



April 2017

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As a clinician and educator working in the field of mental health for the last 40 years, I am always impressed by the quality of care and the dedication of the staff at the Connecticut Mental Health Center (CMHC). Last fall the Center celebrated its 50th anniversary. Since opening its doors in 1966, CMHC has endeavored to fulfill President Kennedy’s dream of promoting **“the mental and physical health of all our citizens”** through its contributions to excellence in care, research and education.

- CMHC consistently provides state of the art mental health and addiction care for those in our community who need it but cannot afford it.
- Investigators at CMHC are engaged in cutting edge research to better understand and effectively treat mental health and substance abuse disorders.
- Each year CMHC education programs train the next generation of psychiatrists, psychologists, nurses, social workers and other care professionals.

The CMHC Foundation secures financial resources to help CMHC advance its mission to promote and provide the best mental health care possible to our community. Last year, thanks to generous donors like you, the Foundation was able to:

- Enhance treatment at CMHC through a series of health and wellness programs as well as provide financial counseling and assistance.
- Support small innovative projects proposed by staff members and professional trainees to improve the quality of care and recovery of clients.
- Engage in educational outreach and stigma reduction through a series of videos called “Recovery Is...” available online at cmhcfoundation.org.
- Provide for the transportation and physical exercise needs of CMHC clients with refurbished bicycles and safety equipment.

CMHC and the Foundation need your support in order for these successful programs to continue bringing hope and health to the people we serve. Our community’s well-being is a shared responsibility, especially evident now with the threatening loss of state and federal funds for public health. Even a small gift can improve mental health and addiction treatment and offset the staggering long-term costs to our community when such illnesses go untreated and result in lost productivity, increased incarceration, and premature death.

Each year I personally am reminded of the powerful work accomplished by the CMHC and CMHC Foundation when Recovery Speaks comes to my class at Yale to share their stories of recovery with my students. Recovery Speaks is a group of people in recovery supported by the Foundation to spread real-life stories that recovery is real and possible. You can help increase the number of those recovery stories by making a donation to the CMHC Foundation. Please use the enclosed envelope or donate online:

www.cmhcfoundation.org

We at CMHC and the Foundation—along with all those who work hard each day to recover their lives—deeply appreciate your support.

Thank you and best wishes.

Kristi L. Lockhart, Ph.D.
Secretary

This spring you can Be the We and give for more better health!

Donate during the Great Give 36-hour giving cam- Greater New Haven.
Visit www.thegreatgive.org between 8am May 2 and 8pm May 3.

Connecticut Mental Health Center
Foundation, Inc.

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A private non-profit organization supporting
the Connecticut Mental Health Center and
the people and community it serves.