

Taking *care* of Each Other



Caring for our Families

Mark:

I have been a client of BHcare for about 20 years. The main reason I started using their services was for substance abuse issues along with depression and anxiety. **I was leading a life of total destruction.** I was in and out of the hospital with seizures and ended up on a mental health floor. That's when I reached out to BHcare (formerly Harbor Health).

BHcare has helped me so much. I've used many of their services including case management, group therapy, IOP (Intensive Outpatient Program) and was a resident at HARP (Harbor Apartment and Respite Program) a few times. **I truly wouldn't be where I am today without their help.** They have helped me to get back on my feet, find housing and secure a job.

While I was at HARP, I met my wife Heather.

Heather:

I was introduced to BHcare in 2008 after joining a women's domestic violence group. I moved out of CT for a while then returned to CT in 2014. I had some mood issues and suffered from depression and anxiety due to my past abusive relationship. I also became a resident of HARP and like Mark, I was part of an IOP program and went to group therapy. Mark and I started dating while we both lived at HARP. He left HARP and moved into his own apartment and I moved in with him when I finally left. Mark and I are now married and have two boys; a three-year-old and a newborn.

Mark:

I wouldn't have my family if I didn't make recovery my number one priority. **BHcare is always there for us.** It is important for people to know that help is available and they are not alone. **Even with what is going on today with the pandemic, BHcare is still here for us.**

We both struggled with the isolation and social distancing and had to change the way that we do things. Fortunately, BHcare continued to support us through virtual groups and Zoom meetings with our clinicians. These times are very stressful with both of us not working and being home all the time. **The connection with BHcare is critical for both of us.**

Heather:

We have good and bad days and sometimes the struggle can be overwhelming. That's why it is so important to us to have someone to reach out to. **BHcare has been our lifeline.** Even during my pregnancy, I would call and get advice. **They are like a part of our family.**

Mark:

BHcare has done an amazing job keeping us on the road to recovery. I am forever grateful for the help they have given us.



Mental Health & Addiction Services

81,016
adult behavioral
health services
provided



2,629
employment
support services



44,543
clinical sessions



9,639
case management
services



Your gift helps thousands of other clients, like Mark and Heather, stay connected to support services so they can take care of each other and their families.

Caring for our Community

The pandemic has caused many uncertainties which has increased anxiety, alcohol and marijuana use as well as the use of screen times for both youth and adults. During these times of stress, irregular schedules, on-line fatigue and exposure to pro-use messages, some people started using alcohol and other substances they normally would not use.

These new habits forming among previous social users can outlast the pandemic. **Social norming is also of great concern during the pandemic as youth and adults are being exposed to videos of day drinking, vaping, virtual happy hours, and parties as ways to deal with the stress.** These types of influences make it easy to think that these behaviors are normal.

The **Alliance for Prevention & Wellness (APW)** has responded to ensure prevention efforts continued during the pandemic by moving trainings and presentations to an online virtual format and began to implement creative community outreach and engagement efforts.

APW has been working to make sure families have the tools to stay safe and healthy during the pandemic. Virtual programs offered include QPR training (suicide prevention), opioid & Narcan training, parent presentations, parent virtual open houses at area schools, Hidden in Plain Site, Storytime with Gizmo's Pawsome Guide to Mental Health, and the Community Assistance Program training. In collaboration with the BHcare clinical services, APW also provided "Prevention & Mental Health Support for Parents and Educators" with a clinician.

We worked with our community partners to distribute medication destruction bags through senior centers and town halls, conducted a direct mail campaign with prevention information, provided informational packets through food pantries and school lunch programs, and continued to provide Narcan to community residents. **With your help, we were able to continue taking care of our communities.**



Your donation makes it possible for our community members to learn skills to care for hundreds of people who need help during this unprecedented time.

Prevention & Wellness

488

adults & children
received suicide
prevention
training



656

Narcan kits
distributed



179

people received
Mental Health First Aid
Training



646

people trained in
substance use
awareness



Because YOU care...



12,538

**adults, children & families
received services**



2,580 adults received
mental health & addiction
services



750 youth **731** adults received
education by the
Alliance for Prevention & Wellness



7,837 victims & their children
received support from
The Umbrella Center for Domestic Violence Services



640 children & families
received help at Parent Child
Resource Center

Donations

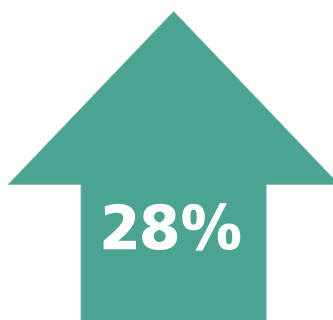


The total raised by the Annual Appeal increased by

70%

FY20 **\$241,011**

FY19 **\$142,124**



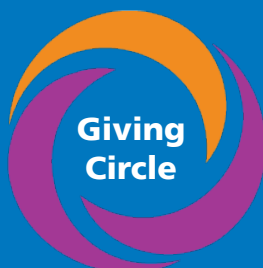
Increase in the number of donations to the Annual Appeal

Covid Appeal raised

\$48,921



Make it Monthly!



Join BHcare's **Giving Circle!**

Monthly donations (no matter the size) allow us to plan ahead and budget far more effectively.

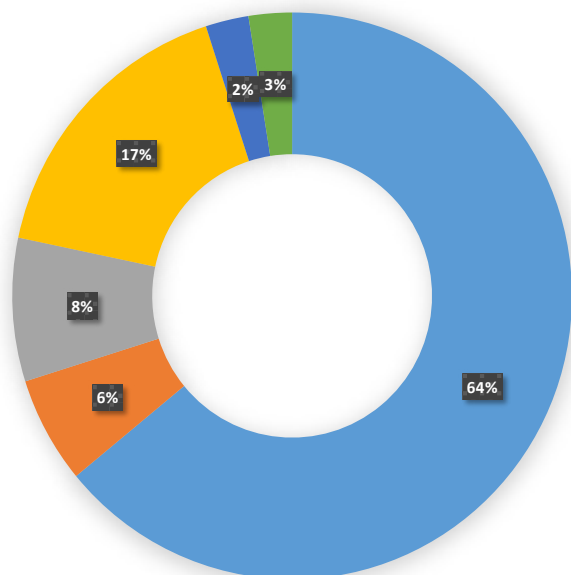
Become an amazing **Giving Circle** donor today and make a difference month after month.

Visit BHcare.org

You can change or cancel your gift at any time.

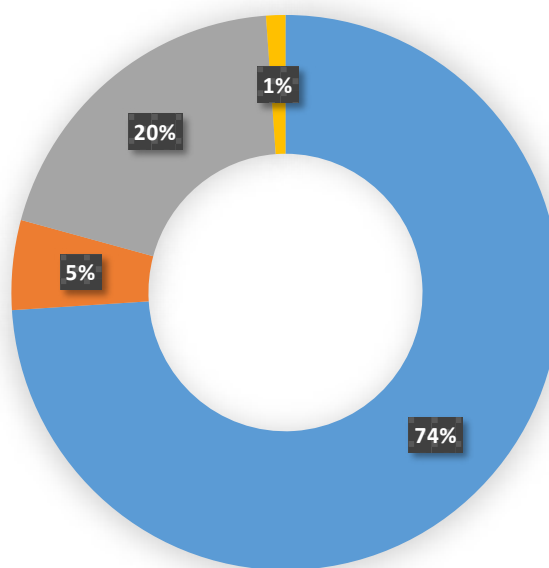
FY20 FINANCIALS

REVENUE: \$25,009,254



- State Grants
- Third Party Reimbursement
- Other grants
- Fundraising/Contributions
- Sales/Contracts
- Other revenue

EXPENSES: \$24,735,672



- Personnel Costs
- Contracted Services
- Other Operating Expenses
- Depreciation

Caring for our Safety



I came to The Umbrella Center seeking counseling to help me with the vivid nightmares I was having after a difficult break up with my boyfriend. **I was in an abusive relationship that got worse when I became pregnant.** My ex-boyfriend broke into my backyard to leave my clothes that he cut up and urinated on. He also cut up a picture of my ultrasound and left it on the front porch.

The counselor told me I was having symptoms of PTSD (post-traumatic stress disorder). When I hear this term, I think about someone who experienced war, or a tragic event like a mass shooting. **I never realized domestic violence could also cause PTSD.** It helped me to understand why I was having nightmares and why I was so anxious.

The counselor asked me to focus on my strengths to find a way to heal. I used to write poetry but was not sure I was ready to write again. When I began to write my story as a way to work through my past experiences, it brought back memories of childhood trauma and sexual abuse. **As I shared some of my writing with my mom, who was my biggest supporter, she revealed to me that she was also a victim of domestic violence by my father.**

Along with the poetry, I started to read self-help books, and learned breathing techniques to help me cope. **The Umbrella staff have helped me open up in my counseling sessions and I have shared my story and feelings in group therapy, which gave me validation.** The network of support that The Umbrella Center has given me has helped me overcome so much of my past.

I am still not certain what the future holds for me, but I do know I will protect my child from a future cycle of abuse. I recently gave birth to a healthy baby boy, my precious seed. **I look forward to a life of safety, love and support thanks to The Umbrella Center.**
~ Amanda



Domestic Violence Services

115 **109**

Adults Children
received shelter in our
safe houses



3,465

domestic violence
hotline calls answered



5,834

court cases
supported



2,066

lethality screens
performed by first
responders



Thanks to you, our support and services are available 24/7 to provide a safe haven and care for the emotional well-being of domestic violence victims.

Caring for our Children

My 6-year-old daughter Sammy was out of control. **Her behavior created problems at home and in school.** She would have hour long meltdowns if things did not go her way. I also have a 5-year-old and 1½-year-old daughters at home. Sammy would lash out during family time and become aggressive and violent towards me and her siblings. Her meltdowns were ruining family activities and stressing everyone out.

School time was a battle. I struggled everyday to get her to get dressed in the morning. I'd have to drag her to the car with her wearing her pajamas hoping she would get dressed along the way. This would set the tone for the whole day. **By the time we reached the school, her behavior escalated.** She would knock down another child's block tower or throw papers all over the floor for no apparent reason.

Sammy was referred to PCRC. **She immediately started an Intensive Outpatient Program (IOP) where she learned how to identify and communicate her big feelings.** Sammy learned coping skills to control her anger, and learned how to positively interact with her peers at school and is now getting along with her sisters. She even earned several achievement awards at school and was honored by the students and teachers.

Sammy graduated from the IOP program and is currently doing great in the outpatient clinic. **She looks forward to school and mornings are now her favorite time of day.** ~ Sammy's mom



Children & Family Services

19,864

children's
clinical services
provided



145

children received
Intensive Outpatient
Therapy



4,627

children's outpatient
telehealth/telephone
appointments



27

26

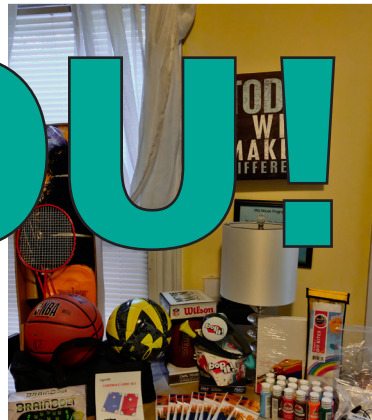
children households
received home-based early
childhood intervention



Your support helps children learn to become caring and respectful individuals and gives families the skills to nurture and cultivate these behaviors.



THANK



We are at our finest when we take care of each other. ~ Katherine Center

BHcare
Hope • Health • Recovery

www.BHcare.org
[www.Facebook.com/CTBHcare](https://www.facebook.com/CTBHcare)
[www.Twitter.com/CTBHcare](https://www.twitter.com/CTBHcare)