Pictured on the cover is Jackie Joy, MHC’s Therapy Dog, attending our Mind & Body Wellness Fair
What Moves You?

This is the question that we asked Connecticut residents during the celebration of our 110th anniversary year. The best part about this question is the limitless answers we’ve received. Some share the ways their favorite activities impact their mental health, while others talk about what inspires them and gives their life purpose.

The theme of what moves people to be healthy and well is more than just a hashtag. It’s a question we ask our program participants every day. We put hope into action for people who have endured years – sometimes decades – of life’s obstacles. We provide our program participants with the tools they need to achieve long-term wellness and recovery. It’s the end of one journey and the start of another.

As an organization, we are moved to honor the legacy of our founder, Clifford Beers, in everything we do while always keeping an eye on creating a bright future. All around us, we see stigmas breaking, illness becoming wellness, and no shortage of people coming together to help one another.

Thank you for believing in this work. Thank you for supporting our team.

#WhatMovesYou

Luis B. Perez
President & CEO

Kim Sirois Pita
Board Chair
Over **775 individuals** worked to obtain safe and affordable housing and increase life skills through our Residential, Young Adult, Homeless, and Waiver Services.

- The Coordinated Access Network (CAN) Navigator program started in October of 2017 in the Waterbury/Litchfield CAN. MHC assumed the lead in helping individuals complete an intake, access diversionary funds, connect to community services, and secure a shelter bed.

- The Waiver Services program continues to grow and provide additional CT residents the ability to receive the skill building and services required to maintain their independence in the community.

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.

- Over 1,200 individuals living and/or working in Litchfield County have received free Mental Health First Aid training through a grant awarded by SAMHSA.

- MHC became New England's test and prep site for Mental Health America’s national certification for Peer Specialists.

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*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 GROW, Mending Arts, and Supported Education and Employment programs.

- Through the GROW (Gardening, Recovery, and Opportunities for Wellness) program, program participants are provided hands-on experience within MHC greenhouses. The GROW curriculum helps program participants increase work skills and improve health and wellness, while cultivating peer-to-peer learning and engagement.

- The Independence Center’s Mending Art program continues to grow and is providing more members the opportunity to display their works at galleries and local libraries.

Over 350 individuals developed new friendships and participated in activities that strengthened natural connections to their community.

- MHC hosted its Mind & Body Wellness Fair in May 2018 at the Dunkin’ Donuts Stadium.

- Young adults from Write On! shared their stories of stigma and hope within their communities and recorded audio stories for online listeners.

- 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.
## 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>93%</td>
<td>80%</td>
<td>93%</td>
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<td>General Satisfaction</td>
<td>✔️</td>
<td>93%</td>
<td>80%</td>
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<tr>
<td>Participation in Treatment</td>
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<td>95%</td>
<td>80%</td>
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<td>Overall</td>
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<td>✔️</td>
<td>90%</td>
<td>80%</td>
<td>91%</td>
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<tr>
<td>Outcome</td>
<td>✔️</td>
<td>83%</td>
<td>80%</td>
<td>83%</td>
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<tr>
<td>Recovery</td>
<td>✔️</td>
<td>81%</td>
<td>80%</td>
<td>79%</td>
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</table>

## Our Program Participants

- Mental Health First Aid: 47%
- GROW: 1%
- Write On!: 0.3%
- 24 Supervised: 5%
- Residential Support: 12%
- Recovery Support: 2%
- Homeless Services: 10%
- Supported Employment: 6%
- Supported Education: 2%
- Concierge: 0.2%
- Psychoeducational: 11%
- Waiver Services: 4%
Our Revenue

Government Contracts 80%
Fee for Service 1%
Fundraising & Events 19%
Other Funding .4%

Our Donors

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Kenia Mansilla-Rivera
Phyllis Marcantonio
Lisa Marquis
Robert Matusz
Suzanne McDonald
Michael McGuire
Kevin McMahan
Liz Melvin
Amy Melvin
Judith & Harold Meyer
Timothy Miett
Tim Miett

Mental Health First Aid
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<td>Taras Paluch</td>
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<td>Mariana Rosales</td>
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<td>Eric P.</td>
<td>Janet Porriello</td>
<td>Curt Russell</td>
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YourHealthCT
The Zach’s Family Foundation
In the early 1900s, **Clifford W. Beers** was experiencing symptoms of what today may be diagnosed as Bipolar Disorder. After attempting suicide, Beers was subjected to ineffective treatments and cruel conditions in Connecticut’s mental health institutions. 

Upon achieving recovery, Beers vowed to make a difference in the mental health system and launched the **Connecticut Society for Mental Hygiene** from his home in New Haven, CT, now know as **Mental Health Connecticut**.

“A pen rather than a lance has been my weapon of offense and defense; with its point I should prick the civic conscience and bring into a neglected field men and women who should act as champions for those afflicted thousands least able to fight for themselves.”

— Clifford W. Beers, 
*Founder of Mental Health Connecticut*
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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 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.

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.