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#### CONNECTICUT MENTAL HEALTH CENTER FOUNDATION, INC.

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A 501(c)(3) supporting organization for the Connecticut Mental Health Center helping people in recovery sustain healthy and meaningful lives in the community.

Dear Friend,

My name is Chris-Philip Onofrio. I work for Langan Engineering in New Haven and volunteer on the board of the CMHC Foundation to give back to my community. I have spent most of my career in civil engineering managing large construction projects so when I started on the Board over 4 years ago I didn't know much about CMHC. I quickly learned that CMHC and its Foundation provide critical services and supports for low-income adults who struggle with mental health and addiction. Some might call it a safety net. I often compare the life-saving work they do to safety engineering.

Safety engineers have the unseen responsibility of making sure workers are safe and that workplaces and project sites function reliably, safely and without fail. They anticipate problems and make sure that work takes place in a safe environment with proper safety protection. When accidents occur, they investigate to find the cause, make life-saving changes, and educate others about how to be safe in the future. When safety engineering is effective, no one really hears about it—but that's a good thing.

*CMHC and its Foundation are like safety engineers in our community.* Together they do the unseen work of making sure that nearly 5,000 adults every year have reliable support systems to overcome mental illness, addictions, and poverty, in order to be well and live securely in the community. *It's a big job!* Like the very best safety engineers, CMHC and its Foundation are always thinking ahead. They research the root causes of mental illness and addiction both to improve care and to educate professionals and the community about mental illness, addiction, and treatment that works.

Thanks to generous donors like you, the Foundation is involved in other important health-related dimensions of life such as food, finances and fitness. At CMHC, people find support to eat better and reduce food insecurity, manage their money and reduce financial stress, and acquire refurbished bikes to increase independence and improve fitness. The Foundation also invests in the CMHC workforce by funding innovative staff ideas to improve outpatient services with \$50 or less—over 25 exciting ideas funded so far! And the Foundation has strengthened community awareness with events at local libraries and area schools and colleges; and with a new series of videos featuring people in recovery. (See the entire *Recovery Is...* video series on our website.)


We can't do this work alone. We need your help to build strong support systems for people today, while we continue to anticipate future problems and opportunities.

Join me—and our committed team of donors—by giving generously to the CMHC Foundation. You may use the enclosed envelope or donate online at:

[www.cmhcfoundation.org](http://www.cmhcfoundation.org)

Thank you. Your gift is building healthy lives and community—today and for the future.

Sincerely,



Chris-Philip Onofrio  
*Board Member and Chair of the Development Committee*

*P.S. CMHC Turns 50 this year! We'll be in touch to share more detailed information about exciting anniversary events!*

**This spring you can give stronger!** Donate during the Great Give 36-hour giving campaign and you can help us win financial prizes from the Community Foundation for Greater New Haven. Visit [www.thegreatgive.org](http://www.thegreatgive.org) between 8am May 3 and 8pm May 4.