



Exercise Equipment for Clients with Physical Limitations

As part of the mission of Behavioral Health Homes to promote overall wellness, staff was searching for a way to encourage physical activity in clients who have limitations that prevent them from exercising. To resolve this barrier, Lisa Lanoutte requested 50 Under 50 funds to purchase exercise equipment such as cuff weights, a sitting stepper, a sitting peddler, and resistance bands.

By providing more accessible options to clients, physical wellness becomes an attainable goal. With education and encouragement from BHH staff and proper equipment, clients can take the small steps necessary to achieve better physical health.

**For more information about this project, contact: Lisa Lanouette, BHH
Community Clinician, Lisa.lanouette@ct.gov**



Garden Hose for Shade Garden

As the Food Transformation Project Leader, Marydale DeBor has worked to create a vibrant garden where members of the CMHC community can gather, socialize, relax, meditate, and celebrate. The challenge was maintaining the shade garden. With no water supply outdoors, maintaining plants was difficult.

As a simple fix, Marydale requested 50 Under 50 funds to purchase a study garden hose, which could be threaded through a brick wall in the garden and connect it to an interior water supply to provide for the garden long-term. Marydale's project is a demonstration of how a small request can have a big impact on our community.

For more information about this project, contact: Marydale DeBor, Food Transformation Project Leader, marydale.debor@yale.edu



Music and Memory Program Funding

Elisa Mordente implemented a Music and Memory program for outpatient clients. The program provides iPods and individually curated music playlists to clients with a clinician referral. Availability for clients is dependent on donations of iPods and iTunes gift cards. Clients referred to the program experience increased mood and motivation and a decrease in depression and anxiety symptoms. Clients have also reported that the music is comforting and a welcome distraction from everyday stressors.

Elisa requested 50 Under 50 funds to purchase iTunes cards. The grant has allowed the program to have access to an ongoing resource for purchasing music for clients to choose from.

For more information about this project, contact: Elisa Mordente,
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