

Bright Horizons

“Everything in my life has improved since coming here. BHcare is just wonderful.”

~ Stephanie

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My Happy Place

“I started coming to BHcare in 2018. I had just moved to a different town and needed to find a new therapist to help me with my depression and anxiety. BHcare was one of the only facilities accepting new patients.

From the very first time I attended group therapy, I felt so comfortable that I spoke during that session which completely shocked me. This was different from my previous experience. I didn't feel the belonging I feel now and never clicked with the staff or programs at the other facility.

At the beginning of my journey at BHcare, my anxiety had taken over my life. I was afraid to leave my house, I couldn't drive for fear of getting killed in an accident and the thought of speaking to people made me a nervous wreck. I wasn't showering daily, and I didn't care if I woke up in the morning.

Thanks to BHcare, I'm a different person now. I still attend group therapy once a week, I see my clinician regularly and the nurse for my medications when needed. One of the most important things about BHcare, which is different from any other place that I have been, is that I am always included in the decisions about my care. They see me as a real person with hopes and dreams.

Everything in my life has improved since coming here. I would most likely be in the hospital if I didn't find BHcare.

I am so happy that I found a place that has helped me. Recently, I referred my cousin to their services, and she is also doing great. BHcare is just wonderful.”

~ Stephanie



YOUR generosity helped Stephanie improve her life and inspired her to refer her cousin to BHcare so she can also get the help she needs to better her life.

**#giving
#thegreatgive**

A Bright Future



“My teenage son John has been in treatment at BHcare's Parent Child Resource Center (PCRC) for a couple of years. His father was abusive towards me and was involved in selling drugs. John would hide in his room when we were fighting and he would have frequent nightmares and negative thoughts. He never felt like he was in a safe and comfortable place. When I left John's father, we moved around a lot which I know was hard for him. John was in Special Education, he had difficulty making friends and he was irritable at home. After I remarried, John would get into physical altercations with my new husband's children.

When John first started therapy sessions he didn't know if it would help or if he was comfortable talking to his therapist. His treatment included medication and individual counseling. John participated in something called trauma-focused cognitive therapy where he was able to talk about his past trauma. He gradually started to talk about his experiences and feel better about himself. My husband and I also learned about trauma and how we could support him.

Today, John is doing great. He tested out of the special education program. He is getting along with his stepbrothers and is even helpful around the house. He was able to stop taking his medication because he no longer needs it. He is attending trade school and doing well, he is getting his driver's license, he is excited about the future, and he is thinking about someday living on his own. PCRC has turned John's life around and I will be forever grateful for all the help we received.

~ John's mom

YOUR gifts are helping to make a better future for John and his family along with hundreds of other children who need help.

**#giving
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Preventative Measures

“BHcare’s Alliance for Prevention and Wellness (APW) hosted 55 Naloxone (Narcan) trainings and distributed 1084 kits last year, demonstrating there is a great need for it in our communities.

The FDA recently announced that Naloxone will soon be available over the counter (OTC), and I’m concerned about accessibility due to cost and stigma.

Right now, Naloxone is available through a prescription from your doctor or pharmacist, but many people don’t access it because they’re afraid it will show up on their insurance, or they’re ashamed or scared to ask for it.

Once Naloxone is available OTC, it won’t be covered by insurance, and it’s an expensive product, it needs to be affordable or the people who need it won’t buy it.

On a positive note, by making Naloxone available OTC, we are working to reduce the stigma associated with substance use/opioid use disorders and making it more available as a preventative measure, however, it is critical that we continue to have community distribution programs to help eliminate the financial burden, to educate the community, and to help reduce the stigma associated with substance use disorders and the use of Naloxone.

There are many ways to access Naloxone before it becomes available OTC. You can participate in one of our trainings and receive a kit from us, or other Regional Behavioral Health Action Organizations. You can reach out to your local Harm Reduction Coalition, or you can request a prescription from your physician or pharmacist.

Fentanyl is in the illicit drug supply, Naloxone can be lifesaving.”

~ Pam Mautte, Director, Alliance for Prevention and Wellness



YOUR donations are making a tremendous difference in our communities by helping to save lives and reducing substance use disorder stigma.

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A New Beginning

“Never in my life did I think I would be in a shelter with my baby. I’m 23 years old and have a beautiful baby girl with autism. Life has been challenging as a young mother with a special needs child, and being in an abusive relationship made things even worse.

I needed to get away from my boyfriend but had nowhere to go. My father had just passed away and he was the only family member who supported and cared for me.

I called the domestic violence hotline and was connected to The Umbrella Center. Once I arrived at the shelter, I was given a voucher to My Sister’s Place where I was able to shop for clothes and toys for me and my girl. We had nothing so this meant the world to me. I have been through so much and the staff has been wonderful. It’s a beautiful thing to have people care for when you feel so alone and have no family to rely on. They have made my grieving process much easier, and I am less anxious and scared about my future.

It was hard at first to accept the help but soon realized I couldn’t do this alone. I hope to teach my daughter that being humble can take you places you never thought possible.

I am so thankful to The Umbrella Center and My Sister’s Place for the help to start a new beginning for me and my daughter.”

~ Lucy



YOUR giving helped Lucy escape a life of violence and gave her wisdom to pass on to her daughter.

**#giving
#thegreatgive**



Giving is Contagious: Let’s Keep Spreading It!

Did you know that generosity can spread from one to another? When you contribute to a cause, it can inspire people around you to also make a difference. You can help spread the “giving spirit” by donating during **The Great Give** between **8:00 am on May 3 and 8:00 pm on May 4!** You can **GIVE** at <https://bit.ly/BHcareGG2023>.

How We're Helping



"About six or seven years ago, one of our clients, Tom Haynes from Haynes Group, asked me to get involved with BHcare's fundraiser. I have always been a believer in random acts of kindness. I try to live that personally and professionally.

Our organization has a platform we call "USI Gives Back" where employees volunteer to help make a difference in the communities where they live and work. Each operating company in USI across the USA gets to choose how they want to reflect this locally.

After some quick research on BHcare, we happily said "yes." When we first got involved, the event was raising funds specifically for the Parent Child Resource Center that provides children's services for BHcare. Today, the event, called **A Chance to Shine**, has grown significantly, and now supports the entire BHcare organization that provides mental health, substance use, domestic violence and other health-risk behavioral services to 15,000 children, adults and families each year.

To help raise money for this effort, we host an annual golf tournament in New England that is sponsored by the insurance companies that USI represents. The proceeds from the event are shared with BHcare and other chosen organizations. Our employees also volunteer their time and participate in special requests that have an impact on the community. We like to focus on organizations where the money goes directly to those in great need. BHcare is a perfect match for USI Gives Back."

~ John J. Klecha, USI Regional President, Connecticut

A CHANCE TO SHINE

Saturday, June 3
10:00 am to 3:00 pm
Quarry Walk, Oxford, CT

Annual Fundraising Event ★ Kids' Bike Parade ★ Walk and Community Celebration

Scan the QR code or visit
achancetoshine.org
for the event schedule, walk registration,
sponsorship, volunteer and
donation opportunities.

For additional information, please contact
development@BHcare.org or 203-800-7177 x1327.

BHcare is supported by the Connecticut Department of Children and Families, Connecticut Department of Social Services, Department of Mental Health and Addiction Services, Katharine Matthies Foundation, the Guilford Community Fund, the Guilford Human Services Council, The Valley United Way, United Way of Milford, SAMSA, US Department of Justice Office for Victims of Crime, Connecticut Coalition Against Domestic Violence 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 Joint Commission and is licensed by the Department of Public Health and the Department of Children and Families.

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.



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