

GIVE to support better health **LEARN** about mental illness and addictions **SERVE** to strengthen our community

ON THE COVER *Thankfulness Tree* was created in 2017 by a group of individuals receiving services on the CMHC inpatient unit. They were asked to write or draw things they were thankful for, the small things that bring them joy, and what gives their life meaning and purpose. This process allowed the artists to experience how engaging in a gratitude exercise can greatly impact your mood, despite life's difficulties. *Thankfulness Tree* is displayed on the first floor at Connecticut Mental Health Center, a daily reminder to its viewers that there is always something to be grateful for.



NOVEMBER 2022

Dear Friend,

Trees are amazing social organisms that can teach us a lot about how to care for one another. They share nutrients and water through their networks and use these same networks to communicate messages about disease and distress through chemical, hormonal, and electrical signals.

Here at CMHC we use our networks and community partnerships in much the same way to make sure the people we serve have access to quality clinical care and basic human resources. Like the trees all around us, we use our networks to communicate life-saving messages whether about COVID-19 safety, suicide awareness and prevention, or the death-dealing danger of fentanyl.

Since the start of the COVID-19 pandemic, it's been a difficult time for many people in our community. Fierce economic pressures are making it even harder, especially for the people we serve who are vulnerable to housing, food, and employment insecurity. When trees sense danger, they mobilize to protect one another. Your gift to the CMHC Foundation enables us to provide our clients with direct emergency financial assistance for basic human needs. It also funds special programs that help our clients lead safe, healthy, meaningful lives.

You can donate online at www.cmhcfoundation.org or send your check using the enclosed envelope.

The Thankfulness Tree on the cover of this card was created by a client art group at CMHC. It hangs in one of the public areas at CMHC. Each leaf is an inspiring reminder of the many sources of gratitude in our lives. We share it with you today as an expression of our thanks to you for being among the life-giving, life-saving roots, branches, and leaves of the CMHC community.

We wish you and your families good mental health and wellbeing, this holiday season and always.

With gratitude,



Laura Goldblum, *President*



Kyle Pedersen, *Director*

