

# Bright Horizons

**YOUR** Gifts at Work

“My dream is to help people succeed like the staff here have done for me.”

pg. 2

## Feeling Alive

“BHcare is the best thing that happened to me. I have a real family here. The staff genuinely care for me and show their concern for my well-being every single day.

**I was in a dark place a few years ago.** I was suicidal and did not think I’d make it past 18. My childhood was full of traumatic experiences beginning in Puerto Rico when I was just two years old and my family moved to the U.S. to escape gang violence. My mom was under a lot of stress raising me and my four siblings. My dad was in and out of the picture making things even tougher for the family. We had no choice but to grow up fast.



When I was 18, I was admitted to a hospital following a suicide attempt. My aunt, who was a BHcare client, suggested I look into their services. The Young Adult Services (YAS) program caught my interest.

I could not believe the instant connection I made with the staff. One of the first things they did was help me with my struggles with religion. The staff helped me understand that it was okay and safe to leave a religion that I felt I had outgrown. BHcare also helped me get housing at their residential program where I have 24-hour support when needed. Even if I have approached them multiple times about the same thing, they are so kind and make me feel safe.

**The staff have taught me that I am valuable and constantly push me in such a loving way to better myself.** It was so crazy to me that these people who have their own lives, families and struggles, put in their all to help people like me. I hope that I can one day do the same for others. My dream is to help people succeed like the staff here have done for me.

**BHcare and the YAS staff are my superheroes.** I used to think about death every day, but I have rarely thought about it in the past two years. I don’t know where I would be without them. They truly saved my life. I feel alive and I’m so grateful to be a part of the community.”  
~ Krystal

**Because of YOU, Krystal is finding hope and joy every day, and looking forward to a successful and happy future.**

## On My Own

“I came to The Umbrella Center for Domestic Violence Services just under a year ago. My ex conditioned me for ten years. He convinced me that I needed him to survive. **After years of financial, verbal and emotional abuse I finally gained the strength to leave.**



The advocates taught me that I didn’t need him as he told me I did over and over again. I attended weekly case management sessions and domestic violence counseling. The Umbrella Center helped me complete several housing applications and gave me the strength to get on my feet with rapid rehousing. I was given financial literacy education and worked on job interviewing with a safehouse advocate. **Today, I am finally living on my own for the first time.**

If it wasn’t for The Umbrella Center for Domestic Violence Services, I wouldn’t be where I am today. **I wouldn’t have the growth I have today, and I would most certainly not be alive. I can’t thank the staff enough for saving my life.”**

~Nicole

**YOUR support gives thousands of victims like Nicole the strength, support and resources needed to live a life free from violence.**

## Harm Reduction Efforts

“The Alliance for Prevention & Wellness has teamed up once again with community partners as part of the New Haven Harm Reduction Task Force. **A generous donation was made by a private donor to install syringe disposal trees.**

The donor was inspired by a similar effort in New York City and it fit with our Harm Reduction focus in New Haven. The National Harm Reduction Coalition defines Harm Reduction as a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs. The local community complained about improperly disposed syringe litter around New Haven, the safety issues and aesthetics from the syringes, and that no single agency was held accountable.

**The goal of this pilot project, funded by a private donor, is to meet people where they are and have resources available for them to connect with care.** It’s also good public health and protects communities from accidental sticks and transmission of blood borne illnesses, as well as protecting individuals with substance use disorders who may otherwise use discarded dirty needles found on the street. Four trees are being placed in areas of New Haven that have high incidence of overdoses and improperly discarded needles.”

~ Pam Mautte, Director, Alliance for Prevention & Wellness



**YOUR donation is helping to reduce the number of overdose deaths and keep the public out of harm’s way.**

## Fostering Recovery



**“I started fostering my grandkids five years ago when they were removed from my son and daughter-in-law after our church reported them to DCF.** My son and his wife had been using drugs for years, even before the boys were born.

My youngest grandson, Michael, who really missed his parents, acted out frequently at home and school. He was diagnosed with ADHD, in addition to an adjustment disorder with depressed mood. **His psychiatric issues caused him to fall behind in school, which in turn hindered his ability to develop a healthy sense of self.**

Michael was referred to the Parent Child Resource Center for help. The clinicians worked with him on his emotions and behaviors. The staff worked directly with his school to implement a 504 plan to meet his needs. Michael attended several programs, including trauma-focused therapy to help him understand social cues and develop appropriate social skills.

He was able to complete all of his treatment goals and was transferred to the clinic’s lowest level of care. His parents and I used skills we learned in family therapy to continue to help Michael.

My son worked on his recovery from substance use and is now an integral part of his son’s life. Michael is able to have sleepovers at his dad’s house, and his mom started to visit him since she has obtained her own sobriety. **My grandson is doing great thanks to the Parent Child Resource Center.”**

~ Michael’s grandmother

**YOUR gift helps to heal and strengthen children and families challenged by social, emotional and behavioral issues.**

# How We're Helping

“The Derby-Shelton Rotary Club has had a connection to BHcare (and Birmingham Group before that) for several decades. Rotarians have chaired the Bowl-2-Benefit The Umbrella Center event for many years as well as providing teams to bowl. Rotarians have sat on the BHcare Board of Directors as well as their Foundation, and BHcare employees have become active members of Derby-Shelton Rotary. **Anyone who listens to BHcare clients tell their stories at the annual meeting can't help but be moved by the incredible impact their services have on community members.**



We hold fundraisers during the year to accumulate money to award community grants to local agencies and nonprofits like BHcare (benefitting The Umbrella Center for Domestic Violence Services and the Parent Child Resource Center). On a more personal note, we held an in-meeting service project to fill tote bags with art supplies for the children of The Umbrella Center.

During the COVID crisis, we distributed personal protective gowns and shields, 7,000 adult face masks and 1,500 children's face masks to programs and agencies in our community. Like all Rotary clubs, Derby-Shelton strives to take action to create lasting change-across the globe in our communities and in ourselves.”

~ Judy Gulish, President, The Derby-Shelton Rotary Club

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, William Caspar Graustein Memorial Fund, Katharine Matthies 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, 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 The Joint Commission; 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.*



## The Best of Both Worlds

We'll kickoff on **July 31<sup>st</sup>** with a virtual bike ride and conclude the **2021** event on **August 14<sup>th</sup>** with a 10 am walk and celebration at Quarry Walk in Oxford.

**All funds raised will support the children and families at BHcare's Parent Child Resource Center.**

*\*Sponsorship opportunities available ranging from \$250 to \$20,000.*

**Register and/or sponsor at [achancetoshinect.org](http://achancetoshinect.org).**



[BHcare.org](http://BHcare.org)

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

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

Serving the towns of Ansonia, Bethany, Branford, Chester, Clinton, Cromwell, Deep River, Derby, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Killingworth, Lyme, Madison, Meriden, Middlefield, Middletown, Milford, New Haven, North Branford, North Haven, Old Lyme, Old Saybrook, Orange, Portland, Seymour, Shelton, Wallingford, Westbrook, West Haven and Woodbridge.