



November 2020

Dear Friend,

Public health has been on our minds a lot this year. We have masked up, social distanced, flattened the curve, washed our hands, quarantined... the list goes on.

COVID-19 has given us all a sense of the sustained effort it takes to ensure the safety and health of our whole community in the face of an unseen and deadly threat. We need resources, medical capabilities, healing wisdom, collective commitment, and clear communication. Simply put, **good health happens when we work together and look out for one another.**

Here at Connecticut Mental Health Center, we have been working together in new and different ways to make sure the people who count on CMHC are not left alone, left behind, or left out. We have been open since the pandemic began and our dedicated staff have been serving the community with a combination of limited on-site clinical services, community visits, and remote telemental health. We continue to refine these services, knowing that the long-term mental health effects of the pandemic will be with us for years to come.

Your generous support has helped CMHC Foundation provide essential resources at critical moments during this time:

- we mobilized materials and volunteers (staff, community, client) to sew over 3,000 re-usable masks for our clients and community partners;
- we provided digital tablets for our deaf and hard of hearing clientele to engage in telemental health;
- we coordinated with the City of New Haven and CMHC Street Psychiatry to provide hundreds of sleeping bags, clothing, underwear, and knapsacks to people experiencing homelessness;
- and we partnered with FISH of Greater New Haven and CMHC staff volunteers to safely deliver over 125 Thanksgiving Meal Bags to our clients with families.

We have also witnessed that not all people have equal access to good health and healthcare due to the long-term effects of systemic racism and other social determinants of health. This year, under the leadership of CEO Michael J. Sernyak, MD, CMHC has committed itself to becoming an antiracist community mental health center.

Enclosed you will find a dual language postcard funded by the CMHC Foundation and developed by the CMHC Health Equity Working Group to promote COVID-19 prevention and basic mental health resources for people of color in some of New Haven's hardest hit neighborhoods. Our staff have already hand-distributed over 5,000 to small businesses, community groups, and social services partners. We encourage you to share your postcard with someone you know or keep it as reminder of our shared responsibility to put health equity front and center.

We cannot do this work alone.

Join our community of caring and support with a one-time or recurring gift to the CMHC Foundation. In light of COVID-19 precautions, we recommend you donate online at:

www.cmhcfoundation.org

You may also send your check using the enclosed envelope.

We're in this together to make sure no one is left alone, left behind, or left out.

Thank you and be well,

Laura Goldblum, President

Kyle Pedersen, Director

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