



Standing Strong Together

2023 Impact Report



105 children and their caregivers worked toward a brighter future through IOP

Standing Strong with Children and Families

“When my daughter Anne was 10, she was referred to BHcare’s Parent Child Resource Center’s (PCRC) Intensive Outpatient Program (IOP) by her private therapist. She was having issues controlling her anger at school and home. Her school was looking to outplace her to a therapeutic setting.

Anne was having daily outbursts, including destruction of property and aggressive behavior toward everyone in our family. It was a struggle for our entire family because her behavior was so unpredictable, and no one knew what might set off a tantrum that could last for hours. We were worried about the impact of this on our older son because he couldn't have friends over or do typical things since our lives revolved around managing Anne's behaviors.

In IOP, Anne worked on finding alternative ways to cope with her anger. She was eventually diagnosed with bipolar disorder and her medication was changed which led to more stabilization of her mood. Anne left treatment for a few years and then returned to IOP again in middle school since we recalled her previous success.

15,910
children’s clinical
services
were provided to
help restore hope
and quality
of life

PCRC helped my husband and I understand how puberty impacted her. Anne successfully completed IOP and stayed in individual treatment until her high school graduation this past summer. During the course of treatment Anne went from being an introvert, fearful of trying new things or having any friends, to being much more open to new experiences and activities. She successfully developed friendships, began dating and got a part-time job.

During this time a lot of family work was done to help us all navigate through the ups and downs of helping Anne manage her illness. Anne will be taking college courses in the fall and transitioning to a therapist at her school. We will all miss her therapist at PCRC a great deal, but we are grateful for the support, for seeing Anne during some difficult moments and sticking with her through it all”. ~ Anne’s mother



387 survivors
used our Spanish-speaking
services, taking steps toward a
safer and healthier future

Standing Strong with Survivors

"I was first connected to The Umbrella Center for Domestic Violence Services about a year and a half ago. I was in the hospital after experiencing a panic attack. A social worker was speaking to me about my life, and I opened up to her about my husband of 11 years.

I told her about my day-to-day activities such as taking care of the kids, cooking for the family and going to the grocery store. We talked about my financial dependence on my husband along with his controlling behavior.

I had no family in Connecticut and felt very isolated. The social worker gave me The Umbrella Center's hotline number.

I called immediately and was connected to a Spanish-speaking counselor. As I described my situation to her, I realized what I was experiencing was not healthy or safe. It was difficult for me to wrap my head around the fact that domestic violence is more than physical. I felt confused, angry, sad and hurt. My relationship with my husband was not only impacting me but also having a negative effect on my children.

The counselor helped me find an attorney to represent me during my divorce. I got a job at a local gym and started working out. I began to focus on my independence and well-being which caused my husband's behavior to become more threatening and dangerous. I needed a safer place to live.

My counselor found a housing opportunity through BHcare for us to move into a fully furnished apartment. I was so overwhelmed with gratitude and hope.

My children are now thriving. They also received services from The Umbrella Center to learn how to process their thoughts and feelings. Together we have created a safety plan.

I feel so much stronger and free thanks to the support my children and I received from BHcare and The Umbrella Center. I urge other victims to not give up hope or be afraid to ask for help." ~ Maya

5,837
adults and
their children
found safety
through our
domestic violence
services



1,378 youth and **722** adults participated in substance use workshops to reduce the long-term risk of the use/abuse of alcohol, tobacco and drugs

Standing Strong with Our Community

"In April of 2022, the East Hampton Police Department formed a partnership with BHcare's Alliance for Prevention and Wellness (APW) to address overdoses in our town.

If we have an overdose, someone from the department reaches out to Andrew Penna, APW Overdose Response Coordinator for Middlesex County with basic information about the overdose. He then plans a home visit with the individual and the family to discuss available services and resources. Penna then arranges for counseling for the individual and family members in addition to teaching them how to administer Narcan. The primary goal is to not have this person overdose again.

Not only does it help the person and family, but it helps our police department by freeing up our resources instead of responding to a person who is repeatedly overdosing.

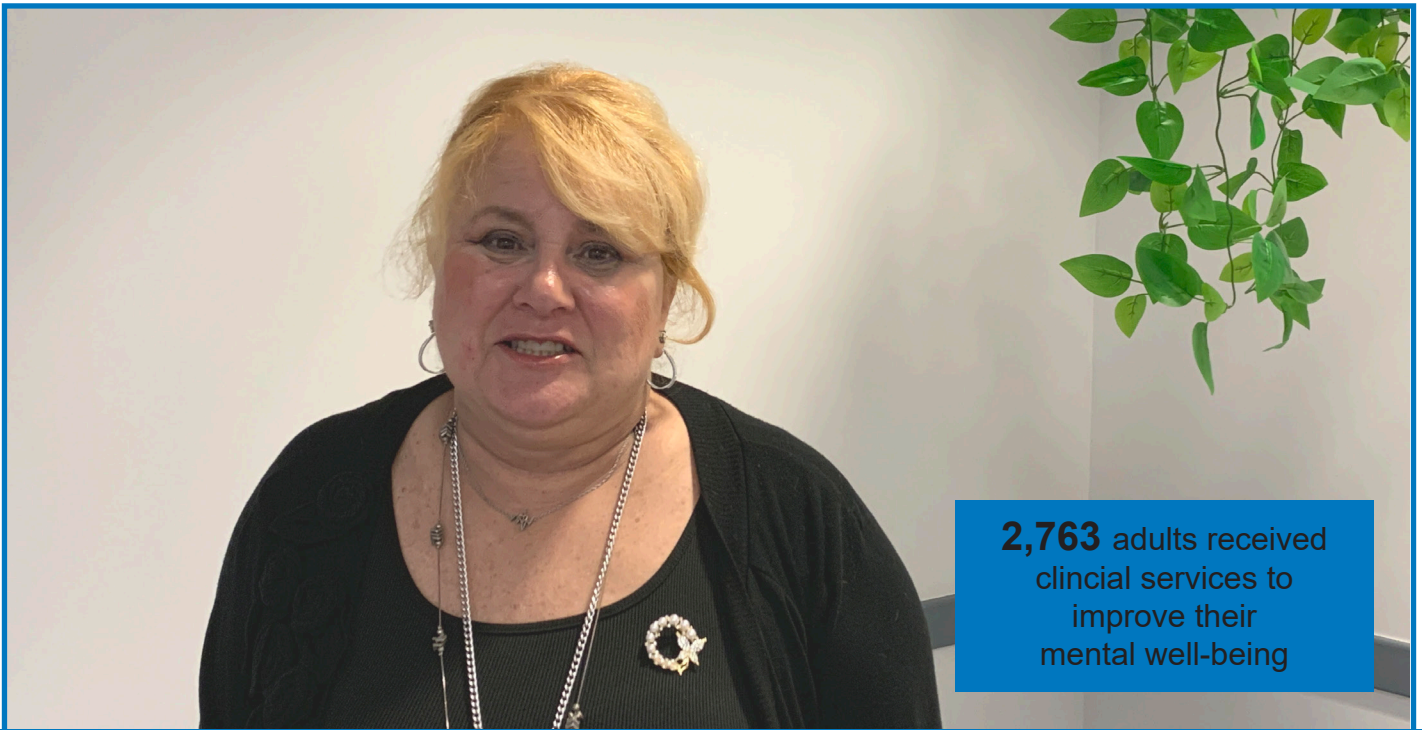
This partnership has been working very efficiently. We now track the number of Narcan uses per month and have seen a drop in calls for overdoses. For the last four months, our officers have not used Narcan, providing concrete evidence that the program is working.

3,426
youth and
adults engaged
in prevention
education
and
trainings

We had one individual in particular that the department responded to on a regular basis. The family was administering Narcan and was concerned that there would be a time that they would not be home to catch his overdose and Narcan could not be used. I'm happy to say that it has been almost a year that we have not had to respond to this individual, showcasing the success of Penna's efforts and this partnership.

If you can save one person, in my opinion, it is a success."

~ Dennis Woessner, Chief of Police, East Hampton



2,763 adults received clinical services to improve their mental well-being

Standing Strong with All Who Need Us

"My anxiety and depression started in adulthood when my parents died three weeks apart. Everything about me changed after their death. Even though I had been their caregiver at the end of their lives, they had always been my protectors. During this difficult time, I needed my husband to comfort me, but he was not there for me. I went through a bad divorce and my children sided with their father. I have been struggling ever since. The only thing I had was my father's old car. I had nothing else – no money, no job and a family that wanted nothing to do with me.

I had to get a job for the first time to support myself and became a caretaker for an elderly woman. This was right when COVID hit. The lady was extremely paranoid that I would give her COVID which would kill her. She would not allow me to use the bathroom, drink or eat anything or even crack open a window. I felt like a prisoner, and she was constantly accusing me of trying to kill her. I got a second job at Home Depot to help with my expenses and to be around people.

The stress of working seven days a week and dealing with someone who thought I was trying to kill her was overwhelming. I thought about killing myself before I would kill someone else. I saw no other way out. I had taken a bunch of medication and wanted to end my life. I called one of my good friends and she could hear that something was very wrong. I was admitted to the hospital, and this ended up being the turning point in my life.

The social worker referred me to BHcare. I found everything here that I didn't even know I needed. I met with a therapist, attended group therapy, had a psychiatrist who prescribed the appropriate medications and received help to get a job. I finally felt I wasn't alone. My therapist helped me to make sense of all my feelings. I learned different ways to cope with my thoughts and emotions. I made a good friend in group therapy. It was great to find someone with so many things in common. The best thing though was getting a good job and finding my purpose. I was even able to purchase a new car.

I still struggle from time to time, but I am in a better mindset than I was thanks to the help I continue to receive from BHcare. I believe we experience things to learn a lesson to be able to help someone else." ~ Lisa

87,090
mental health
and substance use
services were
provided for adults
on the road to
recovery

2023 Community Partner Award

The BHcare Community Partner Award is given in recognition and gratitude to individuals and organizations who have demonstrated exceptional support and made significant contributions to the organization and the children, adults, and families we serve.

We are honored to present this year's award to Our Lady of the Assumption Church in Woodbridge. Our Lady of the Assumption has been ***standing strong*** with us for over 20 years.

Each year the Faith, Hope and Charity Committee of the church adopts more than 60 clients for our Under the Tree program, brightening the holidays for those in need by fulfilling their holiday wishes. In addition, they also donate about 600 pounds of vegetables through their community garden to multiple programs throughout BHcare. Our clients are thrilled to make a fresh meal with all of the vegetables they provide. When our pantries at our safe houses, social clubs and supportive housing are low, they will hold a collection to stock them. During the holidays, they have provided food baskets with turkeys, ham and other goodies for Easter and Thanksgiving.

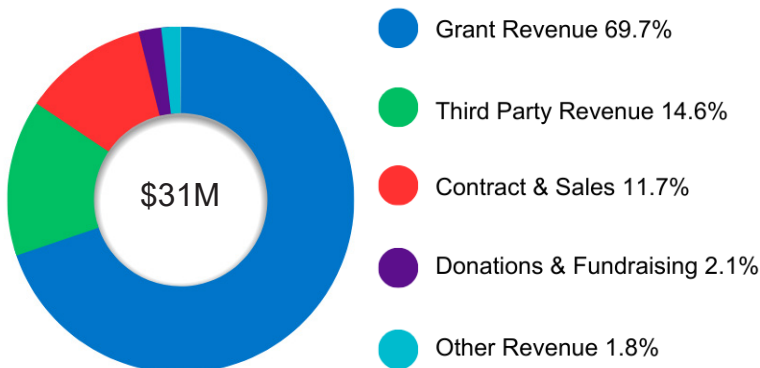
We are so grateful for their dedication, passion and tireless support.



Thank **YOU** for *standing strong together* with the organization, our mission and the people we serve. **Your** time, effort and donations, help save and change lives. Together, hand-in-hand, we're helping thousands of people in our community find hope, health and recovery.

Financial Information

REVENUE



EXPENSES

