

BUILDING THE FOUNDATION



Connecticut Mental Health Center, New Haven, Connecticut, 1964

We must promote—to the best of our ability and by all possible and appropriate means—the mental and physical health of all our citizens.

—President John F. Kennedy, Address to Congress, February 5, 1963

Dear Friend,

While preparing for the 45th anniversary of the **Connecticut Mental Health Center (CMHC)**, we found a trove of archival photographs like the one on this card. In 1964 CMHC laid the foundation for one of the first community mental health centers in the country established under landmark legislation signed by President John F. Kennedy in 1963.

Inspired by the president's vision, the State of Connecticut and Yale University joined forces to reverse what Kennedy called a "tradition of neglect" and to provide improved care, research, and education into the causes, treatment, and prevention of serious mental illness.

In the four decades that followed, generous supporters like you have helped CMHC reinforce the strong foundation of service and education essential to achieve those ambitious goals. We know more about mental illness today than we did in the 1960's, yet nearly one in four people still experience it or know someone who does.

Since opening its doors in 1966, CMHC has provided comprehensive psychiatric, rehabilitative, and recovery-oriented services to over 5,000 men and women a year. Most have little or no income or insurance and nowhere else to turn for the help they need to pursue and enjoy rewarding lives in the community.

President Kennedy knew that true progress would only occur when we as a nation could "*reinforce the will and capacity of our communities ... in order that the communities, in turn, can reinforce the will and capacity of individuals and individual families.*"

In these uncertain economic times, the threat of neglect presses on our most vulnerable citizens. We need your help to marshal the resources it takes to provide ongoing client financial assistance, innovative programs, and other supportive services that make the difference between getting by and getting healthy in our community.

Please give as generously as you can by using the enclosed envelope or donating online at our website:
www.cmhcfoundation.org.

Give to the best of your ability and we will build the strongest future possible for the men and women we serve at **Connecticut Mental Health Center** and for the communities in which we all live and work.

Sincerely,


Kyle Pedersen, MAR
Director


Selby C. Jacobs, MD, MPH
President