

## VISION

We lead with excellence in care, research, and education to enhance the mental and physical well-being of the individuals and communities we serve.

## MISSION

We provide equitable, coordinated behavioral health services that promote recovery for individuals with mental health and substance use challenges and financial barriers; we advance and share knowledge about causes, prevention, and treatment; and we cultivate the next generation of health practitioners, scholars, and leaders.



## MAY 2026

Dear Friend,

Partnership is at the heart of CMHC. This year we celebrate a milestone: 60 years of the Connecticut Mental Health Center, a cooperative endeavor between the State of Connecticut and Yale, serving our community with compassion, expertise, and unwavering care.

This 60th anniversary year, CMHC is guided by renewed vision, mission, and values—our roadmap for the future. We're proud to share them with you.

Our community continues to face growing challenges—limited access to health care, housing, and jobs, compounded by dehumanizing stigma. For the 4,000 people we serve each year, already navigating mental health, substance use and economic challenges, these barriers can feel overwhelming. Gifts to the CMHC Foundation provide essential support while strengthening our ability to deliver high-quality, person-centered care.

Your generosity helps meet urgent needs—food, clothing, medications—while investing in workforce training and innovation. This ensures every person who comes through our doors receives practical help and the compassionate, excellent care they need and deserve on their path to recovery.

Since 1966, CMHC has lived by a simple belief: promoting the mental and physical well-being of every member of our community. But this is not a task for any one organization—it is a responsibility we all share.

Join us today. You can donate online at [cmhcfoundation.org](http://cmhcfoundation.org) or by using the enclosed envelope

***Together, we can build a stronger, more compassionate future.***

With deepest gratitude,  
Kyle Pedersen, *Director*

Laura Goldblum, *President*

*P.S. Your generosity during CMHC's 60th anniversary year ensures that care, dignity, and hope remain within reach for everyone in our community. Stay tuned for updates on our 60th celebration events coming this fall.*

## VALUES

**CARE** We treat all people with dignity and compassion, providing person-centered, recovery-oriented support that honors individual strengths and experiences.

**MUTUAL RESPECT** We act with integrity, accountability, humility, and courage, building trust through strong reciprocal partnerships within our organization and communities.

**HEALING** We deliver comprehensive, interdisciplinary health care focused on the whole person that affirms culture and identity, acknowledges history, and strives for social and economic justice.

**CURIOSITY** We embrace learning and innovation from multiple perspectives—lived experience, community wisdom, professional expertise, and academic freedom—to advance knowledge and improve individual and community well-being.

WE ARE ONE

**cmhc**

STRONGER TOGETHER

Connecticut Mental Health Center