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

**“What they really did—to make it really simple—they saved my life.”**

*Bob Forlano, Peer Support Specialist at CMHC, New Haven Register, 9/17/16*

Dear Friend,

Connecticut Mental Health Center just celebrated 50 Years of Hope & Service, a milestone birthday that may seem young for a major public health institution.

For 50 years the Center has been there for people in recovery like Bob—nearly 4,000 men and women every year. The people served are among 1 in 25 Americans with serious mental health problems, often compounded by addiction, poverty, trauma, incarceration, and chronic illnesses such as diabetes and hypertension. And they are at risk of dying 25 years too young. For them, 50 years is a lifetime.

All of us at CMHC envision life past 50 where our fellow citizens—especially those who need it most—can discover life-saving care that helps people recover and lead healthy and meaningful lives in the community. You can help us push past 50 with a gift to the CMHC Foundation.

This birthday year—thanks to one donor’s generous gift of \$2,500—the Foundation launched an exciting campaign called *50 Under 50* to fund 50 staff ideas that cost \$50 or less and improve outpatient services. The response has been incredible—small transformations that are making a big difference in people’s lives.

If you have never given or want to do more, consider a gift of \$50. Your donation could:

- give a client a newly refurbished bicycle for better health and independence
- provide a savings match for clients in the Financial Health Project who are building assets to achieve personal financial goals
- purchase an iPod or iTunes songs for the music program enhancing inpatient care
- fund a brand new *50 Under 50* project

If you want to do even more, consider joining the Foundation’s Circle of Care for those who contribute \$250 or more to advance the important work CMHC is doing in individual lives and the community. Your donation could:

- sponsor a performance by Recovery Speaks, spreading the message in schools, colleges, and the community that recovery is real and possible
- provide grocery assistance for participants in the CMHC Better Eaters cooking group
- bring musicians, performers and other artists to CMHC to enhance care and inspire hope and creativity
- supply plants and materials for clients, staff and volunteers working in CMHC’s on-site and off-site community gardens

Whether you contribute \$50, \$250, or \$2,500, you become part of the mission at the heart of CMHC: **Recovery. Discovery. Together.**

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

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

On behalf of Bob Forlano and all of us at CMHC, thank you for your support.

It’s really simple: together we can save lives.

Sincerely,



Kyle Pedersen, Director



*P.S. Check out [cmhcfoundation.org](http://cmhcfoundation.org) for celebration highlights, including a special anniversary video; and to learn more about the *50 Under 50* campaign and other exciting projects.*