

Dear friend,

Thrive on.

You've probably heard these words before. We say a person thrives on crisis or stress or conflict. According to Merriam-Webster it means to do well in a situation despite or because of circumstances. To thrive on is to grow vigorously, to flourish, to prosper... no matter the odds.

Here at the Connecticut Mental Health Center and Foundation, we see people **thrive on** every day.

The men and women who come to the Center seeking wellness—nearly 5,000 every year—face situations that might make thriving seem an unattainable dream. Day to day they face challenges of living with serious mental health and addiction problems compounded by inadequate housing, financial instability, persistent discrimination, traumatic histories, poor physical health, and lack of quality jobs. Circumstances that can result in a staggering 25 year reduced lifespan.

It is precisely in the face of these enormous odds where thriving happens. We call it recovery and we believe it is real and possible. We see it when a person gains access to healthy food, starts riding a bike for independence and exercise, puts money in a savings account, lands a part-time job, goes back to school, moves into a new apartment, or shares a piece of life wisdom with a teen at a local school.

When you give to the CMHC Foundation, you join a recovery movement that is helping people restore and rebuild their lives and thrive. You join a recovery movement that is only possible when we pool our resources and work together so that all people can flourish. Your support provides funding for innovative health and wellness programs, emergency financial assistance, and public education initiatives that better our understanding of the mental health and addiction experiences of people in our community.

Today as a community we continue to face enormous uncertainties and challenges with threatening cuts to state and federal funding for public health care. Now more than ever, we are counting on your generous support to ensure that the conditions are right for recovery. Every gift—no matter how large or small—helps make recovery possible and helps our community grow and prosper.

Please make your gift today using the enclosed envelope or donating online:

cmhcfoundation.org

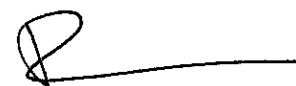
To our generous donors, we say **Thank You!**

To people in recovery—our everyday heroes—we say **Thrive On!**

Sincerely,



Kyle Pedersen, Director



Rebecca Allen, President

P.S. The CMHC Foundation celebrates 25 years of helping people in recovery and our entire community to thrive. Check out the enclosed card for ideas about what we can do together with your gift of \$25 or more!

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STAFF

Kyle Pedersen, MAR
Norma Gibson, MBA, M.ED

Connecticut Mental Health Center
Foundation, Inc.
34 Park Street, Suite 144
New Haven, CT 06519
203-974-7089 TEL
203-974-7719 FAX
cmhcfoundation.org