

Bright Horizons

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are forever grateful
for the help Amy
received at BHcare’s
Parent Child
Resource Center.”
~ Amy’s Mother
Page 2**



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Page 2: Developing Healthy Coping Skills/
Living Free from Violence

Page 3: Extending a Helping Hand/Journey to
Sobriety

Page 4: How We’re Helping/A Chance to Shine

Developing Healthy Coping Skills

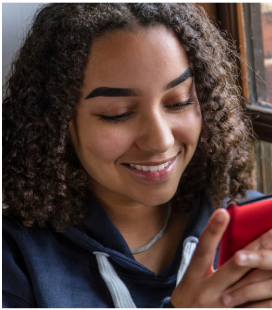
“My 15-year-old daughter Amy was referred to the Parent Child Resource Center’s Intensive Outpatient Program (IOP) following an inpatient hospitalization for a suicide attempt. Her depression was worse which included feeling “really sad,” withdrawn and isolated from her peers and family. She reported feeling this way most of the day, saying that her sadness could last anywhere between a couple of hours to three or four days. In addition, Amy engaged in self-injurious behaviors because of her ongoing sadness.

When starting the IOP, she struggled significantly with identifying specific triggers that caused her distress. Amy reported not really understanding why she felt the way she did. She struggled with impulsive behaviors during these moments and resorted to self-harming to cope. Throughout her time in IOP, Amy worked in group therapy to gain a better understanding of her triggers.

Eventually, she began to understand that her relationships within her family, specifically her on and off again relationship with her biological father, had a significant impact on her ability to form and maintain meaningful relationships in her life. Amy worked hard to improve her sense of self-worth and develop healthy coping skills. By the end of her time in treatment, Amy had a better understanding of her triggers, was able to use healthy coping skills and had formed meaningful relationships with several family members. As a result, she was able to prioritize her safety and well-being.

My family and I are forever grateful for the help Amy received at the Parent Child Resource Center.”

~ Amy’s Mother



***YOUR** donation helps children like Amy learn coping skills and how to make meaningful connections with family and friends.*

Living Free from Violence

“For several years, I was trapped in an abusive relationship with the father of my children. The abuse started with shoving and hair-pulling, but quickly escalated to punches and kicks. I endured his physical and verbal abuse for quite a while, but when he threatened to harm the children, I had to do something. Knowing that leaving an abuser can be a risky time, I reached out to The Umbrella Center for Domestic Violence Services for help.

The Umbrella Center played a crucial role in helping me navigate through this challenging period. They assisted me in filing a restraining order and helped me obtain legal representation for the hearing. Additionally, my children received trauma counseling and they helped me apply for cash assistance through the Victim Compensation Program.

During this difficult time, The Umbrella Center provided me with the support, validation and encouragement to move forward. They helped me find a safe and secure apartment where my children and I can begin to heal from all the trauma and abuse we endured.

I cannot emphasize enough how grateful I am for the invaluable services and advocacy provided by the staff at The Umbrella Center. Without their support, I would not have been able to safely leave my abusive situation. They truly made a positive impact on my life and the lives of my children.”

~ Kim



***YOUR** support helps families develop safety plans to leave abusive situations and live violence-free lives.*

Extending a Helping Hand

“When we see someone in physical distress, our immediate reaction is to rush to their aid, offering any help we can. However, when it comes to emotional distress, our response tends to be quite the opposite. We find ourselves at a loss wondering what we can do to help, assuming they will be fine and reluctant to get involved. With mental health issues on the rise years and especially since the aftermath of the COVID pandemic, it is more important than ever to extend a helping hand.

That’s why Mental Health First Aid Training is so important and why I am incredibly grateful to organizations like BH*care* and its Alliance for Prevention and Wellness for offering this training to the public. What makes this training even more remarkable is that it is free and led by two outstanding presenters from BH*care*, Lorrie McFarland and Anna Gasinski. These experts provide practical tips and techniques that can be applied by anyone, regardless of their profession or background to support someone experiencing a mental health challenge.

It is vital for all of us to equip ourselves with these tools. Having the knowledge and skills to come to someone’s aid during a mental health crisis can make all the difference. Just a few hours of training can empower us to be a source of help for those facing mental health challenges.”

~ Valerie



Anna Gasinski and Lorrie McFarland.

***YOUR** generosity empowers communities to help others through education and training.*

Journey to Sobriety

“I’ve been dealing with depression and anxiety most of my life. I survived some really serious stuff like abuse and rape, and it has haunted me ever since. After losing my second husband to his drugs nearly eight years ago, things got worse, and I turned to alcohol to numb the pain. It got so bad that was in and out of the hospital because of suicide attempts. I couldn’t deal anymore and had reached rock bottom.

That’s when I was referred to BH*care*. I was reluctant at first thinking I would never lose my desire to drink but got the help I needed for my daughter. She feared she would lose me like she lost her father. I didn’t want to let her down or disappoint my sons who have gone above and beyond to support me.

But BH*care* honestly saved me. Their Intensive Outpatient Program and the Women’s Group totally changed the way I felt. Listening to others with similar stories made me realize I am not alone, and I finally felt connected and supported.

My prescriber worked with me to regulate my medications. I’ve gone from taking 12 different kinds of meds to now only one. Things really started looking up and I found a part-time job. For 35 years, I worked in a high stress position. Now it is simple bliss driving a school bus for special needs kids. I could not be happier.

Today I am 17 months sober, and I am confident that I will never drink again. I am super lucky to have a family who’s had my back every step of the way. I wouldn’t be where I am today without them or the phenomenal care from all the people at BH*care*. Many thanks.”

~ Leslie



***YOUR** gift gives clients, like Leslie, the strength to believe in themselves again and take the steps necessary to turn their lives around.*

How We're Helping

In two months' time, local influencer and content creator, Lauren McBride and her team, planned and executed an amazing and inspiring night to support The Umbrella Center for Domestic Violence Services.

McBride's inaugural GALa's Night Out was held on March 16 at Millpond Gatherings in Northford. Nearly 200 women attended the event. Some traveled from different parts of the country and Canada to meet McBride, check out local vendors, even dance and support The Umbrella Center.

The event raised over \$16,000 to support domestic violence services and helped raise awareness of the services available for victims and their children.

"The night will forever go down as one of the best nights in history and I'm so thankful to all of you for making it happen," said McBride. She continued, "It's women supporting women supporting women."



Saturday, June 1
10:00 am - 3:00 pm
Quarry Walk, Oxford

Remembrance Walk
FREE Kids' Bike Parade
Touch-A-Truck
Live Music & More!

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BHcare's funding sources can be found at BHcare.org/giving/support-funding/.