

BRIGHT HORIZONS

BHcare Summer 2024 Newsletter

MICHAEL, STEVE, (AND PORK CHOP)



Our Journey to Recovery



Michael's Story

An overdose left Michael with a brain injury resulting in limited mobility, inability to speak and legal blindness. He was placed in a nursing home where he received intensive physical, occupational, speech and vision therapy. He no longer needs a wheelchair and now communicates without the assistance of a letter board.

Following his nursing home stay, Michael was referred to BHcare, where he regularly attends therapy and is six months sober. As part of his recovery, Michael set a goal to spread awareness of substance use and the effects of overdosing by telling his own story.

"My life isn't what it was, but it is still pretty darn good. I'm the happiest I've ever been now that I'm sober. The help and support I receive at BHcare is amazing. They continue to go above and beyond to make sure I have everything I need," said Michael. "They treat me and my fiancé, Steve, with dignity and respect and only want the best for us. Our lives have been changed forever and I hope to pay it forward one day." - Michael

Our Journey



Steve's Story

On March 25, 2022, Steve found his partner, Michael, unresponsive from an overdose. Michael was placed on life support, where fought for his life for nearly three weeks. That same day, Steve, who had been drinking, suffered a pseudo seizure due to stress and wrecked his car. Although under the legal limit, he had to appear in court.

BHcare helped him with jail diversion and properly diagnosed him with depression. Having a difficult time separating what happened to Michael and the ability to focus on his own recovery, Steve placed all his energy on his partner's recovery and care.

With the support of the staff, Steve now is compliant with his medication and is also six months sober. He now knows the importance of self-care and his own sobriety. Both he and Michael continue to receive services at BHcare.



"BHcare welcomed us with open arms. Even as an active user, I felt comfortable reaching out. The atmosphere is like no other place I have ever experienced. My anxiety went down almost the moment I walked through the doors," said Steve. "We wouldn't be where we are today without their help and support. They truly saved our lives." ~ Steve

**ROAD TO
RECOVERY**

Navigating the Court System



"My wife and I saw the red flags when our daughter began dating her boyfriend. It started with little things like he would "allow" her to do certain things, and he got stricter as time passed. I did not like what was happening and asked her to stop dating him. But being young and in so-called "love", she continued the relationship. He was very controlling and when she did not comply with his demands, he responded with threatening texts, sending messages through Facebook and leaving things on our lawn.

My daughter, wife and I were harassed by him for nearly a year. Thanks to The Umbrella Center for Domestic Violence Services Family Violence Victim Advocate Supervisor, we were able to file a protective order against him, which he continued to break, and consequently lead to eight felony charges. To say this has been a nightmare is an understatement.

For someone who has never been a victim of crime, navigating the system is far from easy. I had no idea what to do, but with the advocate's help and guidance, we were able to get the felony convictions. Her empathy and compassion are like no other. She was, and still is, an invaluable resource. She was in constant communication and made us feel safe. She is the support every family needs, and I would like to extend my heartfelt thanks for all she did for me and my family."

~ Rich

Is it Normal for a Nine-Year-Old to be Anxious?

"We took our nine-year-old son, Jack, to the Parent Child Resource Center for therapy because of his constant negative thoughts and increased anxiety about his father's declining health. He would feel anxious over things like my husband and I having a disagreement, others playfully teasing him or not knowing the correct answer in school. Jack could not relax or have fun. He would become overwhelmed with emotions when I would leave for a few hours or if there was any change in my routine.

He started to use the strategies he learned in therapy to help decrease his anxiety such as challenging his negative thoughts, taking space, playing with action figures and expressing his thoughts and feelings to us. It is very apparent that Jack is feeling more positive as he is smiling and laughing more often, is talkative in sessions rather than shutting down and expressing things that he is looking forward to. Now, he can let me go out and easily say "Bye, see you later!".



My husband and I are so pleased with all the progress he has made and grateful for the guidance we are receiving as a family." ~ Jack's Mom

It's normal for children to feel anxious, worried, stressed or fearful some of the time. Life is full of changes and challenges that can bring on such emotions.

But how do parents/caregivers know when a child may need professional help?

Here are some signs to look for:

- Finds it hard to concentrate
- Avoids specific activities or people
- Focuses on what can go wrong
- Has fears that interfere with daily activities
- Has trouble sleeping

If you have concerns, call BHcare's Parent Child Resource Center today at **(203) 800-7177**.



Thank you to all
who made
this year's event
a huge success!



SAVE THE DATE: A Chance to Shine - June 7, 2025



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