we serve.

## *Your support invested in Greater New Haven:* Beacon Falls, Bethany, Hamden, Milford, New Haven, Orange, West Haven & Woodbridge

### The Umbrella Center for Domestic Violence Services (UCDVS)

Last year **UCDVS** provided court-based services for **4,111** New Haven residents, and provided outreach, counseling and shelter for **1,234** individuals and families in Greater New Haven.



### Greater Valley Substance Abuse Action Council (VSAAC)

**VSAAC** provided information, training and presentations to **525** youth and **1,104** adults in Greater New Haven last year.

**VSAAC** spearheaded the New Haven Drug Endangered Children Alliance in partnership with the CT State Police and New Haven Police Department. The CT Alliance for Drug Endangered Children (DEC) is a coalition of professionals assisting local communities to effectively and efficiently identify and protect children endangered by caregivers who produce, distribute, or use illegal drugs.



## Your support invested on the Shoreline:



Branford, East Haven, Guilford, Madison, North  
Branford & North Haven

### Behavioral Health Services

**Clinical Services:** 1,298 individuals received  
15,864 services in our Branford clinic.

**Residential Programs:** 59 individuals were  
housed and treated at our residential facilities.

**Primary Care:** 264 individuals received on-site  
primary care services in our Branford clinic.

**Employment:** 214 individuals were enrolled in  
employment services on the Shoreline.

### The Umbrella Center for Domestic Violence Services (UCDVS)

Last year, **UCDVS** provided 1,910 services to 466  
victims of domestic violence and their families on

the Shoreline. The **UCDVS** hotline responded to 880 crisis calls and helped 402 Shoreline families in the court system.

## Quite a Journey

Alexandra had a difficult life while growing up. She suffered a childhood trauma, struggled in school, and went to counseling on and off for years. Things seemed to turn around when she went away to Wheelock College in Boston. She did well in her classes, became a student advisor, and taught Freshman Seminar. But suddenly, everything began to unravel.

*I had a friend named Melanie, and nearly over night, I was doing everything I could to be just like her. She told me we were "mind mates" and that we could read each other's thoughts. Before I knew it I thought I could read everyone's mind. I heard voices in my head all the time. The voices told me that certain colors and certain symbols would mean different things for the people around me. I would spend my whole day listening to the voices and obsessing over the symbols, words and colors. Every move I made was calculated, I would tap my foot to shift negative energy, or turn to the right to improve someone's day. I couldn't read, I couldn't hear, everything was about my obsession with what I thought was the spiritual world (the voices), and Melanie.*



Alexandra eventually sought help. She came back to Connecticut and was admitted to Yale-New Haven Hospital where she was diagnosed with schizoaffective disorder. Schizoaffective disorder is a condition in which a person experiences a combination of schizophrenia symptoms — such as hallucinations or delusions — and mood disorder symptoms, such as mania or depression. Throughout the next decade she struggled with symptoms, wrestled with medications, found and lost jobs, and eventually wound up back in hospital, an experience that would change her life forever.

*I was in the hospital and I was talking to God and said, "God, I have no gifts" and God replied, "Yes, you do". That night I wrote the poem, "Snow" and I've been writing ever since. I also rediscovered my talent for art and painting. (Read Snow online: <http://bhcare.org/page/25310--Snow-by-Alexandra>)*

She was sitting in the hospital, about to be discharged, but had nowhere to go. That is when Alexandra found BHcare.

*I moved into a respite bed at HARP and after much hesitation, the staff from BHcare were able to convince me to take Clozaril®. Clozaril helps me cope with my symptoms, the voices, and helps me take the time to determine what is real and what isn't. Clozaril saved my life; I haven't been in the hospital since 2008.*

Now, six years later, Alexandra works every day to manage her symptoms and is living a wonderful life. She lives in an apartment with a roommate, she teaches an oil painting class at the Guilford Senior Center, and serves on the Art Show committee at BHcare's OPTIONS program. Alexandra sings in the choir at St. George Church, is a Eucharistic Minister, and is a Third Order Franciscan. She has a strong relationship with her mother and sisters, and is working on her second book.

*I have an awareness of where I am mentally now. I know that God is working in my life. I know that I have dreams and that I can accomplish them.*



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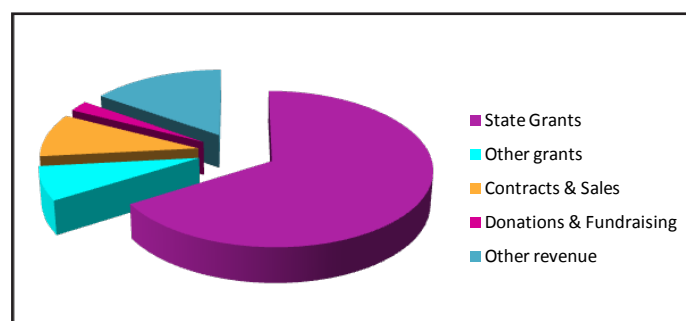


## ***Financials***

**Audited financials are presented for this fiscal year (July 1, 2013 - June 30, 2014) for BHcare**

Entity	Revenues	Operating Expenses	Excess (deficiency) of Revenue over Expenses
BHcare	\$17,989,004	\$17,932,316	\$ 56,688
Birmingham Foundation	\$ 369,190	\$ 189,184	\$180,006
Birmingham Group Realty	\$ 449,711	\$ 555,630	(\$105,919)
Consolidated (Net of Eliminations)	\$18,232,865	\$18,102,090	\$130,775

### **Revenues FY2014**



### **Programs/Services/Fundraising Expenditures FY2014**

Expenditures	
Salaries & Fringe Benefits	\$13,726,218
Operating Expenses	\$ 3,502,339
Contracted Services	\$ 646,529
Depreciation	\$ 227,004
<b>Total</b>	<b>\$18,102,091</b>

# Donors, Partners & Volunteer

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Bassett Family Fund

## \$10,000- \$24,999

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## HONORARIUMS/TRIBUTES

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\*\*Deceased

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## SPECIAL THANKS

Special thanks to additional donors who have supported BHcare through in-kind donations, donations to My Sister's Place and the Clothing Bank, and those who supported bowlers in our Bowl-2-Benefit.

## ERRATA

Every effort has been made to render our listings of donors, Board/Committee Members, Friends, Partners, and Funders complete and accurate. We trust that any inaccuracies or omissions will be forgiven as an oversight and brought to our attention. We are grateful for your understanding and for your continued support.

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Some of our donors have requested that their names not appear in our publications. We respect their desire to remain anonymous and thank them once again for their generous

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**Valley Site**

435 East Main Street  
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*"There is no exercise better for the heart than reaching down and lifting people up." - John Holmes*



**BHcare staff and clients wish to thank all donors and volunteers for supporting our mission to improve the lives and health of the individuals, families and communities we serve by helping them find hope, health, and recovery.**