







## Success is a Team Effort

I was addicted to crack and cocaine for 14 years. Those years consisted of jail time, losing many of my relationships, spending time in and out of treatment programs and even ending up homeless at one point. Yet, my drug usage continued to increase. **I thought I could make my addiction work.**

I was referred to BHcare as part of my probation program. After failing to fully embrace the programs and services, I started to go down hill again and was ordered back to BHcare by the court as a last chance to avoid more jail time. **Finally, I realized I needed to give sobriety a shot.**

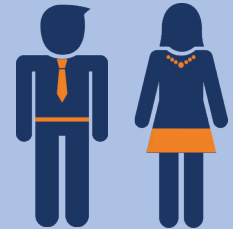
**The care I received at BHcare was different than what I had gotten at other facilities.** They addressed all of my issues and needs as a team. I had anxiety and depression that fueled my addiction, and I struggled with my self-identity. Even though I am a gay man, I didn't fit the typical mold so I didn't know how to act or where I fit in. The team helped me create a personalized treatment plan that helped me pinpoint where I went wrong in the past. They worked together to make sure I was receiving the correct medications, therapies and after care support to succeed. **I truly believe this team approach is responsible for my sobriety.**

During Intensive Outpatient Program, I would often share my thoughts and ideas to help others in the group. I also expressed my interest in social work. With lots of encouragement from the BHcare staff, I decided to go back to school and earned my Certification in Addiction Counseling. I found an internship that quickly turned into a full-time job as a recovery coach.

I have been sober for almost two years now and look forward to going to my job every day. **Thanks to the BHcare team, I am helping others, which also helps me in my recovery.** My future plans are to go to college to further my career in human services. ~ Justin

*Because of YOU, 2,979 other adults like Justin, received care from teams of professionals to **strengthen** their recovery.*

### Mental Health & Substance Use Services



**75,985**  
adult behavioral health services provided



**47,843**  
clinical sessions provided



**5,285**  
Young Adult Services (YAS) provided

## Children & Family Services

---



**11,193**  
children's  
clinical services  
provided

---



**162**  
children received  
Intensive Outpatient  
Therapy

---



**283**  
people received early  
childhood trainings  
through  
Early Childhood  
Consultation Program

---



## Stronger Together

Joey's middle school years were great. He made friends, enjoyed his classes and earned good grades. **During his freshman year, things changed quickly.** He argued constantly with his stepdad and talked back to me. He did not follow house rules including curfew, would not do his chores and his grades started to decline. He wasn't doing his homework and was making impulsive choices. He was smoking marijuana and skipping school. **We worried about his safety.**

We sent Joey to live with his grandparents in a more rural setting hoping that would keep him out of trouble. When that didn't work, we placed him in a state-run facility. Nothing seemed to help him with his behavior issues. Our insurance representative suggested that we contact the **Parent Child Resource Center and enroll Joey in their Intensive Outpatient Program (IOP). The program taught him how to make better choices.** My husband and I learned strategies to improve family communication, and how to support our son.

Joey actively participated in the IOP teen group and learned healthy ways to cope with frustration and express his feelings more effectively. My husband and I participated in weekly parent guidance sessions. **We learned the skills to reduce arguments, set and enforce age-appropriate expectations and how to keep Joey safe.**

After he completed IOP, Joey participated in individual therapy. He was able to explore his past choices and their consequences in more depth, accept responsibility for his actions, and over time, he became more cooperative at home, earned better grades at school and learned to avoid risky behaviors and relationships.

**We are so grateful for the help Joey received and feel confident that we have all made the changes necessary to maintain Joey's safety and positive progress together as a family team.** ~ Joey's mom

*Your support is helping hundreds of children and their parents build **STRONG** families.*



# STRENGTH in Numbers

**10,745** adults, children and families received services



**267**  
homeless individuals received services



Clients from **85** Connecticut towns received services



**45,314**  
telehealth services provided





# YOUR Support Makes Us Stronger



**Total Annual  
Appeal Dollars  
Raised**

**\$285,165**

**331**  
First-time donors

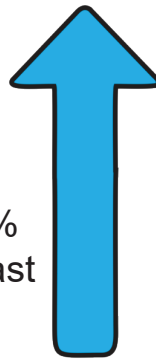
**DONATE**



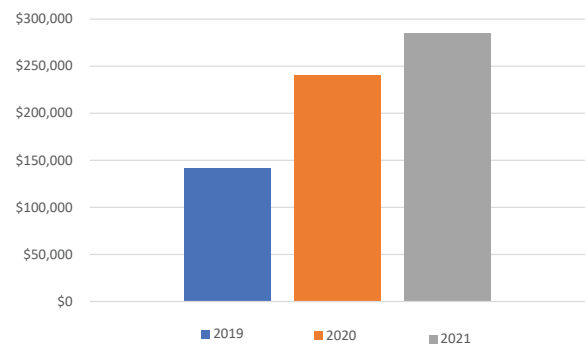
**730**  
Appeal Gifts



up 33%  
from last  
year



## Annual Appeal Comparison

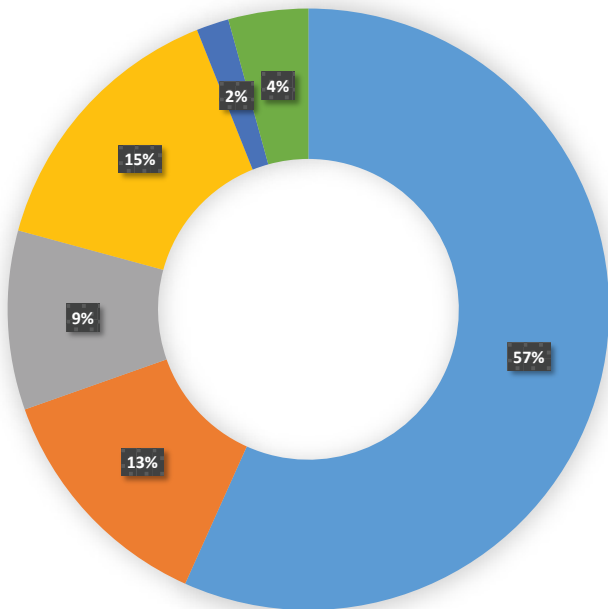


## Fiscal Year 2021 Financials

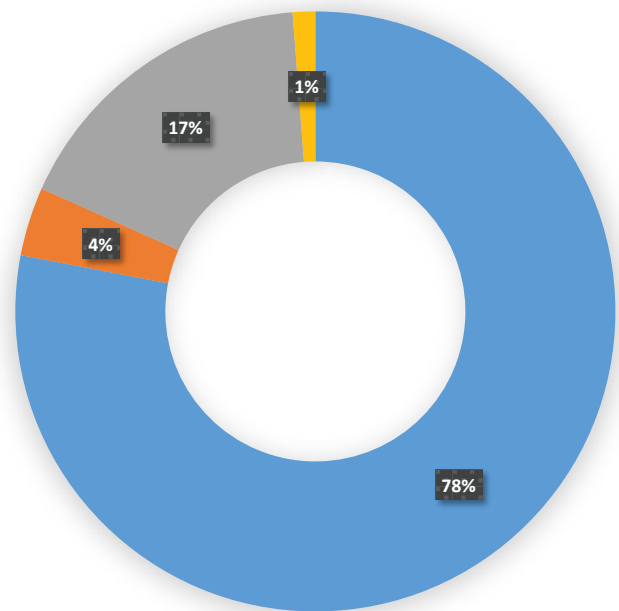
(July 1, 2020 - June 30, 2021)

**REVENUE: \$26,813,754**

**EXPENSES: \$26,090,546**

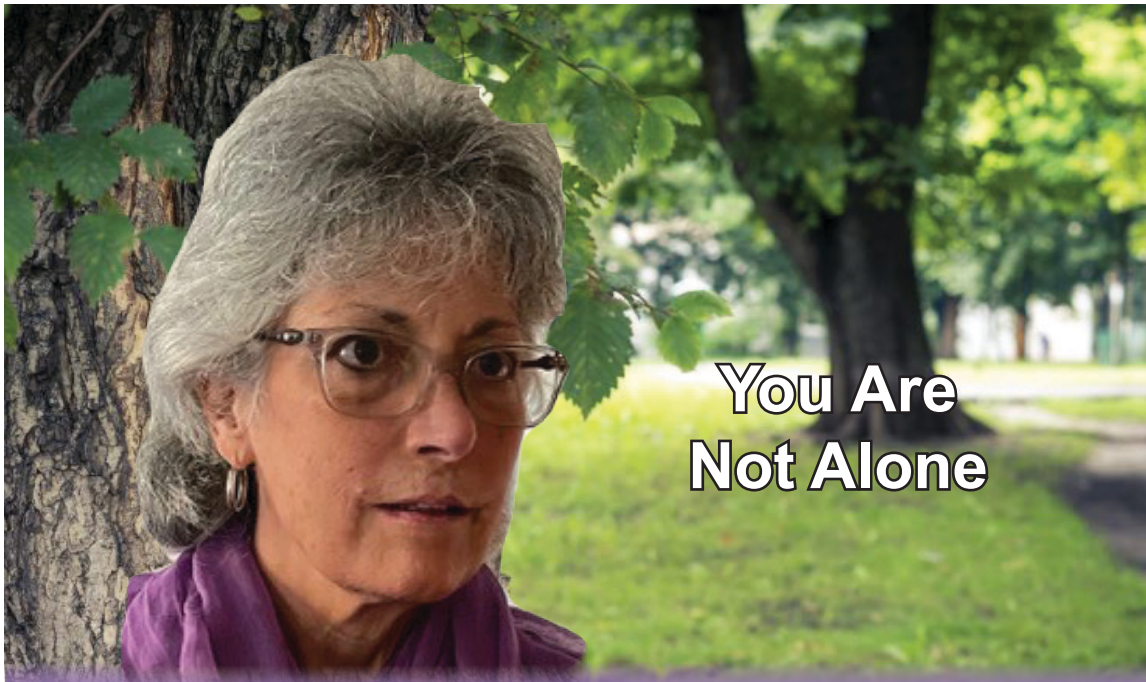


- State Grants
- Third Party Reimbursement
- Other grants
- Fundraising/Contributions
- Sales/Contracts
- Other revenue



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





## You Are Not Alone

As a victim of domestic violence within this past year, I was fortunate to have the support of the Umbrella Center for Domestic Violence Services (UCDVS) Victims Advocate team immediately after the incident occurred.

It was a very scary time for me. I never before in my life experienced what I went through. I didn't know what to do. **I felt terrified, lost, ashamed, disoriented, embarrassed, alone, and was not able to even think of next steps.** Here I was - an educated, successful career professional; but in that moment, I was terrified and totally lost.

**The UCDVS Victims Advocate team truly saved me.** I received a call from their staff the evening the incident occurred, and was given information about the court process, and told what my options were to help protect myself. I had a bit more empowered, and the path forward was not a total unknown. I had a number to call to speak to someone who would help me get through this terrible time. **I was not alone.**

That is the most important critical factor that helped me survive. I had someone advocating for me, and I had a voice in the process. **The Victims Advocate team was not even something I was aware existed but thank goodness they were there in my time of need!**

I could have easily become another tragic statistic. People who experience domestic violence will tell you **there is no boundary of socio-economic or education or age or gender or racial condition that anyone can rely on to say, "It won't happen to me".** Domestic violence **can happen to anyone, anywhere. It happened to me.** ~ Kathi

*Thanks to **you**, 4,356 court cases were supported, providing victims with the guidance and **strength** to leave dangerous relationships.*

### Domestic Violence Services

---



**72,220**

Domestic violence services were provided

---



**3,431**

Domestic violence hotline calls answered

---



**96 & 71**

Adults Children received shelter in our safe houses

---



## Prevention & Wellness



Opioid overdose prevention messaging reached **105,000** people



**16** Suicide Prevention trainings were presented



**170** people received Mental Health First Aid Certification



## Suicide Prevention is Everyone's Business

I took the QPR (Question, Persuade, Refer) suicide prevention training because I thought it would be a useful tool since I worked as a nanny and tutor. **Mental health awareness is so important especially now during the pandemic.** I'm the kind of person that makes friends easily and wants everyone to be happy and feel safe.

I had a student that was thinking about suicide. I had been tutoring him for a while and I noticed changes in him. He lived in a room in the basement of his parents' house but recently his room had to share his space with his grandfather, who came to live with the family.

**My student, who has autism, was usually happy and beginning to come out of his shell, suddenly started to have mood swings.** He'd be up one day and down the next, in addition, he started texting me outside of tutoring. He had a strained relationship with his father, who never fully accepted his autism. His dad would get upset with him when he didn't follow through on a plan or slacked off on his schoolwork. **My student began to self-medicate with alcohol, and it was during this time when his text messages started to become very concerning.** He would say things like I'm a failure, I'm disappointing everyone and life would be better without him.

**Through my QPR training, I recognized these warning signs.** I was comfortable asking him the right questions and let him know what he was feeling was not okay. I provided him and his family a list of resources to get him professional help. My student ended up being hospitalized for two weeks. **His parents took advantage of many of the resources I gave them and together they developed an aftercare plan for him.** I'm glad I had the training and knowledge to help him get the support and care he needed.

**Everyone can do something to prevent suicide.** All it takes is one caring person to save a life! ~ Elizabeth

*Your donations provided suicide prevention training for 260 people, strengthening the health and safety your communities.*





## THANK YOU!

**You are more than a number; you are a part of a life-changing community that strengthens and impacts thousands of lives in more ways than you can imagine.**

