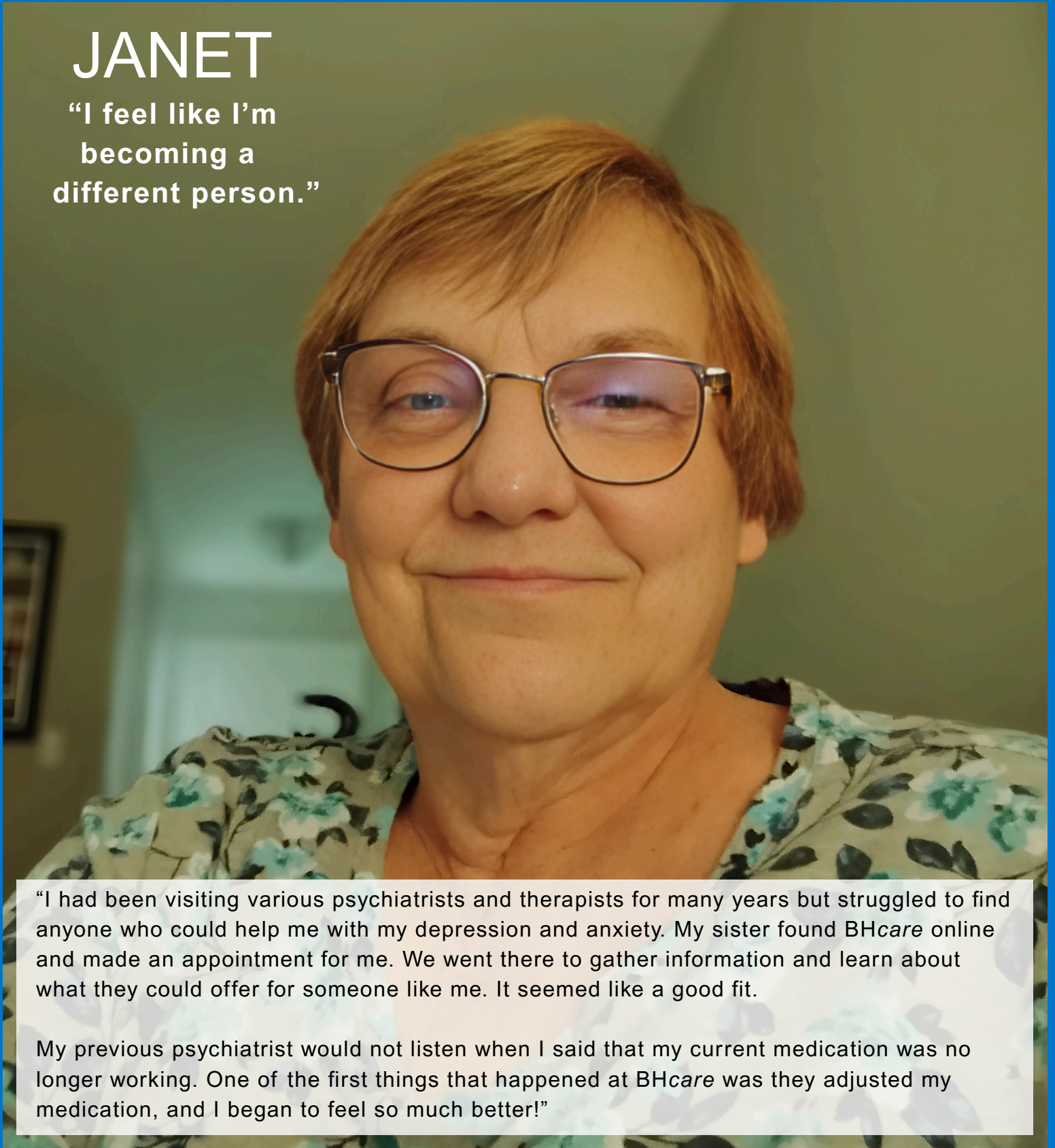


BRIGHT HORIZONS

BHcare Spring 2025 Newsletter

JANET

**“I feel like I’m
becoming a
different person.”**



“I had been visiting various psychiatrists and therapists for many years but struggled to find anyone who could help me with my depression and anxiety. My sister found BHcare online and made an appointment for me. We went there to gather information and learn about what they could offer for someone like me. It seemed like a good fit.

My previous psychiatrist would not listen when I said that my current medication was no longer working. One of the first things that happened at BHcare was they adjusted my medication, and I began to feel so much better!”

“Before I started with a therapist, my sister and I were able to meet with her, which provided me with a lot of comfort. My first session was wonderful, and I knew she would help me.

During a particularly difficult time when I was feeling suicidal, I called the crisis line. The counselor I spoke with was extremely helpful and suggested sending someone to my home for additional support. A crisis counselor came to help me, and she introduced me to a grief group, asking if I wanted to attend. I agreed to go, and I immediately felt comfortable and relieved to talk with others who were experiencing similar grief. I have been attending the group for about two months now, and I love it! It has been incredibly beneficial for me. I feel like I am becoming a different person, and I look forward to going to the group every week. I am even considering joining another group.

My appointments are always positive, and I have the best therapist I've ever had! I have truly changed, and my family has noticed. I plan to continue going to BHcare for as long as I need, possibly even forever. I thank God that we found BHcare. I am making friends and experiencing positive changes in my life. Thank you to everyone there for making me feel so comfortable and for providing the help I need.” ~ Janet

Domestic Abuse Can Happen to Anyone

“When people think of domestic violence, they often do not consider that a man can be a victim. However, it can happen to anyone.

I am a 62-year-old man who was in a relationship with my partner for nearly 15 years. Throughout our time together, we experienced both good and bad times. Being a trusting person, I believed that my partner had changed for the better whenever things were going well.



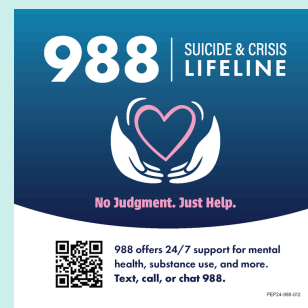
Unfortunately, my partner was narcissistic and controlling. The yelling, screaming, threats, and breaking of things escalated to a point where I realized I had to leave. I was not only enduring mental and emotional abuse, but I was also facing serious health issues. I had one kidney removed in 2007, and in 2021, my cancer returned, affecting my remaining kidney, which placed me on a transplant list. To make matters worse, the stress of dealing with my partner and my health issues led to a heart attack.

I was fortunate to connect with counselors at The Umbrella Center for Domestic Violence Services, who helped me find the courage to finally leave my toxic relationship in January. They found me temporary housing, assisted me in getting everything in order, and helped ease my anxiety. Three months later, a permanent place became available, and once again, the staff was there to support me.

I cannot express enough gratitude for the help and support that The Umbrella Center has provided and continues to provide. Without them, I would not have a stable and safe situation.” ~ Scott

Partners in Suicide Prevention

The Alliance for Prevention & Wellness leads several work groups, including the South-Central Regional Suicide Advisory Board (RSAB). RSABs support the mission and vision of the Connecticut Suicide Advisory Board, which consists of a diverse network of advocates working to integrate an interdisciplinary approach to prevention, intervention, and health and wellness promotion across the lifespan.



A key focus of our work is information dissemination. We aim to identify creative ways to reach different sectors of our community to ensure they have access to a variety of support services. One essential resource we promote is the National Suicide and Crisis Lifeline, which has recently been rebranded as the 988 Lifeline. In Connecticut, individuals can call, text, or chat online with a trained counselor to navigate mental health challenges, emotional distress, or simply to receive support.

In honor of Restaurant Week in New Haven, we created reusable 988 coasters and asked numerous establishments, including Olives & Oil, Elm City Social, Archie Moore's and The Crooked Goat, to help us promote what 988 has to offer. We would like to thank these businesses for being valuable partners in prevention. We hope these coasters will initiate new conversations about mental health and encourage those who are struggling to reach out to 988 for support.

To learn more about 988 or to access a trained counselor, visit: 988lifeline.org.

A Promising Future

“The Parent Child Resource Center (PCRC) has played a vital role in our family for many years. My son, Larry, was referred to PCRC during elementary school. His behavior became too much for us to handle. He had difficulty listening to us and his teachers, and he would often be aggressive toward other students. When he felt anxious, he would run away from his group area at school and, at times, damage school property.




Larry was initially referred to an intensive outpatient program by his school to receive support and achieve some stabilization. The treatment team was able to understand his behavioral difficulties and create a plan to help him stabilize. While he faced some challenges at the beginning of the program, he eventually reached a point where he could process his feelings effectively. His clinician, who had worked with him throughout elementary and middle school, continued to support him as he approached his high school graduation.

He has been very consistent in treatment, and we have been able to attend weekly sessions with him to provide support. Larry has successfully managed to avoid any behavioral issues in school for an extended period. He feels a strong connection to the agency and enjoys calling familiar staff members to share his good days and express his pride in his progress. At home, he has also improved and learned going for a walk is a better coping skill than getting into conflicts with his parents. Now, as he prepares to graduate from high school, he is looking forward to participating in a summer program that involves working outdoors.

We are so grateful for the support Larry has received over the years. He is very proud of where he is in life, and as parents, we couldn't be prouder.” ~ Larry's mom

You Make Stories Like These Possible!

Because of your support, lives like Janet's, Scott's, and Larry's have been transformed. Join us for **A Chance to Shine** and help us create even more stories of hope and healing. Everyone is welcome to take part in our online silent auction - no matter where you are!  Register today and be part of something truly life-changing.



Walk & Celebration
Saturday, June 7
10:00 am - 3:00 pm
Quarry Walk, Oxford

10:00 am: Walk Check-in & Day of Registration

10:30 am - 3:30 pm: Scenic Helicopter Rides

Soar through the skies and enjoy breathtaking views of the Quarry Walk!

11:00 am: A Walk to Remember Lori Jackson

\$25 - Adults
\$10 - 5 to 18-year-olds
Free - Ages 4 and under

11:30 am - 3:00 pm: FREE Community Celebration

Inflatables, touch-a-truck, lawn games, raffles, 50/50, online auction and more!
Live music by Fat Molasses Band.

1:00 pm: FREE Kids' Bike Parade

Decorate your bike, trike, wagon or stroller, and join us for a kids' bike parade around the Quarry Walk Green led by WTNH, Co-Chief Meteorologist, Joe Furey! Decorating begins at 10:30 am. Plus FREE helmets, lights and locks to those who preregister.

A Chance to Shine is an annual event to raise funds and awareness for all BHcare programs

The Umbrella Center for Domestic Violence Services

Parent Child Resource Center

Alliance for Prevention and Wellness

BHcare's mental health and substance use services

Hope Family Justice Center

BHcare
A Certified Community Behavioral Health Clinic

HAYNES

achancetoshinect.org



BHcare
A Certified Community Behavioral Health Clinic

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