

## OFFICERS

David C. Tate, PhD, President  
 Laura Goldblum, Vice President  
 Herbert Hardy, Treasurer  
 Catharine Duman, PhD, Secretary

## BOARD MEMBERS

Allan Atherton  
 Esperanza Diaz, MD  
 Lynne Stapleton Farrell, PhD, JD  
 Kristi Lockhart, PhD  
 Chris-Phillip Onofrio  
 Raymond Sanchez, Jr., MD  
 John Spalding, MTS, MS, NCC  
 Salimah Velji, MPH

## EX OFFICIO

Michael J. Sernyak, MD, CEO, CMHC  
 Robert Cole, MHSA, COO, CMHC

## EMERITUS

Selby C. Jacobs, MD, MPH  
 Miriam C. Niederman

## DIRECTOR

Kyle Pedersen, MAR

## ASSISTANT TO THE DIRECTOR

Sharon DeGenaro

## CONNECTICUT MENTAL HEALTH CENTER FOUNDATION, INC.

34 Park Street, Suite 144  
 New Haven, CT 06519  
 P: 203 974 7089  
 F: 203 974 7719  
[www.cmhcfoundation.org](http://www.cmhcfoundation.org)

A 501(c)(3) supporting organization for the Connecticut Mental Health Center helping people in recovery sustain healthy and meaningful lives in the community.

Dear Friend,

I just finished a brilliant, funny and grippingly honest book by Linda Tirado who knows what it's like to be poor. As she puts it, "**poverty is bleak and cuts off your long term brain.**" Her words echo what we hear from the 5,000 people we serve at the Connecticut Mental Health Center—all of whom are poor and also live with serious mental illness and addiction problems.

In *Hand to Mouth: Living in Bootstrap America* Tirado takes us inside her life at the edges of poverty to see the struggles, indignities and ultimately the humanity of more than one third of our fellow citizens. She doesn't mince words describing how poverty has become a way of life in the United States that robs a person of more than money and material goods. It strips away human dignity and makes life choices even harder. Linda writes:

**According to a study published in *Science* magazine, which is a place I trust about science things, your brain actually has less capacity when you're poor. The theory is that so much of your brain is taken up with poverty-related concerns that there's simply less bandwidth available for other things, like life.**

When we look at poverty combined with mental illness and addiction, we could certainly use more bandwidth—not less. Contributions from generous citizens like you meet material needs, for sure, and expand the capacity of the people we serve to recover and regain their lives.

Your support this past year provided nearly \$30,000 in emergency financial assistance as well as Hill Farmers' Market coupons that helped stretch limited food dollars. Because you care to give—and give to care—we have advanced our pioneering Financial Health Project, expanded our Food Transformation efforts and seeded other trailblazing initiatives in holistic and integrative health that are making a difference in people's lives.

We can do more with your help. This year we committed to an ambitious 3-year strategic plan to secure the resources we need now and for the long-term.

I know poverty won't go away tomorrow or even in the next ten years. Poverty is real and threatens to take away life one daily decision at time. It doesn't have to be that way.

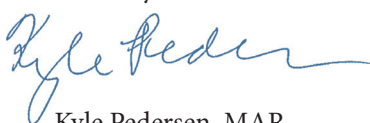
Please give as generously as you can by using the enclosed envelope or donating online at our website:

[www.cmhcfoundation.org](http://www.cmhcfoundation.org)

The way I see it: when you give to the CMHC Foundation you reduce the stress of being poor and give the people we serve the opportunity they deserve to make healthy decisions for life.

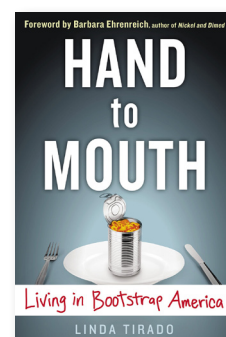
Thank you for choosing to care.

Sincerely,



Kyle Pedersen, MAR  
 Director

P.S. I hope you read Linda's book and share it with your friends and family. Suggest it for a book group discussion or join us for one of our discussions here at CMHC in 2015. We'll be in touch with more details.



**CARE to GIVE. GIVE to CARE.**