

Our Story Continues...

2015 Impact Report


BHcare
Hope • Health • Recovery

Thanks to you, our story continues...

In the following pages, you'll get to read firsthand accounts of the impact your donation is having on the lives of individuals in your community who are struggling with mental illness, addiction, domestic violence, and suicide. Your support is giving these individuals and families a renewed sense of hope.

Thanks to you, Sylvia is no longer homeless and living on the streets, instead she is thriving and serving in a leadership role in our social club. Thanks to you, Adrianna is preparing to move out of our group home and into her own apartment. Thanks to you, Sarah and her children were able to flee an abusive home and rebuild their lives free from violence. And thanks to you, a trained adult was able to recognize the signs of suicidal behavior and save the life of a teenager who was struggling with depression.

Your gift, your time, and your support, they have a true impact on your community, and I couldn't be more grateful, thank you.

Sincerely,

Roberta J. Cook

President/CEO



Chapter 1: Keep Moving Forward

Growing up was tough. I knew something was wrong during my teenage years. I started using drugs and alcohol to deal with my illness. I was in and out of hospitals for many years. At one point I ended up homeless and living on the streets.

I was admitted to a facility in Waterbury in 2000. My diagnosis was paranoid schizophrenia with multiple personalities along with substance abuse. In April of that year, I was transferred to a place in the Valley.

I grew up in the Valley and my family thought I would do better in a familiar environment. I started therapy at BHcare shortly after I moved back to my hometown.

BHcare is where I found a personalized, focused intervention program that worked for me. I had a case manager and was prescribed medication that better managed my illness. The clinicians taught me how to set small goals, to keep my focus simple and I learned new skills to cope with my paralyzing anxiety. I finally took an interest in myself. I didn't know what the "better me" looked like but I worked hard to try and find that better person.

I needed a support system and interaction with others that were going through some of the same struggles that I had so I joined the Valley Social Club. At first, I just sat in the corner and watched the others interact. I kept telling myself that I can do this and soon I was participating in many groups. I currently serve as the Vice President of the club.

I go to the club every day. The members there are like family to me. I love all of the outings and events that we participate in. I like that I am giving back to the community by being a part of the fundraisers at the club and lobbying at the state capitol for mental health services. I also volunteer at My Sister's Place. It helps me to interact with people and it gives me a good feeling that I am doing something good for someone else.

I know it can be scary for some of you that have a mental illness but you need to keep going. Coping with my diagnosis is a full-time job for me. Every day I face challenges and struggles but I keep telling myself I can do it. BHcare is a safe hold for me that keeps me sane. Thank you to all the staff at BHcare that help me to be a better person.



Sylvia - "I didn't know what the "better me" looked like but I worked hard to try and find that better person."

- Sylvia

Thanks to your generosity

13,000

Individuals & families served

**3,500
adults**

**Received
mental
health &
addiction
services**

**6,000
women
&
children**

**Received
support in
our
domestic
violence
program**

**2,600
youths
1,000
adults**

**Received
prevention
education**



255

Clients received on-site primary care

99

People found and maintained gainful employment

360

Adults completed Mental Health First Aid training

796

Crisis calls were answered

234

Individuals received jail diversion services

417

Clients received case management services

Domestic Violence Services



4,200 Hotline Calls

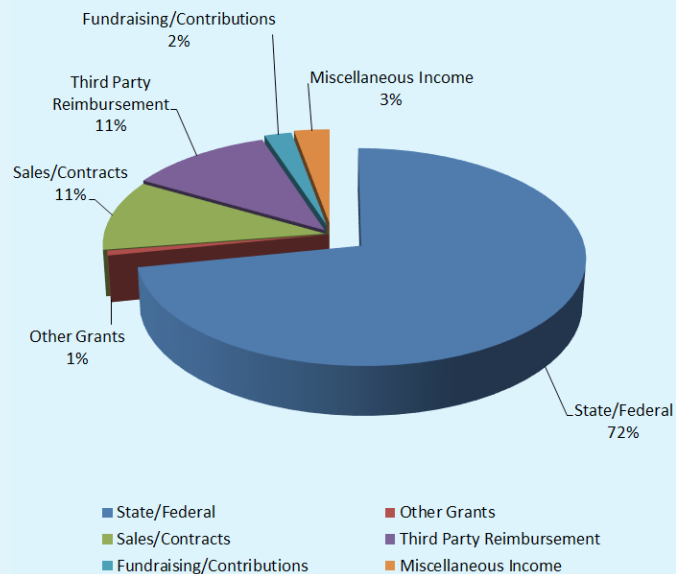
18,821 Contacts

190 Women & 179 Children Sheltered

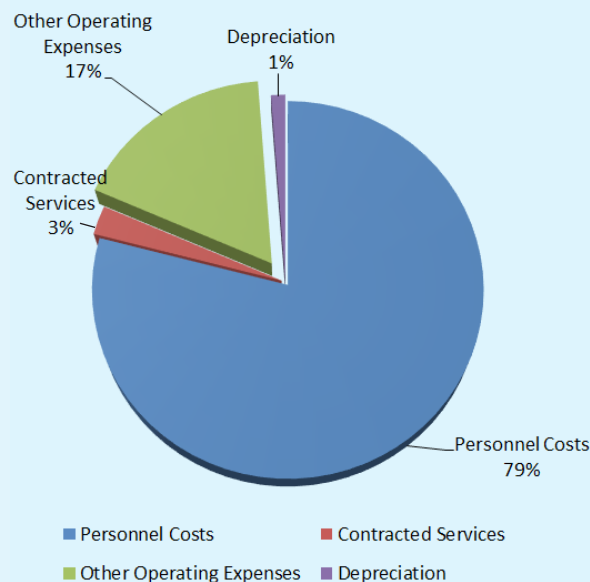
3,545 Court Cases

FY15 Revenue and Expenses

Revenue	
State Grants	\$13,481,638
Other Grants	137,760
Sales/Contracts	2,011,207
Third Party Reimbursement	2,179,690
Fundraising/Contributions	712,071
Miscellaneous Income	1,154,931
Total Revenue	\$19,677,297



Expenses	
Personnel costs	\$14,915,525
Contracted Services	467,660
Other Operating Expenses	4,178,200
Depreciation	227,427
Total Expenses	\$19,788,812



Foreword:

Adrianna was born in Brazil, was adopted at the age of 9 and brought home to Branford. She was raised by her mother, Kathryn who was a special education teacher in the Branford Public School System. Adrianna and her mother were best friends; they were inseparable. Adrianna played all conference basketball for Branford High School, and was an instructor at the UCONN basketball camp. She was diagnosed with paranoid schizophrenia as a young adult, but with help from her mother and BHcare support staff, she was living independently and taking classes at Gateway Community College. In July 2009 tragedy struck; Adrianna's mother lost her life to breast cancer and Adrianna lost her biggest supporter and best friend in the world.

Chapter 2: Recovery is Possible

When her mother passed away, Adrianna lost control over the voices in her head. For years she had been living on her own with minimal support but now she was lost. Adrianna needed 24 hour support and supervision so she was placed in Harbor House, BHcare's group home. She admits that for her first two years there, she gave the staff a really hard time. "I was seeing and hearing things. I stopped going out of the house. I had my walls up and I wouldn't let anyone in," she explained. Adrianna was hospitalized 22 times during those first two years, and eventually was placed in an inpatient unit at Connecticut Valley Hospital. Harbor House staff made a weekly trip to see her in Middletown and, after a few months, Adrianna started to come around. "I realized that the staff from Harbor House was not against me. They were trying to help me – from the heart," she said. Adrianna was released from Connecticut Valley Hospital with a treatment plan that both she and the BHcare staff agreed upon. She began participating in groups, taking her medication, and actively working toward recovery.



Adrianna built friendships with congregants at her church and started getting out of the house. She started doing weekly art therapy, participating in house chores, and going out to dinner, for coffee and shopping with her friends. "I realized that I couldn't give up. There is no need to panic, I can stop, relax, and tune out the voices in my head," she said. "Sharing my feelings with the staff at Harbor House, and keeping myself busy with errands and chores like cleaning really helps me stay active in my recovery. Now I'm on a waiting list for an apartment near the beach and I can't wait to live independently," she continued. "For anyone else who is in this situation, hang in there, your dream will come true," she said.

Adrianna will soon be moving into her own apartment and taking more steps on her path to recovery. Her story did not end in 2009; her story will continue long into the future. Thanks to donors and supporters like you, Adrianna will have the chance to live a long, healthy life and pursue her goal of having a family.

Chapter 3: We are Safe

I endured years of physical abuse from my husband. When his violence became much worse and was being directed at the children, I decided to leave. Finally, I began to see the reality of what was happening and how dangerous of a situation we were in. We entered The Umbrella's safe house a few months ago.

The Umbrella program saved our lives. They helped me get a restraining order against my husband and they went to court with me. The staff and other women in the shelter have helped me so very much with their support, understanding and sharing of experiences. My children received services through the Child Advocate and were able to attend summer camp for the first time.

During my stay at the shelter, I was able to enroll in a training program to improve my job skills. Last month, we moved into a transitional housing program so we now have a home of our own. My kids are so excited to start a new school and look forward to meeting new friends. I am actively looking for a full-time job and feel confident that with my new skills I will get one real soon. My kids and I are very happy with our new lives, but more importantly, we are safe. Thank you Umbrella.

- Sarah

Chapter 4: Saving Lives

Mental Health First Aid Training (MHFA) is one of the best and most valuable trainings for anyone involved with youth. The training has opened my eyes to help me recognize when a student is in crisis. My team and I have a better awareness of situations now that we may have overlooked in the past.

A staff member recently noticed a female student who appeared to be displaying suicidal behavior. Before the training, he very well may have shrugged it off as teenage moodiness. He used his skills as a certified Mental Health First Aid Responder to dig a little deeper into the girl's behavior. He met with the girl to express his concerns and discuss her feelings. Something didn't seem quite right and after the meeting, he found the girl's phone in his office. That's when he discovered her messages of self-harm and saw it as a cry for help. He was able to refer her to the professional help she needed. I am happy to report that today she is doing very well and has learned how to cope with her negative feelings and behavior.

I highly recommend the course to anyone involved with youth. The course gives you the information and skills that no other training addresses.

- Ben - Director of Security, Shelton Public Schools

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