

Dear Friend,

Do you know what improv theater and recovery have in common?

It's called **"Yes, and..."**

These two words are a basic building block of improv theater. Simply put: whatever reality your fellow actors present, instead of negating, belittling or challenging it, you accept it as offered then add on **(Yes, and)**. The scene emerges through a dynamic give-and-take process of mutual creativity and discovery.

**"Yes, and"** also lies at the heart of person-centered care—something we value and practice at the Connecticut Mental Health Center with nearly 5000 women and men every year. In this approach, whatever a person is experiencing at any given time—struggles, joy, pain, confusion, love, loneliness, trauma, poverty—all is acknowledged and affirmed. But we don't stop there. We suggest something new—tools and ideas that might make a difference. That's how we keep things moving forward for the people we serve. The process of recovery and discovery grows from our shared commitment to work together with people to add resources, social connections, and meaningful experiences to their lives that will strengthen individual and community wellbeing.

Thanks to the generous support of our donors and sponsors, since 2016 we've been doing theater with people in recovery. These gifted actors have created three original performances with Theater of the Oppressed NYC, taking the stage twice at New Haven's International Festival of Arts & Ideas. This year, they're working with Long Wharf Theatre to create and perform a brand-new theater piece. Funny, poignant, full of heart—this is one world premiere you don't want to miss. **SAVE THE DATE—June 28th at 7pm.** More show details and ticket information on the enclosed card or at [longwharf.org](http://longwharf.org).

When you give to the CMHC Foundation, you are saying **"Yes, and..."** to a recovery movement where people enact lives of health, strength, courage, and creativity. You are acknowledging the reality of those who live every day with serious mental health problems, substance use disorders, and limited financial resources. And you are giving your voice and resources so that together we can make recovery possible, even in the face of uncertain state and federal funding for public health care.

Every contribution—no matter how large or small—helps recovery grow one person, one generous act at a time.

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

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

Thank you for helping us set the stage for recovery.

When it comes to good health, it's not a Yes-No question.

It's... **yes, and.**

Sincerely,



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A private non-profit organization supporting the  
Connecticut Mental Health Center and  
the people and community it serves.