

Bright Horizons

WINTER 2016



You make *magic* happen!



Thanks to you,
we are #1!

“Thanks to you, I am a survivor.”

PG. 2


BHcare
Hope • Health • Recovery

A Message from Our President/CEO



Last summer we announced the receipt of a generous planned gift from long-time supporter, Mildred M. Davey. Thanks to her generosity and foresight, our Greater Valley Substance Abuse Action Council was able to provide suicide prevention training, alcohol awareness and prevention education, and Mental Health First Aid training for more than 3,600 adolescents, teens and adults. Mildred's gift also provided critical support for our Umbrella hotline. Thanks to her legacy planning, certified domestic violence counselors answered more than 4,000 calls from victims of domestic violence.

Tomorrow's results are created by today's dreamers, and you may be dreaming about how you can help your community well into the future, planned giving is one way you can do that.

When you make a planned gift to BHcare, you are making an investment that will help provide much needed funding for innovative behavioral health services, life saving domestic violence services, and important prevention and education programming. The power of your planned gift will be magnified many times over, playing a quiet, yet vital role in building a healthier community for the future.

To learn more about how you can plan to help your community in the future, please visit our website www.bhcare.org or call our Development Department (203) 736-2601 x1856.

Roberta J. Cook
President/CEO

Social Club Pays it Forward

Members of the Valley Social Club will hold their 2nd annual Wii bowling tournament in March to help the fight against domestic violence. Club members chose to bowl with the Wii so everyone can participate regardless of their abilities/disabilities.

28th Annual Bowl-2-Benefit

Saturday, March 12, 2016

AMF Lanes Milford, CT

5 Bowling Sessions:

9 am, 11:30 am, 2 pm, 4:30 pm, 7 pm

Please visit www.bhcare.org to see how you can be a part of this year's Bowl-2-Benefit.



All participants pay a fee to be on the team. All monies collected support BHcare's annual Bowl-2-Benefit event.

"Club members wanted to give back to our community in an effort to pay it forward as a thank you to all who help sustain the services they receive at BHcare," said Phyllis Kaplan, Social Rehabilitation Supervisor. "They want to make sure others get the help they need."

Last year 17 bowlers raised \$130 and this year they hope to raise even more.

Cover Story: "I am a Survivor"

I am a survivor; no truer words have ever been spoken. 25 years of domestic violence which ended when I was shot several times by my abuser, I survived. The physical wounds are apparent; the mental ones are not. PTSD, depression, I am surviving. Sometimes the mental wounds can be seen if you let them; hoarding, bad hygiene, isolation. I am surviving.

My daughter and son-in-law brought me to Branford in 2008. My daughter brought me to BHcare. BHcare brought me to life.

Back then I would sit in a corner, no talking, no interaction. Now, I see my therapist and psychiatrist as scheduled and I'm compliant with my meds. I'm talking, moving forward and letting go of my baggage. Now, I'm the President of the Social Club, OPTIONS, and helping my community every day.

Back then I was living with my daughter, son-in-law, and three grandchildren. Now, I'm living in my own apartment and loving it.

I am a survivor.

"I'm talking, moving forward and helping my community everyday."



~ Sue Searles

You Make Magic Happen

Saving lives and building a healthier community brought two faces that you may recognize back to BHcare this year. Ernie Luise, founding member of our original Gala, and Marilyn Cormack, retired BHcare President, returned to chair our *A Magical Evening* fundraiser this fall. Master Illusionist JB Benn entertained you with his up-close magic show, but your generosity made the real *magic* happen.



"Everyone who participates and supports this event makes a difference in the lives of those who need us," Ms. Luise said.

**Your generosity =
1 month of
safe shelter
for 31 women &
children**

Ms. Luise conducted a special appeal and *abracadabra*, you responded with \$28,000 to support our domestic violence safe houses. Your generous gifts will provide emergency shelter and around-the-clock support for the more than 300 women and children who live in our safe houses each year.



"I'm thrilled to be a part of this important event and remain committed to helping BHcare raise funds to provide vital mental health, prevention and domestic violence services and programs for our communities," said Ms. Cormack.

Thanks to you, *A Magical Evening* raised more than \$73,000 to support mental health, prevention and domestic violence services for individuals and families in your community. Thank you.

Many thanks to our *magical* top sponsors: Webster Bank, Bassett Family Fund, Cohen & Thomas, Naugatuck Valley Savings & Loan, Retina Systems, Rose & Kiernan and the Valley Community Foundation. A special thanks to Fred Ortolini for capturing the event.

Thanks to you, we are #1!



Your gifts and support gave members of the Valley Social Club the resources, knowledge and confidence to become their own advocates and to lobby for mental health services

at the state capital. The Keep the Promise Coalition honored club members with the Clubhouse of the Year Award for their outstanding work during the 2015 legislative session.

Juliane said, "We worked very hard to get the budget passed. We wrote letters and called our state reps. We have a top notch club and it is great to be recognized for our efforts."

"It means the world to us to receive this honor," Sylvia stated.



"I realize I can make a difference. There was a time in my life where I didn't vote or get involved. I've since learned that my voice is being heard and I need to do my part," said Mike. "I even voted for the first time in 30 years."



Doctor's Corner by Karl-Otto Liebmann, M.D.

"Letting Go and Moving On"

I am leaving my place of work, the place I helped build and develop over 15 years. Letting go is not simple. It is a struggle. My mind is holding on to so many experiences, encounters with people I came to know and like. We shared much – hope, and frustration, sadness and humor, the undying will to help those who need us. I will carry with me countless memories of our patients' struggles and of their courage. But now I have decided to move on, to build on what I have learned from working for our patients and our remarkable staff. My teaching, my clinical work, my research have all been enriched by my experience at Harbor Health and BHcare.

We all reach moments in our lives where we can choose to change course, to let go and then to move on. So now I am stepping out of my "Doctor's Corner" to say goodbye and to thank all of you who have helped me do our work together all these years.

Keep up the good work!

**Life is full of questions,
cupcakes are the answer**

A Shoreline Benefit for
BHcare
Hope • Health • Recovery
Providing behavioral health
& domestic violence services

**Thursday, May 19, 2016
5:30 pm - 8:30 pm**

**Pine Orchard Yacht & Country Club
2 Club Parkway
Branford, CT**

**Get your tickets today at
www.bhcare.org**



BHcare is supported by the Connecticut Health and Educational Facilities Authority, the Department of Mental Health and Addiction Services, 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 Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, North Branford, North Haven, Orange, Oxford, Seymour, Shelton 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 services operate from two primary locations:

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

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

www.BHcare.org

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

[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.