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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,

“If you had never seen an umbrella... and you had no idea what it was for—if it just looked like a dying lily—could you imagine its shape open?”

Fashion designer Isabel Toledo, as told to Judith Thurman in *The New Yorker*, March 10, 2008

Sometimes the storms of life can rain down hard and wash away all sense of hope.

We know how hard it can be for many of the 5,000 men and women we serve at the Connecticut Mental Health Center, all of whom are poor and have serious mental health and/or addiction problems. If that weren't struggle enough, they also have greatly shortened lifespans due to the diseases of poor diet and inactivity such as obesity, hypertension, diabetes, and elevated cholesterol.

All of us at the Connecticut Mental Health Center are increasingly aware that it is not enough to provide only behavioral health care if we want people to flourish. That's why we have embraced integrative and holistic models of care that examine and address all the factors that contribute to good health: *food, physical activity, financial security—as well as the freedom and respect it takes to participate fully in community life.*

To paraphrase Isabel Toledo, we are imagining the shape of an **open umbrella of health** where all of us at CMHC—clients, staff, family and friends—can find the support we need to be healthy and thrive.

The CMHC Foundation was established in 1993 to give hope and support to those served by the Connecticut Mental Health Center. For 20 years we have counted on the generosity of citizens like you for the critical financial assistance and health-promoting programs that make a difference in their everyday lives. What started as a rainy day fund to meet the emergency financial needs of the people we serve has opened into an umbrella of innovative health projects that is offering people the protection they need to get healthy and stay healthy.

Your support ensures that we continue to provide direct financial relief, while also launching innovative projects such as the Hill Farmers' Market at CMHC to reduce food insecurity and improve access to fresh fruits and vegetables, the Food Transformation Project to revitalize all CMHC food services, and the Financial Health Project to insure the financial security that is essential to good health. Please see the enclosed flyer for more information about the food projects we featured at our *Centerpiece of Health* 20th anniversary celebration in October.

We need your help to **open the umbrella of health** as wide as possible for the people we serve.

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

www.cmhcfoundation.org

Thank you for your kindness. Your gift today is a making a shelter in the storm.

Sincerely,


Kyle Pedersen, MAR
Director


David Tate, PhD
President