

Bright Horizons

**“I’m so lucky that I found
The Umbrella. I don’t
know how anyone does
this alone.”**

PG. 2



A Message from Roberta



Each day so many of you are making an impact in our community, and supporting our clients and programs in so many unique and important ways. Over the last few months I've witnessed your generosity and commitment, and the effect it has on those we serve. In December generous donors supported more than 250 "Under the Tree" wishes for our clients and their children. Wishes ranged from something as basic as new pajamas, to more unique requests like a remote control helicopter or a jewelry making kit; regardless of the wish, our generous donors shopped, and wrapped, and made sure each of our clients in need had something "Under the Tree" this year.

Local businesses and community groups have also supported us in creative ways. Amity High School held a clothing drive to support My Sister's Place and collected 137 bags of clothes. Lis-a-Lis Salon in Guilford collected shampoos, conditioners and other personal care items, donating more than 150 products for our clients. Residents at Oxford Farms held a collection drive for My Sister's Place and filled seven SUVs with clothing, dinnerware, and household items. Most recently, J-Cuts in Shelton held their annual "Monkey Love Valentine Drive" and donated stuffed monkeys for children at PCRC and in our UCDVS shelters.

There are so many unique and creative ways you're each supporting our clients, our mission and our community, and I am so grateful for your continued support.

Roberta J. Cook
President/CEO

"I owe my life to the Umbrella" - Liz's Story

I'm so lucky that I found The Umbrella. I don't know how anyone does this alone. Without their help, I may have never left him.

My boyfriend physically and sexually abused me for years. I finally reached a point where I could not take it anymore and was ready to leave. I went to court to file charges against him. I was stunned when they told me the charges would be dropped. They said what he did was a minor offense and he had no history of family violence.

I started crying hysterically in court and my whole body was trembling. How was I ever going to leave him? He controlled everything in my life. I had to account for every penny I spent. He timed me whenever I left the house to run an errand. I could only talk on the phone if it was in his presence and I was on speaker phone. He even made me keep the door open when I went to the bathroom. I lost my job because I was late every day to avoid his suspicion that I was meeting someone before work. I could not stay another day with him.

The prosecutor could see how shaken I was and called an advocate from The Umbrella. I was terrified that he was going to find out I was trying to leave him. I knew he would come home in an hour and expect me to be there. The advocate helped me get to a safe place that day. She also had a police officer escort me to my home to gather my things. The next day, the advocate took me to the train station and provided me with a ticket to the town where my daughter lives. She set up an appointment with the domestic violence agency in the area for me. A week later, she called to see how I was doing and to make sure I was safe.



Thank God the advocate listened to me and responded so quickly. She was trained to recognize dangerous situations and did not hesitate to take action. I owe my life to The Umbrella and their wonderful staff. ~ Liz

Thanks to you, each year over 6,000 men, women and children are able to find they help they need to escape abusive situations and live safe and happy lives.

You can "bowl-a-strike" against domestic violence!

Bowl-2-Benefit
Saturday, March 11, 2017
9:00 am, 11:30 am, 2:00 pm, 4:30 pm, 7:00 pm
AMF Lanes, Milford, CT

Register today at www.bhcare.org.

Taking Action & Effecting Change

BHcare's Alliance for Prevention and Wellness is proud to present the 2017 Community Champions. The Community Champion Award is a recognition given to those individuals who take action and effect change in the field of substance abuse prevention and or intervention activities. The Champions will be honored on April 27, 2017.*



Teresa Spencer



Pat Lahaza



Allison Kernan



Ethan Stutheit



Julia Markarian



Kim & Hope Burrows

Teresa Spencer a Ph.D student who has engaged in both local and statewide policy work related to substance use disorders.

Pat Lahaza, Echo Hose Ambulance Education Coordinator, partnered with Naugatuck Valley Health District to begin providing community based Narcan trainings.

Allison Kernan is a Recovery Support Specialist who has dedicated her time to helping others find their pathway to recovery.

Ethan Stutheit is a student who is dedicated to making a difference among students in his community.

Julia Markarian is a parent who founded an organization called FADE (Fighting Against Drugs Everywhere) after she lost her son to an overdose.

Kim and Hope Burrows, a mother and daughter team, who provide education about opioids and other substances throughout Milford in collaboration with the Milford Prevention Council (MPC).

To register for the APW workshop and/or learn more about our champions, please visit www.APW-CT.org.

"The Cyber Child: Neurological, Social and Educational Implications"

featuring

2017 Community Champions Awards*

April 27, 2017

8:00 am to 12:00 pm

Grassy Hill Country Club, Orange, CT

Making Better Choices

Your support helps hundreds of children like Bobby develop self-control and problem solving skills to learn and grow.

Bobby is a seven-year-old boy who was referred to the PCRC intensive outpatient program (IOP). He was extremely irritable, argumentative, and defiant at home and school. He could not focus on school work and did not get along with his teachers, which impacted his ability to learn.

When Bobby first began in the program, he was hyperactive, impulsive and difficult to manage. Bobby is one of five siblings. His brothers and sisters also have behavioral issues, so home has always been a chaotic place for him. His mother was overwhelmed with his aggression at home and requested additional support.

PCRC was able to provide support for his mom through our Triple P (now Parenting Support Services) In-Home Parenting Program. With increased support in the home, Bobby began to show improvement. He learned to use his words when he was upset instead of acting out. His mom became more consistent with setting limits and following through with consequences, and she was also more confident in her ability to parent Bobby and her other children.

PCRC IOP, Triple P, and medication management has helped Bobby to become the model client. He has gone from a disruptive and impulsive boy to a child who is not only able to use his coping skills when frustrated, but also help others make better choices.



#ImWorthIt

I started going to BHcare 12 years ago. I was a mess. I was suffering with PTSD, anxiety, and depression. My mental health was just in an uproar. BHcare brought me back to life. I'm no longer isolated and I am an active part of my community

Through my therapy at BHcare, I created a mantra for myself. The mantra is "what purpose does this serve?" I want you to know the reason I made the video and the reason many others are speaking out is because BHcare serves us. The programs and services help me and thousands of others like me get well and stay well.

Any loss of funding would be detrimental to our well-being. We rely on these programs and services to help us live happy, healthy lives.

Please keep BHcare going because it helps us and I am worth it. ~ Sue

Visit BHcare's Facebook page at www.Facebook.com/CTBHcare to view Sue's story and other BHcare client stories. Please share our stories and yours using #ImWorthIt.

You, too, can be help advocate for our clients, programs and services by making your voice heard. Tell your legislators that when they are considering budget cuts to please take behavioral health services off the table. Community providers like BHcare are a smart investment and our clients are worth it!



BHcare is supported by the Connecticut Department of Children and Families, Connecticut Department of Social Services, Connecticut Health Foundation, Department of Mental Health and Addiction Services, Derby Discovery Committee/William Caspar Graustein Memorial Fund, Griffing Trust, Katharine Matthies Foundation, Norma F. Pfriem Foundation, the Guilford Community Fund, the Guilford Human Services Council, the Community Foundation for Greater New Haven, The Valley United Way, United Way of Milford, The Valley Community Foundation and the Towns of Ansonia, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, Milford, New Haven, North Branford, North Haven, Orange, Oxford, Seymour, Shelton, West Haven and Woodbridge.

BHcare is accredited by the Commission on Accreditation Rehabilitation Facilities and is licensed by the Department of Public Health.

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.



BHcare - Shoreline
14 Sycamore Way
Branford CT 06405
(203) 483-2630

BHcare - Valley
435 East Main Street
Ansonia CT 06401
(203) 736-2601

BHcare - PCRC
30 Elizabeth Street
Derby, CT 06418
(203) 954-0543

www.BHcare.org



[Facebook.com/CTBHcare](https://www.facebook.com/CTBHcare)
[Facebook.com/parentchildresourcecenter](https://www.facebook.com/parentchildresourcecenter)



[Twitter.com/CTBHcare](https://twitter.com/CTBHcare)

Serving the towns of Ansonia, Beacon Falls, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, Milford, New Haven, North Branford, North Haven, Orange, Oxford, Seymour, Shelton, West Haven and Woodbridge.