Pictured on the cover is Meg Hutchinson, MHC’s 2015 Art of Wellbeing featured artist.
For many years, James lived the good life with his partner, Richard. James relied on Richard, a prominent doctor, for everything – from his lifestyle to his livelihood. Together they enjoyed high society life, dinner parties, extravagant vacations, and the prospect of growing old together.

Then, suddenly, Richard passed away and everything changed. James, who is deaf and has co-occurring mental health issues, including bipolar disorder, was devastated by the loss of his partner of more than 25 years, and he was terrified about what would happen next.

James’ life soon spiraled out of control. He was involved in a devastating car accident which also resulted in James serving a jail sentence. James was then transferred to a hospital because of severe depression that left him without any will to live. During that time, James lost everything he had left—his new home, his furnishings, his money—all gone.

James spent the next year in and out of hospitals and fought to have a will to live. Eventually, it was recommended that James transfer to Mental Health Connecticut’s Robinson House, a supported housing program for the Deaf in West Hartford. At first, James opposed the idea because he saw Robinson House as a step down from his old lifestyle. Yet he was also afraid to live alone, so he agreed to give it a try.

Robinson House staff began working with James in small ways to help him relearn the independent living skills he needed to create a new life. Being a part of Robinson House meant James had full access to services provided by culturally competent staff. The Deaf environment at Robinson House also helped James regain self-confidence and rebuild ties in the community.

After just two months at Robinson House, James felt ready to try living in a nearby apartment with a roommate. Our staff helped James slowly transition back out into the community with the caring support he needed to start his life over. James is now doing well in his new apartment and working in a part-time job that our staff helped him obtain. This is his first job in decades. James’ outlook on life grows more positive each day. He recently met someone and is happy to be in a relationship again. Life is looking pretty good.

James’ sister wrote to our Robinson House staff, expressing heartfelt gratitude for all they’ve done to help her brother rebuild his life and reconnect to his family. As we’ve learned time and time again at MHC, helping others find their way towards health and happiness begins by believing that the insurmountable is possible. It starts by believing in people like James who have many wonderful things to offer this world. And, the more someone believes in their own potential, the more they can redefine “the good life” and what the future holds.

The Good Life
Over **500 individuals** worked to obtain safe and affordable housing and increase life skills through our Residential, Young Adult, Developmental, and Waiver Services.

- The success of Torrington’s Hayden Hill program prompted the Department of Mental Health and Addiction Services (DMHAS) to explore ways to replicate its model
- Services for individuals with mental health and developmental disabilities now include a 24-hour facility
- Funding was secured to begin renovations on a Stamford housing facility to become handicapped accessible
- Waterbury’s 24-hour program, now called “BLOOM House,” was relocated to a beautifully renovated property in a safe, accessible area

Over **2,300 Connecticut residents** increased their knowledge and access to health services by contacting MHC’s Information and Referral line and by participating in the Mental Health Concierge program, Mental Health First Aid training, and Whole Health Action Management (WHAM).

- Mental Health Concierge offers in-home, one-on-one, community-based rehabilitative services that promote wellness and complement services covered by private insurance or through self payment
- Mental Health First Aid training is offered at no charge to those who live or work in Litchfield county through a grant awarded by the Substance Abuse and Mental Health Services Administration (SAMHSA)
- Through funding from The Hartford and the Petit Family Foundation, WHAM is helping individuals living with chronic health conditions to create sustainable new health behaviors
PURPOSE

Over 260 individuals have enriched their lives by working with our Supported Education and Employment programs.

- New services through the Bureau of Rehabilitation Services’ Youth Employment Program and Pre-employment Transition services allow MHC to now serve students aged 16-21 with disabilities
- Life Long Supported Education (LLSE) received the top mark of “exemplary” on its fidelity review and now provides educational supports to the Deaf community
- Thanks to the CT Community Foundation, the Independence Center’s “Mending Art” program expanded, allowing more members to cultivate new talents
- MHC piloted Write On!, a new program for aspiring writers who wish to utilize their experience and to become advocates for mental health awareness and education

COMMUNITY

Over 600 individuals developed new friendships and participated in activities that strengthened natural connections to their community.

- With the help from The Hartford, MHC launched Deaf Rec, a social club that decreases isolation and increases community connection for adults who are Deaf
- Independence Center members and staff won 1st place for the third consecutive year in the Behavioral Health Partnership’s “Step Into Wellness” challenge
- Program participants and MHC staff came together to meet with Connecticut legislators, join in the Independence Center’s annual awareness walk, celebrate at the annual Art of Wellbeing, and support Mental Health Awareness Month in May
- MHC created Wellbeing@Work, a program that teaches the importance of health and wellness in the workplace.
## Outcomes

<table>
<thead>
<tr>
<th>Question Domain</th>
<th>Satisfied % vs Goal</th>
<th>Satisfied %</th>
<th>Goal %</th>
<th>State Avg</th>
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<tbody>
<tr>
<td>Quality and Appropriateness</td>
<td>✓</td>
<td>92%</td>
<td>80%</td>
<td>93%</td>
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<tr>
<td>General Satisfaction</td>
<td>✓</td>
<td>91%</td>
<td>80%</td>
<td>92%</td>
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<tr>
<td>Participation in Treatment</td>
<td>✓</td>
<td>90%</td>
<td>80%</td>
<td>92%</td>
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<tr>
<td>Overall</td>
<td>✓</td>
<td>90%</td>
<td>80%</td>
<td>91%</td>
</tr>
<tr>
<td>Access</td>
<td>✓</td>
<td>89%</td>
<td>80%</td>
<td>88%</td>
</tr>
<tr>
<td>Respect</td>
<td>✓</td>
<td>88%</td>
<td>80%</td>
<td>91%</td>
</tr>
<tr>
<td>Outcome</td>
<td>✓</td>
<td>81%</td>
<td>80%</td>
<td>83%</td>
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<tr>
<td>Recovery</td>
<td>✓</td>
<td>80%</td>
<td>80%</td>
<td>79%</td>
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## Financials

### Operating expenses

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<th>FY 2015</th>
<th>FY 2016</th>
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<tbody>
<tr>
<td>Administration</td>
<td>1,098,652</td>
<td>1,202,773</td>
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<tr>
<td>Program Services</td>
<td>11,482,613</td>
<td>12,382,410</td>
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<td>Fundraising</td>
<td>131,198</td>
<td>77,024</td>
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<td><strong>Total</strong></td>
<td>12,712,463</td>
<td>13,662,207</td>
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### Revenue

<table>
<thead>
<tr>
<th></th>
<th>FY 2015</th>
<th>FY 2016</th>
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<tbody>
<tr>
<td>Private Grants &amp; Contributions</td>
<td>119,134</td>
<td>248,994</td>
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<tr>
<td>Client Fees</td>
<td>751,021</td>
<td>767,029</td>
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<td>Net Assets Released</td>
<td>602,881</td>
<td>319,384</td>
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<tr>
<td>from Housing Asst. Funds</td>
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<tr>
<td>Government Grants</td>
<td>11,351,199</td>
<td>12,189,534</td>
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<tr>
<td><strong>Total</strong></td>
<td>12,824,235</td>
<td>13,524,941</td>
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Our Donors

A.C. Petersen Farms Restaurant
Aaron Weatherington
Adam Cohen
Albert and Irene Renzo
Alfred and Katherine Herzog
Alice Rivers
Alison Watson Maston
Andrea Carey
Andrew Adil
Andrew Figliuzzi
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Anna Brothers
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Meg Hutchinson
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Morag MacDonald
Moraima Rivera
Nancy Hmelovsky
Park Lane Pizza
Paul Rifkin
Paul Volpi
Paulette Landry
Peter and Ellen Zeman
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Platform Specialty Products Corporation
PROBUS Club of Greater Hartford
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Richard Williams-Briggs
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Robert and Carla Horwitz
Robert and Dena O’Brien
Robert Mercado
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Siv Harvey
Stephanie Sullo
Steve Capella
Steven Koehler
Susan Salowitz
Suzi Craig
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The Hartford
The Zachs Family Foundation, Inc.
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Tracy and Donna Page
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Vanessa McGee Sheriff
Veronica Soell
Voya Foundation
Ward Bennett
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William Morico
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Hartford Hospital
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NAMI Connecticut
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Rome McGuigan P.C.
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Chief Human Resources Officer

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Vice President of Operations

Domenique S. Thornton, Esq.
General Counsel
About Us

Mental Health Connecticut’s mission is to improve mental health for all Connecticut residents. For individuals striving for long-lasting wellbeing and independence, MHC is a trusted companion on the complex journey to obtaining a safe home, achieving whole health, realizing a meaningful purpose, and becoming an active member of the community.

Established in 1908, MHC has more than 260 employees who serve more than 3,000 residents statewide and through our offices in Stamford, Bridgeport, Danbury, Waterbury, Torrington, and West Hartford. We are committed to delivering the highest quality community-based services while helping to advance our two other areas of expertise: advocacy and education.

We envision a future where people with mental health conditions are treated fairly and can access the support they need to sustain long-term health and wellness. Until then, we will continue to combat discrimination resulting from a mental health diagnosis, educate the community about the importance of mental wellness, and invest in continual improvement for our team and the individuals we serve.