



## Beading Materials for Occupational Therapy Clients

Dorene Allis requested a 50 Under 50 grant to purchase beading materials for an occupational therapy craft group. As a form of therapy, beading allows clients to create a product that is an expression of themselves. Dorene facilitates the process, which elevates clients to a higher sense of consciousness through mindfulness. The craft of beading transforms clients to a place of healing, peace and creativity.



For more information about this project, contact: Dorene Allis, Occupational Therapist, [dorene.allis@ct.gov](mailto:dorene.allis@ct.gov)



## **Educational and Sensory Toys for CMHC Lobby**

**Genevieve Muñoz used her 50 Under 50 grant to improve the quality of care at CMHC by providing toys in the lobby to occupy children that accompany their parents to appointments in Acute Services.**

**When new clients are unable to find childcare during their appointments, children are left to wait for extended periods of time without anything to keep them busy. This put a strain on clients and staff alike- parents struggled to manage their children and were unable to fully focus on their own care, while staff struggled to help parents by balancing childcare with other duties at work. With the grant, staff in Acute Services can now offer children a toy and clients are able to better focus on their recovery when their children come to appointments.**

**For more information about this project, contact: Genevieve Muñoz, Clinical Social Worker, [genevieve.munoz@ct.gov](mailto:genevieve.munoz@ct.gov)**



## Healthy Relationship Game for Clients

Jennifer Lewis facilitates groups at York Correctional Institution and at CMHC with forensic clients. She applied for a 50 Under 50 grant to purchase “Healthy Relationship Bingo”- a therapeutic game that explores relationship dynamics. By using game play, clinicians can work with clients as they return to a more child-like mindset in the group sharing process and creates a framework for therapeutic discussions that can be more approachable. The game has allowed clinicians to incorporate creative therapy methods with clients to aid in recovery.

For more information about this project, contact: Jennifer Lewis, CORP Clinician, [Jennifer.Lewis@ct.gov](mailto:Jennifer.Lewis@ct.gov)



## Journals for ForDD Clients

Robyn Hacker submitted a request for funds to purchase journals. Her clients expressed interest in journaling their clinical work, but were not able to access a notebook for that specific purpose. With the 50 Under 50 grant clients could own notebooks that allowed them to keep any homework and journal entries in one place, allowing clinicians and clients to evaluate progress throughout recovery.

The journals also presented an opportunity to help clients feel that they feel valued and appreciated. The gift of a journal served as a sign of clinicians' genuine interest in the well-being of clients and a chance to further enhance the therapeutic relationship and remove barriers to greater success in therapy such as a lack of financial resources.

For more information about this project, contact: Robyn Hacker, Psychology Fellow, ForDD Clinic, [robyn.hacker@yale.edu](mailto:robyn.hacker@yale.edu)