



November 2021

Dear friends,

Remember that old sports cheer: **2-4-6-8. Who do we appreciate?**

We appreciate you, our generous donors and advocates who care deeply for the mental health of our whole community. We are glad you're on our team.

The word **appreciate** has several meanings: to be grateful for, to recognize how good something is, to understand the importance of, and to increase in value. All these meanings converge as we reflect on the past year at CMHC.

We are grateful for supporters like you, for all the people who have entrusted their care to us, for our hard-working staff, and for our community partners.

Since the start of the pandemic, our top-notch CMHC staff have been meeting the needs of our clients with a creative combination of in-person and tele-health care. Over 50% of our services have been in-person throughout the pandemic, including 24/7 acute inpatient services as well as direct community outreach through our Community Support Program, Assertive Community Treatment Team, Street Psychiatry Team, and Mobile Crisis Intervention Team.

COVID-19 has deepened our understanding of the critical connections between mental and physical health. We may be rounding a corner in terms of managing the physical effects of the virus, but we are also looking ahead to the impact COVID-19 will have on community mental health and substance use recovery in the years to come. We already see signs of increased depression, anxiety, trauma of all kinds, and the fatal consequences of addiction and overdose. Community mental health services are essential services, and we need them now more than ever.

CMHC is also working with the City of New Haven and a wide range of community partners and constituents to re-imagine community crisis response that specializes in de-escalation, harm reduction, and rapid access to social services during moments of distress. Humane crisis response is a health issue and a matter of life and death that reflects a community's deepest values.

This past year has shown us that not all lives are valued equally when it comes to health and healthcare. The persistent and pernicious effects of racism have infected our communities with differential access to care and disparate health outcomes. Here at CMHC we are committed to addressing the root causes of these disparities and achieving good health for all.

We need you on our team.

Join us with your one-time or recurring gift to the CMHC Foundation. In light of COVID-19 precautions, we recommend you donate online. You may also send your check using the enclosed envelope.

www.cmhcfoundation.org

2-4-6-8. What do we appreciate?

Our lives and our health!

With heartfelt gratitude,

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.