



# SOMEONE YOU LOVE





## #SomeoneYouLove

"The partnership between the Alliance for Prevention and Wellness and Wallingford Public Schools has greatly improved our approach to suicide prevention. APW's training, policy guidance and targeted resources have given our staff and community the knowledge to make a difference. This collaboration has led to real progress in suicide prevention in our schools and community."

~ Aimee Turner  
Assistant Superintendent  
Wallingford Schools

## Strengthening Suicide Prevention

This year, BHcare's Alliance for Prevention and Wellness and its Regional Suicide Advisory Board (RSAB) deepened their impact across our communities - building stronger networks, increasing awareness, and saving lives.

By aligning with the statewide Connecticut Suicide Advisory Board and using the Strategic Prevention Framework to guide our work, we've focused on one goal: **empowering communities to prevent suicide through knowledge, connection, and care.**

### Highlights from the year:

- **Expanded Training and Reach:** Hosted 33 QPR (Question, Persuade, Refer) trainings - including a *Training of Trainers*.
- **Crisis Response Readiness:** Delivered *postvention* trainings for schools, universities and municipalities.
- **Youth Prevention in Action:** Helped schools launch *Signs of Suicide* programs for middle and high school students.
- **Culturally Responsive Outreach:** Offered **six L.E.T.S.** (Listening Empathy Trust and Support) **Save Lives** trainings focused on Black and African American communities.
- **Enhanced Clinical Capacity:** Certified *CALM (Counseling on Access to Lethal Means)* trainers to expand life-saving conversations among clinicians.
- **Stronger Partnerships:** Delivered *Columbia Suicide Severity Rating Scale (C-SSR)* trainings to ensure consistent suicide risk screening.
- **Innovative Education:** Co-hosted a webinar series on suicide prevention for individuals with autism.
- **Community Engagement:** Reached thousands through pop-up events, 988 awareness efforts and a *WTNH* feature highlighting local prevention efforts.
- **Town-Wide Impact:** Trained more than **500 school staff in QPR in just one week** as part of a town-wide prevention initiative in Wallingford.

Together, these efforts embody BHcare's unwavering commitment to **saving lives, reducing stigma, and building communities where hope takes root - and help is always within reach.**

### Trainings include:

- Substance Misuse
- Overdose Prevention and Opioid Education
- Mental Health First Aid
- Suicide Prevention
- Substance Exposed Children
- Environmental Scans for Vaping and Cannabis

# 7,364

children and adults received prevention education and training



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“I saw his abusive behavior progress firsthand. After his arrest, I feared she might return to him. She described how The Umbrella Center staff made her feel validated. I knew she wouldn’t go back once I saw how much The Umbrella Center changed her.”

~ Sarah (Patricia’s friend)

## My Journey Out of Abuse

“With two master’s degrees and a career in the medical field, I never imagined I’d end up in an abusive relationship. But when I met Joe, I was in a vulnerable place. I was grieving the loss of my father and raising my kids alone. Hoping to reconnect with my community and feel better, I joined a volunteer group. That’s where I met Joe.

From the outside, Joe looked like the definition of a good man. He was civic-minded, successful, devoted to his children and deeply rooted in his town. He was younger, fun and spontaneous. It felt flattering to have someone like him choose me. That first year was all laughter and adventure. He knew everyone, and he seemed proud to have me by his side.

But slowly, the picture began to blur. The charm started to feel like control. He always chose what we did, where we went and who was included. I brushed off the discomfort, telling myself it was love and that I should be more flexible. The first red flag came at a football game. I slipped my arms around his neck, playful and happy, and he jabbed me hard in the chest. He sharply said no public displays of affection at football. When I pulled back, embarrassed and hurt, he grabbed my arm and told me not to make a scene.

Over time, I began to see the pattern for what it was, a cycle of abuse, guilt and manipulation. He used charm as a weapon and kindness as a trap. When I confronted him after discovering he was cheating on me with multiple people, the mask fell completely. He went into a rage and attacked my dog. Another time he repeatedly threw me into a wall and then out a metal door.

That’s when I called the police. After their assessment, they connected me with The Umbrella Center for Domestic Violence Services. Through one-on-one counseling and support groups, I began to understand the patterns of narcissistic and abusive behavior. I learned what red flags really look like and how to trust my instincts again. I had an incredible advocate who helped me get a restraining order and stood by me in court.

Today, I am safe, healing and in a supportive relationship built on mutual respect and care. The Umbrella Center was there for me when I needed it most. Life has come full circle, and I’m grateful to now give back to the mission that once supported me.” ~ Patricia

Domestic violence services include:

- Walk-in Crisis Services & 24-hour Hotline
- Emergency Safe Houses
- Crisis Intervention
- Individual Counseling
- Support Groups
- Court-based Advocacy

**5,460**

victims received domestic violence services

The Lethality Assessment Program (LAP) is an assessment that officers administer to anyone who has experienced intimate partner violence to determine their level of risk.

**1,000 of 1,364**

LAP assessments were deemed high-risk, including Patricia’s



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“Julie isn’t as down anymore and doesn’t cry all the time. Since joining the social club, I’ve seen such a change in her. I can see her passion for painting again which had been gone for quite some time.”

~ Marsha (Julie’s friend)

## From Darkness to Light

“When I was diagnosed with stage 3 ovarian cancer, my world began to unravel. Just as I was trying to cope with that, my brother became gravely ill. His passing nearly broke me. The grief, the guilt, the depression consumed me. I felt like I had no one. The friends I thought I could rely on were not there in the way I needed them to be. I withdrew from everything and everyone. I did not want to go on.

Eventually, in a moment of desperation, I asked my doctor for help. She gave me the number for BH*care*. It took me two weeks to find the courage to make the call. I was scared, ashamed and unsure of what would come next. But that phone call changed everything.

Through BH*care*, I joined support groups and began working with a clinician who truly listened. From there, I found my way to the Valley Social Club—and it felt like coming home. I met the most incredible people, and for the first time in a long time, I felt like I belonged. I laugh again. I socialize. And I found something unexpected and healing with painting.

Art has become my voice when words fall short. I paint my emotions, my grief, my hope and my healing. Every brushstroke is a step forward.

I now have a chosen family at the Valley Social Club, and I am living proof that even in the darkest times, help, healing and connection are possible. Reaching out saved my life; and I want others to know you’re not alone and it’s okay to ask for help.”

~ Julie

Adult clinical services include:

- Individual and Group Therapy
- Intensive Outpatient Programs
- Medication Assisted Treatment

**72,098**

adult clinical services were provided

Engaging clients in social and recreational activities fosters emotional resilience, accelerates recovery and enhances quality of life.

**8,373**

services were provided at our social clubs



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“I am grateful for the partnership we've built with BHcare over the past eight years. Having their counselors right in our schools has been one of the most impactful parts of this partnership. They work closely with students and families who need a higher level of care, helping them build trust, strengthen coping skills and find a sense of balance and stability. The difference their presence has made in our school communities is something you can see and feel every day.”

~ Kevin Keating  
ACES  
Director of Pupil Services

## Breaking Barriers

About one in six youth ages 6 to 17 experience a mental health condition, and many never receive the help they need. To make care more accessible for families, BHcare provides mental health services directly in schools. Because these challenges often begin early and evolve as children grow, having support in school is essential. The most common mental health concerns among children include mood disorders like anxiety and depression, and behavioral challenges like ADHD.

“Mental health isn't separate from education - it's part of it. Supporting the whole child means recognizing that emotional wellness and hitting developmental milestones are essential to learning,” said Sarah Beard, Director of Children's Services. “School-based mental health services conveniently connect students and their families to care by increasing access and reducing barriers such as transportation and scheduling conflicts. By embedding support where kids already are, we can catch issues earlier on; improving social skills, behavioral issues and academic performance.”

Through BHcare's Parent Child Resource Center, clinicians provide school-based services across Ansonia, Derby and Seymour, as well as in three Area Cooperative Educational Services (ACES) schools. This partnership ensures that students receive the right care to help them stay engaged in class, build confidence and thrive both academically and emotionally.

Recognizing the importance of early intervention, BHcare plans to expand school-based services to reach even more children and families in need. Because when mental health support is part of education, every child has a better chance to learn, grow and succeed.

Children's clinical services include:

- Individual, Group and Family Counseling
- Intensive Outpatient Programs
- Medication Management
- Diagnostic and Substance Use Evaluation

# 17,036

children's clinical services were provided

# 3,921

in-school services were provided

# YOUR Support Made This Possible!

Your generosity has touched over **16,500** lives - children, adults, families and communities - helping them create lasting change for a happy, healthy tomorrow.

<p>A Chance to Shine event raised over <b>\$350,000</b> to support BHcare's mission!</p>	<p><b>Community Support</b></p>	
	<p><b>Back-to-School Heroes</b></p>	<p>You supported <b>167</b> children through our Back-to-School project.</p>
<p>You granted <b>664</b> client holiday wishes through our Under the Tree Program.</p>	<p><b>Holiday Joy Makers</b></p>	
	<p><b>Program Growth</b></p>	<p>The Children's Intensive Outpatient Program has expanded to our Shoreline location.</p>
<p>Generous community partners hosted six events, raising over <b>\$25,600</b> to support The Umbrella Center.</p>	<p><b>Collaborations &amp; Partnerships</b></p>	
	<p><b>Champion for Change</b></p>	<p>FADE 5k walk/run raised <b>\$2,000</b> this year for the Alliance for Prevention and Wellness bringing the total since inception to over <b>\$26,500!</b></p>
<p><b>223</b> new donors joined BHcare's family of supporters.</p>	<p><b>First-Time Donors</b></p>	
	<p><b>New Sales Record</b></p>	<p>My Sister's Place grossed over <b>\$694,000</b>, with net profits supporting The Umbrella Center!</p>



BHcare.org  
(203) 800-7177

Donate here:

