

BUILDING

A Better Tomorrow

2022 Impact Report

Stepping into My Purpose

“To say I experienced trauma in my life is a real understatement. My stepfather was abusive to my mom and both parents drank and used drugs. I witnessed my sister being raped, my other pregnant sister being beaten by her boyfriend, and my mother getting shot and nearly dying in my arms. Those are just a few things that have impacted my life growing up.

I acted out and got in trouble throughout my high school years. I started partying in college which turned into heavy drinking after experiencing even more trauma. I lost my brother in an Army explosion in Iraq and soon after I was hit by a car and acquired a traumatic brain injury and epilepsy. My drinking became even more excessive.

One day, I finally made the decision to get sober. I checked into an emergency room where I stayed a few days, lived in a sober house for a while, then was referred to BHcare. Here I found the support system that I never had. I finally allowed myself permission to heal. I learned being sober means nothing if you don't get to the root of the problem and begin healing.

The staff at BHcare are always encouraging and non-judgmental. They give me the hope and strength to move forward. I can call on them anytime I need support.

I feel ready to move forward to pursue my dream of opening my own nonprofit to help others who have experienced traumatic events. I am finally stepping into my purpose. Thank you BHcare.” ~ Michael



“I know I always have people in my corner at BHcare.”

Adult Behavioral Health Services

65,958
mental health and
substance use
services provided
for adults



Pursuing a Dream

“Meredith, who is on track to graduate at the top of her high school class, is a completely different person than when she started services at the Parent Child Resource Center (PCRC) a few years ago.

She experienced significant trauma in her early years. Having lost a close relative and things started to spiral down. After years of abuse and neglect at home, Meredith was placed in foster care.

These traumatic experiences caused her to struggle with depression and anxiety. She had regular thoughts of self-harm, struggled with body image issues and at times questioned her reasons to be alive. Meredith was afraid, vulnerable and did not trust anyone.

After several months of intense counseling and treatment at PCRC, the caring and compassionate staff earned her trust and she thrived. She learned appropriate coping skills to improve her thoughts and emotions.

Despite the challenges she faced, Meredith worked hard in and out of therapy. She has secured a job and has begun applying to colleges. Meredith will be the first one in her family to attend college.

I can't begin to express my gratitude for all that PCRC has done for her.” ~ Meredith's foster mom



“Going to college has always been a dream of mine.”

Children & Family Services

18,130
children's clinical
services provided



Healing My Soul

“Living with my abuser was a kaleidoscope of confusion and stress. He was abusive in every way – a barrage of lies and destruction of my body, my property and my spirit.

My abuser would track and stalk me like he was still in the military. My head spins when I think about all the abuse I endured. He had punched me in the face, tried poisoning both me and my dog with antifreeze, attempted to drown my dog and strangled me to the point of unconsciousness. There are so many times he tried to kill me.

I finally had enough. I packed a suitcase and showed up at court with my battered dog. I was so embarrassed and ashamed that I let things escalate this far. As a physician and mandated abuse reporter, I felt I should have known better.

The court advocate referred me to the Hope Family Justice Center. I never dreamt that this quality of care was possible. There I met the most compassionate and competent professionals and received the gift of hope when I needed it the most.

My counseling sessions are priceless. My eyes have been opened. The Hope Family Justice Center is exactly what it says – a center of hope and justice. These experts are guiding me in a healing direction. I am eternally grateful for their help and support.”
~ Dr. Liz



“My present temporary home is a place of peace and reflection.”

Domestic Violence Services

6,429
adults and
their children
received
domestic violence
services



Providing Overdose Outreach

"I joined BHcare's Alliance for Prevention and Wellness staff as the Overdose Response Coordinator for Middlesex County. The position is funded by the University of Baltimore under the Combating Overdose Through Community-Level Intervention grant and through the Center for Disease Control Foundation for a Public Health and Safety Team (PHAST) grant.

My goal is to provide follow up to overdose survivors, grief support for families who witness a fatal overdose, harm reduction in the rural area and substance misuse/overdose prevention. Making that first connection, building trust and staying in contact is key to the success of these programs.

Part of this initiative includes a harm reduction mobile van that visits multiple communities in the region to provide Narcan, clean syringes, fentanyl test strips, band aids and more. The main objective of this van is to meet people where they are.

I am also involved with the Handle with Care initiative that provides schools with a 'heads-up' if an officer goes to any type of call and they think a child has been exposed to trauma," Andrew Penna.

"Having Andrew as the Overdose Response Coordinator directly contributes to better outcomes by leading those suffering from opiate use disorder from crisis to meaningful care," said Brian Battista, Chief Probation Officer II, Middletown.

"Talking to you (Penna) has been a lot more helpful to me than the multiple programs I've been to because you can tell you actually care. You are a lot more understanding about my past and the struggles with substance use and don't judge me," stated recent client.



"I know I'm making an impact in the community."

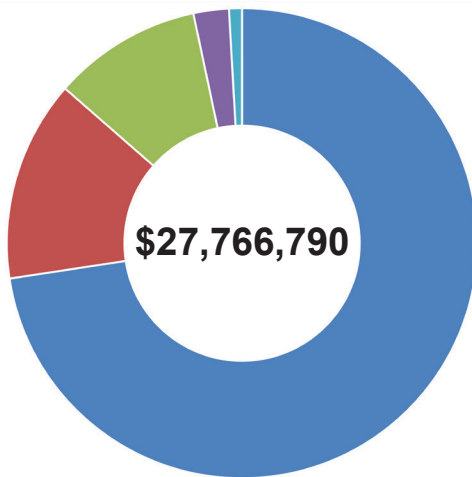
Prevention & Wellness

4,731
youth and adults
received
prevention and
education



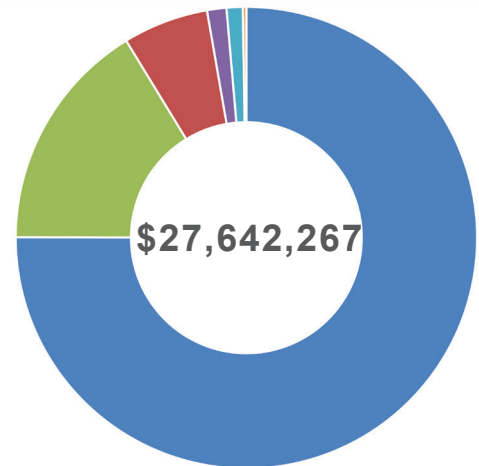
Financials

R
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V
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E



- Grant Revenue
- Donations & Fundraising
- Third Party Revenue
- Other Revenue
- Contract & Sales Revenue

E
X
P
E
N
S
E
S



- Personnel
- Client Support
- Contracted Services
- Depreciation
- Operating Expenses
- Other Expenses



"A Chance to Shine has become something we do because we like to work with people that help others. BHcare is helping everybody in our community."

~ Tom Haynes,
President, Haynes
Group, Inc.



"I can never fully express my gratitude to The Umbrella Center staff for all their help and support. Please know that the work you do is literally saving lives. You all are making the world a better place."

~ Veronica



"My son received services at the Parent Child Resource Center and, as a parent, the best thing for me was how much it improved our communication. We are now able to talk to each other without always arguing." ~ Evan's mom