

# Bright Horizons

**YOUR dollars at WORK!**

**"I am finally  
beginning to  
feel in control  
of our lives."**

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**BHcare**  
Hope • Health • Recovery

**Summer 2020**

## Taking Back Control of Our Lives

"My family was connected to the Umbrella Center after I was physically assaulted by my children's father. Unfortunately, this was the not first time we experienced abuse and domestic violence from him. The police took us directly to a safe house after this incident.

We arrived at the safe house without any of our belongings or important documents. Due to safety needs, I decided to move my two children to a new school district. The UCDVS staff helped my elementary school-aged child and my high-school aged child living with autism find closure about leaving their friends and teachers. They also helped them settle into school and found a special education program for my oldest.

The Umbrella staff made sure our family got the mental health and developmental health support we needed. My younger child was diagnosed with PTSD and began seeing a counselor. My older child was reconnected with the Department of Disability Services and resumed services that were previously disrupted. I was supported by staff to help with my worries about my children's mental health after experiencing abuse and domestic violence.

Our family is now in a transitional living program and receiving case management. My children are doing well at their schools, and we are adjusted to our new and safe home. Our family continues to receive support to help us heal from the abuse and violence we endured. With each support appointment, I am finally beginning to feel in control of our lives." - Naomi

***Your support keeps our shelters and services fully operational and safe so that thousands of victims like Naomi can continue to receive help.***



"I started coming to BHcare in April for my severe anxiety. I've had anxiety and panic attacks for years and have, for the most part, usually found ways to deal with it. But my anxiety has been over the top since the COVID crisis. I wasn't sleeping or eating. One minute I would be having a severe panic attack and the next minute I would be my happy-go-lucky self again.

My clinician worked with me to develop coping strategies to help during the times I was feeling extreme stress. I learned how to use meditation to mentally transport myself to a peaceful place. I use scented candles to help remind me of my favorite spot and it helps put my mind at ease. I greatly reduced the time I watched the news or spent on social media. I never put my phone down. I was constantly scrolling through news outlets and my social media accounts. The learned information I was absorbing was repetitive and negative; and it provoked my anxiety.

I learned how to set realistic goals and to stick to a daily routine. I also learned the importance of

## I Can Do This



self-care. I realize that I need to take time for myself to be a better person for others.

I know the pandemic may not end anytime soon, but I know I can get through this thanks to the help I received at BHcare." ~ Joey

***Because of you, clients can meet with clinicians via telehealth and get the help they need during this difficult time.***

# Life-Spanning Services for Everyone

Head Start referred us to PCRC years ago when Beth was four years old. She would say mean things, hit other kids and refuse to sit during circle time. The teacher said she would constantly interrupt her and was always seeking attention.

Beth started ADHD medication that was managed by PCRC and participated in several group therapies. She learned new coping skills and staff worked with her on her social skills. Her dad and I were actively involved in her treatment which strengthened our co-parenting skills. PCRC staff also connected us with additional resources at the school.

We returned to PCRC when Beth started high school. After her grandmother died, she was depressed and her anxiety worsened. In addition, Beth still needed help with medication management and she was having issues with socialization.

Beth was enrolled in the Intensive Outpatient Program that provided opportunities for her to develop social skills and learn how to be in control of her emotions and behaviors. She also participated in individual and family therapy sessions.

The services she received at PCRC helped to significantly improve her mood and behavior. She was kicked out of school due to her poor choices but was able to complete high school through community-based tutoring and plans to attend community college. She has a good core group of friends now and is transitioning to BHcare's Young Adult Services.



PCRC and BHcare have been there for Beth in preschool, high school and now into adulthood. I am very grateful for their help and support throughout my daughter's life. ~ Beth's mom

***Donors like you ensure there are no gaps in services and support between childhood and adulthood.***

## Equipping our Communities to Save Lives

The Alliance for Prevention & Wellness recently held two virtual Talk Saves Lives (TSL) trainings and certified 15 community partners to teach TSL.

TSL is the American Foundation for Suicide Prevention's standardized, 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

Participants learned how to deliver the course to residents and businesses in their communities. The TSL teaches common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

"I think that in the midst of a pandemic and a society already filled with depression and anxiety, it's always good to have more tools to use when talking about mental health," said Kelley Edwards, Prevention Coordinator for Clinton Youth and Family Services. "Talk Saves Lives gives a platform for talking about mental health and helps people to understand some of the basics about mental wellness as well as how to identify someone who may be struggling. Most importantly, the program identifies easily accessible resources for professional help for either someone in crisis or a friend/family member."

***Your donation provides education and trainings to help build healthy and safe communities.***



## HOW I'M HELPING

Mission Possible, a country-wide employee-led initiative within Medtronic, started an initiative in 2019 focused on raising awareness and empowering children impacted by the opioid epidemic. The team in Connecticut chose BHcare as their nonprofit partner because of their dedication to provide hope, health and recovery for those in need.

"After we learned about the opportunities that BHcare had for those affected by the opioid crisis, our Mission Possible team knew immediately that we wanted to work with this organization," said Jackie DellaGreca, Global Demand Planner, Medtronic.



In August 2019, Medtronic hosted a volunteering event and donated 150 toiletry bags to men and women, as well as new children's toys for BHcare safe houses.

Those struggling with opioid abuse are in even more need of hope, health and recovery as COVID has made it more difficult for those seeking treatment, and those who attend peer relief groups.

"We are so excited to be able to participate in BHcare's Back-to-School program. We created a registry, based on a list provided by BHcare, and 100% of the items were purchased. We hope we are able to bring relief to the children impacted by the opioid crisis, and they will be able to start their school year off in a positive and hopeful way," said Kiley Hill, Talent Management Consultant, Medtronic.

***You can help our youngest clients start the school year with confidence. To donate to our Back-to-School program, visit <https://bit.ly/B2SBHcare> or <https://bit.ly/B2SUmbrella>.***

BHcare is supported by the Connecticut Department of Children and Families, Connecticut Department of Social Services, Connecticut Health Foundation, Department of Mental Health and Addiction Services, William Caspar Graustein Memorial Fund, Katharine Matthies Foundation, 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 Ansonia, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, New Haven, North Branford, North Haven, Orange, Oxford, Seymour, Shelton, West Haven and Woodbridge.

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



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