



Clients attend BPD Conference

Jennifer Coburn-Tillman saw the annual Yale NEA-BPD Conference as a valuable educational opportunity for clients in the Dialectical Behavioral Therapy group. She requested funds to cover client registration fees.

The conference is designed for an inclusive audience of mental health professionals, training clinicians and researchers, as well as those with lived Borderline Personality Disorder experience. Attendees are given the opportunity to ask questions and learn more about the research, assessment and treatment of the disorder. Jennifer's proposal allowed clients access to information that would help them better manage their illness.

For more information about this project, contact Jennifer Coburn-Tillman,

Clinical Social Worker, Jennifer.Coburn-Tillman@ct.gov



Community Resource Board

Director of Community Organizing Billy Bromage and Peer Support Specialist Nancy Kuzia collaborated to create a community resource board on the second floor. The team requested funds for board supplies to design the board and maintain it over time. The vibrant board features resources, activities, arts and cultural events that give clients a consistent place to find information about how to be active members of the New Haven community.



For more information about this project, contact: Billy Bromage,
Director of Community Organizing, billy.bromage@yale.edu



Gel Pens for Cookies and Coloring Group

“Cookies and Coloring” is a popular group at CMHC, allowing clients to socialize and practice mindfulness through coloring mandalas. As long-time members progressed through mandalas, they showed interest in noticing and interpreting patterns in their choices for mandalas over time. However, they needed more challenging designs to work through. This led Mary to a flower mandala coloring book, which suggested using gel pens in various colors to highlight and shade portions of the designs. Since receiving the 50 Under 50 grant, clients have been able to create greater depth to their mandalas and explore color interpretation.

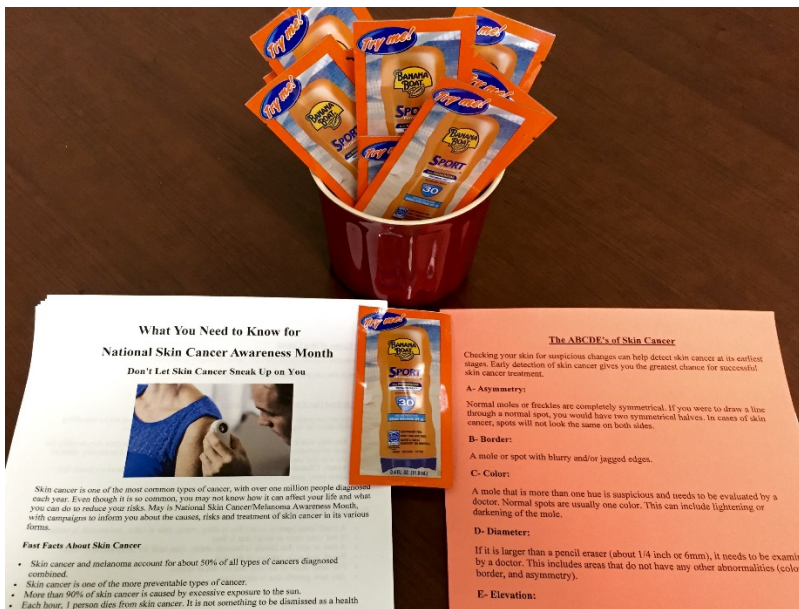


For more information about this project, contact Mary Dansinghani, Chaplain and Coordinator of Spiritual Services, mary.dansinghani@yale.edu



Sun Protection and Education

As May brought summer-like weather to CMHC, Grace Fischer took advantage of 50 Under 50 to promote skin health by requesting sunscreen packets. These were given along with preventative information on skin cancer during Melanoma Awareness Month. “Skin cancer runs in my family, so it’s something I always try to make people aware of.” Clients at CMHC spend lots of time outside while waiting for buses, walking to and from errands and appointments, and for leisure. At an average of \$6-\$13 per bottle, sunscreen may not be a priority purchase for many folks at CMHC. By providing sunscreen, Grace’s project helps protect clients, as well as connecting the information to something tangible.



For more information about this project, contact Grace Fischer, Hospital Transition Coordinator for Behavioral Health Homes, grace.fischer@ct.gov



Mindfulness and Creativity Group Supplies

Erin King request 50 Under 50 funds for the new Mindfulness and Creativity group offered to STEP clients. With \$45, the group was able to purchase a 5-pound bucket of clay, 100 sheets of tissue paper, glue, and duct tape. Creative activities such as sculpting clay, tissue paper painting, or building things out of duct tape are all offered in the group.

The group aims to teach clients mindfulness strategies to help them cope with symptoms of psychosis. Teaching mindfulness creatively is more engaging and introduce clients to new and structured hobbies that they can continue to take part in outside of the group.

For more information, contact: Erin King, Postdoctoral Associate,

STEP clinic Erin.king@yale.edu



Sleep Kits for SATU Clients

Rebecca Fortang aimed to address the sleep difficulties reported by a large proportion of SATU clients. Environmental disturbances often caused unhealthy sleeping habits, which greatly impact mental health. She proposed sleep kits: a sleep mask and ear plugs in a bag with information about the importance of adequate sleep for mental health along with SATU's contact information.

The goal was to test if the kits would successfully promote healthy sleep and greater engagement with SATU. With the 50 Under 50 grant, Rebecca was able to create 100 sleep kits for the pilot, which were given to 50 existing clients. 50 incoming clients were given the remaining kits at intake, with the hope that it would increase the likelihood of them returning to SATU for treatment or at the very least provide them with a small health intervention.

For more information about this project, contact: Rebecca Fortang,
Psychologist with the SATU Clinic, Rebecca.fortgang@yale.edu



Supplies to Empower Clients

Elaine Glidden has co-facilitated the Women's Trauma Recovery Empowerment Model group in the past, and has seen first-hand the impact it has on clients. The group follows a curriculum that promotes a safe and supportive group environment in which clients are introduced to various ways of healing the trauma they have experienced. Participants gain strength from one another, and often return for multiple cycles of the program.

Elaine request 50 Under 50 funds for group supplies such as folders, notepads, and art supplies. Additionally, funds were used to purchase crystals that are a core part of the closing ceremony for the group. The crystals are gifted to clients who participated as a symbol of growth, healing and self-love.

For more information about this project, contact: Elaine Glidden, Clinician,

Elaine.glidden@ct.gov