

Summer
2015

Bright Horizons

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Ronald Villani

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How I'm Helping...

Alpha Chi Omega Sorority at Quinnipiac University presented a check for \$23,850 to The Umbrella Center for Domestic Violence Services (UCDVS) last month. The sorority has been providing support for domestic violence victims for over 23 years.

At Alpha Chi Omega's 1992 National Convention, delegates voted to adopt the support of domestic violence victims as a national altruistic project. The fight against domestic violence is one taken to heart by each member of the Quinnipiac chapter as one of their own sisters, Liz, tragically passed in 1998 as a result of domestic violence.

Alpha Chi Omega holds an annual Frisbee Fest in honor of Liz and it is their largest philanthropic event of the year. The fun-filled event includes "Pie an Alpha Chi", a barbeque, raffles and, of course, the Frisbee tournament. Their chapter also hosts "Walk a Mile in Her Shoes" - a relay race where both men and women run in high heels.



In addition to these fundraisers, each sister raises \$150. While this is the minimum requirement, most women raise substantially more.

"Alpha Chi Omega and Quinnipiac University should be commended for their outstanding commitment to reach out to those who have suffered at the hands of abuse," says Susan DeLeon, Director of UCDVS. "We applaud their spirit of giving and the loyalty they have demonstrated through their hard work to raise much needed funds."

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

www.BHcare.org



Twitter.com/CTBHcare



A Message from Our President/CEO



As we near the end of our fiscal year, I want to take a few minutes to thank you all for the outpouring of support you've shown over these last 12 months. You made donations to our Annual Appeal and GreatGive. You reached out to your legislators and advocated for our funding to be restored. You held drives for clothing, school supplies and holiday gifts for our clients and deserving families throughout the Valley, Shoreline and Greater New Haven. You attended, sponsored and supported our Gala, Bowl-to-Benefit and Cupcake War. You volunteered on our boards and committees, and at My Sister's Place and the Clothing Bank. You helped raise awareness about domestic violence, mental health, addiction and prevention. You all took the time to support our mission and the people we serve. Thanks to you, more than 12,000 women, men, children and families are finding *hope, health and recovery*, and I couldn't be more grateful.

Roberta J. Cook
President/CEO

Over \$28k Raised in 36 Hours!

Many thanks to our donors and supporters who helped us raise over \$27,000 in just 36 hours! Each dollar received earned additional matching gifts from the Valley Community Foundation and the Community Foundation for Greater New Haven bringing the total for The Great Give 2015 to \$28,557.

Your generosity and support will help us improve the lives of thousands of individuals and families throughout our communities.



Community Leader's Legacy Lives On

We are honored to have been chosen by Mildred M. Davey as one of the beneficiaries of her planned giving. The life-long Shelton resident enjoyed a long career in human resource management, serving as Director, Personnel at Blue Cross and Blue Shield of Connecticut for more than twenty-five years. She joined the Hewitt organization in Shelton as Vice President, Human Resources in 1981, and in 1985 became President of the Hewitt Management Corporation, a position she held until her retirement in 1998.

Her gift is especially meaningful as it comes from someone that supported our organization for over 20 years. Mrs. Davey's dedication to organizations of the Lower Naugatuck Valley, including BHcare, was evident throughout her life and, in her passing, continues to make an impact on the women, men and children we serve.

Mrs. Davey's generous gift to BHcare will help to improve the lives and health of thousands of individuals and families by providing access to mental health, substance abuse and domestic violence services.

Your gift to BHcare can also make an impact after your lifetime.
Learn more about planned giving at www.bhcare.org.



Employment Salute

The 21st Annual Employment Salute was held on April 29 at Molte Bene in Ansonia. Nearly 70 people gathered to honor the Employer of the Year, Town of Ansonia and Employee of the Year, Lynn Ownings. Guest Speaker Bill Purcell, President, Greater Valley Chamber of Commerce, talked about the benefits of hiring employees with disabilities.

Cupcake Stampede!

There was a cupcake stampede at Pine Orchard Yacht and Country Club on May 21! More than 170 people joined us for our 2nd Annual Shoreline Benefit and Cupcake War. The event was a tremendous success and we thank all who attended, donated, sponsored and supported the event.

Congratulations to Eat Your Art Out, winner of the "Tastiest Treat" and "Crowd Pleaser" Awards.

Congratulations to Marjolaine Pastry Shop, winner of "Best Presentation" Award.



Block Party

BHcare held its annual Community Block Party on May 28.

Nearly 225 people attended the luau-themed party that featured food, games, arts and crafts, and music.

Ansonia Mayor David Cassetti was on hand to present a Mental Health Awareness Month Proclamation to BHcare.

VSAAC's Community Champion Awardees

The Community Champion Award is a recognition given to those individuals who *take action and effect change* in the field of substance abuse prevention and or intervention activities. There are many people from all walks of life, all socio-economic backgrounds and all levels of education who contribute to the general social, physical, mental and emotional well-being of their community.

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Marlene Anderson
Oxford resident/
Board of Education
Employee

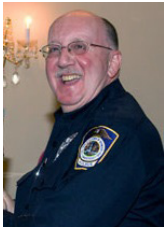


Cathi Kellett & Girl Scout Troup 290
Girl Scout Troup 290 Leader/ Program
Coordinator for Griffin Hospital's Valley Parish
Nurse Program



Richard Kearns
Seymour resident/
Seymour Public
Schools Director of
Security

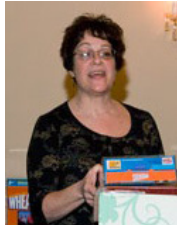
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Officer Joseph
DeFelice
Seymour Police
Department



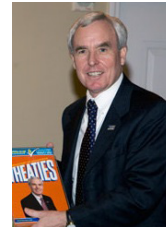
Comcast Production
Team: Elizabeth
Kennard, Ken Fay, Ron
Karkut, Mike Fay, &
Jerry Kosturko



Wendy Baldino
Derby resident



Valley United Way
Youth Leadership
Group



Jack Walsh
Valley United Way



William Bubbico
Pitney Bowes,
Vice President -
Strategic Business
Transformation



Representative
Richard O. Belden
(Awarded
Posthumously)

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John Saccu
Derby Youth
Service Bureau



Daun Barrett
Griffin Hospital
- Valley Parish
Nurses



Joe Laucella
Echo Hose
Ambulance

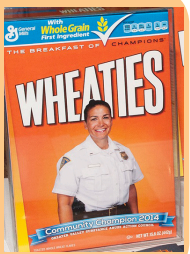


Fred Ortoli
Fred Ortoli
Photography



Colleen Holt
Derby High School
Student

General Mills
creates special
memorial
Wheaties cereal
boxes featuring
pictures of each
award winner.



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Sally Schwaller
Shelton resident



Carla Scinto
Milford resident



Lt. Julie Johnson
New Haven Police
Department



Joni Nordstrom
Orange Drug/
Alcohol Action
Committee



Wayne Kowal
Connecticut State
Police Statewide
Narcotics Task Force



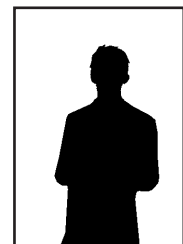
Lt. Ken Cain
Statewide
Narcotics Task
Force



Officer Mike Barry
Ansonia Police
Department

The 2015 Community Champion Awards will be celebrated at VSAAC 25th Anniversary Conference on September 24 at Anthony's Ocean View in New Haven. Past champions will also be honored at this time.

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Doctor's Corner

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

"Stop and Wait"

A few days ago, as I was driving to work on one of our town's charming but rather narrow streets, an immense tractor trailer pulled from a side lane ahead of me, blocking my advance. I stepped on my brakes to slow down. Then the driver stopped. I stopped. The driver began backing up his rig with its whining reverse signal blasting. I backed up. The driver stopped again and pulled forward. I followed, slowly. He braked again and went into reverse. He turned the cab at a sharp angle and slowly, delicately backed the trailer into a narrow driveway, maneuvering with not an inch to spare; almost touching the side of a restaurant, his apparent destination.

Sitting in my car, watching, my feelings changed from frustration to consternation and finally to admiration for the driver's skill. This experience lingered in my mind for days until I realized why.

In treatment we try to push our patients forward, but, frustrating our efforts, they do resist. They stop in their tracks. They back up. They have an experience and need time to plan their next turn. They are behind the wheel, not we. They cover their heavy burden, not we. They live with mental and often physical pain. They have been abused, abandoned, humiliated, and shamed. Their debts are rising. They are poor. Some are on the verge of losing their homes.

We should stop behind them, not push, but stay close in order to help if we can, yet far enough to give them space and time to just do nothing. Maybe, we can encourage them to think about things they can distance from; such as fostering resentments, or to think about things they can change; like mending destructive relationships or ending them. We can take a look at their medication; it could be too little or too much.

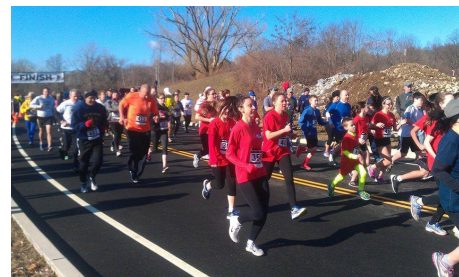
I still see that truck driver forcing me to stop behind him while he was taking his time to figure out his next move. Sometimes, even you may want to stop and wait, no matter how many cars are beeping their horns. We need time to think and to think where we are now and in what direction we can head while we are still at the wheel.

UCDVS News

Easter Run-Walk Raises over \$3,500

Walnut Hill Community Church's 3rd Annual Easter Run-Walk raised over \$3,500 this year for The Umbrella Center for Domestic Violence Services! More than 170 people participated in the 5k event held on April 4 at the Derby Greenway.

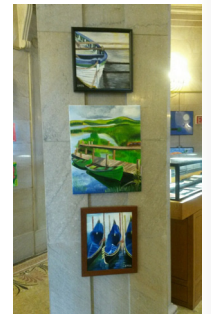
A big thank you to Walnut Hill Community Church and all of the walkers and runners for supporting the fight against domestic violence.



Social Club News

Art Shows Held in Celebration of Mental Health Awareness Month

OPTIONS Art Show was held on May 8 at the James Blackstone Memorial Library in Branford. Over 100 people gathered to view photography, sculptures, paintings and other artwork created by OPTIONS members.



The Valley Social Club Art Show was held during BHcare's block party on May 28. Over 100 pieces of artwork were displayed throughout the club along with entries submitted for the Day of Hope poetry contest.

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.

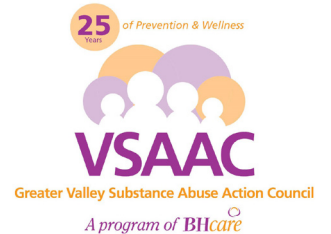
An Affirmative Action/Equal Opportunity Employer

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!

A Magical Evening

featuring the
Amazing Talents of World-Famous Illusionist

JB Benn
"Seeing is Disbelieving"

Saturday, November 14, 2015
6:00 pm to 11:00 pm
Race Brook Country Club, Orange, CT
\$100 per person

Please join us for an evening of magic, music & more!



All proceeds benefit BHcare services and programs. Tickets are limited.
Contact Arlene Greco at (203) 736-2601, x1856 to reserve your tickets today!