

Summer
2014

Bright Horizons

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Thank You! Shoreline Benefit Raises over \$26K

BHcare's Shoreline Benefit Featuring Cupcake War 2014 was held on May 15 at Owenego Beach & Tennis Club in Branford. 180 of you attended the sold-out event featuring fine foods, a silent auction, music, and of course, delicious cupcakes.

A Shoreline Benefit for
BHcare
Hope • Health • Recovery

You helped us raise over \$26,000 to support our behavioral health, domestic violence and prevention services for the more than 14,000 individuals and families who come to BHcare each year seeking hope, health and recovery.



Thank you to our major sponsors: Guilford Savings Bank, CMHC, Rose & Kiernan, and VNA Community Healthcare.

Special thanks to the event committee, including Charlotte Mattei, event chair, as well as to Branford Jewelers and Betty Ann Donegan for their contributions to the event's success. A big thank you to all the cupcake war participants: JCakes, Marjolaine Pastry Shop, Meriano's Bakery & Cannoli Truck, Pastry Fusions and Take the Cake.

View the photo gallery at www.http://bit.ly/ShorelineBenefit.



2014 Cupcake War Winners!

"Crowd Pleaser" winner, JCakes; "Tastiest Treat" winner, Take the Cake (raspberry/chocolate with white chocolate chips), "Best Presentation" winner, Marjolaine Pastry Shop.

Valley Services
435 East Main Street
Ansonia CT 06401
(203) 736-2601

BHcare
Hope • Health • Recovery

Shoreline Services
14 Sycamore Way
Branford CT 06405
(203) 483-2630

 [Facebook.com/CTBHcare](https://www.facebook.com/CTBHcare)

www.BHcare.org

 [Twitter.com/CTBHcare](https://twitter.com/CTBHcare)

Your Support = 3,400 Healthier People & Families

A Message from Our President/CEO



I would like to say thank you for taking the time to support BHcare over the last year. You recognize the fact that while someone may struggle with a mental illness or addiction, their intellect, talent, capacity for love and desire to contribute to our community all remain intact. Your generosity allows us to build on these strengths, and to prevent mental illness from interfering with a person's ability to dream, love and accomplish. Thanks to you, more than 3,400 individuals and families who are struggling with mental illness had the opportunity to come to BHcare last year and work toward accomplishing their dreams.

Your dedication allowed BHcare psychiatrists and clinicians to see, treat and support more than 2,800 people in our outpatient clinics. Without you, those individuals may have had no other place to turn.

Thanks to you, nearly 300 individuals participated in our social rehabilitation program over the last year. Your generosity gave them the opportunity to learn important life skills that will help them live independently. Participants learned cooking and cleaning, coping skills for stress and socialization, money management, and pre-vocational skills. Your support helps those enrolled in our employment services find, get, and keep jobs. In fact 300 BHcare clients are working with employment specialists right now to find their place in the workforce.

Your support is making new beginnings possible for people like Mike, who is featured below. Thanks to your generosity, Mike is living a healthy, happy and full life. Learn more about him below and in his video on our website.

Roberta J. Cook
President/CEO

You Make New Beginnings Possible

Mike lived on the streets for over 15 years. He was not only addicted to cocaine but also struggled with mental health issues. Two years ago, Mike walked through the doors of BHcare where he received therapy, medication and supportive services for his dual diagnosis. Dual diagnosis is the condition of suffering from a mental illness and an alcohol or drug problem.

Mike recently reached a milestone of one year of sobriety for the first time in 33 years. "The staff, counselors and doctors at BHcare saved my life," Mike said. "I am now a part of society, with friends, and I have a social life."

Mike is an active member of the Valley Social Club. He spends several days a week at the club taking part in many different activities. He especially enjoys the Sober Social program at the club. Mike said, "We get together twice a week to play games, socialize and have a nice dinner together. It's a great group." He also takes part in the many trips and retreats that the club hosts. "It feels like a mini vacation and that is something I haven't had in over 20 years," Mike said about his most recent retreat to Isabella Freedman Jewish Retreat Center.

Mike is grateful to have found help through BHcare. "BHcare gave me a new start," he said.

Watch Mike tell his inspirational story at [www.http://bit.ly/BHcareMike](http://bit.ly/BHcareMike).



Hundreds of You Attend BHcare's Block Party

Nearly 400 of you gathered at BHcare's Community Block Party on May 29 in celebration of Mental Health Awareness Month.

The grounds were transformed into a Country & Western Corral as you donned cowboy hats and danced to country music provided by DJ, Phyllis Kaplan. All of you enjoyed games, crafts, limbo, hoola hoop contests, and Touch a Truck sponsored by Webster Hose Hook and Ladder of Ansonia.

Ansonia Mayor David Cassetti presented BHcare's President/CEO, Roberta Cook, with a proclamation declaring May as Mental Health Month calling upon the Ansonia community to recommit to increasing awareness and understanding of mental health and the need to provide appropriate and accessible services for all people with mental health conditions.

The event also celebrated and acknowledged the City of Ansonia's 125th Anniversary. Ms. Cook congratulated Mayor Cassetti on this special milestone.

Thank you to our sponsors and donors: Adam's Hometown Market, Derby; Ansonia Rod & Gun Club; Natalie Feingold; Home Depot, Derby; Joan Kayser; Lock, Stock & Barrel, Bethany; Steve & Christine Guarrera; Jack O'Donnell; Mustang Sally's, Ansonia; and Subway.



Thank You for Working Together to End the Epidemic

The Greater Valley Substance Abuse Action Council in collaboration with Yale-New Haven Hospital and The Connection Inc.'s New Haven Local Prevention Council sponsored a "Call to Action," a forum focusing on opioid and heroin use and prescription drug misuse/abuse. Nearly 50 representatives of social service agencies, educators and law enforcement personnel attended the forum held on June 16 at the United Way of Greater New Haven.

Congresswoman Rosa DeLauro provided the opening address followed by speakers Lieutenant Kenneth A. Cain # 057 Connecticut State Police, Area Commander, Statewide Narcotics Task Force and Dr. Anthony Tomassoni, Yale-New Haven Hospital Emergency Department.

Prescription drug and heroin abuse has grown to epidemic proportions throughout the nation. Nearly 15,000 people die every year of overdoses involving prescription painkillers. In the Greater New Haven area alone, 117 lives were lost due to opioid overdoses in 2012 and 2013.

The forum urged all sectors of the community to work together to successfully combat the opiate abuse epidemic by putting prevention strategies in place at the local, state, and national levels.



Grant Awards: Many thanks to our Community Partners

Connecticut Health and Educational Facilities Authority

BHcare was recently awarded \$50,000 from the Connecticut Health and Educational Facilities Authority (CHEFA) to support outpatient behavioral health services in our Shoreline and Valley clinics. CHEFA funds will help to provide individual counseling, group counseling, and medication management for an additional 80 adults.



Guilford Community Fund

The Guilford Community Fund generously awarded BHcare \$5,000 to support outpatient behavioral health services for Guilford residents and \$5,500 to support domestic violence educational/outreach programming and services in Guilford.



Valley United Way

BHcare's The Umbrella Center for Domestic Violence Services was awarded \$24,500 from the Valley United Way to support advocacy, crisis counseling, and safe shelter for women, men and children affected by domestic violence. Grant funds will also support education and outreach as well as the Lethality Assessment Program in the Shelton and Ansonia Police Departments.



Mark Your Calendars!

UCDVS Valley Vigil October 1, 2014

6:30 pm
Place: TBD

VSAAC's A Piece of the Prevention Puzzle Conference October 1, 2014

8:30 am to 3:00 pm
Grassy Hill Lodge, Derby, CT

UCDVS Sound of Hope October 8, 2014

1:00 pm to 2:00 pm
Long Wharf, New Haven, CT

BHcare Annual Meeting October 29, 2014

5:30 pm to 9:00 pm
Race Brook Country Club, Orange, CT

Holiday Gala November 22, 2014

7:00 pm to 12:00 am
Grassy Hill Country Club, Orange, CT

Bowl-2-Benefit March 14, 2015

9:00 am, 11:30 am, 2:00 pm, 5:00 pm, & 8:00 pm
AMF Lanes, Milford, CT

To learn more, please visit www.BHcare.org.

You Helped Raise over \$18k through The Great Give 2014

Many thanks to everyone who helped to make The Great Give 2014 a success. Thanks to your generosity, \$16,233 was raised in just 36 hours! In addition to your donations, each dollar received additional matching gifts from the Valley Community Foundation (\$2,168) and the Community Foundation for Greater New Haven (\$419.98) for a total of **\$18,820**.

Our goal was to raise much-needed funds in support of The Umbrella Center for Domestic Violence Services (UCDVS). Annually, UCDVS offers free and confidential domestic violence services to over 7,000 victims and their children. There is no one state entity that takes full financial responsibility for the comprehensive services offered through UCDVS. It is only through your generous support that we are able to provide a safe haven to those escaping violence and working to rebuild their lives.

In addition to the money received for UCDVS, \$5,000 was designated for BHcare's Greater Valley Substance Abuse Action Council (VSAAC). VSAAC offers a variety of interactive workshops and presentations for youth and adults, as well as resource materials, curricula, training programs, referrals, and other information about drug abuse, alcohol, and tobacco that can help parents, children, and the larger community become better aware and equipped to combat the intrusion of these harmful substances in their daily lives.

Because of your support, thousands of individuals and families are able to live safe, happy and healthy lives. Thank you for making a difference.

Local Road Races Join the Fight Against Domestic Violence

Shoreline and Valley races raised nearly \$5,000 for The Umbrella Center for Domestic Violence Services (UCDVS).

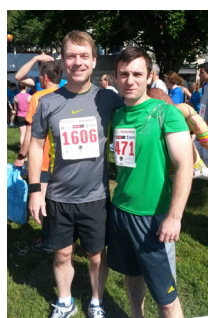
Walnut Hill Community Church's 2nd Annual Easter Run-Walk raised over \$2,200 this year. More than 140 people participated in the 5k event held on April 12 at the Derby Greenway. The event was co-sponsored by Noah's Ark Early Learning Center, which operates out of the Walnut Hill facility located at 29 9th St. in Derby.

UCDVS was chosen as one of the charities for this year's Branford Road Race held on June 15. Runners were given the opportunity to raise money to support one of three charities. Over \$2,500 was raised for UCDVS at the five mile road race. Charlotte Mattei raised the most with \$1,260 as a virtual runner, followed by runners, Jeff Haynes, who raised \$897 and Tammy Paine and her son Eric, who raised \$400.

Thank you to all who participated and those who supported our runners to help the fight against domestic violence.



Susan DeLeon, UCDVS & Pastor Walt Mayhew



Jeff Haynes (right) & Chris Connor



Tammy Paine & her son Eric

Doctor's Corner

Karl Otto Liebmann, M.D.
Medical Director - Shoreline

IT IS WHAT IT IS

A meditation or just some loose association.

The patient, a man in his fifties, had been telling me his story and kept going with no end in sight. It was all bad, really bad, and sad. I felt I should respond, say something, and I did, hoping to be sympathetic, but coming across rather blunt. I looked in his eyes and said, "It is what it is". The patient stared at me and, politely, indignantly, responded: "That's easy for you to say." He was right, I apologized, and the session continued.

What exactly are we saying in that phrase? I really don't know. We might express resignation, acceptance of the inevitable, of fate. It could mean an act of submission or giving up, an attempt to delete guilt, or an act of accepting responsibility, an attempt to extinguish hope, an expression of mental despair.

It is what it is, is not what it was, is not what it could have been, and is not what it may be tomorrow. I see a different dimension, harder to articulate.

I see a readiness to accept the present, but also to restore your balance, to stand upright, and to move, however slowly, step by step. You still can choose your direction, you still are free.

How I'm Helping...

The Italian American Club of Branford hosted a donation drive for My Sister's Place on May 17. The club collected 74 bags of clothing, shoes and household items.



Many thanks to IA club member and BHcare board member Charlotte Mattei for organizing the drive.

If you'd like to learn more about how you can help, visit our website at www.BHcare.org or call 203-736-2601 x1327.

UCDVS News

The Alpha Chi Omega Sorority at Quinnipiac University presented a **\$22,950** check to The Umbrella Center for Domestic Violence Services this past May.

The money was raised during their annual Frisbee Fest and Walk a Mile in Her Shoes. Both events raise awareness and funding for area domestic violence services.

The Frisbee Fest takes place in October during Domestic Violence Awareness Month and includes a frisbee tournament, cookout, raffles, dunk tank, and "Pie an Alpha Chi" where members of the sorority get pied in the face with cool whip.

Walk a Mile in Her Shoes is a men's march to stop, sexual assault, and gender violence. Men and women from the Quinnipiac University community competed in relay races, all while wearing red high heels.

Many thanks to the women of Alpha Chi Omega for their continued support in helping the fight against domestic violence.



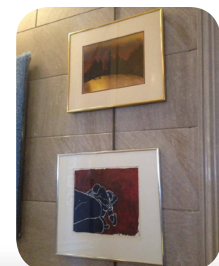
Social Club News

BHcare's social clubs held their art shows as part of their May is Mental Health Month activities.

OPTIONS held their annual art show on May 2 at James Blackstone Memorial Library in Branford. More than 100 community members and supporters strolled through the show, and a few pieces of art were sold!

The Valley Social Club's art show was held on May 29 during the Block Party in Ansonia. Over 20 different artists displayed their paintings, drawings, poems and crafts.

Both shows were open to the public and the artists were on hand to answer questions regarding their work. Thank you to all who came to show their support, and everyone who volunteered to help.



Opening Doors in New Haven: Working Together to End Homelessness

BHcare was proud to participate in the National 100,000 Homes Campaign. Our community is one of 238 communities across the country that is striving to end homelessness. So far **101,628** individuals have been housed throughout the United States surpassing the goal of 100,000 by July 30.

During the week of May 12, 182 volunteers conducted surveys of the homeless in 17 towns in the Greater New Haven area. Volunteers completed a total of 556 surveys (506 individuals and 50 families). BHcare participated in the challenge and succeeded in completing 29 surveys in the Valley, Shoreline and DV shelters. 10 staff and three community volunteers were trained in administering the surveys. The information gathered during "Registry Week" is now included in a centralized database in New Haven.

Rates of mental illness among people who are homeless in the United States are twice the rate found for the general population. People with substance and other mental disorders experience even greater barriers to accessible housing than their counterparts. BHcare is committed to helping the homeless by increasing collaboration, using existing resources differently, creating new resources, and identifying solutions that are client-focused. Our goal in the Greater New Haven region is to house 107 chronically homeless individuals by July 30.



Support Your Neighbors

Each year more than 7,500 people support domestic violence services in our community by donating to and shopping at My Sister's Place (MSP) in Ansonia. 100% of the net profits from MSP support The Umbrella Center for Domestic Violence Services (UCDVS). Each year, MSP contributes nearly \$150,000 to UCDVS to provide life saving and life-changing services for nearly 7,000 survivors of domestic violence and their families.

MSP operates not only as a thrift store but also as a donation center. The store depends on your generous donations to stock the shelves with quality items for resale to the general public. We know it may be difficult to contribute money on a regular basis to our cause, but your gently used donations of home goods, clothing, jewelry, dishware and decorative pieces are always welcome! You can also buy a little recycled something for yourself at the store. Either as a donor or shopper you are directly joining the fight against domestic violence right here in your own community.

Donations are accepted Monday - Saturday from 9:00 am to 4:30 pm. The donation center is located on West Main Street directly behind the store. You can pull your car up to the doors for easy and convenient drop offs. Your donated goods are tax-deductible to the full extent of the law.

Visit www.BHcare.org to learn more about MSP and how you can help thousands of women and children escape violence and rebuild their lives.



BHcare is supported by the Connecticut Health and Educational Facilities Authority, the Department of Mental Health and Addiction Services, the Guilford Community Fund, the Guilford Human Services Council, the Community Foundation for Greater New Haven, The Valley United Way, United Way of Milford, The Valley Community Foundation and the Towns of Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, North Branford, North Haven, Orange, Oxford, Seymour, Shelton and Woodbridge.

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

BHcare is a partner agency of CommuniCare, Inc.

An Affirmative Action/Equal Opportunity Employer

We apologize for any omissions or oversights. If your department, foundation or municipality has been overlooked, please bring it to our attention.



127 Washington Ave., Third Floor West
North Haven, CT 06473

****Return Service Requested****



Save the Date!

Ring in the holiday season...



BHcare's 13th Annual
HOLIDAY

Gala

Saturday, November 22, 2014

7:00 pm to 12:00 am

Grassy Hill Country Club

Orange, CT