

Dear Friend,

Recovery Speaks. One person, one story at a time.

The title and tagline above come from an exciting public performance project the CMHC Foundation has supported for the past several years. Created and performed by people with real life experiences of mental illness, addiction, and incarceration, Recovery Speaks uses stories to spread the message that *recovery is real and possible*. We have enclosed a brochure so you can learn about the project and help spread the word.

More than title and tagline though, these words capture the heart of person-centered care that CMHC provides to over 5,000 men and women every year. We know the people who come to CMHC have stories to tell and lives they want to live beyond the poverty, mental illness and addiction problems that bring them here in the first place. They are parents, siblings, employees, volunteers, and students, with hopes and dreams for leading healthy and fulfilling lives. Care that takes these stories to heart makes recovery possible.

You make recovery possible when you give to the CMHC Foundation. Thanks to you:

- We've distributed emergency financial assistance for unmet needs as well as Hill Farmers' Market coupons to stretch limited food dollars—nearly \$30,000 a year!
- Our CMHC Financial Health Project secured a 2-year exploratory grant from the National Institute of Mental Health to pilot its unique person-centered intervention aimed at reducing financial stress and promoting financial security;
- More of the people we serve are now riding refurbished bicycles around New Haven on their way to greater independence and better physical health;
- Our inpatient clients are involved in an *Innovations in Public Psychiatry* project exploring the power of music to reduce stress and agitation during clinical shift changes through personalized music on iPods.

Because we believe in the power of stories to change lives, we launched a series of short videos on recovery now available on our website. We hope you will enjoy them and will share the power and possibility of recovery with your friends and family.

This year we also initiated the *Circle of Care* to recognize and thank those who give \$250 or more to advance the important work CMHC is doing for people every day. More than 50 members have already joined the *Circle* and we hope you will join us too.

Together we are making recovery possible. One person, one gift at a time.

Please give as generously as you are able by using the enclosed envelope or by donating online at our website:

www.cmhcfoundation.org

Thank you for being one who cares.

Sincerely,



Kyle Pedersen, MAR
Director

Happy Birthday, CMHC!

In 2016, CMHC will be celebrating 50 years of public service as one of the first community mental health centers in the country. We'll be in touch soon with more details about exciting anniversary celebrations and public events.

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