home, health, purpose, and community

Pictured on the cover is a volunteer from MHC’s 2017 Mental Health Awareness Walk & Fair
We Will Go Far, Together

There is an African proverb that goes like this:

“If you want to go fast, go alone.
If you want to go far, go together.”

At Mental Health Connecticut, we make a difference by working together.

Wellness and recovery plans for our program participants are created with the individual, not “for” the individual. We work with local partners to ensure MHC program participants get what they need to live independently, achieve long-term wellness, find fulfillment and joy, and make valuable contributions to their community. For programs open to all Connecticut residents, we find common ground with partners from inside and outside the health care space who believe in serving the greater good above all else.

In 2018, we celebrate our 110th year. As you can imagine, we have been reflecting on our past and feeling excited for what’s to come.

Clifford Beers began his legacy by creating our organization, and then one year later, by starting the national organization (now called Mental Health America). He wasn’t alone. He enlisted a mass of believers and supporters because he had big plans of going far.

We will continue his legacy as we create our own. But, a legacy is only as good as the change it makes along the way. Just like Mr. Beers, we can’t do this alone.

Join us on the journey to help all of our Connecticut friends and neighbors make mental and physical health equal on all levels, from conversation to legislation, and everywhere in between.

Together, we will go far!

The MHC Team
2017 Highlights

HOME

Over **525 individuals** worked to obtain safe and affordable housing and increase life skills through our Residential, Young Adult, Developmental, and Waiver Services.

- The Torrington Permanent Supported Housing program expanded its capacity by 35% and now provides subsidized and supported housing to 19 program participants.
- Services for individuals with mental health and developmental disabilities expanded to include a second 24 hour program site.
- Funding was secured through the Department of Housing to employ two Coordinated Access Navigators to address homelessness in Greater Waterbury and Litchfield County.

HEALTH

Over **2,500 Connecticut residents** increased their knowledge and access to health services by contacting MHC’s Information and Referral line and by participating in the below programs offered by MHC.

- Mental Health Concierge offers in-home, one-on-one, community-based rehabilitative services that complement services covered by private insurance or through self payment.
- MHC has expanded its WHAM program by utilizing Recovery Support Services certified IC staff as facilitators. WHAM helps individuals create sustainable new health behaviors.
- Over 1,000 individuals living and/or working in Litchfield County have received free Mental Health First Aid training through a grant awarded by SAMHSA.

*According to the Substance Abuse and Mental Health Services Administration (SAMHSA), long-term mental wellness is achieved through four pathways: Home, Health, Purpose, and Community.*
Over 200 individuals have enriched their lives by working with our Supported Education and Employment programs.

- Greenhouses were designed for our 24 hour programs across the state to help program participants increase work skills and improve health and wellness, while cultivating peer-to-peer learning and engagement.
- Supported Employment Services received the top mark of “exemplary” on its fidelity review.
- The Independence Center’s Mending Art program expanded with more funding, more members, and more art shows with exhibits at Northwest Community College, WCMHN Recovery Conference, and local libraries.

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

- Young adults from Write On! shared their stories of stigma and hope in front of more than 200 attendees at four events.
- MHC hosted its first Mental Health Awareness Walk & Fair in May 2017, an event created by an MHC volunteer.
- 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.
- Independence Center members and staff won 1st place for the fourth consecutive year in the Behavioral Health Partnership’s “Step Into Wellness” challenge.
Outcomes

<table>
<thead>
<tr>
<th>Question Domain</th>
<th>Satisfied % vs Goal</th>
<th>Satisfied %</th>
<th>Goal %</th>
<th>State Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality and Appropriateness</td>
<td>✔</td>
<td>95%</td>
<td>80%</td>
<td>93%</td>
</tr>
<tr>
<td>General Satisfaction</td>
<td>✔</td>
<td>93%</td>
<td>80%</td>
<td>92%</td>
</tr>
<tr>
<td>Participation in Treatment</td>
<td>✔</td>
<td>94%</td>
<td>80%</td>
<td>92%</td>
</tr>
<tr>
<td>Overall</td>
<td>✔</td>
<td>94%</td>
<td>80%</td>
<td>91%</td>
</tr>
<tr>
<td>Access</td>
<td>✔</td>
<td>90%</td>
<td>80%</td>
<td>88%</td>
</tr>
<tr>
<td>Respect</td>
<td>✔</td>
<td>93%</td>
<td>80%</td>
<td>91%</td>
</tr>
<tr>
<td>Outcome</td>
<td>✔</td>
<td>84%</td>
<td>80%</td>
<td>83%</td>
</tr>
<tr>
<td>Recovery</td>
<td>✔</td>
<td>82%</td>
<td>80%</td>
<td>79%</td>
</tr>
</tbody>
</table>

Financials

<table>
<thead>
<tr>
<th>Revenue</th>
<th>FY 2016</th>
<th>FY 2017</th>
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</thead>
<tbody>
<tr>
<td>Private Grants &amp; Contributions</td>
<td>248,994</td>
<td>171,633</td>
</tr>
<tr>
<td>Client Fees</td>
<td>767,029</td>
<td>755,714</td>
</tr>
<tr>
<td>Net Assets Released</td>
<td></td>
<td></td>
</tr>
<tr>
<td>from Housing Asst. Funds</td>
<td>319,384</td>
<td>204,533</td>
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<tr>
<td>Government Grants</td>
<td>12,189,534</td>
<td>12,441,271</td>
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<tr>
<td>Total</td>
<td>13,524,941</td>
<td>13,573,151</td>
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</tbody>
</table>

| Operating expenses            |         |         |
| Administration                | 1,202,773 | 1,353,834 |
| Program Services              | 12,382,410 | 12,448,615 |
| Fundraising                   | 77,024 | 81,685 |
| Total                         | 13,662,207 | 13,884,134 |
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General Counsel
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 200 employees who serve over 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.

As we embark on our 110th year, 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.