

Bright Horizons

YOUR gifts in action!

**"BHcare has
restored my faith."**

**Megan's Story
page 2**


BHcare
Hope • Health • Recovery

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Sally's Story



YOU ARE HELPING TO IMPROVE THE LIVES AND WELL-BEING OF HUNDREDS OF CHILDREN AND THEIR FAMILIES.

My husband and I brought our 13-year-old daughter Sally to PCRC because we were worried about her compulsive behavior. She thought she would die, or others would be harmed if she didn't perform certain rituals. She would check to see if her curling iron was unplugged at least four or five times before she left her room because she didn't want to start a fire. Sally repeatedly washed her hands because she was afraid to spread germs. She had dozens of these rituals that she performed daily.

She became consumed with fear and anxiety that something bad would happen if she did not perform these rituals. It was affecting every part of her life – family time, school, activities, even her friendships.

Sally was diagnosed with Obsessive-Compulsive Disorder (OCD). She worked with a clinician who helped

her understand OCD and what was causing her intrusive thoughts. Just understanding her diagnosis was a sense of relief for her. She started cognitive behavioral therapy and agreed to a trial period of medication to help get her anxiety under control. Family therapy also played a large role in her treatment. We attended the sessions with Sally and learned how to support and help her so she could get back to doing the things she loved.

After a few months of treatment, Sally is back to attending school, hanging out with her friends and is active in music which has been a passion of hers.

It is tough to see your child suffering and not know what to do. PCRC has not only helped Sally, but has given my husband and I the tools to be the best parents for Sally. ~ Sally's mom

YOUR DONATION HELPED MEGAN GAIN SOBRIETY, EMPLOYMENT AND INDEPENDENCE.

I have a long history with addiction. I started drinking when I was 17. I needed something to numb the pain of the bullying I suffered for years about my weight and living with a father who was emotionally abusive to my mom. When I was 24 years old, I was in a bad car accident that left me with a brain bleed. That's when I was introduced to Percocet. The addiction got worse when my mom passed away. I spiraled out of control. I stole money to buy drugs and ended up with a felony conviction. I lost my apartment, so I was bouncing around from house to house of friends and relatives. At one point, I ended up in a homeless shelter.

I tried to get help a few times, but nothing worked. I got the surprise of my life when I learned I was pregnant. The birth of my daughter was the biggest and best miracle of my life and I knew I needed to change my ways. I was about to be homeless again so went for help at Supportive Housing. They referred me to BHcare.

I started in their Medication Assisted Treatment (MAT) program. The medications reduced my cravings, and any withdraw symptoms were minor. The program was much more than I expected. The support and counseling I received was different than any other place I had been in the past. I learned ways to cope with stress and anxiety. I have the tools and resources to

Megan's Story



face any challenges in life. I've had trust issues most of my life, but that has changed. I know BHcare is here for me. I can call anyone in the program at any time. They truly want to see you get better.

I was unemployed for quite a while because of my past, but BHcare's employment services helped me get a job at Dunkin Donuts. And after just 3 months on the job, I was promoted to shift leader.

BHcare has restored my faith. I wouldn't be who I am today without their help and support – a strong, independent, clean and sober mom of a miracle child. ~ Megan



YOUR SUPPORT IS HELPING TO PROMOTE A CULTURE THAT FULLY UNDERSTANDS AND WORKS TO EFFECTIVELY REDUCE THE OPIOID EPIDEMIC.

OPIOID AWARENESS AND LAW ENFORCEMENT INITIATIVE

BHcare's Alliance for Prevention and Wellness and New England High Intensity Drug Trafficking Area have joined forces to create a program to decrease fatal and non-fatal overdoses in the City of New Haven.

The New Haven Innovative Community Engagement (NHICE) was created as a result of the New Haven Mayor's Community and Police Relations Task Force in an effort to reduce the opioid

epidemic. The objective is to target those in need of substance use treatment through non-traditional intervention methods. This city-wide collaboration includes the New Haven Police Department, Yale New Haven Syringe Services, Yale School of Public Health, New Haven Fire Department, Hartford HealthCare - Rushford, St. Francis Hospital, the Department of Public Health and Department of Mental Health and Addiction Services (DMHAS).

A large part of the initiative is to educate and train police officers. This training, funded in part by a DMHAS grant, explains the biology of addiction, the stigma surrounding addiction, the value of harm reduction, suicide prevention and Narcan training.

"Policing in the 20th century was about numbers - how many arrests, how many kilos seized and how many convictions. Successful policing in the 21st century will be judged on how safe and healthy our communities are. Once again, the New Haven Police Department is leading the way by partnering with the public health community to make New Haven the safest and healthiest community in Connecticut," said Robert F. Lawlor, Jr., Drug Intelligence Officer, New England High Intensity Drug Trafficking Area.

"Everyone plays a role in helping address the opioid epidemic. We are equipping the police officers with the knowledge and skills to effectively engage with people they encounter who have a substance use disorder," said Pam Mautte, Director of BHcare's Alliance for Prevention and Wellness. "They will have the tools and resources to prevent deaths and help people get the help they need."



Brittany's Story



I really don't know how I got mixed up with Jose. Shortly after we started dating, I found out he was a member of a gang. When I questioned him about why he was involved with a gang, he got very angry so I never brought it up again.

It was only a few months into the relationship when the abuse started. At first it was just him losing his temper and yelling at me, but it quickly turned

BECAUSE OF YOU, BRITTANY ESCAPED A LIFE OF VIOLENCE AND THOUSANDS OF OTHER VICTIMS HAVE FOUND A SAFE HAVEN THROUGH THE UMBRELLA CENTER FOR DOMESTIC VIOLENCE SERVICES.

into extreme temper tantrums and him violently forcing me to have sex with him. He began to control all parts of my life. My friends stopped coming over and calling because they were afraid of him. He would tell me what I could and could not do. I had to dress the way he wanted me to, wear my makeup a certain way and he would even choose what color I could paint my nails. I thought things would be better when he was arrested and jailed for a short period, but he had his friends keep tabs on me and what I was doing.

The isolation made me anxious and depressed. I knew I had to do something to get out of this relationship. I called the domestic violence hotline and was connected with The Umbrella. I worked

with a counselor over a four-month period who helped me safely leave Jose. I also received counseling services during that time which helped me rebuild my self-esteem and confidence. The staff encouraged me to go back to college and I'm so excited to say I will graduate in the spring.

I am still attending counseling sessions for emotional support and the safety planning continues to this day.

I thank God every day for the help and support I received from everyone at the Umbrella. ~ Brittany

HOW I'M HELPING

I've been donating and shopping at My Sister's Place for years. I got connected to the store when I brought my daughter to BHcare for counseling nearly 25 years ago. MSP was right next door. It was just a small place at that time but still was making an impact on the fight against domestic violence. I was happy to support a place that was providing help to women who have been through what I had endured.

Just knowing that there is a place for victims to go for help is enough reason for me to continue to support the store to this day. The inside of the store helps point people in the right direction for help with all the signage, literature and positive sayings. There are so many people out there that

have benefited from the domestic violence services at The Umbrella.

A few years ago, I started helping with the design and layout of the front window displays and my husband helped sure-up some of the flooring. I was also involved with MSP's Flea Market Flip. Even my granddaughters participated in the Flea Market Flip events. I told Nancy (MSP Store Manager) to let me know what she needs, and I will be there.

I look forward to any chance I get to talk about My Sister's Place and its great cause. I am always telling my friends and family to donate and shop at the store.

~ Tracy Henri



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BHcare is accredited by the Commission on Accreditation Rehabilitation Facilities and The Joint Commission; and is licensed by the Department of Public Health.

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